

UPCOMING CURRICULUM DAY:

**FRIDAY 15TH NOVEMBER**

**\*STUDENTS DO NOT ATTEND\***



# The Link

Hillsmeade Primary School Newsletter

Issue No 34—WED 6th NOV

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	WED	THUR	FRI
4th NOV Hillsmeade cup event—students attend school <b>Early bird reading club cancelled</b>	5th NOV <b>Melbourne Cup Day Public Holiday</b>	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 Regional Volleyball Finals	15th NOV <b>Curriculum Day—No Students at School</b>
18th NOV Woolworths Discovery Tour 3/D/C	19th NOV Woolworths Discovery Tour 3B/E	20th NOV	21st NOV Woolworths Discovery Tour 3/F	22nd NOV Assembly @ 2:45Pm Junior Cross Country Woolworths Discovery Tour 3/A
25th NOV Footsteps Dance Experience Gr 5/6 Lifesaving VIC Gr 5/6	26th NOV School Tour @ 10AM	27th NOV Foot steps Dance Experience Gr 1/4 Lifesaving VIC Gr prep/1 2020 leadership speeches	28th NOV Foot steps Dance Experience Gr 2/43 Lifesaving VIC Gr 2/3	29th NOV Lifesaving VIC Gr 4 MAD DAY (TBC) Electives

# UPCOMING EVENTS

Year Level	Name	Date	Cost	Due Date
Grade 6A and 6B	Casey Central Excursion	Wednesday 13th November	NIL	06th Nov
Grade 6C and 6D	Casey Central Excursion	Wednesday 13th November	NIL	6th Nov
Selected Students	Regional Volleyball Finals	Thursday 14th November	NIL	10th Nov
Grade 3C + 3D	Woolworths Discovery Tour	Monday 18th November	NIL	12th Nov
Grade 3E + 3B	Woolworths Discovery Tour	Tuesday 19th November	NIL	12th Nov
Grade 3E	Woolworths Discovery Tour	Tuesday 19th November	NIL	12th Nov
Grade 3F	Woolworths Discovery Tour	Thursday 21st November	NIL	12th Nov
Grade 3 A	Woolworths Discovery Tour	Friday 22nd November	NIL	12th Nov
Grade 2	Camp Manyung	9th-10th December	\$50 deposit Due 9nd Aug Full cost \$190	Final Payment due 21st Nov
Grade 1	Cape Schanck Lighthouse EXC	Monday 16th December	\$33.00	2nd Dec
Grade Prep	Casey Fields Playground	TBC	TBC	TBC
Grade 5	Littler Day Out	TBC	TBC	TBC

## A NOTE FROM SICK BAY

People who have asthma or hay fever can get severe asthma symptoms during grass pollen season when high amounts of grass pollen in the air combine with a certain type of thunderstorm.

Epidemic thunderstorm asthma is when a large number of people develop asthma symptoms over a short period of time.

Epidemic thunderstorm asthma events are uncommon and don't occur every year. In south-east Australia they can happen during grass pollen season from October through December.

They are not the cause of seasonal increases in asthma symptoms seen every year.

Thunderstorm asthma can affect those with asthma or hay fever – especially people who experience wheezing or coughing with their hay fever. <https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/thunderstorm-asthma>

## SAVE THE DATE!

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

## A NOTE FROM MS TOOBA

والدين گرامی ،

روز جمعہ ، ۱۵ نومبر ۲۰۱۹ ، روز برنامه درسی است . شاگردان به مکتب نمی آیند و رخصت میباشند .

# FROM THE PRINCIPAL



Dear Hillsmeade Community,

Welcome to Week 5! We hope everyone enjoyed some family time yesterday for Melbourne Cup Day.

## VIT Graduate Panels

A huge well done and congratulations to our Graduates who completed their VIT panels this week to be recommended for full registration. The quality of portfolios were excellent and we are so proud of you:

**Kristie Jenner, Ashleigh Bell, Catherine Daire, Abbie Sheers, Jess Sinclair, Tilly Le Faou, Ashleigh Voutier and Michelle Ewing.**

A big thank you to **Ashneigh Hughes** for coordinating the VIT and also a big thank you to our VIT mentors, your work is really appreciated - **Meg Yates, Nowella Ahlgren, Angela Cooper, Ashneigh Hughes, Katrina Roberts, Michael Davies, Kathryn Kidd and Jo Monrroy.**

## Hillsmeade Cup

On Monday 4<sup>th</sup> November we held Hillsmeade Cup Day, a great whole school event with fun and authentic learning activities. We enjoyed 'Fashions on the Field' and hobby horse races as part of the day. We also had a special visit from 'Majestic' the horse (otherwise known as Mrs Bray!) Well done to our best dressed, funniest dressed and most creative style award winners below.



ELC



Prep



Grade 1



Grade 2



Grade 3



Grade 4



Grade 5



Grade 6



Teachers



The judges!

### Assembly

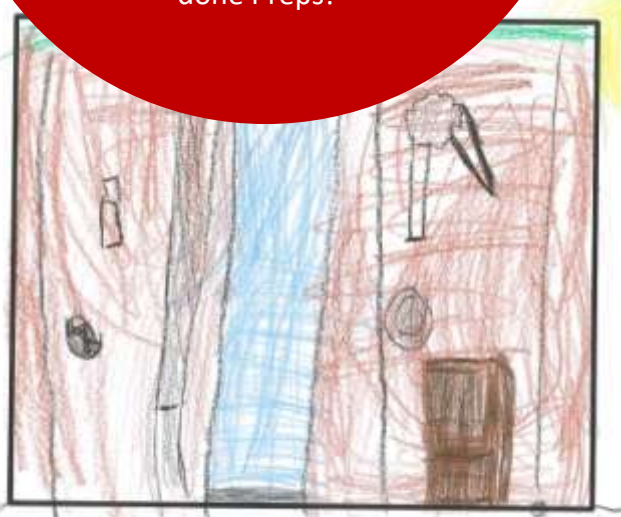
A reminder that this Friday is our whole school assembly starting at 2:45 in the gym. We hope to see you there.

### Prep Writing

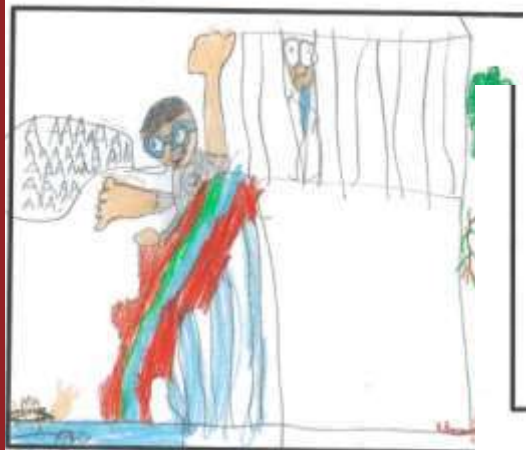
This week Prep D shared some amazing writing with Miss Smith. The students have been designing playgrounds as part of their Inquiry unit 'Grand Designs.' The students wrote about some of their creative ideas such as underground slides, swings and pretend shops. Well done Preps!



Miss Smith can I please have a wading house that has two windows and a door that can open and close I think that the preps will very like it it will be fun.



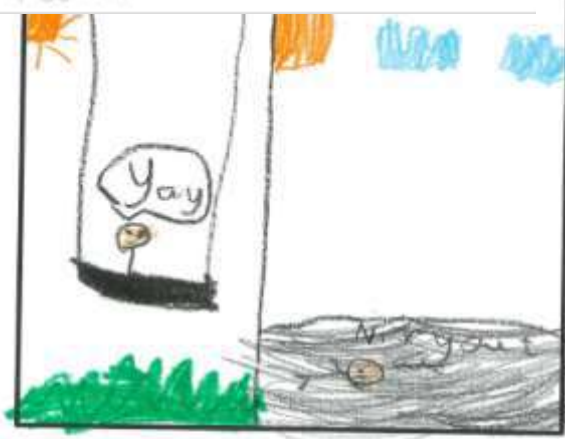
Too Miss Smith can you make a tunnel under the ground please I think the preps and gradins will have fun.



Dear Miss Smith  
 We preps  
 have a white DVD.  
 Because I write to stone  
 What time



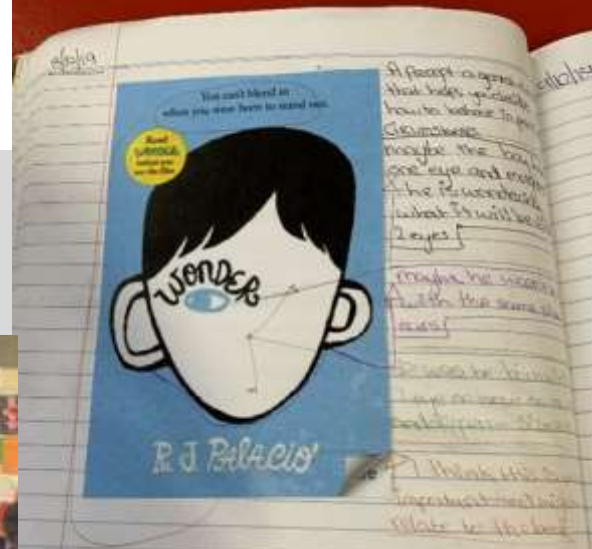
I want a  
 rabe slabs  
 - Be cos  
 I like rabe  
 slabs  
 Chloe



Dear Mrs  
 Smith can you please  
 have a swingy swing  
 And a tunnel slide.  
 For the preps

## READING IN GRADE 5 - MS CARTER

Last week I visited year 5 and got to learn about the novel they are studying this term, "Wonder". Students have been exploring **theme** and have been creating their own precepts to live by:



**Garine**- Don't be afraid to go to school and not know anything, that is what school is all about, learning.

Go zero-waste, it's better for the world, you and I.

**Chloe**- Friends are hard to find and even harder to lose.

**Michaela**- Friends are like flowers, they grow together.

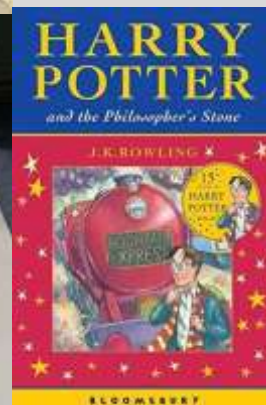
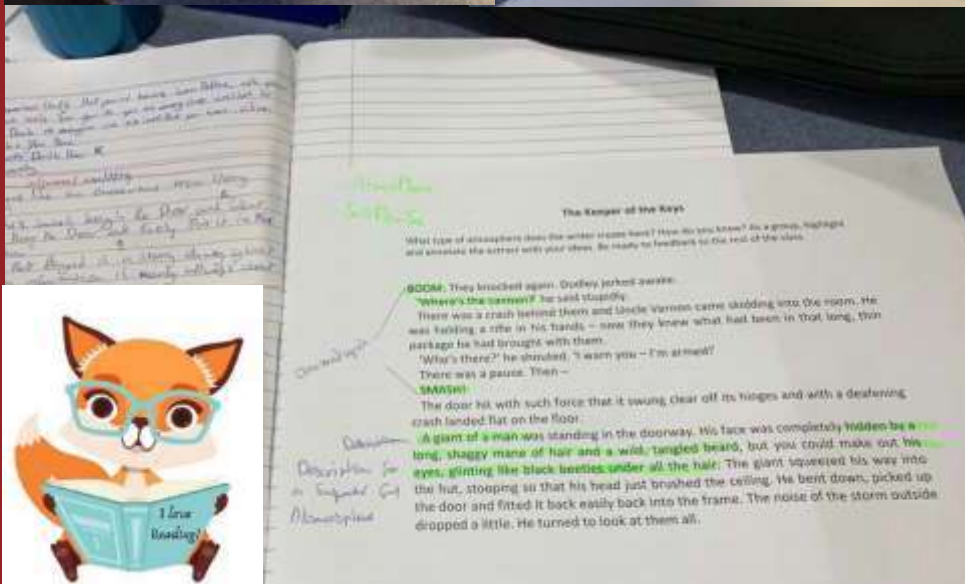
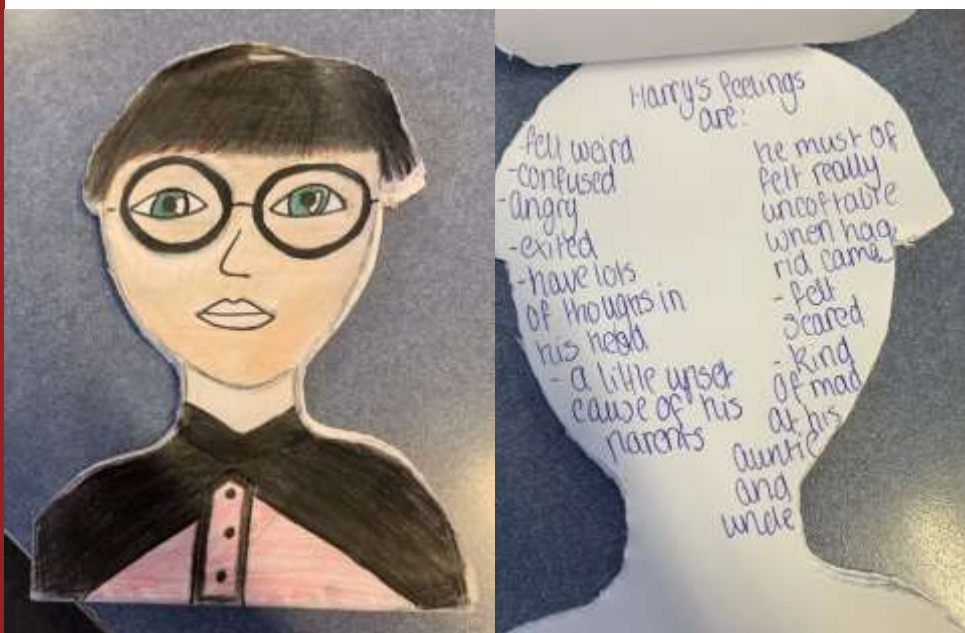
**Zarah**- Friends are like family; they are there when you need them so be there when they need you.

**Santaigo** - Always think before you speak.

Accomplishing things and always try new things.

Trying to stop pollution and saving the ocean and turtles.

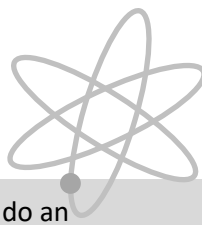
## READING IN GRADE 6



I also visited the year 6's and was excited to listen to one of my all-time favourite books, "Harry Potter and the Philosopher's Stone". The students created their own Harry Potter notepads to record their thinking throughout the novel.

The students created their own Harry Potter notepads to record their thinking throughout the novel.

## SCIENCE IN GR 3



Today in Science, 3B went to the STEAM room to do an experiment. Our experiment was to put an ice cube in a bowl and had to use a hair dryer to melt the ice cube. Here are the steps and changes we observed.

1. We got ice cube off Mrs Ewing and put it into our bowl.
2. We plugged in the hair dryer and turned it on, pointing it at the ice cube.
3. After 1 minute and a half the ice cube started to melt, but kept it's shape.
4. After 2 minutes the ice cube started to melt even more, and the ice cube started to lose it's shape and got smaller, more water appeared around it.
5. At 3 and a half minutes the ice cube hardly had any shape left and was more water than ice.
6. At 4 minutes you could just make out a little bit of the ice cube, it had no shape left and 90% water.
7. 33 seconds later the ice cube was gone and now the bowl has just water in it.
8. Thank you for reading my Science report

**By Addison 3B**

Science!!! On Thursday the 31/10/2019 we went to the STEAM room to do an experiment. Now, for the experiment we needed to melt fresh, cold ice, and see how long it took to melt in different circumstances.

It was perfect for a hot day like that. So before we began we filled in a prediction sheet (in groups) to guess who's station would melt first. Our class was split into 5 groups and each group was given a different method to melt their piece of ice, such as in perfect sunlight, under a warm hairdryer, in a napkin, being passed in warm hands, and lastly, on a hot windowsill. We predicted the hair dryer station would melt first. I was in the group to take the ice into direct sunlight. So we went to the middle little circle of the basketball court to put our bowl down. Our ice cube took 10 minutes and 41 seconds to melt. After it had melted we sat down to see if our predictions were correct, and YES IT WAS! We then filled in a reflection sheet. Finally, we went back to our room to watch a video about heat. It was a really good video to watch. Thank you for listening to me. BYE!!!

**From Owen H 3/B**



On Friday 1st November all of 3/B went to the STEAM room to do science. When we were there at the STEAM room we were split into 5 groups so we could test ice cubes. We were testing which ice cube would melt quicker and which ice cube would be the easiest that would make the ice cube melt. The quickest was using our hands to melt the ice cube. The reason why it was quicker is because our hands were really warm. My group was group 5, my group had to put an ice cube on the window sill. We also had to time how long it would take for it to melt. My group's ice cube took 9 minutes to melt.

**By Jaide**

# FROM MR CARDAMONE

Dear Hillsmeade Community,



Happy week 5! I hope everyone had a great Hillsmeade Cup day at school and had some quality family time on the Melbourne Cup public holiday.

Last week we shared some information of the benefits of exercise. This week we will take a closer look at stress management and how this is a very important part of life for both adults and children.

The information is from the Be You website <https://beyou.edu.au/fact-sheets/wellbeing/stress-management>

## **“What causes stress?”**

People experience stress for many reasons

One of the most common reasons is sudden or unexpected change, but even positive changes can be stressful. Expected changes – such as a child or young person starting at an early learning service or school, or changing between schools – can be also stressful.

Stress can be a response to a single event or might be prolonged, cumulative stress. Overwhelming stress impacts our physical and mental health, relationships, learning and development, and capacity to fulfil our roles (for example, parenting, working or studying).

Changes can happen in many aspects of a person’s life at the same time, including shifts in their:

- physical environment (such as moving house or starting a new job)
- social environment (starting at a new school, feeling isolated after moving somewhere new, feeling they can’t control or influence their environment) economic circumstances (such as an unexpected financial loss, large expense or job loss).

It’s important to remember that **stress is not anxiety** – an anxiety condition is when someone:

- has anxious feelings which are consistently very intense
- have feelings that persist well after the stressful event has passed
- are so distressed that it interferes with their capacity to learn, socialise and do everyday things.

## **Signs of stress in children and young people**

Stress is the body’s reaction to change or overload . It can show up in children and young people’s behaviour, emotions, body and thinking. This can look like:

- sleep changes or tiredness
- changes in appetite or interest in food
- returning to earlier behaviours (such as bedwetting or needing frequent comfort)
- not enjoying or participating in usual interests or experiences

- withdrawing from friends and family
- changes in engagement in learning or academic results
- irritability and frustration
- fearfulness or constant worrying
- tearfulness and crying
- poor concentration
- overreacting to small things
- being physically run down or feeling unwell (for example, stomach pain or headaches)
- mood swings
- low levels of motivation.

Many of these signs of stress are similar to an adult’s experiences. Being mindful of the different ways that stress manifests in people is an important first step in offering support.

People experience and respond to stress in different ways.

Our capacity to navigate stress will be different at various points in time. It’s important to understand what puts us at risk of stress and how we can protect ourselves from getting overwhelmed by it.

Risk factors include experiences or situations that increase the likelihood of developing mental health issues. For children and young people, these can be events that challenge their social and emotional wellbeing (such as family conflict or separation, experiencing a natural disaster or lacking supportive relationships). Protective factors buffer the effects of these risks and improve mental health.

**Risk and protective factors can change.** Risk factors don’t automatically lead to mental health issues, especially if there are protective factors present. This helps us understand why two people can respond quite differently to the same situation.

Examples of protective factors for children and young people faced with stress include:

- a stable and warm home environment
- a belief in themselves that they can manage based on past experiences
- an optimistic outlook and hopefulness about the future
- social and emotional skills, such as being able to recognise and talk about emotions
- good communication skills
- previous experiences of asking for and receiving support when they need it
- strong relationships with family, peers and educators
- a supportive environment in their early learning service or school
- routines and consistency in their lives
- achieving developmental milestones
- play and participating in a range of interests (like reading, art, sport and music)
- being in good physical health
- having access to supports if required, such as a mentor or counsellor”.

If you have any questions, please let me know.

**Mr John Cardamone**

Leading Teacher in Social and Emotional Learning

*Social and emotional learning... ‘It’s everyone’s business!’*



## FROM THE PRINCIPAL

### Community Spirit and Leadership Award

On Friday 1<sup>st</sup> November, we welcomed Mr Gary Maas, local Member of Parliament for Narre Warren South to our whole school assembly. Mr Maas presented a prestigious award to Year 4 student Shae O'Brien, in recognition of her outstanding Community Spirit and Leadership. Congratulations Shae, we are very proud of you!



Don't forget!  
School banking  
is every  
Tuesday

A poster for 'Mandarin Night' with a red background and floral illustrations of yellow and white flowers. The text is in gold and white.

3.45–4.30 pm (Main Building) – You are all invited to the amazing cultural activities including, kite flying, Chinese opera mask making, paper cutting, fortune cookie bookmark making, Chinese traditional ribbon dance, origami, and Chinese bean bag toss

4.30–5 pm – Students will showcase their Mandarin learning in the hall

# Mandarin Night

on Tuesday, 12th Nov., 3.45pm–5.00pm

**Tuesday 12th November**  
**3:45pm - 5:00pm**

A floor plan of the school building with red arrows pointing to various activity locations. Each location is accompanied by a small image and a label.

- Chinese Bean Bag Toss
- Origami
- Fortune Cookie Bookmarks
- Qin Hua Ci Plate Decorating
- HALL Performances 4:30pm–5pm
- Paper Cutting
- Opera Masks
- Kite Flying and Jianzi (Oval)
- Chinese Ribbon Dance
- DigiTech
- Quiet Place

# WALKING STARS

Saturday 7 December  
Melbourne



HILLSMEADE  
WALKING  
STARS

On Saturday 7<sup>th</sup> December, a team of staff will be participating the the Walking Stars night time half marathon walk (21km) around Melbourne, to raise vital funds for Cancer Council Victoria. The team have been in training for a number of months now and have completed walks around Lysterfield Lake, the school oval and the Hallam Valley Trail.

If you would like to sponsor us for the event you can do so via the following link:

<https://fundraising.cancervic.org.au/event/walking-stars/home> - (in find a friend type our team name) Hillsmeade Heroes.

Your support would be much appreciated.

- Ms Lisa Scott



## REMEMBRANCE DAY

The SRC members will be selling badges in Chloe's garden every snack time until the 11th of November. Prices range from \$1-5.

- Ms Evelyn Schultz

