



2020 CURRICULUM DAYS

**TERM 2 –
Thursday May 28th**

**TERM 3 –
Friday September 4th**

**TERM 4 –
Monday November 30th**

***CANCELLED*
Alkira Secondary
Open Night 24th
MARCH**

The Link

Hillsmeade Primary School Newsletter
Issue No 7—WED 18th MAR

TERM 1
2020



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
16th MAR *CANCELLED* VSSS Rehearsal #1 for selected students	17th MAR *CANCELLED* School Tour @ 10am	18th MAR *CANCELLED* Prep RACV Safety Squad Incursion *CANCELLED* Gr 6 Canberra Camp Info night 5:30-6PM	19th MAR *POSTPONED* SCHOOL PHOTO DAY *CANCELLED* Project Magnet Parent Workshop 6:30PM	20th MAR Electives Free Dress Day *CANCELLED* National Young Leaders Excursion
23rd MAR *CANCELLED* Parent Teacher Conferences	24th MAR *CANCELLED* Parent Teacher Conferences	25th MAR *CANCELLED* Parent Teacher Conferences	26th MAR	27th MAR Last Day of Term 1 School finishes @ 2:30 NO ASSEMBLY

School Photos will be held on Monday June 22nd

School Holidays 28th MAR - 14th APRIL



STATEMENT ON SCHOOL CLOSURES IN VICTORIA

Dr Brett Sutton MBBS MPHTM FAFPHM FRSPH FACTM MFTM

Victorian Chief Health Officer

Victorian Chief Human Biosecurity Officer

The Australian Health Protection Principal Committee (AHPPC) met recently to consider the issue of school closures in relation to the community transmission of COVID-19.

The Committee's advice is that pre-emptive school closures are not likely to be proportionate or effective as a public health intervention to prevent community transmission of COVID-19 at this time.

As Victoria's Chief Health Officer and as a member of the AHPPC, I fully endorse this advice in relation to schools in Victoria.

There is currently limited information on the contribution of children to transmission of COVID-19. The WHO-China Joint Mission noted the primary role of household transmission and observed that children tended to be infected from adults.

Previous work suggests that the potential reduction in community transmission from pre-emptive school closures may be offset by the care arrangements that are in place for children who are not at school.

There is a particular risk associated with the fact that children may require care from vulnerable grandparents or may continue to associate (and transmit infection) outside of school settings.

Broadly, the health advice on school closures from previous respiratory epidemics shows the health costs are often underestimated and the benefits are overestimated.

This may be even more so in relation to COVID-19 as unlike influenza, the impact on otherwise healthy children has been minimal to date.

For pre-emptive school closures to be effective, prolonged closure is required and it would be unclear when they could be re-opened. If there were still a large pool of susceptible students when schools are re-opened, there would be likely to be re-emergence of transmission in the community.

School closures may still be considered late in the outbreak in anticipation of a peak in infection rates, for a shorter period of time. Short term reactive school closures may also be warranted to allow cleaning and contact tracing to occur.

Should evidence change in relation to school closures then my advice to the sector, in collaboration with AHPPC, would of course change also.

Hillsmeade P.S is currently open, however if you have made the decision to keep your child at home we ask that you please enter their absence on Compass. Please select 'Parent Choice' as the reason and enter 'COVID-19' in the description field. Alternatively please contact the friendly office team on **9704 6313**.



CORONAVIRUS OUTBREAK AND YOUR MENTAL HEALTH

Looking after your mental health during the coronavirus outbreak

Hillsmeade Primary School recognises and understands the feelings of anxiety, distress and concern many people may be experiencing in relation to the coronavirus (COVID-19) and offers the following wellbeing advice.

Try to maintain perspective

While it is reasonable for people to be concerned about the outbreak of coronavirus, try to remember that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.

Find a healthy balance in relation to media coverage

Being exposed to large volumes of negative information can heighten feelings of anxiety. While it's important to stay informed, you may find it useful to limit your media intake if it is upsetting you or your family.

Access good quality information

It's important to get accurate information from credible sources such as those listed below. This will also help you maintain perspective and feel more in control.

[World Health Organization – coronavirus disease \(COVID-19\) outbreak](#) 

[Australian Government coronavirus \(COVID-19\) health alert smartraveller.gov.au – travel information for Australian citizens](#)


Conversations with children and young people

Families and caregivers of children and young people should discuss news of the virus with those in their care in an open and honest way. Try to relate the facts without causing alarm, and in a way that is appropriate for their age and temperament. It is important to listen to any questions they may have, to let them know that they are safe and that it's normal to feel concerned.

If the media or the news is getting too much for them, encourage them to limit their exposure.

Try to maintain a practical and calm approach

Widespread panic can complicate efforts to manage the outbreak effectively. Do your best to stay calm and follow official advice, particularly around observing good hygiene habits.

The Australian Psychological Society has [advice about maintaining positive mental health during the outbreak](#). 

Try not to make assumptions

To contribute to a sense of community wellbeing, try to remember that the coronavirus can affect anyone regardless of their nationality or ethnicity.

Seek support


It's normal to feel overwhelmed by news of the outbreak, particularly if you have experienced mental health issues before.

Where possible, it can help to maintain normal routines. It can also help to stay in touch with friends and family, eat a balanced diet and stay physically active.

Acknowledge feelings of distress and seek further professional support if required.

Beyond Blue has fact sheets about [anxiety](#) and offers other practical advice and resources at [beyondblue.org.au](#).

The [Beyond Blue Support Service](#) offers short term counselling and referrals by phone and webchat on 1300 22 4636.

You can find more information about wellbeing, quarantine and managing self-isolation [here](#). 

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy Week 8. Term 1 is flying by. It is hard to believe that we are already half way through March. The school holidays will be here before we know it. I would like to acknowledge the wonderful learning taking place across the school and celebrate some wonderful feedback shared by visitors to our school.

Last week we had the Leadership team of Vermont Primary School attend our school for a tour and a lesson observation of a Writing session. The feedback shared was overwhelmingly positive and included comments around; our school facilities, to student engagement and agency, to high expectations and student work production. I would like to take this opportunity to thank Sarah Smith, Nicole Page and Tabitha Carter for supporting this visit.



Harmony Day

Saturday the 21st of March is Harmony Day. Hillsmeade will be acknowledging this important day on Friday the 20th of March, by wearing a splash of orange during the student free dress day.

Classes will be engaging in activities and discussions about what it means to belong. Some of the key messages that will be discussed are:

- 1. Harmony definition – working together and existing without conflict.**
2. It is a day of respect and appreciation for everyone who calls Australia home.
- 3. Treat each other as equals and creating communities where everyone belongs.**
4. Encourages us to create a future that is welcoming, accepting and safe.
- 5. No matter where you are from, what language you speak, who you worship or what you look like.**
6. The official colour of Harmony is orange.
- 7. Orange represents communication and meaningful conversation between people.**
8. Why? So we can have a better understanding of the world around us.
- 9. Learn from each other's experiences and backgrounds.**
10. On Harmony Day wear something orange for an inclusive Australia



We encourage families to discuss these ideas with their children in support of this year's Harmony Day.

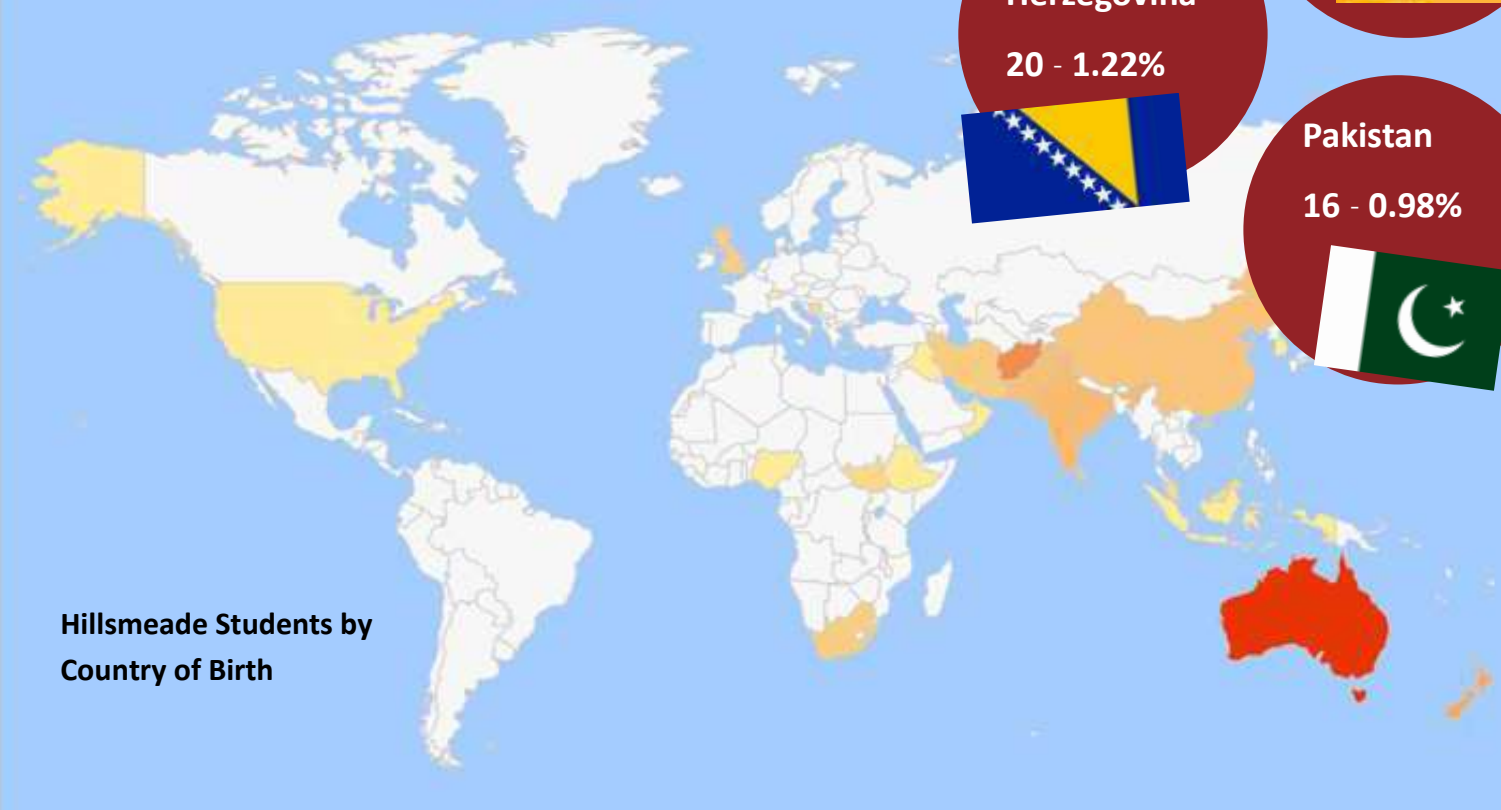
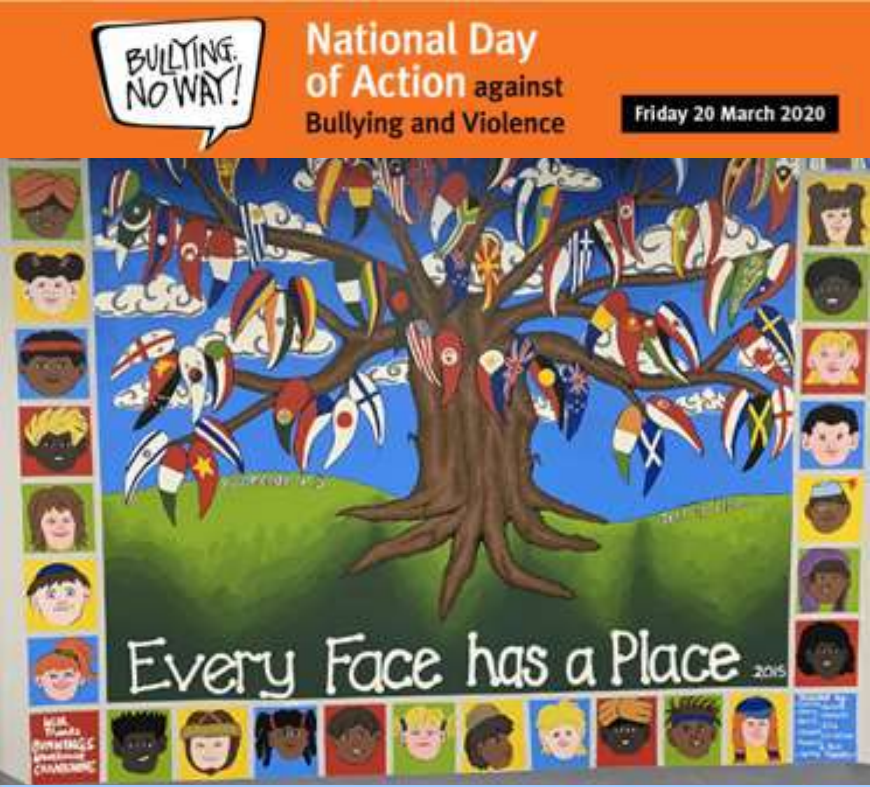
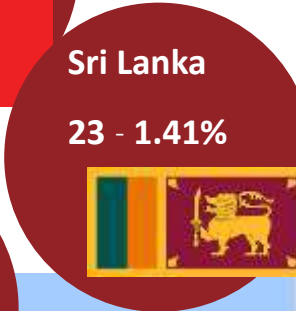
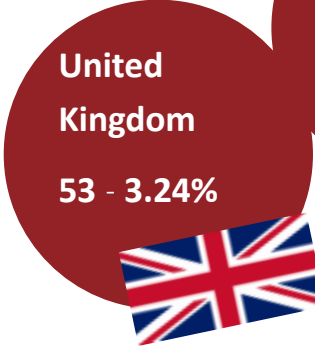
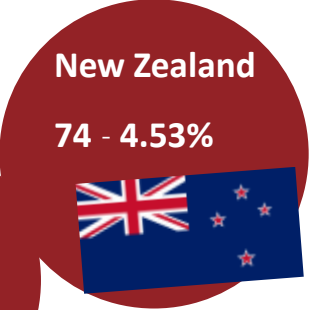
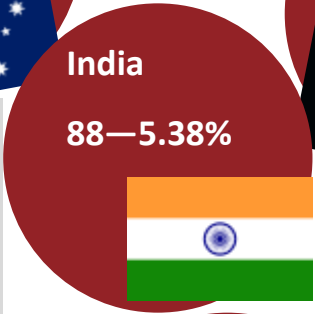
<https://www.harmony.gov.au/get-involved/schools>

21 MARCH
ARMY DAY



EVERY FACE HAS A PLACE @ HILLSMEADE PRIMARY SCHOOL!

Hillsmeade Primary School is a very multicultural school. We are very proud of the cultures that are represented across the school. Do you know what the top 10 countries of birth for parents of Hillsmeade Primary School students are?



FROM THE PRINCIPAL

Casey Divisional Swimming

Well done to the swimmers who went through to the Casey South Division Swimming event last week. Our swimmers represented our school positively. Wishing Scott Robinson our best wishes as he moves on to the Regional Carnival.



Prep Picnic

On Wednesday 11th March, our Prep families attended a sunny afternoon picnic at school. This was an opportunity to get to know each other, enjoy some fun activities and build connectedness to our school community. Thank you to our wonderful Prep team for facilitating this event and to our families for attending.



FROM THE PRINCIPAL

Maths Club has started for 2020. Ms Szalek, Miss Jenner, Miss Monagle and **Sam Minus Sam** (our Numeracy Student Leader) are excited to spend each Tuesday lunchtime with lots of young mathematicians! Students are welcome to use this time to work on the Hillsmeade Happening weekly maths challenge along with playing games that promote mathematical problem solving, target logistical reasoning and challenge each other to think strategically in a collaborative and fun environment. We are introducing students to different board games, card games and dice games that are easily accessible both at school and at home. We would love you to ask your child about these and continue to practice and teach their families some of their new and wonderful skills. If you or your child are interested in joining our maths club, we meet each Tuesday lunchtime in the STEAM room.

Maths Club



Easter Raffle Prizes

A reminder that the Easter Raffle is still going. Tickets are still available for purchase and there are some wonderful prizes on offer. We look forward to announcing the winners of the raffle during the last week of term.



Please bring a gold coin donation to Free Dress Day. Money raised will be used to purchase Easter Raffle prizes

HILLSMEADE PRIMARY

Easter

EGGSTRAVAGANZA

FRIDAY
MARCH
20TH

Free Dress Day



Add a squeeze of orange for the
FREE DRESS DAY – FRIDAY 20TH MARCH
Acknowledging HARMONY WEEK

BIOLOGICAL SCIENCES IN YEAR ONE

How long does it take for a baby chick to hatch?

Ask our Year 1 students who have been exploring the external features of living things by keenly observing the baby chicks hatch in an incubator.

I was amazed at the detail in their labelled diagrams and how confidently they could articulate the function of the different body parts of a chicken.



BIOLOGICAL SCIENCES IN YEAR SIX

Micro-organisms affect everyone. Some are helpful, while others are harmful. Food spoilage micro-organisms like mould ruin stored food. The term 'mould' is used to refer to several kinds of fungi that grow on various surfaces.

Our Year 6 students are conducting an open fair investigation to determine the factors that would affect the growth of the mould on their food. They have placed their bread slices in tight zip lock bags under wet, humid, hot and cold conditions to make observations and record their results.

Did you know that the first name for penicillin was "mould juice?" Scottish bacteriologist Alexander Fleming accidentally discovered the antibiotic in 1928, when he came back from a vacation and found that a green mould called *Penicillium notatum* had contaminated Petri dishes in his lab and were killing some of the bacteria he'd been growing.

Penicillin went on to change the way we treat illness and wounds ... and it all started with "mould juice"! Yes, sometimes scientific discoveries do happen by chance so never stop questioning and never stop wondering!

- Ms Dimple Bhardwaj



Investigating mould



Social and emotional learning

Children grow and change in many ways during primary school. As well as growing physically, they develop socially, emotionally and cognitively. Primary school is a key time for children to build on the development that's occurred since birth and will continue into adolescence and adulthood.

Primary school development

Through relationships and growing awareness of social values and expectations, children build a sense of who they are and the social roles available to them.

In the early years of primary school, changes include:

- developing an understanding of rules
- increasing coordination of social skills with one's own and others' emotions
- enjoying helping others and taking responsibility
- learning about the world and how it works
- learning about people and relationships
- making friends (often short-term) and playing group games.

As children progress further through primary school, changes include:

- becoming less dependent on close adults for support
- enjoying being with other children of a similar age (and becoming strongly influenced by peer groups and wanting to 'fit in')
- becoming more aware of their own gender
- developing a sense of fairness and justice
- starting to form closer friendships.



© CASEL 2017.

Practical skills

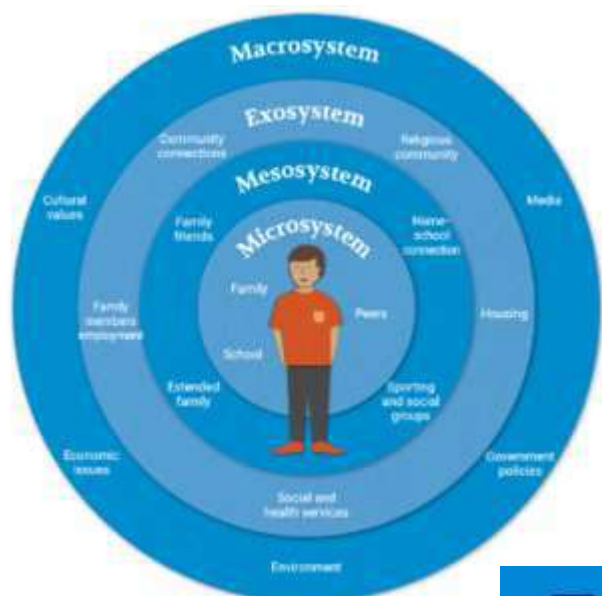
SEL is all about children learning values, knowledge and skills that help them relate to others effectively and contribute positively to their home and educational environment. Applied to everyday situations, SED is a practical process through which children:

- develop and apply the knowledge, skills and attitudes required to
- develop a strong sense of self
- set and achieve positive goals
- feel and show empathy for others
- establish and maintain positive relationships
- communicate effectively
- work to resolve conflict
- make responsible decisions
- handle challenging situations.

Children who've developed social and emotional skills find it easier to manage their emotions relate to others, make decisions, resolve conflict and feel positive about themselves and the world around them. They're more likely to perform better academically with enhanced motivation to engage and achieve.

Influencing factors

Children's social and emotional skills are developing all the time. Skills may develop differently for different individuals. Children benefit from having many learning and practice opportunities. This infographic highlights the many factors that influence social and emotional development (SED).



This week is the **National Day of Action Against Bullying**. This gives our community an opportunity to have a major focus on bullying and the impact that this can have on a person and their families.

To highlight this, we have given out Bullying No Way! Take a stand together wristbands to each student and staff member at Hillsmeade. I have also provided lessons to explicitly teach our students about the effects of bullying along with posters up around our school. I have also given out to students, tips about bullying cards. If you would like any of these resources please come and see me. - **Mr John Cardamone**



Dear Parents

At Hillsmeade Primary School we aim to create a safe and supportive school community for everyone.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

Included is a pocket card from Bullying. No Way! with tips on what to do if your child talks to you about bullying. Parents know their children best and know the best way to tailor communication to their needs. Adapt these tips to what works for you and your child.

If your child talks to you about bullying:

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.
3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.
4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.
5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.
6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please feel free to contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make Hillsmeade Primary School a great school for everyone.

If your child talks to you about bullying:

1. Listen calmly and get the full story.
2. Reassure your child that they are not to blame
3. Ask you child what they want to do about it and how you can help.
4. Visit www.bullyingnoway.gov.au to find some strategies.
5. Contact the school
6. Check in regularly with your child

FROM MR CARDAMONE



Good afternoon Hillsmeade Community,

Happy week 8!

Our parent workshop for this coming Thursday, 'What is autism and ADHD?' has been postponed until further notice. We will let you know of new dates as soon as we can.

I hope last week's information about chores was helpful. This week I would like to share an article from Andrew Fuller, a clinical psychologist and also an author on many books relating to the mental health and wellbeing of children.

There are many protective factors that support our children, however one of the most important factors is having a sense of belonging and connection with our family and friends. Below are some tips on how to build adult connections with our children. More can be found at:



Building Adult Connection
"Developing high levels of adult support assists your child to feel safe in a warm and supportive family, where at least one adult or caring parent loves and cares for you and listens to them. Other adults, the extended family, neighbours, and teachers can assist by intentionally strengthening relationships between young people and themselves."

<http://www.resilientyouth.org.au/free-resources>



How parents can build adult connection for their children:

- *Ensure family life provides high levels of love and support*
- *Establish a climate where your child experiences positive family communication with you*
- *Encourage your child to seek advice from you by being supportive*
- *Foster other adult relationships: from other family members, friends and neighbours*
- *Express how other adults care for young people when you see or read of examples*
- *Be involved in their schooling. For example, take a role in helping at school events*
- *Model good manners and dignity by saying Hello! Thankyou! Excuse me! Could you please...?*
- *Be available to listen to listen sympathetically to your child's concerns*
- *Express love, care and support*
- *Talk about their hobbies, interests, out of school interests and friends*
- *Show interest in your child's homework. Develop study skills sessions where you work together*
- *Foster conversations with adults from the wider community*
- *Create opportunities for service learning where you work together in the wider Community*
- *Introduce your child to 'Local Heroes'. For example, meet people in the local community who have shown they are resilient."*

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!'



PROJECT MAGNET

PARENT WORKSHOP

'What is Autism and ADHD?'

Hillsmeade Primary School is excited to announce our next parent workshop, What is Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD)? presented by Dr. Beth Johnson and Ms. Rachael Knott

What: This workshop will explore what Autism and ADHD are, how they are diagnosed, support and treatment options.

Why: Hillsmeade Primary School is partnering with the Turner Institute of Brain and Mental Health, Monash University and Monash Children's Hospital to support the Monash Autism/ADHD Genetics and Neurodevelopment (MAGNET) Project. In exchange, the MAGNET team are giving back to Hillsmeade and the City of Casey community through workshops for families with information about the latest scientific research.

Through these workshops, we hope to not only strengthen our partnership with families but also the connections between the families and Hillsmeade. There will be discussion time, opportunities to share successful strategies you use at home and share questions or challenges you may be experiencing.

Please register for the seminar with your name (and anyone else you are coming with) on Compass or at the front office by March 16th 9704 6313 or hillsmeade.psa@edumail.vic.gov.au.

Cost: NO COST

You can find out more about the MAGNET Project at <https://www.monash.edu/turner-and-turner-research/project-magnet> for more information or register at <https://turnerandturner.com.au>

Project Magnet Workshop
POSTPONED UNTIL FURTHER NOTICE

Lunar Drive In

115 SOUTH GIPPSLAND HWY, DANDENONG. 9706 9988

ALL CARLOADS ONLY \$25* EVERY MONDAY, TUESDAY & WEDNESDAY

ALL CARLOADS ONLY \$30 PER MOVIE THURS-SUN

SESSIONS AT WWW.LUNARDRIVEIN.COM.AU

Information correct at time of printing. All times and fees are subject to change.

Gap Day Community Celebration

FAMILY FUN DAY

Come and join us to acknowledge National Close the Gap Day and launch of the Derrimut Weelam Gathering Place smoke free policy. All welcome.

Saturday 21 March 2020 11am - 3pm

Derrimut Weelam Gathering Place (Mordialloc Life Saving Club) 199 Beach Rd, Mordialloc

Free activities held throughout the day:

- Music
- Story Telling
- Face Painting
- Jumping Castle
- Bush Food
- Local health and social services information stands

PLUS

11:30 am Welcome to Country and Smoking Ceremony

1:00 pm Traditional Dance

For more information contact Chris Edmonds 8587 0289 or cedmonds@mpcp.org.au

This event has been cancelled



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.

Donut pay full price

Up to \$60 off dining

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Donut pay full price and dine as a family for less with an Entertainment Membership. Up to \$60 off dining in some of your favourite restaurants across your city. Support our fundraiser and purchase a membership today. Join this month and receive 3 months extra membership on Single & Multi City and a BONUS \$10 JB Hi-Fi eGift Card with every Membership purchased! Check out the new 12 month digital memberships at our payment page.



How do you display the school values?