

UPCOMING CURRICULUM DAY:

FRIDAY 15TH NOVEMBER

***STUDENTS DO NOT
ATTEND***



The Link

Hillsmeade Primary School Newsletter

Issue No 30—WED 9th OCT

TERM 4
2019



THE FULL CALENDAR AND DETAILED EVENT INFORMATION IS AVAILABLE TO VIEW VIA THE COMPASS APP OR WEBSITE

WHO? WHAT? WHEN?



MON	TUES	THUR	FRI
7th OCT First Day Back Term 4	8th OCT	9th OCT	10th OCT
14th OCT	15th OCT	16th OCT Gr 4 Alexandra Camp	17th OCT Gr 4 Alexandra Camp Regional Aths Carnival
21st OCT	22nd OCT	23rd OCT	24th OCT 10AM School Tour for Prospective Families
28th OCT Science Talent Search (Selected Students)	29th OCT	30th OCT	31st OCT
			11th OCT Hoop Time Regional Assembly @ 2:45
			18th OCT Gr 4 Alexandra Camp Electives
			25th OCT Assembly @ 2:45
			1st NOV Electives

Upcoming Events

Year Level	Name	Date	Cost	Due Date
Selected students Grade 3/4	Hoop Time (Regional)	11th Oct	NIL	4th Oct
Grade 4	Alexandra Adventure Camp	16 –18 Oct	\$50 deposit has been paid Full cost \$278	Final payment due 20th Sept
Selected Students	Science Talent Search	28th Oct		
Year 2	Camp Manyung	9th-10th Dec		Final Payment due 21st Nov

Spring Wellness Challenge



EAT	Cook a healthy recipe with your family to enjoy together.	Eat the rainbow! How many different coloured fruits and vegetables can you eat throughout the week?	Design some lunchbox snacks for school.
MOVE	Go for a walk, bike ride or scooter with family or friends.	Put on your favourite music and dance!	Challenge your family to a competition: the longest...
CALM	Download the 'Smiling Mind' app to practise daily mindfulness and meditation exercises.	Mindfulness 5, 4, 3, 2, 1 Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste.	Find a quiet place to read for 30 minutes.
KIND	Share with someone... it could be a game, a book or helping with a job around the house.	Make someone smile!	Write positive messages around the home.

Complete as many challenges as you can, have your parent sign each challenge and return to school for a certificate. Bring a photo to share of you completing a challenge!



SPRING COMMUNITY CHALLENGE

Ride your bike, scooter or walk to your local park with family/friends. 	Visit Bunjil Place - a thriving local facility and community hub. 	Visit your local library to borrow books to read over the holidays. 
Enjoy the views at the 1001 Steps Bayview Park. 188T Quarry Rd, Narre Warren 	Sort your wardrobe for the summer. Sell your old clothes, shoes, items. 	Sort your wardrobe for the summer. Sell your old clothes, shoes, items. 
Practise your sporting skills or enjoy the playground at Casey Fields. 	Take a walk with family/friends around Lysterfield Lake. 	Visit the City of Casey website and learn about events, facilities and services available in our local community. https://www.casey.vic.gov.au/

Don't forget to return your holiday challenges. We'd love to know what you got up to!

Complete as many challenges as you can, have your parent sign each challenge and return to school for a certificate. Bring a photo to share of you completing a challenge!

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Welcome back to school for an exciting term 4. I hope that everyone has had a safe and restful holidays and that we are ready for a wonderful last term of school for 2019.

Some exciting things that are happening across the school this term:

- Christmas concert Friday 13th December
- Mandarin Night Tuesday 12th November
- Art Expo Tuesday 3rd December
- State-wide transition day (2020 Preps and Year 7's) Tuesday 10th December
- Step Up day for 2020 classes Wednesday 11th December
- School Tours
- Crazy Sock Day
- Free Dress Day to Support Christmas Raffle
- Year 4 Camp (week 2)
- Year 2 Camp (week 11)
- Regional Year 3 / 4 Hoop Time
- Regional Athletics



Farewell

Sending Michelle Spellman our best wishes from the Hillsmeade Primary School community as she begins new employment outside of the education system.

FROM MS WATSON

Grounds work across the school

The ELC and OSHC students have planted a new garden in front of the Out of School Hours Care room off the staff carpark.

Well done it looks great!

Shiona Watson





Our school grounds are looking fantastic!

A reminder that students are required to wear their hats for playtime outside during Term 4.



FROM THE PRINCIPAL

Music Count Us In 2019

On Thursday 7th November at 12.30pm (week 5) the whole school will be celebrating Music Count Us In by singing the song 'We are' simultaneously with more than 3,000 other schools in Australia. Music Count Us In (MCUI) is Australia's biggest school initiative and exists to advocate for improved access to music education for all students.

This year's song is pretty catchy and fairly easy to learn. Please take the time to have a look and listen to the song on

YouTube

<https://www.youtube.com/watch?v=nYUwYAxF4VA&list=PLEpXT4Gn8YYB99yEab8mHfXNbxjRI8Mqf&index=6&t=0s>

We look forward to coming together as a school community and singing.



School Aerobics Competition

Wishing the Hillsmeade PS Aerobics Team good luck this weekend for their first competition. Well done to Belinda Catanese and the group on their work.



Prep Presentations

A huge congratulations to our very confident Prep students who presented their projects last term to an audience. The students spoke so clearly and with such confidence. Well done Preps.



FROM THE PRINCIPAL

Victorian Education Excellence Awards Finalists



A huge congratulations to Dimple Bhardwaj who is 1 of the 3 finalists in this year's Victorian Education Excellence Awards. We wish her the best of luck for the award which will be announced in late October.

"Outstanding Primary Teacher Award Finalists

Dimple Bhardwaj, Hillsmeade Primary School

Dimple Bhardwaj approaches her role as Year 5 teacher at Hillsmeade Primary School by caring for her students and being genuinely interested in their progress.

Dimple is a data-driven professional combining evidence and prodigious research with her natural enthusiasm for teaching. She engages in regular professional learning to ensure that she is utilising up-to-date and current educational research to provide the best learning opportunities for her students.

Dimple is engaged in the Department of Education and Training's Primary Mathematics and Science (PMSS) initiative, which trains primary school teachers to be mathematics and science specialists. Dimple enjoys sharing what she learns in this and other learning activities with her colleagues.

As the school's STEAM (Science, Technology, Engineering, the Arts and Mathematics) Learning Specialist, Dimple is engaged in a range of STEAM-related projects and activities across the school and collaborates regularly with her peers to develop their capacity and confidence in the explicit teaching of STEAM. "

<https://education.vic.gov.au/about/awards/Pages/veeawinners.aspx>

Congratulations Jess Szalek



A big congratulations to Jess Szalek who is a finalist in the Australia-wide Choose Maths Awards. There are ten awards to be presented on October 18th ranging from Teaching Excellence Awards, Outstanding Primary Teacher Award and Mentoring Girls in Mathematics Awards. We wish her the very best of luck.

<https://choosemaths.org.au/about/>

Teachers Are Readers Too!



I absolutely love George's Marvellous Medicine. Roald Dahl is a master of descriptive and figurative language. This book is hilarious with fascinating characters and surprising events—
Mr Cole.



One of my favourite books is 'Where The Wild Things Are' by Maurice Sendak. I really love this book because I had it read to me as a child and I really like the element of imagination, as well as the amazing illustrations that compliment the story—
Mrs Herres.



I've finally finished this book I borrowed from Mrs. Haworth. Amanda Hocking wrote the trilogy "Trylle". It was about a girl who found out she had magic powers and it was up to her to save the kingdom. I love reading fantasy because it could never happen in real life, it's fun to imagine it in your mind—
Miss Carter.

FROM MR CARDAMONE



Dear Hillsmeade Community,

A big welcome back to everyone, I hope you had a great holiday with lots of family time and some rest!

Term 4 is always a very busy term with lots of different things

happening. Before you know it, we will be reflecting on this term and looking towards next year.

This week is World Mental Health week. It is a great reminder especially at this time of the year that we have a focus on our own and others around us mental health.

This week I wrote for the StaffMatters team to all staff about work life balance, I thought it would be a great idea to share with you some resources that may assist you with your work life balance.

HeadsUp 'Go Home on Time Day' (tips)

<https://www.headsup.org.au/training-and-resources/news/2015/11/16/go-home-on-time-day-throws-spotlight-on-work-life-balance>

How to Achieve the Perfect Work-Life Balance

https://www.huffingtonpost.co.uk/entry/how-to-achieve-the-perfect-work-life-balance_uk_57559c50e4b04a0827f1fae8?guccounter=1

BeYou: Wellbeing Tools for you

<https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-you>

If you have any questions, please let me know. Thank you.

John Cardamone

Leading Teacher in Social and Emotional Learning

Social and emotional learning... 'It's everyone's business!'

“Work-life balance means you have harmony between different aspects of your life, where benefits gained from each area can support and strengthen the others.”

A NOTE FROM SICKBAY

Monash Health Dental Services provide dental treatment under the guidelines of Dental Health Services Victoria. We provide dental care to eligible health care or pension card holders and their dependants.

Anyone experiencing an emergency problem should contact 1300 icare (1300 342 273 Option 3) where they will be placed through a triage system. Depending on the outcome of the triage options will be provided for care.

If you require general care (non emergency care) call **1300 342 273 option 3** to be placed on our waiting list.

Interpreter services are available on request at all sites.

Berwick: 28 Parkhill Drive

Cranbourne: 140-154 Sladen Street

Pakenham (Children Only): 6B Henry Street

Dandenong: Ground Floor, 122 Thomas Street

Dandenong Hospital(Children only): 135 David St

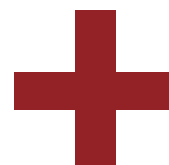
Next to emergency department

Kingston: Kingston Centre

400 Warrigal Road, Corner of Warrigal Road & Heatherton Road

Springvale: 55 Buckingham Avenue

1300 342 273 Option 3



HOW TO ACHIEVE WORK LIFE BALANCE



Manage your time.

Keep a strong focus on work at work, leave on time and use those extra hours to enjoy life.

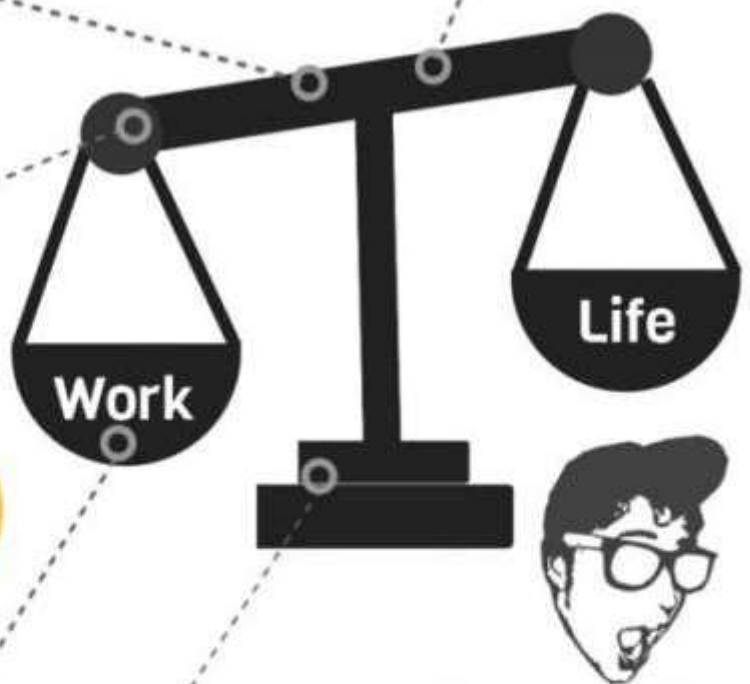


Set your priorities.

Figure out what you want your priorities to be, not what you think they should be. What would you focus on second? Third? Fourth? Fifth? You've now identified your top five priorities.

Say no with a smile.

There's no point volunteering for every project if the quality of your work is going to suffer. Saying no firmly but politely shows you've got a clear understanding of your priorities. When you stop doing things out of guilt, you'll find more time to focus on the activities that truly bring you joy.



Make your job your friend.

Seek out tasks and projects that you particularly enjoy doing. If you let your managers know that you're good at something and enjoy doing it, they're likely to give you more of the same.



Schedule in fun.

Sticking to a schedule will help to ensure that your work doesn't eat into your personal life. One of the main benefits of working is to have enough money to enjoy life. Work at getting the balance right.



GRADE 3 SCIENCE DISCOVERY DOME
Thursday 19th Sept

In the last week of term, Grade 3 had the Science Discovery Dome Incursion. We had been learning about Earth Science which included; how day and night occur, why the seasons change, the planets in our Solar System and how shadows are formed.

The Discovery Dome provided students with an opportunity to view; the sun rising and setting, the dark side of the moon and the planets and stars within our Solar System. It was a great way to celebrate all the students learning and hard work in Science in term 3. **Ms Michelle Ewing**



DIVISIONAL ATHS



Sunshine, sweat and success, is what these students felt as they competed at Divisional Athletics at Casey Fields on Wednesday 18th September. It was a fantastic way to end the term, with many students finishing in the top 2 for their events. We are very lucky to have 14 students going on to represent us at Regional Athletics next Thursday in discus, long jump, triple jump, relay and hurdles. A big congratulations to all the students who competed and we wish everyone the best of luck at regionals. **Ms Toni Barker**



Wild Action Zoo Came to OSHC



PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents & carers of children aged 3 - 13 years



Join us in an interactive program to share experiences and ideas, and learn strategies to support your child

ARE YOU TIRED OF YELLING?

How to get kids to listen, without having to yell

DEALING WITH ANGER

Helping parents, and kids, deal with anger and frustration

RESPONDING TO BEHAVIOUR

Better understand why children behave the way they do

STRATEGIES THAT WORK

How can parenting be easier and more fun!

DATES: Tuesday evenings for 6-weeks
15th Oct to 26th November 2019
(Not on Cup Day)

TIME: 6.45pm – 9.00pm

WHERE: TurningPoint Church Meeting Room
1785 South Gippsland Hwy
(opposite Devon Road)
Cranbourne East

COST: FREE – Bookings Essential
Refreshments provided

BOOKINGS AND ENQUIRIES:
Sandra Phillips at ParentZone
Call / text 0447 500 355 or email
sandra.phillips@anglicarevic.org.au



anglicarevic.org.au

BETTER
TOMORROWS



If you would like to place an advert in the newsletter, please see the friendly office team



AUSTRALIAN GIRLS CHOIR



An experience that goes far beyond the stage!

We believe in growing girls through the hidden elements of circumstance; your daughter will develop confidence, public speaking and presentation skills, resilience and friendships that will last a lifetime.

Over 200 girls recently shared the stage with Hugh Jackman in *The Man, The Music, The Show* Arena Tour to sold-out audiences around the country. We're proud to have represented Qantas in the 13th Call Australia Hotel advertisements and at live events for the past 20 years.

Now accepting 2020 enrolments for our rehearsal venues in Berwick, Box Hill, Caulfield North, Cheltenham, Essendon, Greensborough, Ivanhoe, New, Ringwood and Yarraville.

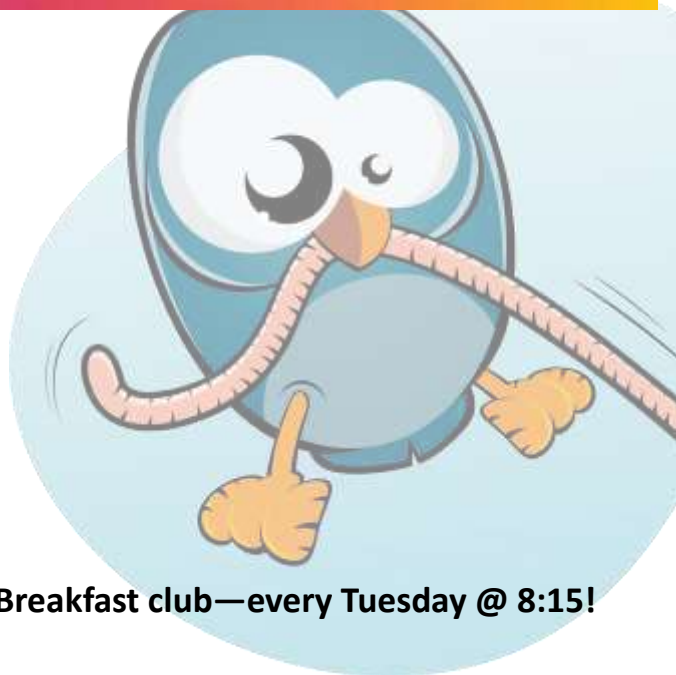


Join us at our **OPEN DAY** on October 27
Call 03 9859 6499



AUSTRALIAN SCHOOL OF PERFORMING ARTS

www.aspa.vic.edu.au



Breakfast club—every Tuesday @ 8:15!