



Parent Teacher Interviews

In preparation for parent teacher interviews, we are seeking parent input in a very quick, one question survey. Please click on the link below to indicate whether parent teacher interviews would be best conducted via Webex or phone. <https://www.surveymonkey.com/r/6KWVNB>

Enrol NOW for 2021!

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

The Link

Hillsmeade Primary School Newsletter

Issue No 22—WED 5th AUG

TERM 3
2020



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

WHO, WHAT, WHEN?

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
MON AUG 17th	TUES AUG 18th	WED AUG 19th	THU AUG 20th	FRI AUG 21st
MON AUG 24th				Virtual Assembly Posted to Compass

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy Week 3 of Term 3 everyone. What a fast changing time we live in. As a school we would like to acknowledge the positive efforts and hard work of our students, parents and carers and staff. As a large school community it has been wonderful to see the ways in which we are all supporting each other during this unprecedented time.



Coronavirus (COVID-19) advice

Information, updates and advice about coronavirus (COVID-19).

Support Websites

<https://www.education.vic.gov.au/parents/learning/Pages/home-learning.aspx>

<https://www.dhhs.vic.gov.au/coronavirus>

From Wednesday 5 August, students in Victoria will move to remote and flexible learning. Schools, including specialist schools in metropolitan Melbourne, will remain open for vulnerable children and children of permitted workers.

From Thursday 6 August, early childhood education and care (ECEC) services in metropolitan Melbourne, will open only for vulnerable children and children of permitted workers.

Specialist schools and ECEC will remain open in regional and rural Victoria.

Use of face coverings ¹²

Based on advice from the Victorian Chief Health Officer, everyone over the age of 12 must wear a face covering when leaving home

Term 3 arrangements in schools

Restrictions are in place to help slow the spread of coronavirus (COVID-19) and save lives. Most students will move to remote and flexible learning.

The Department's coronavirus (COVID-19) hotline

Ask questions regarding coronavirus (COVID-19) and education settings by calling 1800 338 663, Monday to Friday, 9am to 5pm. If you need an interpreter, call 131 450 first.

About learning from home

Understand learning from home and your child's responsibilities

Support your child's learning

How to set up a learning environment at home, establish routines and expectations.

Supporting your child with additional needs

Advice for parents of students with additional needs who not attend a specialist school

Resources and tips

Explore resources for parents that support learning alongside school or kindergarten

Screentime, health and wellbeing

Advice for how to manage time online and check-in to support your child's health and wellbeing

Advice in your language

Learning from home advice and information in a variety of languages

Australian Primary Principals Day 2020

- Friday 7th August -

Celebrate our School Leaders on Principals Day

I would like to take this opportunity to wish our Assistant Principals of Hillsmeade Primary School a Happy Principal's Day for this coming Friday the 7th of August.



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



**Crystal Wells -
Wellbeing, ICT
and Facilities
Assistant
Principal**

Our Assistant Principals work with care, commitment and dedication for our students and community. I would like to publicly acknowledge their wonderful work, efforts, support and leadership.

Have a happy Principal's Day this Friday.

**Shiona Watson
- ELC Director,
OSHC Manager
and OHS**



t h a n k y o u

FROM MR CARDAMONE



Good Afternoon Hillsmeade Community,

I hope that the week has been a positive one in light of the recent announcements. In these uncertain time, it can be difficult to remember to do the small things for ourselves and our loved ones. We tend to focus on the worry and concern and not how we can do to support our own mental health as well as our family members.

I am sharing a great resource provided by the Department of Education that has a focus on wellbeing activities and conversation starters for your family. This provides activities ideas from prep-6. I will share from prep-2 first and will provide the rest (3-6) of the information next week. You can see this document on this website

<https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-primary.pdf>

'Wellbeing activities and conversation starters for parents of primary school-aged children'

There are a range of activities that will help build and maintain your child's wellbeing. Most of them are short and require very few materials. The activities cover six key elements that are important to wellbeing. There are also activities that focus on positive thinking and gratitude as well as breathing exercises that promote calm.

These activities are based on the optional Resilience, Rights and Respectful Relationships teaching and learning materials.

I hope that these activities and conversation starters can be of added support and assistance to your family. Please let me know if you have any questions.

Thank you.

John Cardamone Leading Teacher in Social and Emotional Learning

Six key elements that are important to wellbeing



Understanding emotions

Understanding emotions helps your child to understand themselves and other people.

We can do this by focusing on recognising, expressing and managing emotions.

Understanding emotions is key to building empathy and self-awareness.



Personal strengths

Help to build your child's ability to recognise and understand positive qualities in themselves and others.

This will help to build your child's self-confidence and the capacity to face and manage challenges.



Positive coping

Provide opportunities for your child to discuss and learn different types of coping strategies.

This will increase your child's ability to manage stress, control impulses and overcome obstacles.



Problem solving

Your child can develop their critical and creative thinking skills to explore different types of problems.

This can build your child's ability to make responsible decisions that consider the likely consequences of different ways of solving problems.



Stress management

Learn about different calming strategies to deal with stress.

This can help your child to cope with challenges they are facing now and in the future.



Help seeking

In these challenging times, it is important to normalise asking for help.

Your child will learn to recognise situations in which to seek help, identify trusted people in their lives to ask for help and practice asking for and providing help.

FROM MR CARDAMONE

For students in Foundation level

**Understanding emotions**

Goal: Understanding our emotions.

Activity: With your child, name the different emotions that characters in your favourite TV show or story book are feeling. How many can you name? Ask: *How can we work out what emotions other people are feeling?*

**Personal strengths**

Goal: Recognise our strengths by talking about things we are good at.

Activity: With your child, take turns at drawing a portrait of each other. Around the portrait write all the things you think each other is good at.

**Positive coping**

Goal: Identify positive ways to cope with negative emotions.

Activity: Come up with five things we can do to feel better when we are sad.

**Problem solving**

Goal: Recognise solutions to problems.

Activity: Come up with three positive and different ways to solve this problem: *You and your family arguing over which show to watch on TV.*

**Stress management**

Goal: Identify activities that can help to reduce our stress levels.

Activity: Ask your child to interview different family members and then draw a picture of them. Your child can ask: *What do they like to do to help them calm down or cheer up?*

**Help seeking**

Goal: Identify people who we can go to for help.

Activity: Make a "hand" or "star" to show five people your child can seek help from. Use it as your family plan by writing it up and placing it somewhere it is visible to everyone.

For students in Years 1 and 2

**Understanding emotions**

Goal: Understand our emotions.

Activity: Play emotional charades with members of your family. Each person acts out an emotion and family members guess the emotion/feeling.

Goal: Understand situations that can trigger different emotions.

Activity: Your child asks a family member how they would feel if:

- They were starting a new school or job
- Their friend had told everyone a secret they shared with them
- They had won a prize.

**Personal strengths**

Goal: Describe how we use our strengths to be a good family member.

Activity: With your child, discuss what each of your character strengths are. Draw a picture of yourselves using one of these strengths at home.

Goal: Describe how we use our strengths in daily life.

Activity: With your child, watch a TV show or read a story book together and identify how a character showed any of these strengths (honesty, fairness, patience). What would the opposite of these look like?

**Positive coping**

Goal: Discuss ways we can cheer up and calm down.

Activity: Discuss with your child:

- When I feel lonely, I can...
- When I feel angry, I calm myself down by...
- When I feel sad, I can...
- When I feel bored, I can...

Goal: Talk about fears and how to cope with fear.

Activity: Talk about:

- Things that make me afraid are...
- When I feel afraid, what are some things we do to help us manage our fears.

FROM MR CARDAMONE

For students in Years 1 and 2 continued

**Problem solving**

Goal: Build collaboration and teamwork at home.

Activity: Using items that are safe and stackable (e.g. paper cups, playing cards), make a tower as tall as you can. Once your tower is complete, remove one item at a time, trying not to make the tower collapse. Or, if you have Jenga, play it together!

Goal: Work together to solve problems.

Activity: Talk about this scenario with your child: I had a disagreement with my best friend and felt left out. What are three positive ways one could solve this situation?

**Stress management**

Goal: Recognise how stress can feel in the body.

Activity: With your child, tell each other about a situation when you felt stressed. How did the body respond to this stress (e.g. sweaty palms; butterflies in your tummy).

Goal: Discuss coping strategies for stress.

Activity: Write a list of actions with your child that you can take to deal with stress, fear or anger. Name this list: *Our Family's Calming Strategies*. Display this list somewhere at home.

**Help seeking**

Goal: Work with and support each other.

Activity: Encourage your child to help a family member with a something around the house, such as clearing the dishes after dinner.

Goal: Identify people we can go to for help.

Activity: Make a "hand" or "star" showing five people your child can seek help from. Use it as your family plan by writing it up and placing it somewhere visible to everyone.

Additional activities



Goal: Practice gratitude.

Activity: You'll need a set of pick-up sticks for this activity. On a piece of paper write down the following and assign each one a colour from the pick-up sticks:

- Name a person you are thankful for
- Name a place you are thankful for
- Name a food you are thankful for
- Name a thing you are thankful for
- Name a thing of your choice

For each stick they pick up, they need to match the colour to the category and name the person, food, place or thing they are grateful for.



Goal: Practice gratitude

Activity: Encourage your child to collect, find or make pictures of all the people, events and things in their life that make them feel grateful. Print them, cut them out of magazines, draw them, pull out old family photographs.

Once you have the images, stick them to a piece of poster paper and hang in your child's bedroom. Your child can decorate the poster.



Goal: Calm the mind.

Activity: With your child, sit in a comfortable position. Ask your child to close their eyes, breathe deeply and relax. Ask your child to breathe in through their nose for four seconds, hold their breath for seven seconds and breath out through their mouth for eight seconds.

Repeat this cycle four times.

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

PARENT WORKSHOP



Hillsmeade Primary School is excited to announce our next **Parent Workshop**. This will take place online due to our current circumstances. This Parent Workshop will take place on the afternoon of our scheduled curriculum day (September 4th) and will be presented by Bryan Jeffery.

‘Understanding stress and mental health’ - Presented by Bryan Jeffery

What: This workshop will explore the role parents/families can play in supporting their children during the pandemic period. It will have a closer look at how stress can play a major part in our children lives along with our own. Bryan will talk about strategies that we can use to support our children’s mental health and wellbeing during these difficult and challenging times.

When: 4th of September 5pm – 6:30pm

Where: Via Zoom in the comfort of your home (a link will be sent and provided at a later date to this event)

Why: Bryan Jeffery has presented to the Hillsmeade staff on numerous occasions, showcasing and discussing on a range of topics regarding mental health. This area is a strong passion for Bryan and has invested his working life in this area. At Hillsmeade we believe he has lots to offer in the area of the mental health and wellbeing of our students, families and the community.

Through these workshops, we hope to not only strengthen our partnership with families but also the connections between the families and Hillsmeade.

Cost: NO COST! There is no cost to families.

About Bryan Jeffery: Bryan Jeffrey is a Registered Psychiatric Nurse, and since 1995 has been employed in a range of senior clinical positions in Child & Adolescent Mental Health Services (CAMHS) and Adult Mental Health in Scotland, and latterly in Melbourne, Australia. Throughout his career, Bryan saw gaps in mental health literacy, in people who were hungry for knowledge, and decided to focus the attention of MOAT: Mental Health Services on meeting these needs.

Ranging from delivering keynote addresses at national conferences, to providing workshops for small groups of staff and carers – Bryan’s passion is in mental health training.

You can find out more about Bryan Jeffery at his website <http://www.moat.com.au/>

Please register for the parent workshop with your name (please invite other family members/friends if you believe this will support their family) by email hillsmeade.ps@edumail.vic.gov.au by **September 3rd**. **Your booking will be provided at a later date which you will receive a link to this event.**

SCIENCE @ HILLSMEADE - Ms Bhardwaj

Blow up your Balloon with Soda Bicarb and Vinegar! Well done Ruby, Max and Subaga!



Tea Bag Rocket! Subaga failed a few attempts, she did not give up and persisted hard to see how the rocket works! Spectacular effort Subaga!



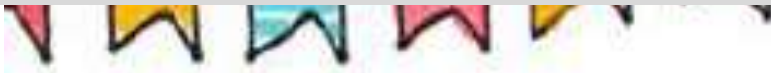
Skittle rainbows! Thank you Atarvaa, Alexis, Macey, Subaga, Summer and Rose for sharing them with us.

CALMING STRATEGIES FROM MS WELLS

Coronavirus and the measures in place to limit its impact on our communities is having an impact on all of us. As people who care for children in our various roles as teachers, parents and caregivers, we are faced with the additional challenge of trying to find the 'right' way to support our children during this pandemic. The Department of Education have developed some fantastic resources to help parents and carers to navigate this challenging time with both parents' and childrens' wellbeing in mind. This week, we have included a guide to 'talking to your child during coronavirus'. This is one of the many resources available to parents and carers through the DET website. I encourage families to explore some of the informative guides at <https://www.education.vic.gov.au/parents/Pages/talkingtoyourchildaboutcoronavirus.aspx>

'The Breathe Book'

Through our Social & Emotional Learning lessons at school, we help students build strategies to help themselves when they are not in the 'green zone' (feeling sad, worried, angry). Strategies to help manage emotions are especially important during times of increased stress. Here are some breathing strategies that can be used to help children pause and 'get back to green'.



Breathe Book

Strategies to help you breathe through your feelings.

Triangle Breath

Follow the number path to calmly breathe:
Try the frog yoga pose and triangle breathing at the same time.

frog pose

Square Breath

Follow the number path to calmly breathe:
Try the mountain yoga pose and square breathing at the same time.

mountain pose

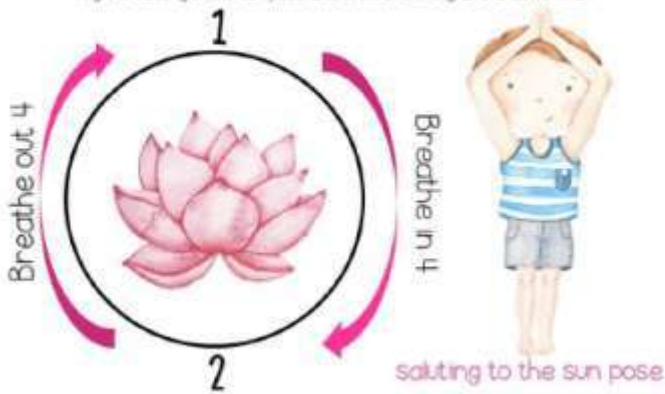
Star Breath

Follow the number path to calmly breathe:
Try the airplane yoga pose and star breathing at the same time.

airplane pose

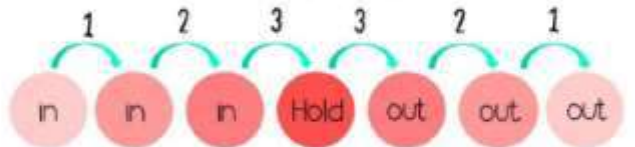
Circle Breath

Follow the number path to calmly breathe.
Try the saluting to the sun pose and circle breathing at the same time.



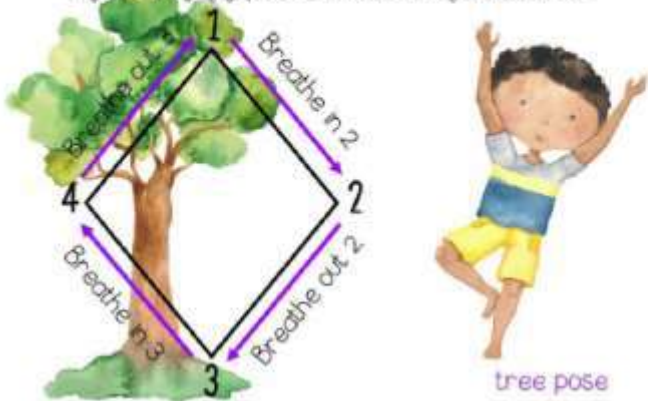
Steppingstone Breath

As you breathe in, tap on each dot.
As the air fills your lungs, the color fills in the dot.
Hold your breath in, then slowly breathe out and watch the color fade away as you tap each dot.



Rhombus Breath

Follow the number path to calmly breathe.
Try the side angle yoga pose and rhombus breathing at the same time.



Bunny Breath

Lay on the floor in savasana pose.
Take 3 short breaths in like a bunny sniff.
Let 1 long breath out.



Bee Breath

Sit tall with your back straight or on your knees with your back straight in bee pose

Breathe in through your nose.
Exhale through your mouth make a buzzing sound...zzzzzzz...

Breathe in through your nose.
Breathe out through your mouth again, this time with a longer...zzzzzzz...than before.

Repeat until calm.



DID YOU KNOW?

It's Dental Health Week!

This week is Dental Health Week. This year's focus is on building our awareness of the impact sugar has on our teeth, how much sugar is 'too much' and identifying 'hidden' sugar in food we eat.

The Australian Dental Association had some fantastic resources to explore with your family as well as a colouring sheet to help children build their understanding of dental health. These resources can be found at <https://www.ada.org.au/Dental-Health-Week-2020/>

Teeth on Wheels have also developed an animation, 'The Dangers of Sugar', available for families via the link below;

<https://www.youtube.com/watch?v=lmIYZ9mSkG0&t=1s>

A woman in a blue plaid shirt is pushing a shopping trolley in a supermarket aisle. The text 'HOW MUCH SUGAR IS HIDING IN YOUR TROLLEY?' is overlaid on the image. Below the image, it says 'Teeth on Wheels a positive dental experience Presents...'. At the bottom, there is a cartoon character of a tooth with a smiling face and thumbs up. The text 'DENTALHEALTHWEEK.COM.AU | 3-9 AUGUST 2020' is also present.