



**Enrol NOW for 2021!**

Email us for an enrolment pack @  
[hillsmeade.ps@edumail.vic.gov.au](mailto:hillsmeade.ps@edumail.vic.gov.au)

# The Link

Hillsmeade Primary School Newsletter

Issue No 12—WED 6th MAY

TERM 2  
**2020**



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



We are committed to remote learning that is:

**REASONABLE**

**PURPOSEFUL**

**CONSISTENT**

**SUSTAINABLE**

# FROM THE PRINCIPAL



Dear Hillsmeade Community,

Happy week 4. I hope that you are all keeping warm during this chilly and wet weather we have been having.

Usually at this time we would be preparing for our annual 'Mother's and Special Others' morning. Unfortunately, at this time we are unable to hold our special event. We wanted to remind all the Mums, Nans, Grandmas, Nanans, Special Others and Carers that we are thinking of you all.

Wishing all Mums, Nans, Grandmas, Nanans, Special Others and Carers a wonderful Mother's Day this Sunday the 10<sup>th</sup> of May.



## School Website

A reminder that the Hillsmeade Primary School website is another wonderful resource that has supports for families during remote learning. <https://www.hillsmeade.vic.edu.au/>

## Curriculum Day

A reminder that Thursday the 28<sup>th</sup> of May is a curriculum day. This day will be used as a support for report writing. No student learning will be published via COMPASS for this day.

## Virtual Assembly

A reminder that this Friday will be our 2<sup>nd</sup> virtual assembly for the term. This will be posted out Friday afternoon. We hope that you enjoy it.

Week 2 Virtual Assembly  
<https://vimeo.com/411236319>

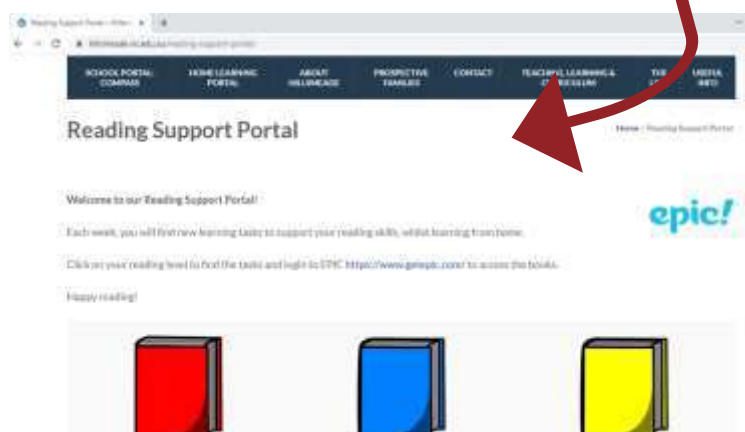
## Are you currently eligible for the CSEF?

State Schools' Relief have a limited number of the resources including student desk, chair and wifi dongle to support families, who are eligible for the CSEF, during remote learning.

If you are eligible for the CSEF and need any of these items, please email the school with the subject 'State Schools' Relief'. Please list your children's full names and year levels as well as the items needed.

## Reading Support Portal

A huge thank you to Sarah Smith and our Intervention Team staff: Angela Cooper, Evelyn Schultz, Jo Monrroy and Meg Yates for developing the wonderful Reading Support materials.



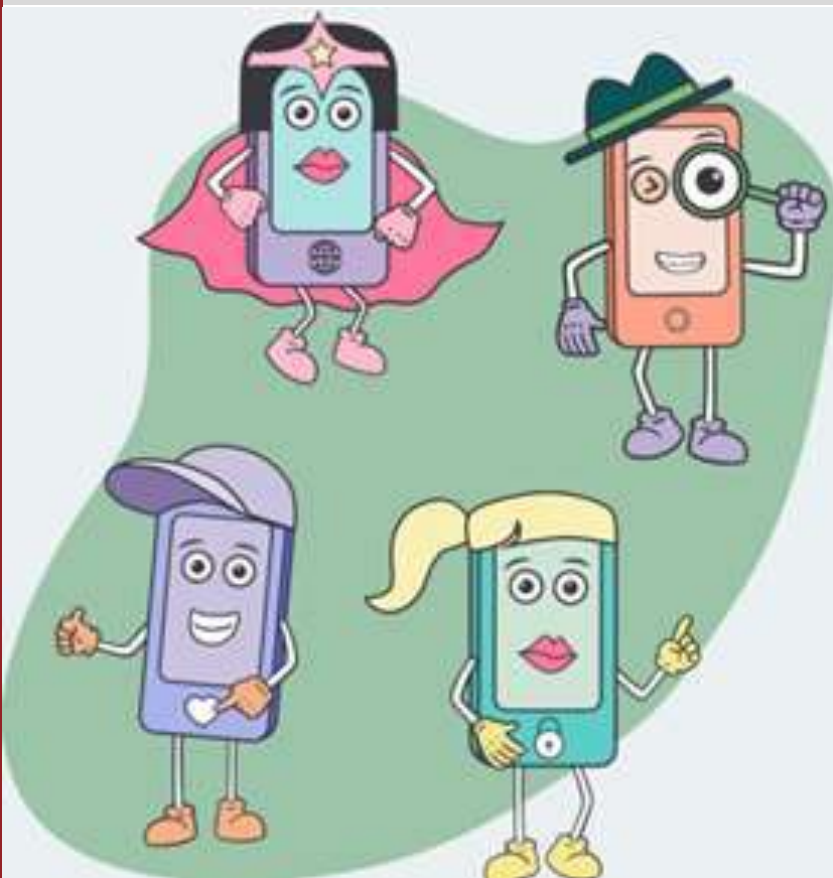
## REMOTE LEARNING & E-SAFETY

Remote learning has prompted us to explore alternative ways to support students and maintain connections between home and school.

Some of the recent feedback from the Hillsmeade community has been focused on the use of video conferences to enable students to see their teachers and peers.

The leadership team have been engaging in professional learning to ensure we have the right supports and processes in place before exploring this with students.

Some of the learning we engaged in this week highlighted the importance of having these supports in place as well as helping teachers, parents and students develop the skills needed to stay safe online.



The E-Safety Commission has excellent information for parents and children, including some upcoming webinars.

### **Keeping your sanity and supporting your kids online**

This 30 minute webinar is suitable for parents and carers.

#### **Dates**

- Monday 4th May 1-1:30pm
- Wednesday 6th May 8:30-9pm
- Tuesday 12th May 8:30 9pm

Online safety is always important but never more so than now, as our children spend more time at home using devices for schoolwork, gaming and connecting with friends and family. This presentation offers parents and carers valuable advice, including:

- how to manage technology in your home
- expectations for online behaviour
- where to find help and support.

### **My house, my rules**

This 30 minute webinar is suitable for parents/carers and their children.

#### **Dates**

- Wednesday 22nd April 11:30-12pm
- Friday 8th May 11:30-12pm
- Tuesday 12th May 11:30-12pm
- Thursday 14th May 11:30-12pm

Parents/carers and their children can participate together in this presentation which provides advice about online safety topics, including:

- privacy and security online
- common online issues
- where to find help and support.

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

## MEET OUR SPECIALIST TEAM

### **Digi Tech - Ms Martine Ziino**

I hope you are enjoying your Digi Tech lessons throughout our Remote Learning this term. I'm looking forward to seeing your efforts in using code.org over the next few weeks. I've been spending my spare time trying to complete a tricky 1000 piece jigsaw puzzle, walking, playing and dressing up our dog Kalua, and watching movies with my family.



### **Music - Mrs Lisa Scott**

Hi Hillsmeade, I hope that you are enjoying your music tasks during remote learning. Remember you can still take part in music learning even if you don't have Music as a Specialist subject this semester. For example: learn a new song or dance; challenge yourself to learn a new instrument (a real one or using an app like Garageband); listen to different styles of music. My challenge is to learn how to play this instrument, it is called a concertina. At the moment I am not very good at playing but I am going to persevere and with lots of practise I know that I will be successful! When I'm not doing Music activities, I am taking lots of walks with my dogs and have read quite a few books. I look forward to seeing you all very soon.



### **Physical Education - Mr Ahmad Chazbek**

Hey everyone, I hope you are all staying active! I know I have started running again which has been very energising. Also this time has given me an opportunity to sharpen up my soccer skills, I hope you were all able to complete the last soccer challenge? Stay tuned for some more fun activities and remember to stay active and encourage all your family members to join in as well. Stay safe!

Melbourne Victory are showing some great training sessions and warm up drills you might be interested in follow the link and see how you go.

<https://gomvfc.com.au/mvfc-online-training/>



### **Physical Education - Mr Jeff McGann**

Hi Hillsmeade. I hope everyone is managing to find a way to stay active during our remote learning. I have been trying to keep active with my family by walking almost every day, this was a bit tricky with the weather last week. I have also been trying out online workouts such as Les Mills and PE with Joe. My family has joined in with me a few times and it can get a bit squishy with all of us moving around in front of the TV.



## MEET OUR SPECIALIST TEAM

### **PMP - Ms Janelle Struth**

Hi Hillsmeade! Missing everyone and I can't wait to see you all when we go back to school. I hope you have been enjoying the PMP lessons each week and that you're having heaps of fun completing them. In my spare time I've been doing heaps of walking, bike riding, cooking and playing with my son Lincoln. There will be some more fun and exciting activities for you to complete in the next coming weeks. Enjoy your time doing PMP and I'll see you all soon!



### **Media Arts - Mr Travis Cole**

Hi Hillsmeade. I am missing teaching Media Arts so much. I can't wait to get back so that the 5s and 6s can start editing their awesome scenes together and the 3s and 4s can begin the movie making process. I absolutely love Media Arts and have continued to work on my editing skills, especially during the editing of Hillsmeade Happenings. I can't wait to see all your smiling faces again.



### **Performing Arts—Ms Danielle McKelvie**

Hi everyone, I hope you are enjoying your Performing Arts lessons this term and using your Drama skills. I know I enjoy performing and acting and I hope you are too. You may also be wearing some costumes and using props for your activities. In my spare time I have watched some musicals and I have looked at virtual tours online of Theatres from around the world, they are so amazing. I know you enjoyed our lessons in Term One using masks. Here is a picture of a mask I bought from Venice in Italy many years ago. I know how much you enjoyed playing charades and doing improvisation in Term One, so have a go and play Charades with your family. I look forward to seeing you all soon.



### **Mandarin—Ms Stephanie Li**

Hi Hillsmeade Legends, well done for the last 3 weeks. Hope you all are enjoying learning Mandarin at home. I love teaching Mandarin because I love sharing Chinese culture with people. My favourite thing to do with Chinese culture is to cook delicious Chinese food at home. These photos are all my cooking and myself cooking dishes. This term, Grade 3 and 4 students have opportunities to explore a bit about Chinese cuisine and by the end of the term, they will have a try to cook their favourite Chinese dish. We hope there will be lots of photos taken to show us their cooking!



# DID YOU WATCH HILLSMEADE HAPPENINGS?

## Hillsmeade Happenings

We hope that you are enjoying the weekly Hillsmeade Happenings Episodes. These are a big part of our Monday in schools and are put together this year by Travis Cole. This work began as part of our school's commitment to building strong connections across our large school community. We are so excited to share them with our community.

<https://vimeo.com/414429882/085219d5c4>



Mr Bentvelzen shared his drawing skills.



We loved hearing from Miss Carter, Foxy and Sonny.



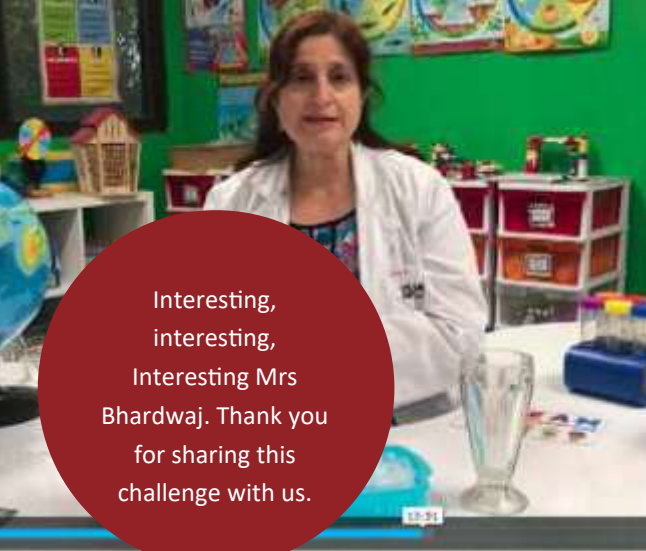
Farmer Miss Davis introduced us to her cows.



Thank you Mark for the weather update!



Mr C shared some ideas for family connection!



Interesting, interesting, Interesting Mrs Bhardwaj. Thank you for sharing this challenge with us.



Thank you Felicity for showing us some special mother's day surprises!

## DID YOU WATCH HILLSMEADE HAPPENINGS?

Thank you Mrs  
Sutcliffe for a  
delicious  
snack idea!



Thank you Ms  
Szalek and Sam  
for the great  
Mathematics  
challenges!



## FROM OUR COMMUNITY

Our Reading Support Portal has a new collection of reading support tasks added this week.

Click on the book icon that represents your home reading level to access reading support tasks that provide a balance of support and challenge. Access the books by logging in to Epic! **Happy reading!**

Red Level



Blue Level



Yellow Level



Orange Level



Green Level



Pink Level



[https://  
www.hillsmeade  
.vic.edu.au/  
reading-support-  
portal/](https://www.hillsmeade.vic.edu.au/reading-support-portal/)

FROM MS SCHULTZ

## Why reading together is essential!



- ▶ Reading together is a valuable thing to do.
- ▶ Reading increases your child's vocabulary and understanding of the world.
- ▶ Reading also gives them confidence when using language.
- ▶ Reading is an important way to make the link between spoken words and written words.



# #RemoteLearning4Hillsmeade

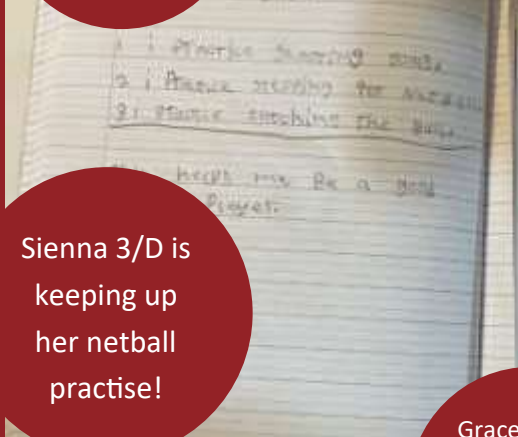
We know that Term 2 is unlike any other Term 2 we have had in our school. But, we are all in this together. Please enjoy the below shared images of our students positively engaging in remote learning. We are so proud of our school community and the way we are all supporting each other during this testing time.



Great map of Australia Ashlee 3/B!



Eden 2/A thank you for showing us the passport you made.



Sienna 3/D is keeping up her netball practise!



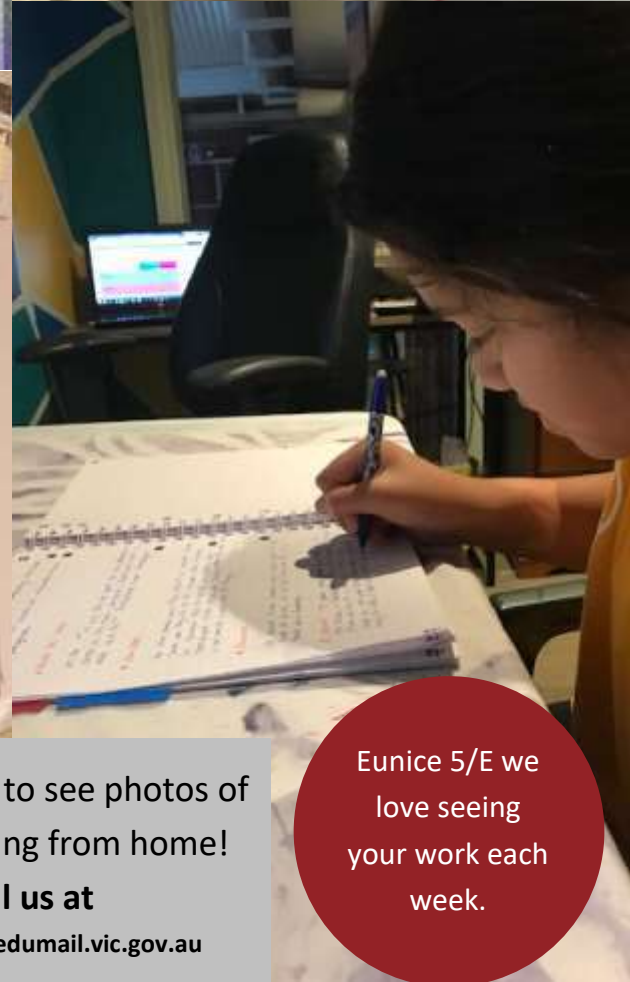
Grace 2/A, in a costume for Performing Arts. Brava!



Makoto Prep F your 'Wombat Stew' puppets are AMAZING!



We would love to see photos of families learning from home!  
**Email us at**  
[hillsmeade.ps@edumail.vic.gov.au](mailto:hillsmeade.ps@edumail.vic.gov.au)



Eunice 5/E we love seeing your work each week.



## FROM MR CARDAMONE



Good Afternoon Hillsmeade Community,

I hope the week has been a positive one so far. As the weeks continue to roll on its becoming more evident that our mental health and wellbeing needs to be our number one priority. Having a strong routine and checking in on family and close friends has never been so important. Below is an article from Michael Grose and he talks about the importance of positive mental health for our children and some tips to support this. If you would like to know more please visit the website <https://www.parentingideas.com.au>

### *"Maintaining kids' mental health during the coronavirus pandemic"*

*While there are concerns about the negative impact of physical isolation is having on children's learning, we should also be concerned about their mental health. Teachers and health professionals report that the strain of physical isolation is starting to show for many children and young people. Any anxiety and fear they experience is heightened by isolation from friends, lack of access to their usual sports and leisure activities and a lack of certainty about the future.*

*In these challenging times kids' mental health needs to be a high priority. The following plan laid out by the experts at Parenting Ideas will show you how to lay a solid foundation for good mental health, and outline key behaviours that will help build the resilience and psychological strength that kids need in these difficult times.*

#### **Build the foundations for good health**

*A healthy diet, plenty of exercise and good sleep patterns are basic to good physical and mental health. Get the foundations right and you establish optimum conditions for your child to flourish even in difficult circumstances.*

#### **Eat a healthy diet**

*The 'healthy body, healthy mind' mantra that we grew up with needs to be updated to 'healthy gut, healthy brain'. Recent research has revealed the links between a child's gut health and good mental health. Kids who experience anxiety and depression typically have imbalances of adrenaline (which keeps the brain alert) and GABA (which calms the brain down), that can be rectified with good gut health.*

*A framework for healthy eating includes eating real rather*

*than processed foods, consuming small and regular meals, starting each day with protein and complex carbs, drinking plenty of water and keeping kids away from caffeinated drinks.*

#### **Get plenty of exercise**

*Exercise not only promotes good mental health. It's also a tool that kids can use to manage their mental states.*

*Exercise and movement send endorphins through their bodies improving mood and relieving tension and stress. Exercise and movement relaxes the muscles and reduces feelings of anxiety that build up over time.*

*A framework for exercise includes starting the day with some movement, taking regular movement and game breaks, finishing the school day with movement that gets their limbs moving and hearts pumping.*

#### **Maintain good sleep patterns**

*The benefits of good sleep patterns are immense and far-reaching, impacting kids' learning, memory and emotional stability. Sleep restores the brain to optimum conditions and rejuvenates the body, allowing hormone levels elevated during the day to return to normal.*

*Consequently, sleep-deprived kids experience greater anxiety doing routine tasks and have a propensity for pessimistic thinking, which is associated with anxiety and depression.*

*A framework for good sleep patterns includes finding an optimum bedtime; creating a regular, relaxing routine, eating and exercising at the right time, creating a sleep sanctuary and getting up at regular times each day.*

#### **Add the pillars of good mental health**

*Mental health is complex and is impacted by many factors including a child's social and emotional wellbeing. The following four pillars have an insulating effect on your child's mental health, acting as circuit-breakers when life becomes difficult and complex.*

#### **Maintain social connection**

*As social beings we long for connection to others and a sense of belonging to groups. While time alone can be restorative, sharing experiences, thoughts and stories with others is absolutely essential to your child's happiness and wellbeing.*

*A framework for social connection includes one-on-one time with family members and other loved ones, having shared family experiences to confirm a sense of belonging, having shared time and experiences with peers from school and the neighbourhood, and a connection with the broader community through shared experience, cause or goal.*

#### **Stay in the present**

*The human mind is restless, taking us all over the place. It can make us feel happy recalling memories of loved ones*

or happy times and it can also drive insecurity connecting us to events in the past or future that fill us with dread, and make us feel anxious. Kids' wandering minds need to take a rest and settle in the present, stopping their mental chatter, giving them the chance to relax. Mindfulness is an essential mental health tool that enables children to keep their minds in the present moment, allowing them to feel safe and secure.

A mindfulness framework includes regular mindfulness exercises, doing one thing at a time, using mindfulness during an anxious moment, practising self-kindness and forgiveness.

### **Enjoy yourself at play**

The term 'child's play' is demeaning to children and dismissive of the place of play in our lives. Play is absolutely critical to our happiness and wellbeing. Borrowing from the work of Dr. Brene Brown, play is defined as any activity that's fun (therefore highly anticipated), free (that is, self-directed) and involves flow (we don't want it to stop). Play helps kids manage anxiety and depression as it lifts their mood and is therapeutic by nature.

A play framework includes space and time for play, child-initiated activities, a mix of lone play and group activity, some social or physical risk may be involved.

### **Spend time in nature**

Recent studies highlight what we already knew – that time spent in natural environments benefits our happiness, our sense of wellbeing and reduces stress and tension. The rejuvenating benefits of time spent in the bush or by the sea may be difficult to acquire during times of physical isolation but walks to the park, spending time under a favourite tree or even bringing some green shrubs inside have proven to be just as beneficial to children's mental health.

A time in nature framework includes management and reduction of screen time, exposure to natural environments in the neighbourhood, bringing the outdoors inside, and spending some time each day outdoors.

### **Practise protective behaviours**

Our daily habits contribute to our wellbeing and mental health. Some habits such as spending too much time in front of a screen may be detrimental. There are a number of behaviours, when practised continuously, build our resilience and resistance to daily difficulties. These include:

### **Keep foundation behaviours**

Routine behaviours such as waking at the same time, having breakfast, exercising, showering and dressing get

They underpin productivity, learning and wellbeing. Remove the structure provided by these foundation behaviours and many children and young people struggle, particularly those who are prone to anxiety and depression.

A foundation behaviour framework includes morning routines and rituals to prepare for the day, after school and evening wind down routines, and routines that prepare children for sleep.

### **Practise deep breathing**

Recognition of the benefits of deep breathing dates back to ancient Roman and Greek times when deep belly breathing was used to rid the body of impurities. Modern science informs us that deep breathing instantly engages our capacity to relax and stay calm. When a child becomes anxious or fearful their breathing becomes shallow. Taking deep, slow breaths when they become overwhelmed by anxiety is the quickest way to return to a calm state. Deep breathing has great preventative powers helping the mind stay in a state of focus and calm.

A deep breathing framework includes practising deep breathing spontaneously throughout the day, combining deep breathing with mindfulness practice, using deep breathing to restore energy when tired, and breathing deeply during an anxious moment.

### **Check in on feelings**

If children and young people are not tuning into their emotions they are missing a rich vein of information that will assist decision-making, learning and importantly, their wellbeing. It's relatively easy to tune into behaviour and our thoughts, but much harder to detect our emotions. The skill of emotionally checking in, developed by Prof. Marc Brackett from the Yale Centre for Emotional Intelligence, helps children and young people to identify how they are feeling at any given time. It requires kids to stand still, close their eyes, take some deep breaths, identify and give a name to their feeling. This simple habit of checking, once practised and learned is a wonderful life skill to acquire.

Looking after your child's mental health may seem like a mystery at times. But there is a great deal we can do. By laying a foundation for good general health and then working at maintaining the pillars of mental health and teaching kids the protective mental health behaviours you provide them with a solid framework for maintenance of good mental health that they can take into adulthood."

Thank you

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John Cardamone

Leading Teacher in Social and Emotional Learning

[Social and emotional learning... 'It's everyone's business!'](#)

# Reading Club– Remotely!



Miss Carter, Mrs Patolo  
and Foxy



are excited to announce our new and  
improved remote reading club!

Each week we will be asking you to watch the read aloud on the Hillsmeade website and have some fun being creative.

This week Miss Page is reading **“The Gruffalo”**. Please send your creations to Miss Carter and you may be featured in the upcoming link:  
[tcarter@hillsmeade.vic.edu.au](mailto:tcarter@hillsmeade.vic.edu.au)



# HILLSMEADE REMOTE

## RUNNING CLUB



If you would like to share your run/walk experience please send a photo to [runningclub@hillsmeade.vic.edu.au](mailto:runningclub@hillsmeade.vic.edu.au). If you would like this put into the link or Hillsmeade happenings please state this in your email.

**When:** Wednesday

**TIME:** At any time of the day

**Where:** At your house/area

**What:** All students and family members of the Hillsmeade Community are welcome to walk/run. **Remember to take an adult with you.**

**Why:** This is an opportunity for students and family members to get your body moving, get ready for learning and the day ahead.

**What you need to do:** Check how far you have walked **or** count your steps using your fitbit. Once you have completed your walk or run, fill out the survey using the link below.

**Who is organising :** Miss Sheers and Mrs Borham



Please submit a form using the link each week. This helps us see how you are going.

<https://tinyurl.com/ybrtd4he>

## FROM THE CANTEEN

### One Pot Banana Cake

**Prep Time: 10 min**

**Cook Time: 40 min**

**Total Time: 50 min**

#### **Ingredients**

- 125 grams Butter
  - 2 Ripe Bananas
  - 1 Egg
  - 1/4 cup Milk
  - 1 1/2 cups Self raising flour
  - 3/4 cup Sugar
- 1 teaspoon Vanilla essence (works without)

#### **Instructions**

1. Preheat oven to 170 degrees Celsius (oven temps may vary)
2. Melt butter, sugar and vanilla in a saucepan.
3. Remove saucepan from heat and put in mashed bananas.
4. Add egg and mix well. Stir in flour, add milk and mix lightly.
5. Bake in tin of choice for approx 40 mins.

**Enjoy!**

**We would love to see your finished creations!**

**Please email pictures to [canteen@hillsmeade.vic.edu.au](mailto:canteen@hillsmeade.vic.edu.au)**



## AN 'OUTTA THIS WORLD' OPPORTUNITY!

Hi Students,

Network 10 is looking for CASE Junior Space School students to appear on 'The Living Room'.

If you love space and would enjoy sharing your passion with the rest of Australia, with your parent's (and child's) permission, send us an email including:

- Your name, age, school
- Date of your CASE Space School expedition
- What you love about space and why you'd like to be on The Living Room

**Please email your details to [enquiries@actura.com.au](mailto:enquiries@actura.com.au) by 12:00pm, Friday 8th May.**

Further details will be provided to all those interested.

Good luck!

**CASE Space School Expedition Team**