



2020 CURRICULUM DAYS

TERM 2 –
 Tuesday April 14th
 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 8—TUES 24th MAR

TERM 1
2020



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

WHO? WHAT? WHEN?



School Photos will be held on Monday June 22nd

School Holidays 28th MAR - 14th APRIL

TERM 2 START TO BE CONFIRMED VIA COMPASS/SMS

MON	TUES	WED	THUR	FRI
APRIL 13th Easter Monday Public Holiday (No School)	APRIL 14th State wide Curriculum Day (No Students)	APRIL 15th First Day of Term 2 *TO BE CONFIRMED*	APRIL 16th	APRIL 17th
APRIL 20th	APRIL 21st	APRIL 22nd	APRIL 23rd	APRIL 24th

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy School Holidays. Wishing everyone a safe and restful holidays. Please use this time to connect with your families and look after each other.

Preparation for Transition to Remote Learning

Our teachers are committed to providing continuity in learning for our students during these times. Our teams have been working hard to prepare for a possible transition to remote learning, adapting our programs so that students can continue to make progress in their learning. Our PLTs are using Office 365 and Microsoft Teams to continue to work collaboratively to plan for teaching and learning, meet through video call conferences and engage in their professional duties remotely.

Information collection from families in preparation should we transition into remote learning in Term 2

(This will be posted out via COMPASS by classroom teachers. Please reply directly to your child's / children's teacher to support planning should a transition to remote learning be needed).

- Does your child have one to one access to a device laptop / iPad to support engagement in remote learning?
- Does your child have access to the internet to support engagement in remote learning?
- Does someone in your family have the capacity to log in to COMPASS and upload a document or photo to send to classroom teachers?

Do we have your up to date contact information?

Email us @

hillsmeade.ps@edumail.vic.gov.au



Congratulations to the Following Easter Raffle Winners!!!

1st Prize - Daniel on behalf of Anna 2/C

2nd Prize - Roger on behalf of Macey 1/C

3rd Prize - Wendy on behalf of Kaeden 4/C

4th Prize - Linda on behalf of Benjamin 1/E

5th Prize - Colin on behalf of Austin 00C

6th Prize - Darcey 5/D

7th Prize - Raj of behalf of Mihir 5/B

8th Prize - Jaylina 5/B

9th Prize - Lyndon on behalf of Yaana 00D

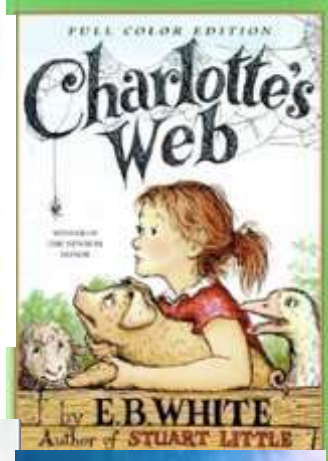
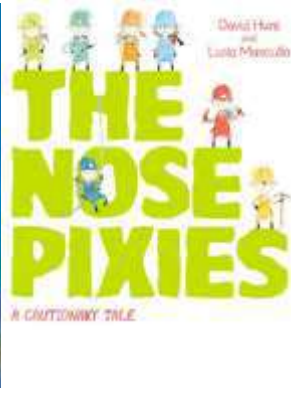
10th Prize - Lachie 3/C

HOLIDAY FAVOURITES!

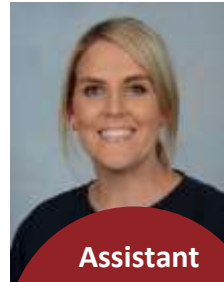
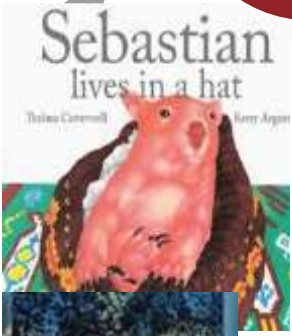
Did you know?
Below are some
Principal Team
favourites



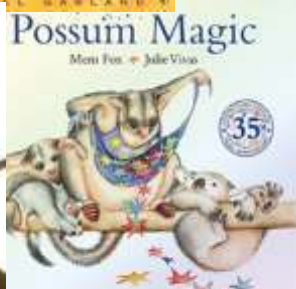
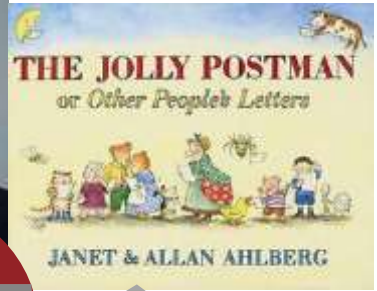
Principal
Mrs Bray
recommends:



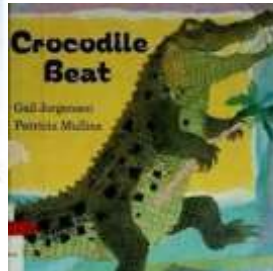
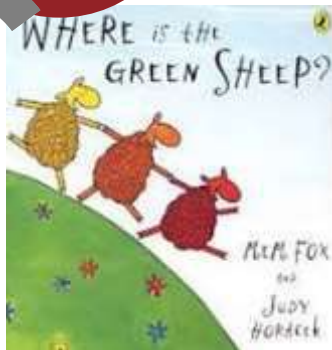
Assistant
Principal
Ms Wells
recommends:



Assistant
Principal
Miss Smith
recommends:



Assistant
Principal
Mrs Watson
recommends:



FROM THE PRINCIPAL

Supporting our students to stay safe and respectful online

During school holidays, many of our students are eager to use their devices to get online. While technology and internet access offer many positive benefits, it is important that we, as the responsible adults in their lives, work in partnership as parents and teachers to educate ourselves and take appropriate action to support our students to stay safe and respectful online.

There are an large number of websites offering advice on this topic and we understand that it can seem overwhelming when looking for guidance in this area.

On this page, we have provided links to resources for families to help you navigate this important topic.

Resources for Kids

Kids Helpline covers a variety of topics related to being safe and respectful online.



<https://kidshelpline.com.au/kids/>

<https://www.esafety.gov.au/kids>

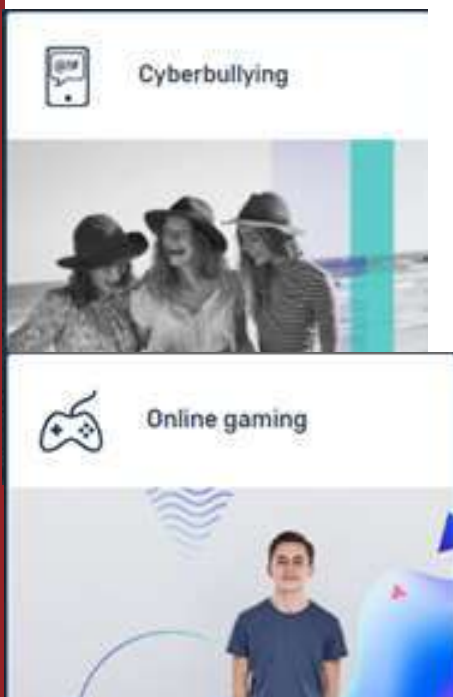
<https://www.esafety.gov.au/young-people>



Being safe on the internet



Online gaming: Is this bullying?



FROM THE PRINCIPAL

<https://kidshelpline.com.au/parents>

<https://www.esafety.gov.au/parents/big-issues/cyberbullying>



Resources for Adults

Kids Helpline also offers support for parents and carers .

“The e-safety commission is a reputable source of information with excellent advice about this topic”



Cyberbullying



Social media and safety



Helping kids stop cyberbullying

The Carly Ryan Foundation has a multitude of fact sheets for parents and carers about commonly used apps that are popular among children and young people. We have included some of these in this week’s Link, as we have many students using these currently.

<https://www.carlyryanfoundation.com/resources/fact->

Carly Ryan Foundation APP FACTS

SNAPCHAT

How does it work?

How to report

Challenges

How to report abuse in-game

App Fact Sheet available from: www.carlyryanfoundation.com

Carly Ryan Foundation APP FACTS

ROBLOX

How to report

Challenges

How to report abuse in-game

App Fact Sheet available from: www.carlyryanfoundation.com

Carly Ryan Foundation APP FACTS

FORTNITE

How to report

Challenges

How to report abuse in-game

App Fact Sheet available from: www.carlyryanfoundation.com

the *Carly Ryan* foundation. APP FACTS

FORTNITE



Fortnite is a video game for PlayStation 4, Xbox One, Windows, Mac and mobile allowing up to 100 users per game onto an island/map to build structures, hunt for weapons and equipment. Players are dropped onto the game map and must compete to be the last one standing. There are three modes of play in Battle Royale: Solo, Duo and Squad.

Challenges

Micro transactions

There are opportunities for players to spend real money on items in the game. Fortnite encourages a membership upgrade called a Battlepass, as well as in-game currency called V-Bucks to buy bonus items. You can buy things like new looks and new dances. Most platforms allow you to block in-app purchases via parental controls, so be sure to set up yours if you don't want your kids maxing out the credit card. CRF recommends using a pre paid credit card or gift card for in-app purchases.

The game's online chat feature (especially in Battle Royale) can expose younger players to offensive language, mature content and contact from strangers. CRF doesn't recommend games with open chat for kids under 13.

How do I turn off voice chat?

Open the Settings menu in the top right of the Fortnite home page by selecting the three bars, then the cog icon. Choose the audio tab at the top of the screen. From there, you can adjust several audio features, including voice chat. Turn the setting from on to off by tapping the arrows. You will need to take steps to make sure your child isn't exposed to the inappropriate language of other players by keeping them in solo mode or ensuring that they're teaming up with friends.

To report

Users can report other users for harassment, inappropriate language, bullying and hacking. Just click 'Email Us' and fill out the required fields. After selecting the Product and Game Mode, select Report Player as the Issue Type. This will make sure these reports are directed to the correct team.

If a user wants to delete a 'friend' within the game they can simply go to the icon on the top right of the screen with the three figures and select the user and click 'unfriend'. There is no way to block a user in the game. If a user is harassing another user they should follow the appropriate steps above to report them.

Like any online game, Fortnite can be a positive social activity that keeps kids connected to their friends (not to mention a great potential bonding experience if you choose to play with your child). Just be mindful of screen time and monitor that chat. We always encourage open conversations around privacy and personal safety.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

ROBLOX is a comprehensive game development, publishing, and gameplay platform that allows people of all ages to create games and share them with an audience of game players. ROBLOX is the world's biggest platform for emerging and independent game developers, and they offer the ability to earn real money from their creative efforts.

ROBLOX is open to people of all ages. Each player starts by choosing an avatar and giving it an identity. They can then explore ROBLOX - interacting with others by chatting, playing games, or collaborating on creative projects. Each player is also given their own piece of undeveloped real estate along with a virtual toolbox with which to design and build anything. ROBLOX members can choose to play and create alone or, with the help of personal and customisable avatars, they can choose to be social and engage with others.

Challenges

The purpose of the game is for players to interact and make friends with one another. This is achieved by wandering around the online world to stop and talk with other players. The most dangerous aspect about the game is that it appeals most to young children under the age of 12 and therefore a very easy platform for predators to target them.

The game also allows players to invite each other into their online bedrooms and engage in sexualised behaviour. Whilst there are no 'simulated' sex acts, the insinuation is there. More advanced players are able to create their own online worlds for other players to enter, which often means that pornographic content can be uploaded for children to see.

To report abuse in-game:

- Click on the Menu button, located at the upper left of the screen. This icon looks like three lines stacked on top of each other.
- Click Report tab at the top of the menu.
- Click on the Which Player pull-down menu, and select which player to report.

- Click on the Type of Abuse pull down menu, to select the inappropriate action.
- Additional details can be written in the Short Description box.
- Click Submit to finalise.

How to block a user

To block a Roblox member go to their profile page. Under their character thumbnail, you'll see a 'More' button. Hit the button, and click 'Block user'. This adds the user to your block list, which you can manage at any time within the 'Privacy' tab of the Account Settings page.

Like any online game, Roblox can be a positive social activity that keeps kids connected to their friends (not to mention a great potential bonding experience if you choose to play with your child). Just be mindful of screen time and monitor that chat. We always encourage open conversations around privacy and personal safety.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

the *Carly Ryan* foundation. APP FACTS

SNAPCHAT



Privacy

Privacy settings that are available within Snapchat are the ability to restrict who can send a user photos or videos, 'snaps'. This can be enabled by going into the Settings menu, select 'Who can send me snaps', then select 'My friends'. This will ensure only people the user knows will be able to connect with them via the application.

It is important to read the Snapchat privacy policy as it provides information about how the images and videos are stored and used. Users need to be aware that Snapchat has the right to reproduce, modify and republish photos and videos, and save them to the Snapchat servers, particularly in relation to the 'Live Story' feature.

Snap Map

The Map allows Snapchat users to see where their friends are, as long as these friends choose to share their locations with them. Location sharing with friends via the Map is optional and is off by default; however, if you submit a Snap to Our Story, it may appear publicly on the Map in the exact location it was taken. Once you opt-in, whatever audience you're sharing with can see your live location updated, every time you open the Snapchat app, regardless of whether you send them or anyone else a Snap.


Location Sharing Options Include:

Only Me (Ghost Mode):

Your location won't be visible to anyone else on the Map. You can turn Ghost Mode on and off or opt to set a timer.

Select Friends: Choose specific friends to share your location with. Friends you select aren't notified when you choose them.

My Friends: Your location will be shared with all of your friends this includes friends you add in the future. This option doesn't include people who've added you as a friend, but who you haven't added back.

To edit your location settings, just tap the  button in the top-right corner of the Map screen. You can change who can see your location, or you can hide your location completely by going into Ghost Mode.



How to block a user

- Go to your friends list.
- Hold the name of the offending user.
- Select 'More' on the menu that appears.
- Select 'Block' to stop receiving Snapchats from that person or pick 'Remove Friend' if you want to remove them from your contacts.

How do I report abuse on Snapchat?

To report a Story on the web from your computer, click the button on the video, then click 'Report'.

Like any social media Snapchat can be a positive social activity that keeps kids connected to their friends. Just be mindful of screen time and be aware of who they are connecting with. We always encourage open conversations around privacy and personal safety.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

FROM THE PRINCIPAL

Parents should be aware of what the internet is being used for by their children. The best way to supervise this is by watching their children while they're online. However, sometimes, this can be impractical.

Fortunately, ISP (Internet Service Providers) have filters and other measures to help to protect children from unwanted websites and inappropriate content. Here are some of these services from the most popular ISP in Australia.

Telstra

<https://www.telstra.com.au/support/category/broadband/security/how-to-use-parental-controls-and-homework-time>
<https://www.telstra.com.au/support/category/broadband/security/what-is-telstra-broadband-protect>

Optus

<https://www.optus.com.au/for-you/support/answer?id=1422>

iinet

<https://www.iinet.net.au/about/legal/filtering/>
<https://blog.iinet.net.au/control-kids-online/>

TPG

<https://community.tpg.com.au/t5/Broadband-Internet/parental-controls/td-p/22804>

The best protection is to discuss these issues with your children and educate them on the dangers. I hope this resource is useful to your needs.

FROM MR CARDAMONE



Good afternoon Hillsmeade Community,

I hope everyone is doing well during this difficult and challenging time.

I would like to acknowledge our Hillsmeade community. I am a firm believer you really don't know someone until life gets really tough. Our community has really stepped up to offer support in lots of different ways in this tough time. Our children are watching and will learn some of the most important life lessons through our responses and behaviour in this difficult time. Your support of our school community is much appreciated.

I would personally like to thank our Principal Leadership Team, they have worked non-stop to ensure school continues to run smoothly as and ensuring we have the appropriate resources to stay clean and keep students and staff safe. It is very reassuring that Hillsmeade is in safe hands moving forward.

At this time, we know our children will have lots of questions, concerns and worries around the virus.

It is imperative that we are the role models and reassure our children around this unprecedented time. I found this article from Michael Grose, one of Australia's leading parenting educators and an author of 12 books around parenting very helpful. You can find out more at <https://www.parentingideas.com.au/>

“Leading the way for children during the COVID-19 pandemic

If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as

life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like “What are you hearing about Coronavirus? Is there anything you're not sure about?” Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, “You've got to wash your hands or you'll get infected,” you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame

FROM MR CARDAMONE

your instructions and their importance in a way that doesn't heighten your child's anxieties.

Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead".

I hope everyone has a safe and happy holiday with their families and loved ones. Take care and look after each other.

John Cardamone

Leading Teacher in Social and Emotional Learning

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



BULLYING. NO WAY!

National Day of Action against Bullying and Violence

TAKE A STAND TOGETHER

Friday 20 March 2020
www.bullyingnoway.gov.au

READING

Read Alouds

Watch one of the teacher read alouds on the Hillsmeade website.



Read to your Teddies

Read to your teddies and record your own read aloud.



Reading Cubby

Build a cubby house and read your favourite story.



Autumn Holiday Challenge

INTERCULTURAL

Family Backgrounds

Talk to your family about your heritage. Where were your parents, grandparents and great-grandparents born?



Animals around the World

What animals have you seen in Australia? How many are native to Australia? Where do the other animals come from?



Greetings

Research how to say hello/goodbye in 3 different languages.



WRITING

Autumn Senses

Go outside for a play and collect some autumn leaves, or use your imagination to visualise the autumn leaves you've seen before. Can you use your five senses to describe what you see, hear, smell, feel and taste to describe autumn time? Draw, label or write your descriptions.

Easter Bunny

Write a creative procedure titled **How to catch the Easter Bunny**. Can you organise your writing with step-by-step instructions? Use pictures, labels or simple sentences to explain how to catch the most famous bunny in the world!

Autumn Leaves

Why do trees drop their leaves in autumn? Can you draw about or write your thinking?



STEAM

Autumn Holiday Challenge

Building With Apples

Cut apples into small pieces. Provide flat toothpicks. Build the tallest free standing structure or whatever your heart desires.



heart desires.



A Square Bubble

Use pipe cleaners or plastic straws and a soap solution. Bend a pipe cleaner/straw into a square. Wrap the ends around the sides of the square to hold it together. Fold the other pipe cleaner in half and loop it around one side of the square. Twist the ends together to make a handle. Use it as a bubble blower. What shape is your bubble?



Building Bricks

Can you make a rainbow using the building bricks? How high is your rainbow going to be? Is your rainbow going to be sitting on the clouds or coming out of the ground? How many bricks will you use?



MATHS

Patterns in the Home

Build a pattern with objects at home and see if a family member can repeat it!



Teach a Maths Skill

Teach someone in the household something you've been learning in maths during term 1 (it could be anything from a whole concept to a strategy, such as counting on or the

$$\text{Jump strategy} \\ 4 + 12 = 16$$



Symmetry Fun



Practise symmetry by building objects and showing them as a mirror image.

WELLBEING

Family Drawing

Draw a picture of your family in your favourite place in the world.



Family Game

Play a game with the whole family.



Family Cooking

Help your family cook dinner, set the table and then clean up!



READING

Autumn Holiday Challenge

Read Alouds

Watch one of the teacher read alouds on the Hillsmeade website.



Record a Read Aloud

Record your own read aloud and share it with family members.



The Best Book

Write a persuasive piece convincing someone to read your favourite book.



INTERCULTURAL

Greetings

Research how to say hello/goodbye in five different languages.



Artwork

Create an artwork that represents the theme of diversity, as celebrated during Harmony Week.



Buildings Around the World

Research five buildings/landmarks around the world and explore the design features that have been inspired by different cultures.



WRITING

Autumn Poetry

Create an autumn sensory poem. Visualise or collect a variety of autumn leaves, and use your five senses to describe what you see, hear, smell, feel and taste to describe autumn time.



Write a Letter

In autumn, trees start losing their leaves. Write a letter to an autumn tree convincing it to keep its beautiful and bright leaves.



Narrative Writing

I woke up and looked in the mirror.... I had become the Easter Bunny!

Using this prompt, write an imaginative story. Can you organise your story with characters, a setting and a plot?

STEAM

Autumn Holiday Challenge

Air Riding

Challenge: Build and construct a hovercraft that can travel the length of your desk.

Suggested Materials: cd, plastic straw, sponges, scissors, masking tape, rubber band, balloon.



Zip Line

Challenge: Construct an apparatus that can transport as many marbles as possible across a span of 3 metres.

Suggested Materials: fishing line, paper clips, pop sticks, string, plastic cups, rubber bands.



Jumping Fun

Challenge: Build and create a mini trampoline and test its effectiveness by dropping a ping pong ball onto the surface!

Suggested Materials: ping pong balls, rubber bands, toothpicks, paper clips, masking tape, plastic bowl, balloons.



MATHS

Mini Golf Course

Design a mini golf course and build one of the holes. Measure all the angles and challenge your family!



Maths Music



Write a song or parody that will teach others about maths (for example sing about a concept, strategy or your times tables)

Tessellations

Explore symmetry and create your own tessellation!



WELLBEING

Gratitude Writing

Strong evidence shows by writing three things you are grateful for everyday can help you view things in a positive way. Get a journal and start writing!



Quality Sleep

Sleep is very important for our health. Create a sleep routine that you can stick to every night.



Fun Fitness

Create an indoor fitness circuit. For example, one station can be 10 push ups, sit ups, planks or jogging on the spot.



Donut pay full price

Up to \$60 off dining

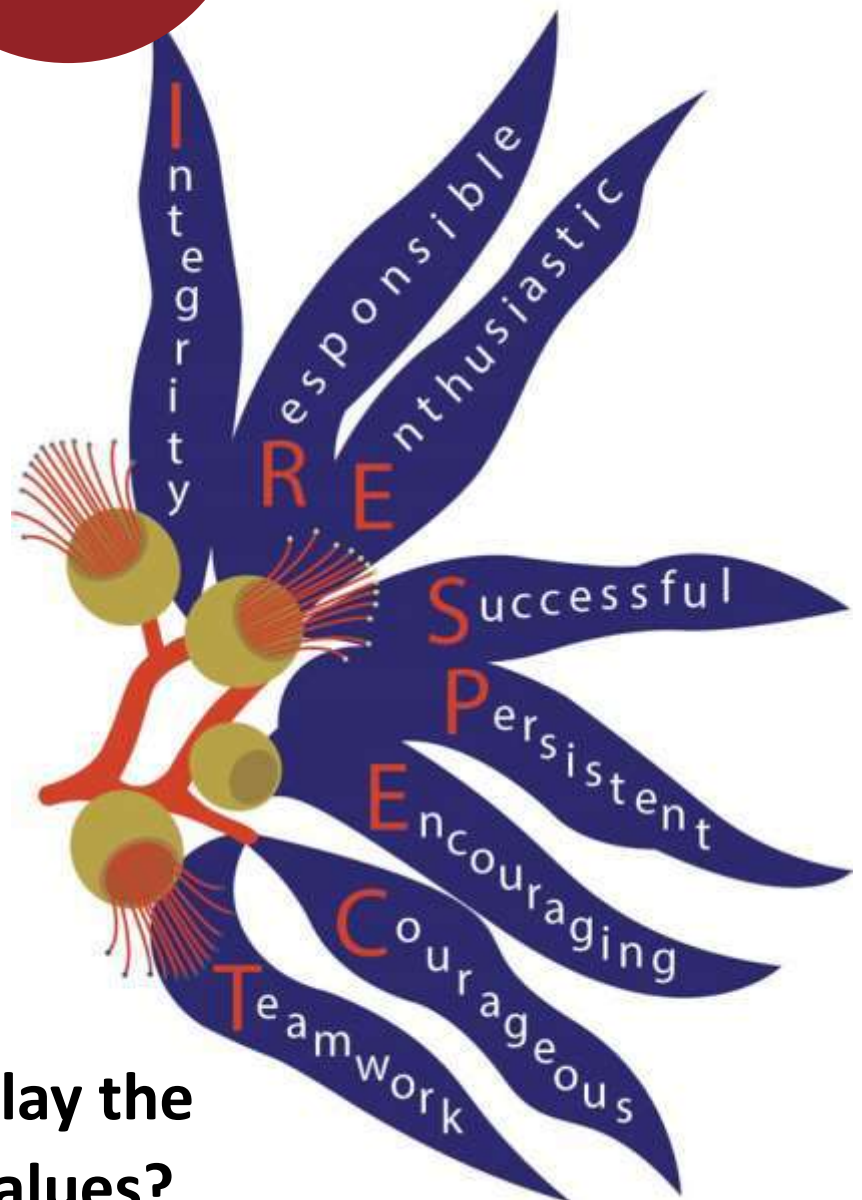
Buy an Entertainment Membership today!

FUNDRAISING WITH
 entertainment.

[https://
www.entertainment.com.au/
order-
books/189q056](https://www.entertainment.com.au/order-books/189q056)



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?**