



If your child is learning remotely from home, mark their attendance daily here:

<https://tinyurl.com/hpsremote>

Enrol NOW for 2021!

Email us for an enrolment pack @ hillsmeade.ps@education.vic.gov.au

The Link

Hillsmeade Primary School Newsletter

Issue No 20—WED 22nd JULY

TERM 3
2020



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

WHO, WHAT, WHEN?



| MON JULY 20th | TUES JULY 21st | WED JULY 22nd | THUR JULY 23rd | FRI JULY 24th |
|---------------|----------------|---------------|----------------|---------------------------------------|
| | | | | |
| MON JULY 27th | TUES JULY 28th | WED JULY 29th | THUR JULY 30th | FRI JULY 31st |
| | | | | Virtual Assembly Posted to Compass |
| MON AUG 3rd | TUES AUG 4th | WED AUG 5th | THUR AUG 6th | FRI AUG 7th |
| | | | | VPA Principal's Day |
| MON AUG 10th | TUES AUG 11th | WED AUG 12th | THUR AUG 13th | FRI AUG 14th |
| | | | | Virtual Assembly Posted to Compass |

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy week 1 of Term 3 Remote Learning. We hope that Term 3 has started positively for everyone. We understand that remote learning is not easy, and we really do appreciate the ways in which we are partnering together as a community to support each other at this time.



Remote Learning 2.0.

A big thank you to staff for working in innovative ways to strengthen our approach to remote learning this term. The work staff and teams have put in to preparing content and building various supports within our structure has been positive and appreciated.

Congratulations

A huge congratulations to Steph Li who safely welcomed the arrival of a beautiful baby boy, Lachlan, over the holidays.



Also, a huge congratulations to Jess Szalek our Mathematics Learning Specialist who was successfully appointed to a Lead Partner position within the Differentiated School Support initiative. I would like to publicly acknowledge the positive contribution that Jess has made to our school community and wish her the best in her new role beginning in August.

Wearing Masks

In line with advice from the Victorian Chief Health Officer, the Victorian Government has announced that those in metropolitan Melbourne and Mitchell Shire must wear a face covering when they leave home from 11.59pm on Wednesday 22 July 2020.

Face coverings will be mandatory for people aged 12 and over. These measures will slow the spread of coronavirus (COVID-19) and help protect the community.

In schools, this means that school-based staff and secondary school students in metropolitan Melbourne and Mitchell Shire will be required to wear a face covering.

Welcome

We would like to welcome Wei Wang to our school. Wei will be teaching Mandarin at Hillsmeade and we would like to warmly welcome her to our school.



The Victorian Chief Health Officer has advised that any face covering will be acceptable – it does not need to be a surgical mask. More information about different face coverings is provided at the end of this message.

For schools in metropolitan Melbourne and Mitchell Shire all school-based staff must wear face coverings at school, and when travelling to and from school. Teachers and education support staff will not be required to wear face coverings while teaching, but those who wish to do so, can. Teachers should wear face coverings in other areas of the school when not teaching (for example, in the staffroom, on yard duty and when providing first aid or taking temperatures), and when travelling to and from school.

Students who attend primary school for on-site supervision will not be required to wear a face covering. Students who are aged 12 by Year 6 will not be required to wear face coverings. The Victorian Chief Health Officer has advised that it is not practical to require some primary school students to wear face coverings while others are not required to.

Students or staff who have a medical condition - including problems with their breathing, a serious skin condition on the face, a disability or a mental health condition - are not required to wear a face covering. This includes students who attend specialist schools. Parents/carers will be required to wear face coverings whenever they leave the house, including for school drop off and pick up.

Please use discretion and common sense when supporting staff and students with these matters.

Seeing other people wearing masks



A story for children

© Autism Little Learners

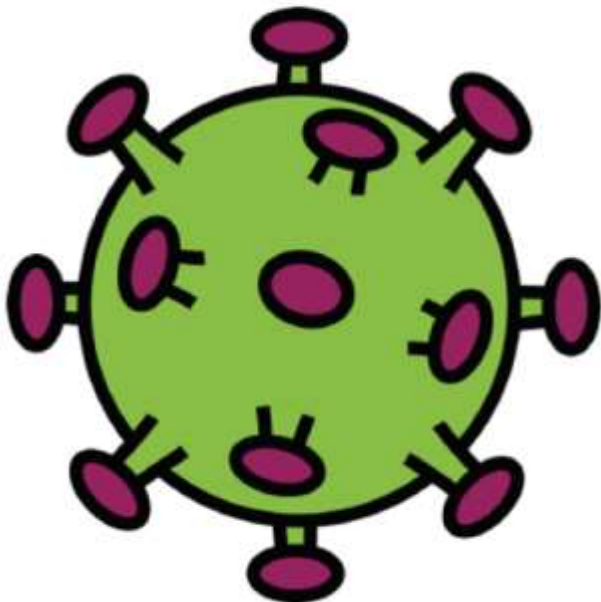
1



Sometimes I might see people
wearing face masks at the store.

© Autism Little Learners

2



Wearing a mask at a store is a new
thing. This is because of a germ
called COVID-19.

© Autism Little Learners

3



Before COVID-19, I usually only
saw doctors and nurses wearing
a face mask.

© Autism Little Learners

4



Now, more people are wearing them in different places. Not just in a hospital!

© Autism Little Learners

5



In a store I will see some people wearing a mask and some people not wearing a mask.

© Autism Little Learners

6



When somebody wears a mask, I can only see their eyes.

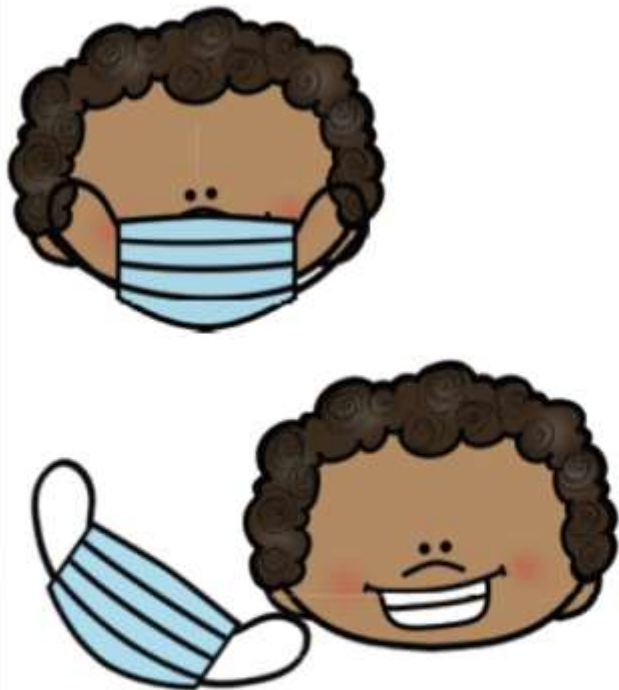
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7



I won't be able to see their nose or mouth. Their nose and mouth are under the mask.

© Autism Little Learners



The people wearing masks can still talk and they might even be smiling at me. I just can't see their mouth.



People wearing masks take them off when they get home. Then, their family can see their nose and mouth again!



Some people wear glasses, some people wear hats, and some people wear masks.



Seeing people wearing masks is different. But, it's okay!

FROM THE PRINCIPAL

Teacher Instructional Videos

Our teachers have been developing their recording skills as they prepare instructional teaching videos to support daily lessons. The videos will support students to engage in learning with greater independence, whilst being able to pause or re-watch as needed. We are enjoying the positive feedback from students and families as we implement these improvements in our approach to remote learning.



Specialist Learning Portal

As part of the daily lesson plans, students will have the opportunity to engage in learning via the new Specialist Learning Portal on our school website. We encourage all families to visit this amazing new page to view instructional teaching videos and learn more about our exciting Specialist programs.



<https://www.hillsmeade.vic.edu.au/specialist-learning-portal/>

Our Approach to Ongoing Assessment During Remote Learning in Term 3



Ongoing assessment

Monitoring students' progress during remote learning



FROM MS WELLS

During the school holidays we have been very busy completing projects around the school. If you have wandered past while walking in the neighbourhood recently, you may have seen our exciting new addition the junior playground... H.M.A.S Hillsmeade!

We have also completed some landscaping work between the year 3 and 4 portables including a new asphalted pathway between the portables and the amphitheatre.

While students enjoyed an additional week of holidays, our teachers were working hard! The teachers at Hillsmeade have been developing their acting skills and becoming superstars at using iMovie. While another period of remote learning is not how we wanted to begin term 3, the team at Hillsmeade have been taking the opportunity to collaborate and learn from each other. We are so proud of our teachers and support staff for their growth mindset and commitment to providing high quality, engaging learning for our students again during this remote learning period.



FROM MR CARDAMONE



Good Afternoon Hillsmeade Community,

I hope the first week of the term has been positive. . We know that this is a difficult time for everyone, in particular the uncertainty around when things will go back to normal.

Our children will be looking at us as role models, they will be watching on how we respond to these times and some of the lessons they learn will be the most important life lessons they will see, take in and how they might respond in a stressful situation.

I have shared an article from Be You. Although this is targeted at middle/upper-primary to secondary school students, this gives families an idea of one of the many ways that we can have positive conversations with our children/teenagers during the current changes.

A guide to dealing with constant change due to COVID-19

From the moment when COVID-19 first steamrolled into our lives, we've had to learn to deal with change, as each stage of the pandemic has changed the way we live, work and socialise.

While it's normal to feel frustrated and unsettled by all this uncertainty, there are ways you can equip yourself while dealing with life changes.

WORK OUT what you CAN and CAN'T Control

Much of the anxiety during COVID-19 comes from the reality that many decisions are out of our hands. Feeling like we're not in control of our own path is pretty unsettling, but figuring out precisely what you can and can't do will help you to maintain a sense of stability and reduce any fear or anxiety.

But how?

You can't prevent a storm from happening, but you can pack an umbrella. Preparation is the key to figuring out what you can and can't control. Try making a list of what's worrying you (i.e. fears). You can then start to figure out ways to address these problems (i.e. fixes). For example:

Fear: Returning to team sport will be tough, and I won't be any good after all this time off.

Fix: *Remind yourself that everyone is in the same boat. You can also start working on your skills at home, so that when training resumes you're not coming in cold.*

Fear: *There might be a second wave of COVID-19 cases.*

Fix: *Maintain your personal hygiene, continue to practise social distancing and encourage others to do the same.*

By coming up with fixes for any fears you have, you'll take back your decision-making power.

Practice SELF-CONTROL

Chances are your self-control has already been well tested during COVID-19. Whether you've been studying remotely or working from home, you'll have faced many tempting distractions – PS4, anyone? By strengthening your self-control, you'll be more comfortable if (and when) things around you change.

But how?

Set yourself mini-tasks each week to strengthen your self-control. Maybe all the time you're spending online keeping up with the news is leaving you feeling flat and empty, but you're finding it hard to look away. Start small by committing to switch off your phone during lunch. Then, day by day, slowly increase the amount of time you spend offline.

The key to building self-control is to use small victories to work up to bigger wins. Start with a manageable goal and build on that, day by day, week by week.

FOCUS ON the Positives

It's easy to see the negatives when things change, but it can help to try and see the positives, too. As restrictions gradually relax, look for the upsides. For example, you might now be able to return to your favourite restaurant, even if it's only operating at half capacity, or to resume sports training, but in smaller groups. Remember that even these small changes are a big step forward.

FROM MR CARDAMONE

But how?

Practise gratitude. As the rules change and life start to open up again, practise identifying the things you are grateful for – even if it's as simple as being able to have a coffee with a friend at a cafe!

Speaking of friends, surround yourself with positive pals. If certain friends are continually banging on about how crazy everything is, then maybe mute them for a while and focus on people who look for the silver lining. Laughing is also a sure-fire way to feel more positive when the going gets tough. Start a LOLS-Only WhatsApp thread with friends, dedicated to swapping funny videos or memes.

Practising positive self-talk can also be a big help. Each week, write down one thing you like about yourself. At the end of every month, you'll then have a little list that proves you're a legend. Ultimately, the better you feel about yourself, the more likely you'll be to find the good in any situation you face.



Hands up if you've had a rough day and gone straight down the rabbit hole? Often our default response to change is negative thinking. This is because there's safety in the familiar, and change feels like a threat to our comfortable setup. But learning to adjust your thought patterns will do you a world of good during uncertain times.

But how?

Having negative thoughts is normal, but sometimes the best way to deal with them is to put a limit on them. If you notice you're on a slippery slope with worries, anxieties or fears, allow yourself only a certain amount of time each day to dwell on those thoughts.

The [ReachOut WorryTime](#) app lets you decide on a time, place and length of time to deal with your worries each day. This means you can do it in one sitting, rather than carrying your worries around with you 24/7.



It's easy to find yourself gazing into the COVID crystal ball and worrying about what the future might hold, especially if your school, work and livelihood have been affected. But if you invest too much time in thinking about what hasn't happened yet, you might just miss out on the moments that are right in front of you.

But how?

Try meditation or mindfulness. [Smiling Mind](#) is an Australian-made mindfulness app designed for users of all ages. It works off the idea of dedicating just ten minutes a day to focusing on the here and now.

If mindfulness isn't your vibe, why not try to master the art of distraction, whether it's by going for a run, hitting the gym (when they reopen), jumping on the baking bandwagon and whipping up a cake, or meeting up with friends for a board games night.

Concentrating on these kinds of tasks will help to block out the noise. It's hard to worry about the state of the world when your brain is focused on something in front of you!"

John Cardamone
Leading Teacher in Social and Emotional Learning

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



Behind the scenes @ H.P.S!

A NOTE FROM SQUIGGLE

Dear Hillsmeade Authors,

Congratulations on starting your first week of remote learning for term 3! I am so proud of your enthusiasm and persistence.

Last week I visited school with Miss Page. I was so excited to see everyone! When I arrived though, the school was empty! I was so lonely. There was nobody to write with, nobody to talk with and nobody to play with! I only had Miss Page and she kept asking me for a coffee!

On our latest episode of Hillsmeade Happenings, I set a challenge for student writers. I want you to imagine what it would be like if you were the only person at Hillsmeade! What would you see? What would you do? How would you feel? Send your thinking to npage@hillsmeade.vic.edu.au by next Monday 27th July.

Have a look at some of the writing I've already read!

Keep on writing,

Your friend Squiggle

