

**UPCOMING CURRICULUM DAY & PARENT WORKSHOP -
FRIDAY SEPTEMBER 4TH**

**NO STUDENTS ATTENDING ONSITE, NO HOME LEARNING
POSTED ON COMPASS. A parent workshop will run on this day,
details on next page.**

Enrol NOW for

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

The Link

Hillsmeade Primary School Newsletter

Issue No 24—WED 19th 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 17th	TUES AUG 18th	WED AUG 19th	THUR AUG 20th	FRI AUG 21st
MON AUG 24th	TUES AUG 25th	WED AUG 26th	THUR AUG 27th	FRI AUG 28th
				Virtual Assembly Posted to Compass
MON AUG 31st	TUES SEPT 1st	WED SEPT 2nd	THUR SEPT 3rd	FRI SEPT 4th
Parent teacher interviews TBC	Parent teacher interviews TBC	Parent teacher interviews TBC	Parent teacher interviews TBC	CURRICULUM DAY— STUDENTS DO NOT ATTEND. NO HOME LEARNING POSTED.
MON SEPT 7th	TUES SEPT 8th	WED SEPT 9th	THUR SEPT 4th	FRI SEPT 5th
				Virtual Assembly Posted to Compass

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.**

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy week 5 of Term 3. We hope that you are all keeping safe and well during this challenging time. Congratulations to our students and families for such positive engagement in the last week using Webex. It has been wonderful to pop into class meetings and see so many smiling faces.



Hillsmeade Happenings

A huge thank you to our Year 6 Student Leaders and Travis Cole for continuing to provide the wonderful weekly Hillsmeade Happening Episodes. It has been great to hear how student leaders are keeping positive and engaged at this time. We look forward to each weekly episode.

If you missed this week's episode it can be found at:

<https://www.hillsmeade.vic.edu.au/2020/08/17/hillsmeade-happenings-term-3-week-5/>

Virtual Assembly

We hope that you are enjoying our fortnightly virtual assembly. Thank you to Sarah Smith and our wonderful staff for last week's blooper clip. We have received such positive feedback about this item, and hope to be able to share more of our video bloopers.

If you missed last week's assembly it can be found at:

<https://vimeo.com/447662036/51a178545d>

A big thank you and well done to Captain Cardamone for being resilient and persistent when developing his video content.



Parent Teacher Interviews

A reminder that Parent Teacher interviews will be taking place in Week 7, in the week beginning Monday the 31st of August. These interviews will take place via Webex and are an important time in which to meet with your child's teacher to reflect on achievement and areas for future learning growth.

Student Leaders

Well done to our student leaders for committing to their weekly meeting times via Webex. It has been a wonderful opportunity for our student leaders to connect and reflect on their leadership and future work. Thank you to Travis Cole for leading this important work.

FROM THE PRINCIPAL

100 Days of Prep 2020

Congratulations to our fabulous Hillsmeade Prep students of 2020 on their 100 first days of school! On Tuesday 11th August our Preps, their teachers and leadership celebrated this special milestone by making and wearing fabulous crowns.

We certainly had plenty to celebrate when reflecting upon how the children have blossomed during their transition into school and remote learning.



HAPPY 100 DAYS TO OUR PREPS!

FROM THE PREP TEAM

This week our emotion word of the week was PROUD.

During our Webex circle times the children have shared what they have learnt to do since starting school which makes them feel proud of themselves. Some examples are:

“I am proud when I can read my sight words.”

“I am proud because I sleep in my own bed.”

“I am proud because I can dress myself.”

“I am proud because I can count to 100”

“I feel proud of myself for making friends.”

“I feel proud of myself for learning to read books.”

We have reason, like no other year, to feel especially proud of the Hillsmeade Prep students. They are all showing the school values and remarkable resilience.

Thank you to our families who all worked hard to make this such a special day in remote learning.

The Very Proud Prep Team!



PARENT/CARER RESOURCES

Dear Parents and carers,

On Tuesday 25 August, the Department of Education and Training is presenting a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg, on building family resilience during coronavirus (COVID-19).

Parents and carers play a vital role in helping children feel safe through uncertain times.

Dr Carr-Gregg's webinar is aptly named *Managing the Coronacoaster – Tips for building resilient families in the coronavirus era*.

In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning. Topics include:

- your supportive role
- setting the emotional tone
- focusing on what you can control
- how to deal with disappointment
- further resources and where to get help

Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

Webinar details

- **When:** Tuesday 25 August
- **Time:** 7:30pm
- **Duration:** 45-minute presentation followed by 15-minute questions and answers session
- **Format:** online via Webex

Cost: free

How to register

To register and for more information visit the [Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page](#).

Find out more

For more information about the webinars, schools can contact Jeremy Cussen, via:

email: Jeremy.Cussen@education.vic.gov.au

- phone: 03 7022 1871

Dear Staff, Parents and Carers,

The Disability Standards for Education 2005 are currently being reviewed by the Australian Government Department of Education, Skills and Employment.

As part of the 2020 review, an extensive community consultation process is currently underway to seek feedback about whether the standards are effective or if any improvements can be made.

Current, former and prospective students with disability, their families and carers, advocates, educators, and other members of the public are invited to share their experiences, views and ideas to inform the review of the standards.

Due to coronavirus (COVID-19) restrictions, engagement activities will mostly be held online via a dedicated 2020 review [Consultation Hub](#). The hub offers a range of different ways that participants can share their views and ideas, and will be open until 11.59pm on Friday 25 September.

A series of [webinars](#) is also available for interested participants to share their experiences and opinions.

The webinars will be fully accessible, and will include Auslan translation and captioning. The webinars are open to the public, and each will have a different theme. These are:

[Educators webinar](#) on Wednesday 19 August, 3.30-5.30pm

[Tertiary education webinar](#) on Thursday 20 August, 3-5pm

[Early childhood webinar](#) on Thursday 27 August, 4.30-6pm.

For more information about the upcoming webinars visit the [frequently asked questions page](#).

A [discussion paper](#) has been developed with guiding questions to help interested participants have their say.

For more information email engage@thesocialdeck.com

Find out more

For more information on how to get involved contact the Social Deck via:

email engage@thesocialdeck.com

- phone 0491 617 118.

FROM MR CARDAMONE



Good Afternoon Hillsmeade Community,

I hope that the week has been a positive one and are finding the time to spend quality with your family.

Don't forget our next **parent workshop** will be presented by Bryan Jeffery. This is a scheduled curriculum day (September 4th). The parent workshop will start online via Zoom at 5pm-6:30pm. This is a very exciting opportunity to hear from an expert in the area of mental health and wellbeing along with how to best support our children through these difficult times.

It was amazing to see at the virtual assembly the awesome work families and students are completing in the area of Social and Emotional Learning. Please keep sending in the work and can't wait to share more at our next virtual assembly.

Below I have shared another great article from Michael Grose. We know that these circumstances have not been easy and they continue to challenge us in different ways. Our children are resilient, however we need to reassure and comfort them as their trusting adults in their lives. The below article covers ways on how to reduce anxiety in our children.

[Help kids to beat COVID induced anxiety](#)

Since COVID has entered our lives I've had countless conversations with parents and enquiries from schools seeking presentations on how to support kids who with COVID induced anxiety.

It's wonderful to see how kids' mental health and wellbeing is being prioritised, and importantly, resourced. However these conversations show we still have some way to go as a community to fully grasp the nature of anxiety.

While the current situation we are all living through is extremely difficult, it does present an opportunity to develop sustained growth and vitality in anxious children and young people.

In Anxious Kids, the book I co-authored with Dr. Jodi Richardson we wrote, "Anxiety doesn't have to be the shadow that clouds the days of children and young people. Understanding that anxiety is a well understood and manageable condition brings anxious kids such relief."

We wrote this pre-COVID and nothing since has caused me to change my mind. In fact, experiences of this COVID era have reinforced that the more we know about anxiety the less fearful we are and better equipped to move kids from anxiety to real resilience.

There is no cure for anxiety

Just as there's no cure for the common cold, and it would appear the coronavirus, there is also no cure for anxiety. We know that anxiety runs in families. Children are born with a predisposition for anxiety. There is every likelihood that an anxious child will have at least one parent who experiences anxiety, maybe not clinically, but one who is familiar with a churn in their stomach, the constant overthinking and the desire to over prepare when they face new or unfamiliar situations.

The impact of anxiety can be minimised

Anxiety may be a constant companion for many children but it's certainly not their best friend. Often, it's a demon with which they are locked in a long-running, laborious battle where simple activities such as attending school camp or doing at home learning become something they dread. Alternatively, they can avoid events or situations that make them anxious or bring them discomfort.

It's better to give an anxious child or young person tools such as mindfulness, checking in and deep breathing with which they can manage their anxiety, rather than allow them to miss out and be miserable, or tackle discomfort full on and be stressed out.

You can build anxiety resistance

While we can't necessarily tackle anxiety at its source and make the situations that overwhelm a child disappear, we can help them to develop a lifestyle that builds their resistance against the very worst of anxiety. Plenty of sleep, adequate diet, regular exercise and sufficient time in nature are some of the lifestyle factors that builds strength against the psychological ravages of anxiety.

FROM MR CARDAMONE

You can help kids reduce their ongoing anxiety

While the world waits and prays that we'll come up with a coronavirus vaccine, we don't have to wait to help a child or young person with anxiety. A combination of being nurturing and firm (features of the authoritative parenting style) offers the best protection against ongoing anxiety. A child is best prepared to face difficulties when they have a confident, calm adult in their life who says, "I think you can do this," encouraging them to face their fears. This approach needs to be supported by an empathetic adult who understands the impact of anxiety and makes sure that kids feel safe and secure.

While parenting an anxious child or young person can feel overwhelming and difficult, I encourage you to think about it differently. We can't change what is happening right now, and we can't undo it. Help your anxious child to flourish in this COVID era by building their understanding of anxiety. Give them the tools to help them push anxiety into the background. Promote a lifestyle that will protect them from its affects by ensuring they experience nurturing, firm, brave and hopeful parenting. We hope coronavirus will one day disappear, but your child's ability to be impacted by difficult events will still be an issue unless you take some preventative action now. The good news is that there is so much you can do to help".

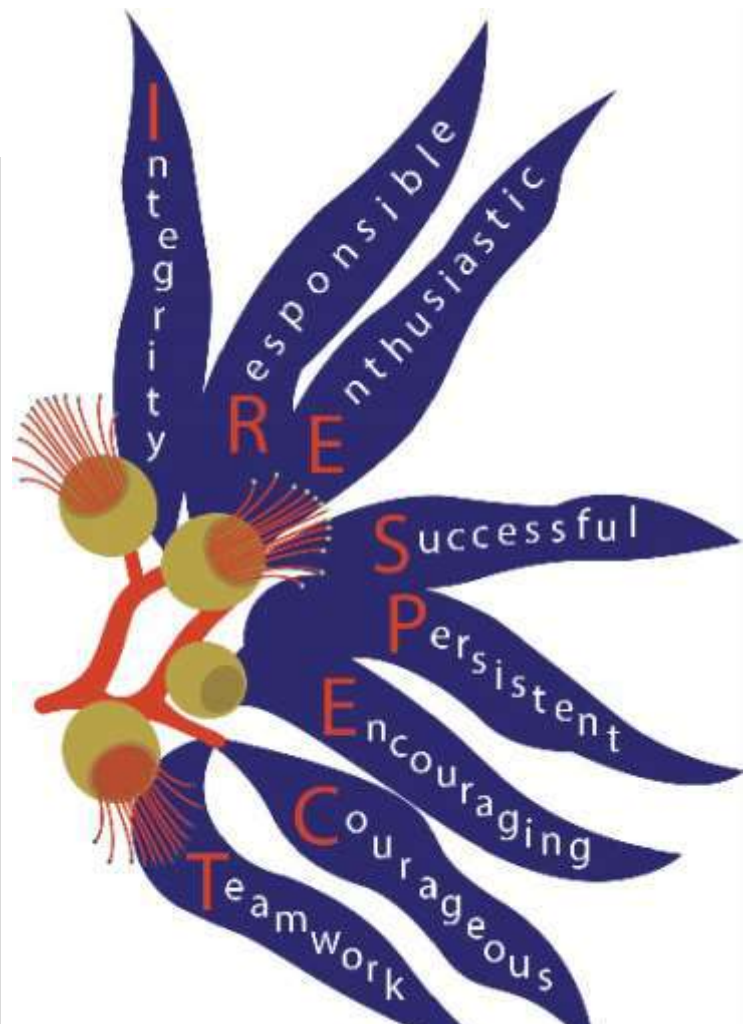
Thank you.

John Cardamone Leading Teacher in Social and Emotional Learning

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



This is a tentative date that may be subject to change.



advancedlife
school photography & print specialists

Exciting News!

Photo day is coming in Term 4

Date: Thursday, 12 November 2020

Dear Parents,

Please rest assured that we have been working hard with your school during remote learning and have provided them with a document detailing COVID-19 safety and social distancing procedures for photography.

It is a privilege to work with your school and we are excited that we will again be able to provide your community with a memory of the 2020 school year.

Kind Regards,

The *advancedlife* team

NATIONAL SCIENCE WEEK

National Science Week (15th -23rd August) is Australia's annual celebration of science and technology. A lot of events are being held online and organisers (universities, research institutions, libraries, museums and science centres) are sharing activity ideas for people to do at home. The 2020 school's theme is 'Deep Blue: innovations for the future of our oceans.'



For those looking for ideas, **Zoos Victoria** is offering **free Virtual Excursion programs**. Each excursion comes with a teaching guide, activities and a student webinar.

Registration for these events is essential:

<https://www.zoo.org.au/animals-at-home/>

<https://arc.educationapps.vic.gov.au/eventhub/providers/MelbourneZoo/events/1036/details>

Museums Victoria is bringing the latest and greatest in STEM with stories and discoveries, home experiments and activities for the whole family to enjoy: <https://museumsvictoria.com.au/national-science-week/>

For further information about National Science Week and planned events, visit the National Science Week website: <https://www.scienceweek.net.au/>

Mrs Bhardwaj
Learning Specialist STEAM



Virtual Excursion webinars run every week in Term 3.

Penguin - Mondays

12:00pm - 12:30pm AEST

Zebra - Tuesdays

12:45pm - 1:15pm AEST

Lion - Thursdays

1:45pm - 2:15pm AEST



The Ocean— By Alexandria Johnson, STEAM Captain

The theme of this year's science week is the ocean!

Here is some information about the ocean!

The ocean is a giant body of water that makes up most of earth. Lots of fish and other animals (jelly fish, seals etc.) live in the coral that grows on the ocean floor. There are 5 oceans all across the planet called; the Pacific Ocean, the Atlantic Ocean, the Indian Ocean, the Arctic Ocean and the Southern Ocean.

CLICK HERE TO WATCH THE VIDEO

<https://www.youtube.com/watch?v=P2zVuYsfno>

**Ocean facts
for kids**



NATIONAL SCIENCE WEEK

National Science Week

National Science Week is an event that is celebrated annually in August. Created in 1997, National Science Week embraces thousands of events involved in science and technology to encourage a vast number of children and people of all-ages to be enthralled in our ever-changing world.

Deep Blue Oceans

'Deep Blue Ocean' is the theme for National Science Week. What a wonderful thing, oceans. 71% of the world is shrouded in water, with 96.5% of water belonging to ocean. But people are destroying the very thing that covers majority of the world with their carelessness. By besmirching beaches and lakes with plastic and non-biodegradable products, over 1 million marine animals perish due to water pollutants each year! Scientists estimate approximately 8 million metric tons of waste invade oceans each year! People are heartlessly harming fishes, sharks, birds, turtles, and many more animals. The only way to cease marine pollution is prevention and cleanups.

Many governments and franchises have taken measures to immobilize water pollution. Now many retailers have banned or discontinued the use of single-use plastic bags and have utilized the benefits of re-usable bags. Organizations such as Ocean Conservancy, Surf riders Foundations, and Oceana have dedicated themselves to terminating rubbish in oceans.

Varun, STEAM captain.



“Even you can make a difference by participating in cleanup activities, being more responsible with your rubbish, and buying more recyclable and reusable products. Every little effort can make a big difference!”



national science week



FULL STEAM AHEAD, SCIENCE @ HILLSMEADE

Salt Water Density Straw-Stack solutions that differ in their densities.



Chloe and Grace R 2A and Prep E



Subaga 2D



Atarvaa 1B



Charlotte 1C



Jacinta and Jethro 3B and 1A



Jayda and Charli 1D and 3D



Subaga 2D



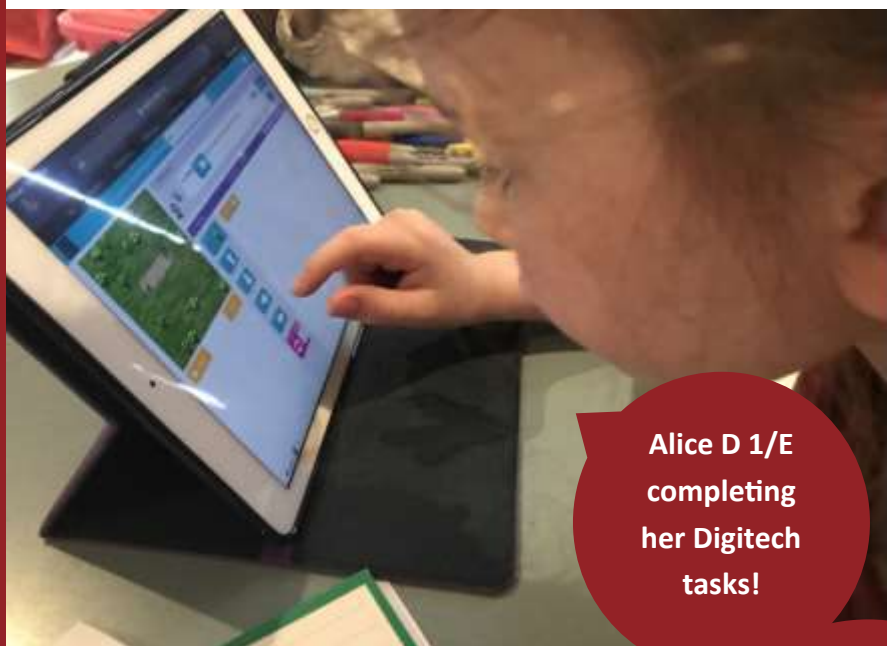
Summer Rose 1E

Magic Milk- Watch the fat particles break their bonds in the milk!



Jake 2D

#REMOTELEARNING4HILLSMEADE



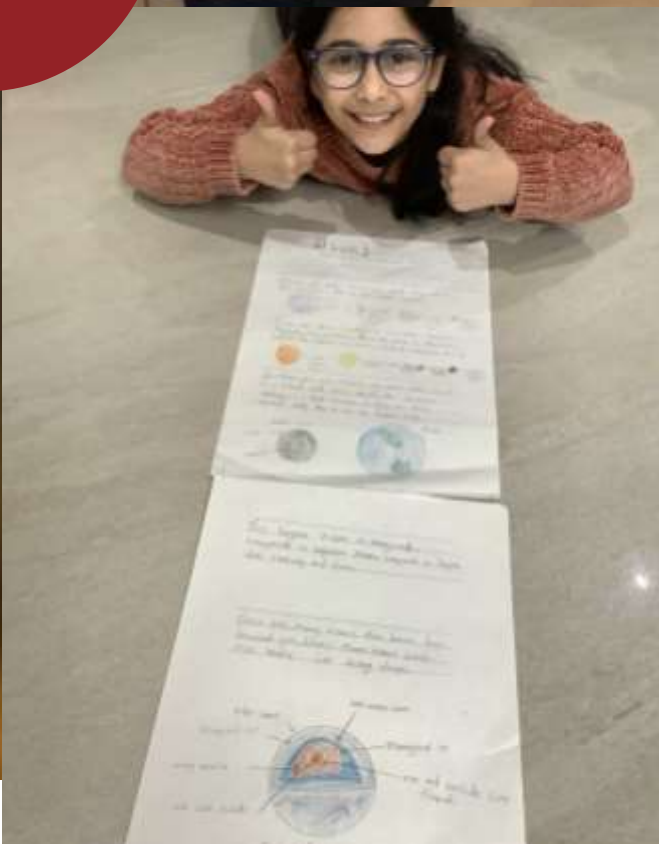
Alice D 1/E completing her Digitech tasks!



Jacob A and Clara V 3/C and their great reports on Space.



Matilda Prep B and Jacob 3/C and their colourful science experiment.



Send us your remote learning photos for the newsletter!
Hillsmeade.ps@education.vic.gov.au