

# The Link

Hillsmeade Primary School Newsletter

Issue No 33—WED 30th OCT

2019



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

WHO? WHAT? WHEN?

MON	TUES	WED	THUR	FRI
28th OCT Science Talent Search (Selected Students)	29th OCT	30th OCT	31st OCT	1st NOV Assembly @ 2:45 PM Crazy Socks Day
4th NOV Hillsmeade cup event— students attend school Early bird reading club cancelled	5th NOV  Melbourne Cup Day  Public Holiday	6th NOV	7th NOV  Music Count Us In - students participate in nation wide musical activity	8th NOV Assembly @ 2:45Pm
11th NOV	12th NOV Mandarin Night	13th NOV  Gr 6 Casey Central  Excursion	14th NOV	15th NOV Curriculum Day—No Students at School
18th NOV	19th NOV 2020 House captain speeches @ 2:30PM	20th NOV	21st NOV	22nd NOV Assembly @ 2:45Pm

# UPCOMING EVENTS

Year Level	Name	Date	Cost	Due Date
Year 2	Camp Manyung	9th-10th Dec		Final Payment due 21st Nov
Grade 6 A & B	Casey Central Excursion	13th Nov	No Cost	6th Nov
Grade 6 C & D	Casey Central Excursion	13th Nov	No Cost	6th Nov
Grade 6	Grade 6 Graduation	Tuesday 17th Dec 6:00-7:30		TBC

Have you handed in your 2020 prep enrolment?
Transition program starting soon!

Staff Carpa

Only

Moving? Let the office know if your child won't be returning in 2020

## **SAVE THE DATE!**

Our Hillsmeade
Primary School
Christmas Concert will
be held at school on
Friday the 13<sup>th</sup> of
December.

### STOP!

The staff carpark is not a safe place for children to be entering or leaving Hillsmeade Primary School.

If you are walking your child into the school grounds, could you please ensure you use the pedestrian gates and not enter/cut through the staff carpark.

If you drop your child off or they walk to school independently please discuss these safety measures with them.

Parents who use OSHC or require disabled parking access are the only parents who should be entering the staff carpark.

With the recent tragedy in a Victorian child care centre carpark we are reminded that walking through carparks is an unsafe practice.

- OH&S Team

# FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy week 4. I hope that everyone is having a great start to Term 4 as we start to enjoy the warmer weather.

A reminder that hats are very important as we enter the summer season. It has been very concerning to see the amount of students without hats on out in the yard. We would appreciate parent support with this important issue.



# Victorian Education Excellence Award 2019

Congratulations to Dimple Bhardwaj who on Friday last week was awarded the 2019 Victorian Primary School Teacher of the year award. We are so proud of Dimple and her work across the 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 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 Specialist (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."



#### FROM THE PRINCIPAL

#### Reading @ Hillsmeade

Reading is an important curriculum area across our school. We are trying to promote a love of literature across our school community. Please take the time to check out some wonderful reading on our website. Some staff are sharing their favourite books on our website and we would love for families to engage in these stories with their children.

https://www.hillsmeade.vic.edu.au/curriculum/literacy/teacher-readings/

- Miss Carter reads 'Fox'
- Miss McGrath reads 'The Three Billy Goats Gruff'
- Miss Page reads 'The Magic Hat'
- Miss Crowe reads 'Who Sank the Boat'
- Ms Kidd reads 'Wombat Stew'
- Ms Arbuckle reads 'The Book with No Pictures'
- Ms Szalek and Mr Cole read 'The Lion's Share

"A book is a gift you can open again and again."

- Garrison Keillor

#### **Teachers Day**

Last Friday we celebrated Teachers Day. I would like to take this opportunity to publicly thank Hillsmeade Primary School Teachers and staff for the excellent work they do across our large school. We are very thankful for the ways in which they work to support the Hillsmeade Primary School Community.



#### **Assembly on Friday**

A reminder that this Friday we are having our whole school assembly starting in the gym at 2:45pm. If you are available to attend we would love to see you there.

# well done

#### **Student Leaders**

Well done to the 2019 Year 6 Student Leaders. They have done a fantastic job in supporting many events, activities, teaching and learning and tour across the school. Over the last week they have created some inspirational videos to be shared with the 2020 future leaders about the roles of a student leader at Hillsmeade Primary School. Congratulations student leaders, and a huge well done.







"It can challenging to teach our students to be creative, but we can inspire them to do so. Innovation can come from simply bending, breaking or blending existing objects and ideas. Our students can do this this through exploration and play. Us teachers did this when making bubble wands at our PD!" - Miss Nicole Page (1/A)

"Using the Ozobot Evo robots was great – we explored and experimented with the Colour Codes and by drawing lines with a marker for the Ozobot to follow. Later we coded using the blockley system, just like our students code Sprites with Scratch and when they're using the Sphero Sprk+ balls. We further explored our creativity by developing innovative systems for a robotic cleaner." - Ms Martine Ziino (Digitech Specialist)

#### Hillsmeade Cup 2019

A reminder that the Monday before Melbourne Cup we hold our annual Hillsmeade Cup.

Students are encouraged to come dressed in their best. We will be hosting our own panel of 'Fashions on the Field'. We will also witness an extraordinary hobby horse race.

Every day of school is an important day. This day will be filled with authentic learning tasks and student attendance is expected as a normal school day.

We are really looking forward to this wonderful school event.

On Monday the 28<sup>th</sup> of October and Tuesday the 29<sup>th</sup> of October our Primary School staff were given the opportunity to attend the Casey Tech Centre to engage in some structured professional learning around STEM. This was a wonderful offsite professional learning opportunity that was free of charge and connected closely with our school wide priorities.



#### FROM THE PRINCIPAL

## \*Star News New amphitheatre is a class act

The new amphitheatre will provide students with the space to explore activities related to the arts and sport, including performing arts shows, dance club, and an exciting new viewing area for school sports days.

This project was completed with \$150,000 in funding under the School Pride and Sports Fund, as part of a previous commitment by the State Government to Invest \$16 million to help strengthen community pride in schools and to provide sporting facilities for students.

Hillsmeade Primary School's new facility, which officially opened on 11 October, will be able to host the wider school community for Christmas concerts and assemblies, while also having a flexible and engaging area for taking precious school photos.

Narre Warren South MP Gary Maas joined Minister for Education James Merlino at the celebratory opening, saying the new space was about "investing in the future of our children" and giving every child the "best shot at life".

Mr Merlino said: "We are very proud to invest in Hillsmeade Primary School and I am excited to see how the facilities will be used by the school community."





#### Hillsmeade in the News!

https://
berwicknews.starcommunity.com.au/
news/2019-10-23/newamphitheatre-is-a-class-act/



This year we continue to enjoy Monday morning episodes across the school of Hillsmeade Happenings. A big thank you to Jess Szalek and the Year 6 student leaders for this wonderful communication that we all look forward to each week. We encourage families to attend the front office or speak to classroom teachers about viewing the weekly episodes.

#### FROM MR CARDAMONE



Dear Hillsmeade Community,

Good Afternoon Hillsmeade Community,

Happy week 4, this term is flying by. I hope all families are finding quality time to spend together during this busy period.

Bunjil place has lots of fun and free activities for families to participate in, go to the

website below to find out more.

https://www.bunjilplace.com.au/events

Last week I shared some important information about diet and the impact that this can have on us and our children. This week I will share some important information about exercise and the benefits that this can have. This information below is from <a href="https://www.healthdirect.gov.au/benefits-of-physical-activity-for-children">https://www.healthdirect.gov.au/benefits-of-physical-activity-for-children</a>

"Children love to play and be active. To benefit their health, children over 5 should be physically active for at least 60 minutes every day. It doesn't have to be a structured sport – anything that gets them up and moving will do.

#### Living an active lifestyle

About 4 out of 5 children in Australia don't get the daily 1 hour of physical activity they need for good health. Encouraging your child to be physically active every day will set them up to be active and healthy for their whole lives.

The challenge is to encourage children to sit less and to move more.

#### Sit less

Australian children are spending more time than ever before sitting or lying down (known as sedentary behaviour), often because they're using electronic media. Even if your child is active and does a lot of sport, they will still benefit from sitting less.

All children spend time sitting at school, doing homework and reading. But it's important to strike a balance and to find more opportunities for them to move.

The Australian Government recommends that children aged 5 to 12 should spend no more than 2 hours a day in front of a screen for entertainment, including television, seated electronic games, portable electronic devices or computers.

#### Move more

Children should do 60 minutes of moderate to vigorous physical activity every day. That includes fast walking, riding a bike or scooter, playing, running and doing organised sports.

There should be a mix of activities that make them puff and activities that are good for their bones, like climbing on monkey bars, gymnastics, dance, running, skipping and jumping.

The 60 minutes doesn't have to be done all in one go. You can

build it up so your child accumulates the physical activity over the day.

#### **Health benefits of exercise**

Exercise can be anything that makes children's breathing faster and their heart beat quicker. Sitting less and exercising for an hour a day (not necessarily all in one go) has many health benefits for children:

- they will develop healthy bones, muscles and joints
- they will develop healthy heart and lungs
- their coordination, strength and muscle control will improve
- they will maintain a healthy body weight
- their body will become more flexible
- their balance and posture will improve
- their brain will develop vital connections, leading to improved concentration and thinking skills
- they are less likely to develop chronic diseases, such as heart disease and type 2 diabetes.

#### How much physical activity do children need?

According to <u>Australia's Physical Activity and Sedentary Behaviour Guidelines</u>, children need the following:

**Birth to 1 year:** moving on the floor from birth (including <u>'tummy time'</u>, when you place your child in a safe place, such as a play mat on the floor)

**1 to 5 years:** at least 3 hours of being physically active, spread throughout the day

**5 to 12 years:** at least 60 minutes of moderate to vigorous physical activity every day.

This should include a variety of aerobic activities as well as activities that strengthen muscle and bone. Children should also limit the amount of time they spend sitting, and those aged over 5 should spend no more than 2 hours a day in front of a screen. This recommended maximum screen time drops to 1 hour for children aged 2 to 5, with no screen time at all recommended for children under 2.

#### Tips for encouraging physical activity

- choose activities your child likes and that are fun
- make sure there's lots of variety and your child tries different things
- build physical activity into your child's day for example, by walking to school, washing the car or helping in the garden
- reward your child with an activity like a visit to the park rather than with screen time
- praise and encourage your child
- be active yourself and involve the whole family".

If you have any questions, please let me know.

Mr John Cardamone

**Leading Teacher in Social and Emotional Learning** 

#### FROM THE SCHOOL COMMUNITY

# Information about the 2020 Student Leadership Applications for our 2020 Year 6 Students are now available on compass!

The 2020 Student Leadership booklet explains the roles and responsibilities of being a leader, **the student leadership timeline** and how the applications are shortlisted. It also includes the criteria the students will need to respond to and the rubric that it will be assessed against.

Year 5 students watched videos on Monday from our current student leaders, explaining their roles and advise for being a leader. It was inspirational and got a lot of students thinking about why they want to be a leader and what they could do as a student leader in 2020.

Please spend some time going through this with your child and ask them about what they do around the criteria.

If students have any questions, please make sure they ask their teachers or any other teacher/principal class member that may be relevant to the role they are applying for.

Happy application writing year 5!

#### How do I apply?

#### Step 1: Written Application

Using the selection criteria at the back of this document, you are required to write an application and submit it to the Year 5 PLT Leader.

The written application is due by Friday of week 5. A panel made up of the current school captains, Year 5 & 6 PLT Leaders, Specialist PLT Leader, and a member of the leadership team will then shortlist the applicants.

Applicants will know by Thursday of Week 6 if they have been shortlisted.

#### Step 2: Video

The shortlisted applicants will make a short video relating to the Selection Criteria to be shown to the Year 4 & 5 students in week 8 prior to the presentation of speeches.

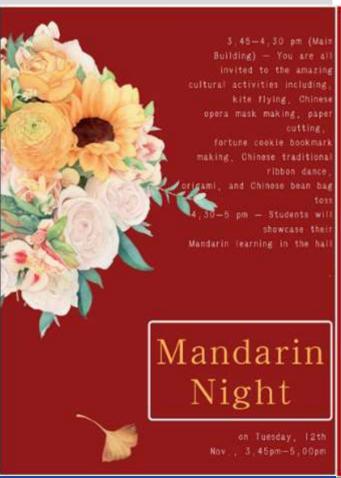
#### Step 3: Presentation Speech

If you have been selected from the interviews, you will be asked to write a 2 minute speech. Your speech is to go for no longer than two minutes and in this time you need to:

- Introduce yourself
- · Share which captain role you are campaigning for
- Tell the students why you wish to be a captain at Hillsmeade Primary School
- · Explain what skills you have that would make you the best candidate
- Share what ideas you have to contribute to Hillsmeade Primary School
- · Provide any other information you would like to share.

All successful applicants will be announced at the <u>second last assembly</u> of the year. Parents of successful applicants will be called early that week to be invited to the assembly.

The successful 2020 School Captains will run the final assembly of the year with the support of the successful 2020 Student Leadership team.







## SCIENCE TALENT SEARCH



The Science Talent Search (STS) is an annual, science based competition open to all primary and secondary students in Victoria, Australia. It fits closely with the Victorian Curriculum philosophy of teaching and learning.

All Hillsmeade students that submitted entries into the competition were recipients of awards.

Lachlan Keevers was awarded a Certificate of Acknowledgement for his Working Model of a "Why Does the Moon Have a Dark Side".

Yusuf MD Alauddin was awarded a Certificate of Merit for his Poster on "How to Build a Lunar Home".

Mahtab Raino was awarded a Certificate of Merit for his Poster on "All about the Moon".

Gurshan Singh was awarded a Certificate of Merit for his Poster on "Journey of Apollo 11".

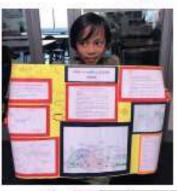
Surat Zamari was awarded a Certificate of Merit for her Poster on "Moon".

Kira Storer was awarded a Certificate of Distinction for her Poster on "Exploring the Moon".

Bianca was awarded the Minor Bursary worth \$45 sponsored by Quantum Victoria for her Experimental Research on "Growing Plants in Space". She went to the STS Exhibition and Presentation day on Monday 28th October at La Trobe University, Bundoora to collect her cheque and Bursary Medallions.

Congratulations to all our students. We are so proud of your amazing hard work!





















#### PRFP WOODWORK INCURSION

Our Prep classes engaged in a wonderful woodwork incursion on Tuesday and Wednesday last week. This was a fantastic learning experience which is supporting the Grand Designs unit of work in our Inquiry lessons this term. The children were like mini tradies!

There was so much enthusiasm and persistence from all students as they traced using templates, held wood in work benches and cut using saws to create rocket ship models.

The models were taken back to classrooms to decorate.

We have continued to talk about the uses of wood, carpentry and other jobs that need tools in order to extend the students awareness about jobs in the world around us.

The incursion was also used as a writing seed to inspire recounts.

Our thanks to Johnathan from "Learn By Doing" for providing this learning opportunity for our preps.

#### - The Prep Team







### Day

Come to school in your favourite crazy socks

To participate in this fundraiser you must bring in a gold coin donation to support our fundraiser.

This event will happen on Friday the 1st of November in week 4. The money that we raise will be going to

Australian Cancer Research

Foundation.

AUSTRAL

CANCER

RESEARCH

FOUNDATE

Don't forget to come to school in style.

Sincerely.

Liam H (6/C), Liam H (6/D), Aidan K (6/C), Brayden H (6/C)





9-9:30am	Into class, mark the roll, lunch orders, red bag etc.	
9:30-10:15am	FASHIONS ON THE FIELD (Outside parade weather permitting)	
10:15-11am	CUP CRAFT! Make your own fascinator/hat/bowtie	
11-11:30am	RECESS	
11:30-12:30pm	HOBBY HORSE RACES (Outside parade, weather permitting)	
12:30-1:30pm	DESIGN YOUR OWN JOCKEY SILKS  IN CLASS OWN CUP TROPHY	
1:30-1:45pm	PICNIC LUNCH ON THE SYNTHETIC OVAL (Bring your picnic rugs)	
1:45-2:30pm	LUNCH BREAK	
2:30-3:15pm	HAT PARADE	
3:15-3:30pm	Back to class for pack up and end of day	



## Canteen Menu Term 4

Orders to be in NO later than 9:20am

OPEN WEDNESDAY, THURSDAY, FRIDAY



2019

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)	(T)	\$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 \$1.00 (berry, Lime,)		

Hot Food			
*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)		

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

<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		

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

<u>Dr</u> i	inks	
Slushies (Pear juice based) 250ml (see canteen for flavours)	\$1.00	$\wedge \wedge$
Water (still or Sparkling)	\$1.50 🤴	No Carbonated
Flavoured Sparkling Water (lemon/lime, pine/orange,	\$2.00 🐞	Glee Carbonated
Raspberry/blackcurrant)		Fruit Juice \$2.00
Flavoured Lite Milk 300ml (chocolate or Strawberry)	\$2.00	(Ap le Blackcurrant, Raspberr),
100% Fruit Juice 300ml (Orange or Apple)	\$2.50	
Remedy Sparkling Kombutcha (Apple, Cherry plum,	\$2.50 🤴	•
Raspberry lemonade)		



- Healthy option and can be eaten every day



🗽 - Cold roast Chicken

FROM THE COMMUNITY



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

There will be no school banking during Melbourne Cup Week.



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

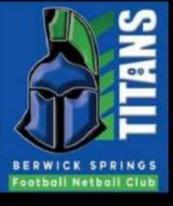
Refreshments provided

#### **BOOKINGS AND ENQUIRIES:**

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

anglicarevic.org.au





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