

UPCOMING CURRICULUM DAY:

FRIDAY 15TH NOVEMBER

STUDENTS DO NOT ATTEND



The Link

Hillsmeade Primary School Newsletter

Issue No 31—WED 16th 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
14th OCT	15th OCT	16th OCT Gr 4 Alexandra Camp	17th OCT Gr 4 Alexandra Camp Regional Aths Carnival
18th OCT Gr 4 Alexandra Camp Junior Electives	21st OCT	22nd OCT Div Volleyball Finals	23rd OCT
24th OCT 10AM School Tour for Prospective Families	25th OCT Electives Book Club Issue 7 Due	28th OCT Science Talent Search (Selected Students)	29th OCT
30th OCT	31st OCT	1st NOV Assembly @ 2:45 Pm	
4th NOV Hillsmeade cup event— students attend school	5th NOV Melbourne Cup Day Public Holiday	6th NOV	7th NOV Music Count Us In
			8th NOV Assembly @ 2:45Pm

UPCOMING EVENTS

Year Level	Name	Date	Cost	Due Date
Selected Students	Regional Aths Carnival	17th Oct	No Cost	14th Oct
Grade 4	Alexandra Adventure Camp	16 –18 Oct	\$50 deposit has been paid Full cost \$278	Final payment due 20th Sept
Selected Students	Division Volleyball Finals	22nd Oct	No Cost	16th Oct
Prep A, B & C	Woodworking Incursion	22nd Oct	\$21.50	18th Oct
Prep D, E & F	Woodworking Incursion	23rd Oct	\$21.50	18th Oct
Selected Students	Science Talent Search	28th Oct		
Year 2	Camp Manyung	9th-10th Dec		Final Payment due 21st Nov

A reminder that 2020 Gr 6 jumpers and polos are available to purchase via the compass website. We highly recommend that you make a time with your child to try on the tops, as no exchange is possible for incorrect size choices. Orders can be placed **no later** than 23rd NOV.

Tops can be tried on in the library at the following times:

WED 16th OCT 3:30-3:45 and THURS 17th OCT 8:30-8:45 & 3:30-3:45

<https://hillsmeade-vic.compass.education>

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



This week's newsletter has been written by Miss Smith and Ms Wells on behalf of Jodie Bray

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy Week 2! We hope everyone is settling well into the new term, enjoying the sunshine and brighter evenings with daylight savings.

Visit from the Minister for Education

On Friday 11th October we had a very special visit from the Minister for Education, Mr James Merlino, to officially open our new amphitheatre. We also welcomed Gary Maas, MP for Narre Warren South and Ian Burrage, Executive Director for Southern Melbourne. Our guests enjoyed a tour of our school and the ELC before a ceremony took place with Year 6 and ELC student representatives, Student Leaders, our leadership team and Brooke Gniel, our School Council President. Mr Merlino officially cut the ribbon to open this fantastic new space and it was a privilege to have our guests visit Hillsmeade Primary School.



From our School Captains - Keshav and Keely

During our time at Hillsmeade, we have benefited from many opportunities provided to us by our school community. We are very excited to be part of the opening of the amphitheatre, which we know will have a positive impact on our school and surrounding community. The students and families of Hillsmeade have watched as this space has been transformed from a muddy hill into a colourful and inviting area where students can play, perform and celebrate achievements during outdoor assemblies. We are grateful for this new addition to our grounds and look forward to enjoying and utilising this space.



Aerobics Team

Congratulations to the Hillsmeade PS Aerobics Team who came second at their competition on Sunday! A fantastic achievement! The group have worked hard to demonstrate our I RESPECT values of persistence, enthusiasm, teamwork and success. A big thank you to Belinda Catanese for her commitment, coaching and support of the team.



Children's Week

Thank you to Mrs Schultz and the SRC for their organisation of Lunchtime Activities to celebrate Children's Week next week. Supported by the Student Leaders, there will be a range of sports, artistic, reading and mindful activities to choose from. This is a great example of student leadership to engage other students across the school



Garden Guardians

Thank you to the Year 3 and 4 students who have volunteered as 'Garden Guardians' to support in keeping our wonderful new amphitheatre grounds tidy. We celebrate these students who care for our school and demonstrate our I RESPECT values beyond the classroom.

FROM MR CARDAMONE



Dear Hillsmeade Community,

I hope everyone has had a good week and settled nicely into the term.

We just had our Be You meeting, focusing on our second module "Connect." This has a focus on building

positive relationships, building connectedness and the importance of transitions between recess, lunch and home to school etc. This will be an opportunity for all classroom teachers to share how they build positive relationships in their class and what special rituals they have in place to support this. Next week I will share with you some of those rituals.

Every week on Hillsmeade Happenings I share some information on a range of different topics relating to our mental and health and wellbeing, last week I shared some important facts and tips on sleep and how this plays a big part to how we function the next day. Some experts go as far as to saying that sleep is the number one factor that will influence our productivity day to day.

There is a wealth of information at the Sleep Health Foundation. Below is just some information from their website <https://www.sleephealthfoundation.org.au>

Facts about sleep for parents and school staff

Why is sleep so important?

Sleep is vital for children's and adolescents' wellbeing. Sleep supports healthy development of the body and mind. Evidence shows that children and adolescents who do not get enough sleep have more trouble learning. They are less attentive and motivated, have poor problem solving, more confusion, increased irritability, reduced memory, impaired communication, slower processing of information, poorer judgement, diminished reaction times and more indifference. Lack of sleep can also lead to behaviour and mood issues, impacting negatively upon relationships empathy and leading to mental health difficulties such as anxiety and depressed mood. In Australia, the number of children and adolescents who are sleep-deprived is rapidly growing due to our lifestyle behaviours.

Why aren't children and adolescents getting enough sleep?

Technology use is on the increase with online social interactions replacing real world ones. For this reason, it is often difficult to get children and adolescents off their devices. In Australia, 25% of children aged 7-8 years report using mobile phones between 10pm and 6am – and this figure increases to 83% of children by age 17. This late-night technology use is contributing to later sleep times and reduced quality of sleep. Children and adolescents commonly report going to sleep later and having interrupted sleep patterns because they reply to friends' texts during the night.

Technology use can lead to poor sleep in a number of ways:

- *Body clocks are sensitive to the blue light that backlit devices like phones and tablets emit. This light tricks our body clocks into thinking it is still daytime and this reduces the amount of melatonin, our sleep hormone that is released near bedtime. So, device use near bedtime can make it harder to get to sleep.*
- *Using devices to play games or communicate with friends increases mental stimulation, making it difficult to wind down around bedtime or to get back to sleep when sleep is interrupted during the night. Negative online social interactions can also contribute to feelings of anxiety and worry which can make it harder to sleep.*

How much sleep do children and adolescents need?

As with adults, every child is different in terms of how much sleep they need. The amount of sleep your child needs also changes as they age. For Children aged 6-13 years should ideally be sleeping for

9-11 hours, although anywhere from 7-12 hours may be appropriate for some children. Teenagers aged 14-17 years should ideally be sleeping for 8-10 hours, although anywhere from 7-11 hours may be appropriate for some teenagers.

FROM MR CARDAMONE

What are some signs that your child or adolescent isn't getting enough sleep, perhaps through overusing technology?

- *Depressed mood, irritability during offline social interactions*
- *Hyperactivity at school*
- *Reluctance/arguing about getting off phones/devices and going to bed*
- *Reduced academic performance*
- *Changes to communicating/social interacting at home and/or school*
- *Falling asleep during the day*
- *Difficulties waking up for school and sleeping in late on weekends to 'catch up'*
- *Getting to school late or missing school days*

How can I encourage safe, healthy technology use to improve my child's sleep & wellbeing?

Putting in place some guidelines surrounding technology use at night is advisable and these guidelines might differ depending on the age of your child or adolescent. Children and adolescents need help with regulating their behaviour and understanding the harmful effects of disturbed sleep.

Ideally, no mobile devices should be allowed in the bedroom. *Why? Although it's sometimes unavoidable to have devices like laptops in the bedroom, the bedroom should ideally be preserved for sleeping only so that it is perceived by the brain as a calm place — this helps children and young people to switch off and feel sleepy. Children and adolescents very commonly report using their phones after initially turning the lights out, even if there are rules in place about device use.*

Children and adolescents also report going and collecting their mobile devices after parents have gone to bed, even when everyone has agreed to leave them outside of bedrooms. Educating children about the harmful effects of disturbed sleep can be helpful for ensuring rules about device use are adhered to. Given many children and adolescents use their phone's alarm to wake up in the morning, a simple strategy of replacing phones with an alarm clock may make removing devices from the bedroom more practical.

Establish a nightly 'wind down' routine with your child or adolescent. *Why? Having a nightly routine in the lead-up to bedtime can help children and adolescents unwind and cues their brains into knowing that it's nearly time to sleep. As part of this wind down routine, create a calm environment and replace device usage in the hour before bed with a relaxing routine. This can help to reduce stress and anxiety, making it easier to feel sleepy.*

Limit exposure to bright light Why? Children and adolescents body clocks are sensitive to light, in particular blue light, reducing the amount of 'sleep hormones' that are released around bedtime. Lower the brightness on devices in the evening hours and use applications that block out blue light on phones and tablets if your child is going to be using a device.

Model good behaviours

Why? It is much easier change your child's behaviour if a group approach is taken. Children and adolescents learn by observing the behaviour of others (parents, siblings) - model healthy sleep and technology use behaviours and make it a family effort by involving siblings.

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

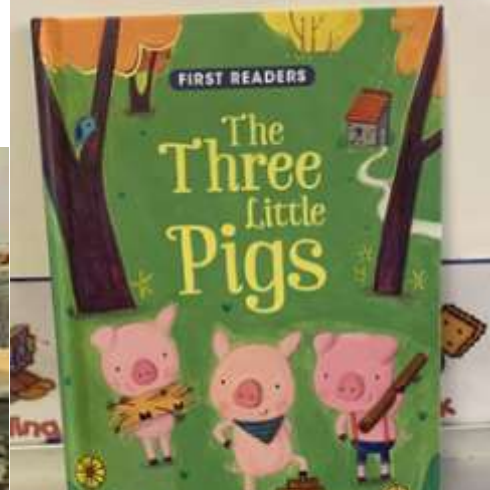
John Cardamone
Leading Teacher in Social and Emotional Learning

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

READING IN THE JUNIORS - MISS CARTER



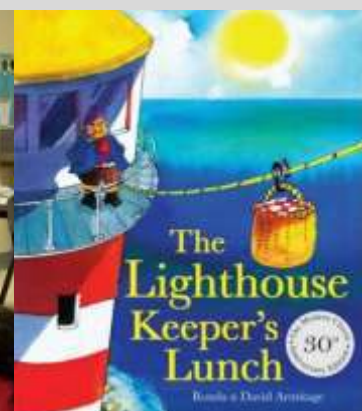
Last week it was great to see what was happening in the Prep and Year 1 classrooms. The Preps are learning about fairy tales and have been exploring 'good' and 'bad' characters.



Taylah shared her story with me, 'Dinner's Ready'. She used the 'Stretchy Snake' strategy to sound out her words and some of them were really tricky. We talked about how she also uses a knife and fork at home just like the character in the story and she always uses them properly.

The Preps are very proud of their work during reading rotations focusing on sight words.

The Year 1 students are very excited about their new story 'The Lighthouse Keeper's Lunch'. They have been finding ambitious words throughout the story and creating their own vocabulary ladders to help them use better words in their writing. I can't wait to see what other words they can find.



AEROBICS COMPETITION - MS BELINDA CATANESE

Nervous but excited, ten Year 5 students arrived at Rowville Performing Arts Centre, for their 1st aerobics competition, on Sunday the 13th of October. After two and half terms of consistent practice, the team was more than ready to go on stage.

Parents and their child arrived at 9.30am ready to take their seats in the theatre. Patiently waiting until 11.10am, the team walked on stage with butterflies in their stomach. With cameras up in the air ready to film and the music starting, the team began their routine. All in sync, the team did a fantastic job the whole routine!

It came to presentation time and the students were hopeful of a medal, however did not get their hopes up. The host said third place and our name wasn't read out. Then second, and 'Electrify' was called. The team jumped up and was ecstatic, proudly receiving their medal. For a very first competition this was a great effort by the team.

I would like to thank the parents and staff who attended the event, it was great to see so much support given to our students.



2019 CHILDREN'S WEEK ACTIVITIES

Next week from the 21st-24th of October is Children's Week.

The SRC with the help of our Student Leaders are once again running fun activities for students to enjoy during lunchtime daily.

Look at the Children's Week poster that will be on display in all classrooms and see which activities you might like to participate in.

Numbers are limited to the first 20 students, so that the student leaders running the activities are able to explain what to do. This also keeps the activities at a safe number for all to enjoy.

We look forward to seeing lots of students join in and have fun.

Thank you from,

Hillsmeade SRC










The Hillsmeade SRC and Student Leaders present

LUNCHTIME ACTIVITIES



Come along and join in the fun to celebrate
Children's Week 21st — 24th of October

<p>Monday 21/10</p>	<p>Soccer on the Oval 2-4</p> 	<p>Mindful colouring in the Library</p> 	<p>Hula Hoops in the Courtyard</p> 
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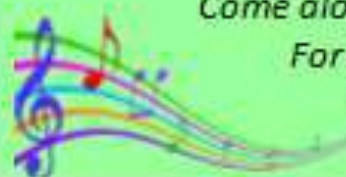
<p>Tuesday 22/10</p>	<p>Footy on the oval for Prep-4</p> 	<p>Big maths games in the Courtyard</p> 	<p>Story Reading P-1 Library</p> 	<p>Skipping Ropes Courtyard</p> 
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<p>Wednesday 23/10</p>	<p>Golden Child 1-3</p> 	<p>Just Dance in the Gym</p> 	<p>Chatterbox Puppets Library</p> 	<p>Story Reading 2-3 Library</p> 
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<p>Thursday 24/10</p>	<p>Basketball 3-6</p> 	<p>Chess Shade Sails</p> 	<p>Paper Helicopters Library</p> 	<p>Big maths games in the Courtyard</p> 
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Monday to Thursday

Come along and join in the fun during Children's Week
For safety groups are limited to around 20!
Only Just Dance can accept more!



September

Attendance HERO



PREP	99.04
YEAR 1	98.44
YEAR 2	99.00
YEAR 6	98.04
YEAR 4	98.62
YEAR 5	97.37
YEAR 3	98.05

Attendance Matters!
Every student, Every day

CONGRATULATIONS TO OUR
HILLSMEADE HEROES

Prep A	1/A	2/A	3/A	4/A	5/E	6/A
Alice D	Zohrain A	Zaine B	Kayden T	Sajeda	Will	Kira B
Charlotte O		Samuel D	Lilly Rose S	Aliyah	Hayden	Cooper W
		Trinity A				Jayden F
		Adeeb H				
Prep E	1/B	2/B	3/D	4/B		6/C
Elliana B	Georgia G	Jessica C	Erin G	Candice		Xavier S
Isaac F	Isaac M	Samuel R	Erin B	Zahra R		
Brady W						
Zachary						
	1/D	2/D	3/E	4/C		
	Olivia M	Alex D	Mahdya	Jacob		
	Sartaj A	Clara	Tanner	Stephanie		
	1/E	2/E		4/D		
	Jeremiah A	Makinley S		Angelica		
	Eden A	Caitlin S		Lachlan C		
	1/F	2/F		4/E		
	Tiara L	Ethan		Joshua		
	Yalda N	Destiah-Flayme		Lina		
		Mia Q				
		Orzal H				



Canteen Menu

2019





Term 4

Orders to be in NO later than 9:20am

OPEN WEDNESDAY, THURSDAY, FRIDAY






Clearly write Name and Grade with your order on your bag or envelope, Alternatively you can




<u>Snacks</u>	
Frozen Fruit / Juice Cubes 	50c
Frozen Apple/Orange Juice Cup 	\$1.00
Mamee Noodles (Chicken) 	\$1.00
Mamee Corntos (Tangy Cheese or Zesty BBQ)	\$1.00
JJ's Snacks	\$1.00
Red Rock Deli Chips (Plain / Honey Soy)	\$1.00
Grainwaves Sour cream & Chive	\$1.00
Jelly in a cup  (berry, Lime.)	\$1.00

<u>Hot Food</u>	
*Free sauce Available - Tomato, Mustard, BBQ, Mayo, Sweet Chilli & Soy (Separate pot of sauce 20c Extra)	
Chicken Strip wrap (Lettuce, Tomato, Cheese & Mayo)	\$6.00
Four n Twenty Meat Pie 175g	\$3.50
Mrs Macs Sausage Roll	\$3.00
Mrs Mac's Party Pies	\$1.00ea
Mini Hot Dog (cocktail frank in m 	\$2.00
Hot Dog 	\$3.50
3 Mini Dim Sims	\$1.50
Steamed Dim Sims	(3 for \$2.50 or \$1 Each)
Air Fried Dim Sims	(3 for \$2.50 or \$1 Each)

<u>Toasted Sandwiches</u>	
Cheese 	\$3.00
Baked Beans	\$3.50
Spaghetti	\$3.50
Ham & Cheese	\$4.50

<u>Sandwiches / Rolls</u>		Sandwich	Roll/Wrap
(all Sandwiches will be made on wholemeal bread/roll)			
Salad (lettuce, Tomato, Carrot, Cucumber and Beetroot) 	\$4.50	\$5.00	
Chicken & Mayo 	\$4.50	\$5.00	
Chicken, Salad & Mayo	\$5.00	\$5.50	
Ham & Salad 	\$5.00	\$5.50	
Salami & Cheese 	\$4.50	\$5.00	
Ham & Cheese 	\$4.50	\$5.00	
Ham, Cheese & Tomato	\$4.70	\$5.20	
Ham and Tomato	\$4.20	\$4.70	


<u>Salads</u> 	
Salad Plate (Salad plates include Lettuce, Carrot, Cucumber, Tomato & Beetroot)	
Reg \$4.50	Large \$6.00
** Add Egg 50c, Cold Roast Chicken, Ham or tuna**	\$1.50
** Add Mayo Pot**	20c
Caesar Salad (cos lettuce, Bacon, Crotons, Parmesan, egg, dressing)	\$5.50



<u>Peters Ice Cream</u>	
Icy Pole (lemonade or Raspberry)	\$1.00
Billabong (Choc & Rainbow)	\$1.50
Frosty Fruits Watermelon	\$2.00
Lifesavers	\$2.00
Milo Cup	\$3.00

<u>Drinks</u>	
Slushies (Pear juice based) 250ml (see canteen for flavours)	\$1.00
Water (still or Sparkling)	\$1.50 
Flavoured Sparkling Water (lemon/lime, pine/orange, Raspberry/blackcurrant)	\$2.00 
Flavoured Lite Milk 300ml (chocolate or Strawberry)	\$2.00 
100% Fruit Juice 300ml (Orange or Apple)	\$2.50 
Remedy Sparkling Kombutcha (Apple, Cherry plum, Raspberry lemonade)	\$2.50 

Glee Carbonated Fruit Juice \$2.00

(Apple, Blackcurrant, Raspberry)

 - Healthy option and can be eaten every day

 - Halal Friendly  - Cold roast Chicken

Counter sales will be available throughout recess & lunch. Ice-creams and snack foods will be available at the counter during this time

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



BERWICK SPRINGS FOOTBALL NETBALL CLUB Season 2020

Registration has opened for all age groups U8 – U15 (including girls born 2004 – 2012).

All enquiries to our registrar, Kirsten Nitsiopoulos,
at registrar@berwickspringsjfc.com.au