

**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 26—WED 2nd SEPT

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 31st	TUES SEPT 1st	WED SEPT 2nd	THUR SEPT 3rd	FRI SEPT 4th
Parent teacher interviews	Parent teacher interviews	Parent teacher interviews	Parent teacher interviews	CURRICULUM DAY— STUDENTS DO NOT ATTEND. NO HOME LEARNING POSTED.
MON SEPT 7th	TUES SEPT 8th	WED SEPT 9th	THUR SEPT 10th	FRI SEPT 11th
				Virtual Assembly Posted to Compass
MON SEPT 14th	TUES SEPT 15th	WED SEPT 16th	THUR SEPT 17th	FRI SEPT 18th
	Gr 4 Virtual NGV Excursion			Last Day of TERM 3

FIRST DAY Term 4 Monday OCT 5th

—Any updates will be 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@education.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 7 of Term 3. We hope that everyone is keeping safe and well. As a school community we are thinking of our students and families at this time and of ways in which we can continue to strengthen our partnership together. As a school we continue to appreciate the efforts of families and carers as they support their children in engaging and growing throughout remote and flexible learning. This certainly is a challenge for us all, but as a school and as a community we are partnering together.

To our teachers and staff, a big well done and acknowledgement of their hard work, efforts, learning and innovations. The effort of our staff is something we are so proud of. From becoming video content developers, to learning the many elements of i-movie, to learning about and utilising Microsoft teams and Web ex, to making at least 25 calls each week to families and students to stay connected and committed to learning. As a Leadership Team we are so thankful to be part of the wonderful Hillsmeade Primary School community, and we sincerely thank everyone for their amazing efforts.



Father's/Special Other's Day

Father's/Special Other's Day is on Sunday September 6th. Please expect a special kit coming in the post. A guide to putting the kit together is included in the most recent Hillsmeade Happenings

<https://vimeo.com/453006027/d6c5443c02>

Wishing all Hillsmeade Dads and Special Others a wonderful day this Sunday.

 **Early Childhood
Educators' Day**
— Wed 2 Sept 2020 —

Curriculum Day

A reminder that this Friday the 4th of September is a curriculum day. No learning will be sent out via COMPASS for this day. This day will be used for professional learning for our staff delivered by Bryan Jeffrey. We are very excited to also be offering a parent workshop from 5pm – 6:30pm via ZOOM with Bryan.

If you would like further information about the parent workshop, please call the school on 9704 6313 or get in touch via email.



A very big Happy Early Childhood Educators' Day for our amazing team at the ELC. The work you in supporting our learners and families is appreciated. In a year like no other, it is so important to acknowledge your wonderful work. A big well done to Shiona Watson and the team at the ELC. We appreciate you all.

FROM THE PRINCIPAL

Parent Teacher Interviews

A big thank you to parents for being available throughout this week to engage in parent teacher interviews. These have been important in communicating about student progress, future goals and ways in which further supports may need to be tailored.



FROM MISS SMITH

Specialist Learning Tasks

WEEK 8 – SPECIALIST LEARNING TASKS

In Week 8 (next week Monday 7th – Friday 11th September), students can celebrate their learning and demonstrate their understanding by completing the Specialist Learning Tasks.

This will be part of the Week 8 daily lesson plans and completed via the Specialist Portal, not on Compass.



Visit the Specialist Portal on the Hillsmeade website to access lessons and videos.

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

Watch the Week 8 instructional video.

Click on the link in the lesson to complete the Learning Task via Microsoft Forms.

Students can aim to complete each of their subjects by focusing on one lesson each day of the week.

Specialist teachers will provide feedback to students who have submitted their Learning Tasks.

***TENTATIVE* School Photo Date:**

Thursday 12th November 2020

<http://www.advancedlife.com.au/>

Casey Creations

YOUTH ARTS
COMPETITION
2020

YOUTH
SERVICES

Vanchica Pathania
Reflections



Unleash your creativity and artistic talents with the Casey Creations Youth Arts Competition! Let your imagination run wild and embrace the opportunity to exhibit your work and win some great prizes!



Open for submissions in **VISUAL ARTS** and **PHOTOGRAPHY** in the following age groups:

Junior - Grade 5 and 6

Intermediate - Year 7 to 9

Senior - Year 10 to 12



HOW TO ENTER:

Complete the online entry form at www.casey.vic.gov.au/youth-events

Entries close Friday 16 October 2020 at 5.00 pm.

For more information please contact Customer Service on 9705 5200 or email khillis@casey.vic.gov.au

Terms and Conditions can be found on the online entry form.

Contact City of Casey
Customer Service on

03 9705 5200

NRS: 133 677 (National Relay Service)

TIS: 131 450 (Translating and Interpreter Services)

casey.vic.gov.au/youth

 facebook.com/caseyyouth

 [@caseyyouth](https://instagram.com/caseyyouth)

 [City of Casey Youth Services](https://www.youtube.com/c/caseyyouth)

FOR OUR COMMUNITY

Dear Parents and Carers,

On Tuesday 13th September, 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 Corona coaster – 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 15th September

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.](#)



FROM MR CARDAMONE



Good Afternoon Hillsmeade Community,

I hope that the week has been a positive one. I wanted to thank all the families and students that continue to watch and send in amazing Social and Emotional work.

We are all in this together and the more focus we have in this area, the benefits it might have on our families and children.

Don't forget our **parent workshop** will be presented by Bryan Jeffery. This is a scheduled curriculum day this Friday!!! (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.

This week I wanted to share another article by Kidshelpline. As stated these challenging times can cause stress on families. The article below speaks about how to recognise the signs of stress and recognising the signs in our children and different ways we can manage stress. If you would like to find out more, please visit their website <https://kidshelpline.com.au> this article ties in with our upcoming parent workshop this Friday, having a closer look at the mental health and wellbeing of families and our children.

Coping with family stress

Stress impacts everyone at different times and in different ways. Here's a guide to managing stress.

What is stress?

Stress is the body's reaction to change that requires a physical, mental, or emotional adjustment and can be broken down into three categories:

- **Acute stress** – also known as our 'fight or flight' response. This is our body's immediate reaction to any type of perceived threat, and can be quite intense. Examples of acute stress might be the first day at a new job or giving a speech.

- **Episodic acute stress** – this occurs when someone frequently has bouts of acute stress. These people might be constantly rushing and often overextend themselves, e.g. the stress of being in Year 12 and dealing with assessments or exams.
- **Chronic stress** – this stress response is subtler and tends to be more long-lasting with stress spanning over weeks or months as factors contributing to your stress continue to pile up.

What happens when we're stressed?

Our behaviour is part of a process that's influenced by a lot of factors:

It tends to proceed like this:

- *You have a thought response, e.g. "I don't want to do that."*
- *You have an emotional response (which is informed by your thought response), e.g. "I feel anxious."*
- *Both your thoughts and emotions determine your behavioural reaction or response, e.g. "I avoid doing that."*

If we are stressed, we are more likely to experience negative thoughts and emotions, which then result in behaviours that might be more reactive or avoidant.

As these responses can impact on our health, happiness and quality of life, it's important to manage stress.

What causes stress?

External stressors are factors around you (that are beyond your control) which have the ability to impact on the stress levels of you and your child.

Some of these stressors might include:

- **Major life changes** - this is anything that could affect your life in a significant way, and may be planned or unplanned. These can be positive such as marriage, buying your first home or having a new baby. These can also be negative, such as the sudden death of a loved one.
- **Unpredictable events** - these are events that can take us by surprise as they are unplanned. These could include your rent being increased suddenly, or someone in the family losing their job.

FROM MR CARDAMONE

- **Family responsibilities** - this means caring for someone who may not be able to care for themselves for a number of reasons. This could include caring for a grandparent or attending family events.
- **Social pressure** - these are pressures that come with being around other people and can include things such as peer pressure, meeting new people, relationships with family or dating.
- **Work/school pressure** - this is any pressure experienced in relation to your work and can include a challenging workload, lack of work/life balance or urgent deadlines.

How do I know if my child is stressed?

Stress can sometimes be hard to identify. Here are some 'clues' that might let you know your child might be feeling stressed:

- **Behavioural signs** – being withdrawn, indecisive, inflexible or irritable.
- **Physical signs** – headaches, nausea, digestive issues, sleep issues or heart problems
- **Emotional signs** – feelings that are new, different or long lasting such as anxiety, fear, anger, sadness or frustration
- **Other signs** – sometimes your child just seem 'off' in ways you cant put your finger on – trust your gut.

How to manage stress

- **Realise stress is becoming a problem** - the first step in managing stress is realising that it is a problem and making a connection between the emotional, behavioural and physical signs. Once you've made that connection, you can find strategies to manage or reduce stress.
- **Get support** - reach out for relevant support, such as seeing a GP or talking to a counsellor.
- **Practice self-care/mindfulness** - self-care will look different for everyone and can include exercising, reading a book, taking a nap, or even engaging in some form of mindfulness practice. You can role model this for your child or engage in self-care activities that are mutually beneficial.
- **Reassess commitments** - 'busyness' can cause or contribute to stress. Sometimes, reassessing your schedule can allow for more time to rest and recharge.
- **Connect with others** - spending quality time with family, friends or other important people can help reduce stress.

- **Keep things in perspective** - no one is perfect and we will all have times in our life where we are more or less stressed. Sometimes it might be helpful to 'be in the moment', e.g. having a stress-break by having fun together. Other times, it might be important to focus on the 'bigger picture', like living with some discomfort while your house is being renovated (knowing that the short-term discomfort will be worth it in the long run).

Let me know if you have any questions.

Thank you.

John Cardamone Leading Teacher in Social and Emotional Learning

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



ENVIRONMENTAL EDUCATION

With Tomas and Zarah

"Did you know that 13 billion plastic bags are made every year? And only 1% of those bags are recycled."



GRADE 6 WRITING

Year 6 Authors have been working very hard this term! We have written about Natural Disasters from the perspective OF the natural disaster to link with our science learning. We have also completed information reports on animals and natural disasters. This week we are writing a Persuasive speech about "Why we should be the next Prime Minister of Australia", to link with our learning about government.

Our extension in literacy group has also been working hard, looking at the Author's craft and structure of the book "The Hatchet" by Gary Paulsen. We have looked at how the main character has grown and developed through the book because of the challenges he has faced, the descriptive language used in the text, and how the author uses two and three-word sentences to build tension. This week we re-wrote an alternative ending to the story to change the plot.

Mia B re-wrote
the ending to
'The Hatchet'



"Look back" he whispered. Of course ^{they} ~~it~~ couldn't ~~have~~ hear him, he thought, they just can't. But miracles do happen and ~~some~~ sometimes. And that was the moment Brian's miracle happened! A second plane scouted the area only to find the grey haze of soot leading to the one and only BRIAN! The plane ~~so~~ glided down to ~~the~~ Brian, the guy in the front talking into a radio, "We've got him, we've got him, over." Brian stood shocked and like a statue ~~accessing~~ ~~accessing~~ accessing the scene in front of him. "Brian," the guy said "You ready to go home?" Ready? He'd been waiting forever! Brian nodded his head gleefully, how would he have a lot to tell his father!

Volcano info report

Thursday, 20 August 2020 11:34 am

A volcano is a type of natural disaster. When it occurs it allows boiling lava and magma to escape the mountain.

Causes of volcanos:

Volcanos are formed when lava breaks through cracks in the earth's crust. When there's a lot of pressure, it gets released by plate movement. After the plate movement happens the magma and lava bursts in the air causing a volcanic eruption.

Where volcanos happen:

The places where volcanos happen most actively are: Indonesia, Philippines, Japan, Mexico, Ethiopia, Guatemala, Ecuador, Italy, El Salvador and Kenya. The top 3 biggest volcanic eruptions are... 1. Mauna Loa, Hawaii it is 9170 meters tall. 2. Mount Fuji, Tokyo, Japan this eruption was 3776 meters tall. 3. Mahon Volcano, Albany, Philippines it is 2463 meters tall.

Different types of volcanos:

There are 4 different types of volcanos, Cinder cones, Composite volcanos, Shield volcanos and lava volcanos. Cinder cones are circular or oval cones that are made by fragments of lava. Composite volcanos are steep volcanos and are composed of many layers. Shield volcanos are shaped like a bowl or shield and is made by basaltic lava flows. Lava domes are steep-sided.

The ring of fire:

The ring of fire is a area that have frequent earthquakes and volcanic eruptions. The ring of fire is home to over 50% of the world's active volcanos. Ninety percent of the world's earthquakes happened in the ring of fire.

Volcanic eruptions are harmful and dangerous. They can happen in some places and the ring of fire. There are also different types of volcanos.

Eshjot's
Informative
writing about
Volcanos



Sam's (6/C) Perspective writing as a Tsunami

The blue sky shines rays of bright light onto my glistening, sparkling ocean. Birds chirp loudly overhead as an enormous giant whale belly flops out of my crystal clear water. The crisp salty air wafts above me and everything is serene.

Everything is perfect. Suddenly, something feels off. Everything is quiet. Too quiet. I feel strange. My stomach starts rumbling destructively. Pins and needles fill my body as I start swaying slowly from side to side.

BOOM! The waves wash weirdly back and forth. My water erupts volcanically towards the sandy and dry beach. People worriedly scream for their precious lives. CRASH! My waves crush the pathetic, frantic humans as a news helicopter broadcasts the precious event.

A massive, enormous, towering building stands proudly before me as I single-handedly, destructively destroy it. Miniscule shards of fragile glass disperse evenly among the city as the building collapses under my maniacal wrath.

Slowly but surely my water begins to retreat into my regretful, empty ocean, leaving behind the misplaced ruins of buildings I murdered. People cautiously examine the destruction I caused as I, like magic, evaporate to the point of no return.

I absolutely cannot believe I caused this giant mess. I feel completely and utterly terrified of what I have become. I wish I had control over the horrific situation. I promise this will never happen again... until next time.

SCIENCE @ H.P.S! - WALKING WATER



SCIENCE @ H.P.S! - WALKING WATER



Thank you for sharing your photos with us!