

Christmas
Concert will be
held at school on
Friday the 13th of
December.

The Link

Hillsmeade Primary School Newsletter

Issue No 36—WED 20th 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
18th NOV Woolworths Discovery Tour 3/D/C	19th NOV Woolworths Discovery Tour 3B/E	20th NOV	21st NOV Woolworths Discovery Tour 3/F 11:40-12:40 2020 Prep Transition	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 11:40-12:40 2020 Prep Transition Foot steps Dance Experience Gr 2/43 Lifesaving VIC Gr 2/3	29th NOV Lifesaving VIC Gr 4 MAD DAY (Families welcome) Electives
2nd DEC	3rd DEC ART Expo	4th DEC 2020 Prep Parent Info Night	5th DEC 11:40-12:40 2020Prep Transition	6th DEC Assembly @ 2:45 in the Gym
9th DEC Gr 2 Camp Manyung	10th DEC Gr 2 Camp Manyung Statewide transition day 2020 Preps	11th DEC 2020 Step-Up-Day (9:30- 11:00)	12th DEC	13th DEC Hillsmeade Xmas Concert

Upcoming Events

Year Level	Name	Date	Cost	Due Date
Grade 3F	Woolworths Discovery Tour	Thursday 21st November	NIL	12th Nov
Grade 3 A	Woolworths Discovery Tour	Friday 22nd November	NIL	12th Nov
Selected Students Grade 3 & 4	Hoop time (State)	Monday 25th November	NIL	20th Nov
Grade 3	Melbourne Zoo	Thursday 5th December	\$41	29th Nov
Grade 2	Camp Manyung	9th-10th December	\$50 deposit Due 9nd Aug Full cost \$190	Final Pay- ment due 21st Nov
Grade 1	Cape Schanck Lighthouse EXC	Monday 16th December	\$33.00	2nd Dec
Grade Prep	Casey Fields Playground	Wednesday 18th December	\$8.00	4th Dec
Grade 5	Little Day Out	Wednesday 18th December	\$25	2nd Dec
Grade 6	Big Day Out	TBC	TBC	TBC

Christmas Raffle

A reminder that the Christmas Raffle is happening again. Families should have received a pack of raffle tickets to be able to sell and return to the office. If you would like more information about the raffle please contact the office. Additional ticket sheets are available at the office.

What: 2020 Grade 4-6 School Production

When: Wed 29th July 2020

Time: 7pm

**Venue: Bunjil Place Theatre,
2 Patrick North East Drive,**

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy Week 7. Term 4 is really flying by and there are still so many wonderful things to look forward to at Hillsmeade Primary School.

A huge congratulations to our newly appointed 2020 leaders across Hillsmeade Primary School.

Learning Specialist Reading	Tabitha Carter
Acting Learning Specialist Writing	Nicole Page
Specialist PLT Leader	Lisa Scott
ELC PLT Leader	Katrina Roberts
Prep PLT Leader	Rachel Sutcliffe
Year 1 PLT Leader	Lauren Slevin
Year 2 PLT Leader	Jenny Elkin
Year 3 PLT Leader	Jess Ellis
Year 4 PLT Leader	Sarah McGrath
Year 5 PLT Leader	Hardev Singh
Year 6 PLT Leader	Michael Davies

New Carpet in the Corridor

During Friday's curriculum day and over the weekend we had the carpet in the corridor of the main building replaced. The new carpet looks wonderful and the students describe it as very soft and squishy to walk on.

Thank you

A huge thank you to Debra Guzzardi and Nicole Norton for her book donation to the school. We really appreciate this and the books will be utilised by many students.

Assembly

This Friday we will run our whole school assembly at 2:45 in the gym. Families are welcome to attend.



Upcoming Events at Hillsmeade

- Junior Cross Country
- Free Dress Day
- MAD Day
- Art Expo
- Christmas Concert
- Year 6 Graduation
- Step Up Day
- Little Day Out
- Year 3 Zoo Excursion



FROM MISS SMITH AND MS WELLS

Victoria - Jiangsu Principals' Forum

On Monday 18th November, Dimple Bhardwaj and I attended an international principals' forum. The Jiangsu Province in China is the sister state of Victoria and the two have been connected through of a 40 year international partnership. We are fortunate to visit our sister school, Jinling Primary School in Nanjing, bi-annually as part of the VPA China Study Tour. The focus of the forum was around STEM (Science, Technology, Engineering and Mathematics), the challenges and opportunities we face through global learning and engagement. We discussed the similarities and differences in curriculum and addressed underrepresented cohorts and disadvantage. The day included cultural performances and a unique opportunity for networking and strengthening international connections.

**Sarah Smith—Teaching and Learning Assistant
Principal**

Christmas Concert

A reminder to save the date for the Annual Hillsmeade Primary School Christmas Concert to be held on Friday December the 13th. We look forward to seeing many families in attendance.

Curriculum Day November 15th 2019

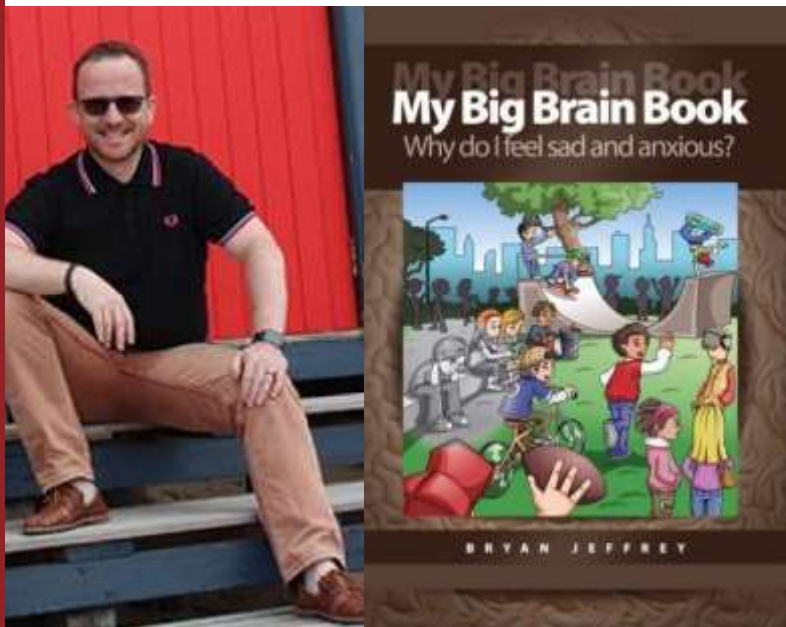
During our curriculum day last Friday, teachers and support staff engaged in professional learning with Bryan Jeffrey.

Bryan is a highly regarded consultant, supporting schools, hospitals and agencies in developing their knowledge and capacity in the area of children's mental health.

An important focus of the day was about how to best support children to manage stress. Bryan discussed the importance of resisting the urge to remove all sources of stress from the lives of children and instead help prepare them for, and manage, stress in an age appropriate way. Bryan suggests teaching children about their brains, reframing signs of stress as our bodies preparing us for action and also teaching children strategies to help them relax.

To learn more about supporting children experiencing anxiety, please take a moment to read this week's article from Mr. C.

Ms Crystal Wells—Assistant Principal



JUNIOR CROSS COUNTRY 2019

When? Friday November the 22nd

Who is involved?

All students from Prep through to Grade 3 and parents are welcome.

What time?

It will run from about 9.15 am to approximately 10.45am.

How will it work?

Boys and girls in each grade level will run their own races over a approximately one kilometre. Other activities which will be run in Grade levels include basketball, soccer and Just Dance.

What if it's really hot?

There will be a modified course. If it's really, really hot we will cancel.

What if it's raining?

We will run anyway. If it's really, really raining or thundering we will cancel.

What should we bring and wear?

Hats and running shoes and House colour tops if students wish. Otherwise, school uniform as usual.

Any queries please ask a P.E. teacher

Prep Transition

On Thursday 14th November, we held our first 2020 prep transition session. More than 80 future students attended a classroom experience, getting to know other children and becoming familiar with the school environment, while their parents attended an information session. It was great to welcome and get to know our families. Our new students come from a range of kindergartens and this is the beginning of a 5 week program to prepare our students for school at Hillsmeade next year.

FROM MS TOOBA - PREP TRANSITION

والدين و سرپرستان گرامي،
به مکتب ابتدائيه هيلسميد خوش آمدید .

پروگرام هاي تحويلي مقدماتي (پريپ) ۲۰۲۰ قرار نيل است:
پنجشنبه: ۱۴ نومبر ۲۰۱۹
وقت: ۱۱:۴۰ صبح الي ۱۲:۴۰ چاشت
پنجشنبه: ۲۱ نومبر ۲۰۱۹
وقت: ۱۱:۴۰ صبح الي ۱۲:۴۰ چاشت
پنجشنبه: ۲۸ نومبر ۲۰۱۹
وقت: ۱۱:۴۰ صبح الي ۱۲:۴۰ چاشت
پنجشنبه: ۵ دسمبر ۲۰۱۹
وقت: ۱۱:۴۰ صبح الي ۱۲:۴۰ چاشت
سه شنبه ۱۰ دسمبر ۲۰۱۹
وقت: ۹:۳۰ صبح الي ۱۲:۳۰ چاشت

در جريان كه اطفال در حال بازديد از صنف هاي مقدماتي (پريپ) هستند و معلمين را ملاقات مي کنند ، همه والدين/ سر پرستان به يك جلسه اطلاع رساني دعوت ميشوند تا خانواده ها را براي مکتب آماده کنند .

ماهچنين يك جلسه اطلاعات عصرانه داريم كه در صورت عدم امكان حضور در روز ها/ تاريخ هاي فوق، خلاصه اي از جلسات روز خواهد بود .

اين جلسه به تاريخ ۴ دسمبر ۲۰۱۹، از ساعت ۶:۰۰ شام الي ۷:۳۰ شب خواهد بود .



ANXIETY IN CHILDREN

FROM MR CARDAMONE



Dear Hillsmeade Community,

Happy week 7! I hope the week has been a positive one for you and your family.

Last Friday during our curriculum day, the staff at Hillsmeade attended a presentation delivered by Bryan Jeffrey, a Registered Psychiatric Nurse. Bryan has spent many years working with children affected by anxiety and he shared with us the challenges and strategies involved. This presentation was a timely reminder for us to revisit this important topic.

Here are some facts about anxiety:

1 in 3 girls suffer from an anxiety disorder

1 in 5 boys suffer from an anxiety disorder

15% of Australians aged between 16-24 years' experience an anxiety disorder each year.

Below is some information on how you can help a young person showing signs of anxiety.

This information is from the Be You website

<https://beyou.edu.au>

On an individual level, there are also many helpful ways you can support children and young people experiencing anxiety, depending on their developmental stage. Here are some ideas:

- *Give young children the language to label how they're feeling, so they can learn to identify their emotions (for example, say, "It looks like you might be feeling a bit worried. Sometimes when I feel worried, my tummy feels wobbly").*
- *Give notice prior to transitions like starting or stopping activities or morning rooms to help children and young people prepare for change.*
- *Help children and young people understand that being anxious, particularly when confronting new situations, is normal, but also that there are strategies for managing anxious feelings.*

- *Help individuals recognise their own internal cues that they're becoming anxious (for example, if they have a racing heart or are unable to think, identify and practise strategies that help them to manage their anxiety and calm down).*
- *Use a step-by-step approach. Break tasks down into small manageable chunks, moving up a step when an individual can cope without anxiety (for example, presenting a project to an educator, presenting a project to an educator and two friends, presenting a project to a small group, and so on).*
- *Help children and young people recall situations where they've succeeded despite being anxious, to strengthen their self-belief they can cope with and manage their anxiety.*
- *Help them understand that avoiding those things that make them anxious, while useful as a short-term fix, is likely to make things harder in the future.*
- *Encourage children and young people to have a go at things that are new and to understand that it takes time to learn new skills or behaviours.*
- *Help them to recognise their own self-talk when approaching new situations and to develop some positive coping statements to stop the self-defeating talk.*
- *Set realistic expectations for challenges and assist children and young people to manage stress associated with tasks.*
- *Talk about effective and helpful strategies that you use to manage anxiety or stress (for example, talking to friends, positive self-talk, exercise and other relaxation strategies).*
- *Enlist the support of important people in their lives such as family members and other educators.*

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!'

EXCURSIONS

Woolworths Discovery Tour

In our Inquiry unit this term, 'Are You A Lunchbox Legend?', the year 3 students have been learning about the processes certain foods go through in order to reach our table. As part of our learning within this unit, this week, our students have been walking to Woolworths, Casey Central to take a tour of the supermarket. These tours have given students an insight into what happens 'behind the scenes', discussions on what fruits and vegetables we eat and the sustainability of these. Students were excited while exploring Woolworths and they even received their very own 'Fresh Food Kids' bag, containing some fresh fruit and a sticker/activity booklet!



Year 6 Walk to Casey

As part of their MAD Day preparation, the Year 6 students attended Casey Central Shopping Centre on Wednesday 13th November. The students conducted market research, noting the various sales techniques and strategies used by the different shops to encourage consumers to enter their store and spend money. Students also analysed the reasons behind the designs of the shop fronts, including lighting, colour, music, advertising and logos. The Year 6 students have taken this market research and applied it to their own MAD Day stall preparation and are looking forward to a successful MAD Day on 29th November.



FROM THE COMMUNITY

Student Leadership Team 2020

On behalf of the panel members I would like to thank all the year 5 students who wrote and submitted applications. We were very proud of each and every student. The applications have been scored against the Student Leadership Rubric and students were notified on Thursday of shortlisting.

All shortlisted applicants are to now **make a short video** to be viewed by the current students leadership team and the year 4 and 5 students next Tuesday, prior to presenting their speech on Wednesday morning. We met today at recess to share the expectations of this.

The video will include:

- Introduction of student
- Sharing of which captain role the student is campaigning for
- Explaining to the voting students why they wish to be a captain at Hillsmeade Primary School
- Explaining what skills they have that would make them the best candidate
- Share what ideas they have to contribute to Hillsmeade Primary School
- Providing any other information they would like to share.

Students will use information from their applications to support the answers of these questions. Students will then **present their speeches** next **Wednesday 27th November**, covering the same information above to the voting current student leaders, and year 4 and 5 students. All students will vote in their 'houses', experiencing the electoral process. The speeches will not be filmed.

Regional Volleyball Finals

Last Thursday, nine students from years 5 and 6 had the opportunity to participate in the Regional Volleyball Finals. The volleyball teams this semester have been very successful. Both teams won their individual divisions during the interschool Lightning Premiership competition. Both teams were then given the chance to compete at the Divisional Finals, held at Tulliallan Primary School. Unfortunately, despite their best efforts, the girls' volleyball team were defeated. Even though the students were upset, they showed excellent sportsmanship by congratulating the winning school and demonstrating the school's I Respect values. The mixed team won their game in straight sets and were given the opportunity to participate in the Regional Volleyball Finals held at Springers Leisure Centre in Keysborough. All of the games at this level were officiated by professional umpires and the standard of all of the teams was very high. Unfortunately, the mixed team were knocked out of the competition in some very close games. The students had a great time and played some very competitive volleyball. - **Mr Jeff McGann**

Over the next two days, current school captains, Keely and Keshav, will assist the year 5 students to make their videos. We are very excited to hear from our future leaders.

A reminder that all announcements of the successful 2020 Student Leadership Team will be at the week 9 assembly on Friday 6th December.



Good luck future leaders!

Ms Toni Barker, Grade 5 PLT

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2020
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C.S.E.F.

Do you have a health care card?



You may be eligible to apply for the CSEF (Camps Sports Excursion Fund) which gives each student \$125 per year to go towards Camps, Sports, Excursions and Incursions at Hillsmeade Primary School.

Applications must be submitted by Friday 19th of June 2020.

Please see the office staff for further information and application forms

Don't forget!

School banking is every Tuesday

Tuesday the 3rd of DEC is the last day to redeem items for guaranteed delivery before the end of term.