



Canteen Reopening THURS 22nd OCT

Please note adjusted ordering availability:

- Students in Grades Prep-2 on Thursdays ONLY
- Students in Grades 3-6 on Fridays ONLY

Enrol NOW for 2021!

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

The Link

Hillsmeade Primary School Newsletter

Issue No 31—WED 21st OCT

TERM 4
2020



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

WHO, WHAT, WHEN?

MON OCT 19th	TUES OCT 20th	WED OCT 21st	THUR OCT 22nd	FRI OCT 23rd
Book Week & Lamont Virtual Book Fair	Book Week & Lamont Virtual Book Fair	Book Week & Lamont Virtual Book Fair	Virtual Assembly Posted to Compass Book Week & Lamont Virtual Book Fair Pyjama Day (No Donation)	PUBLIC HOLIDAY
MON OCT 26th	TUES OCT 27th	WED OCT 28th	THUR OCT 29th	FRI OCT 30th
Lamont Virtual Book Fair	Lamont Virtual Book Fair	Lamont Virtual Book Fair	Lamont Virtual Book Fair	Day for Daniel—Wear a Red Shirt Lamont Virtual Book Fair
MON NOV 2nd	TUES NOV 3rd	WED NOV 4th	THUR NOV 5th	FRI NOV 6th
Hillsmeade Cup day	Melbourne Cup Day PUBLIC HOLIDAY			Virtual Assembly Posted to Compass Crazy Hair Day (No Donation)
MON NOV 9th	TUES NOV 10th	WED NOV 11th	THUR NOV 12th	FRI NOV 13th
			School Photo Day	

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy Week 3 of Term 4! Our first week back was a wonderful success and we are very proud of the way our students have positively transitioned back to face-to-face learning. We continue to be appreciative of the way our community supports each other. We are looking forward to many exciting events which will still take place in new and creative ways this term, as restrictions ease and school guidelines are updated.

A big congratulations to our superstar Preps and their amazing teachers on celebrating 138 Days of Prep last Friday. Many fun activities were enjoyed on this special day!

Virtual Assembly

As this Friday is a public holiday, our Virtual Assembly will be posted to Compass on Thursday afternoon.

2020 Parent Opinion Survey

Each year the school conducts an opinion survey amongst a sample of the school community. This year, all parents are invited to participate. Results will be used to inform and direct our future school planning and improvement.

I ask you to please take the time to complete the survey as your opinions are important to us and will contribute to the future management and organisation of our school.

- The survey will be conducted **online** and should take **20 minutes** to complete.
- The survey can be completed on any internet enabled device (iPad, Desktop or Laptop, Smartphone) and is compatible with most browsers.
- The survey will be open from **Monday 12 October to Friday 13 November 2020**.
- Please be assured that your responses are completely confidential. The survey is conducted anonymously, and it is important to us that you complete the survey as honestly as possible. Please follow the instructions below to complete the survey. **NOTE:** Only **one parent** from your family is invited to complete the survey.

To complete the survey, simply:

Click on the link below, or copy and paste the text into your browser. This link will take you directly to the survey. <https://www.orima.com.au/parent>

- Select the School and Campus name below.
- School Name: **Hillsmeade Primary School**
- Enter the School PIN below. PIN: **824312** When complete, please click on the tick button at the end of the survey to submit your answers.



Some upcoming events:

- Lamont Virtual Book Fair
- Pyjama day
- Day for Daniel
- World Teacher's Day
- Hillsmeade Cup
- Crazy Hair Day
- Crazy Sock Day
- School Photos
- Parent Teacher Interviews
- Step Up day
- Gr 6 Graduation
- Christmas Concert

From the Sick Bay—

Thunderstorm Asthma

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/thunderstorm-asthma?viewAsPdf=true>

Now is the time to submit prep enrolments for 2021!

Please contact the office if you have plans to relocate in 2021.

Days of
Prep!







BOOK WEEK @ HILLSMEADE

Our Year 2 authors have been celebrating the theme of Book Week by developing their own curious creatures as characters for their narrative writing.



Grace's curious creature is a diamond dragon that eats anything it can find and can set itself on fire.



Leo's curious creature is a creative octopus called 'Octus'.



Oliver's curious creature is a lava fish that shoots out magma.



Ian created a curious and unique robot character.

SETTING READING GOALS IN PREP

Our Prep students are actively engaged with their learning goals to plan their own learning. They are working towards providing evidence they believe demonstrates that they have achieved their personal goals.

Miss Davis is excited to see students self-monitor their progress

Stupendous effort Prep F! - Ms Bhardwaj



PROUD MATHEMATICIANS

Collaborative learning occurs when students work in small groups and everyone participates in a learning task. Teachers design meaningful tasks for students to actively participate in negotiating roles, responsibilities and outcomes.

Well Done 1D!

We were counting on!

It was fun working in teams.

We were collaborating

We carried nearly equal numbers of passengers.

We had to carefully pick up passengers.



A NOTE FROM SQUIGGLE

Dear Hillsmeade,

It has been such a pleasant return back to learning onsite! I've been busy visiting students around the school with Miss Page, listening to them share their amazing writing pieces.

As it is *Book Week*, I thought it was a wonderful opportunity to celebrate the creative narratives written by our Year 1 authors. These talented students found their writing ideas by listening to indigenous Dreamtime stories and responding to the prompt ***How the Animals got their Stories.***

Congratulations to these enthusiastic student writers, your stories are so thoughtful and clever!

Keep on writing,

Squiggle

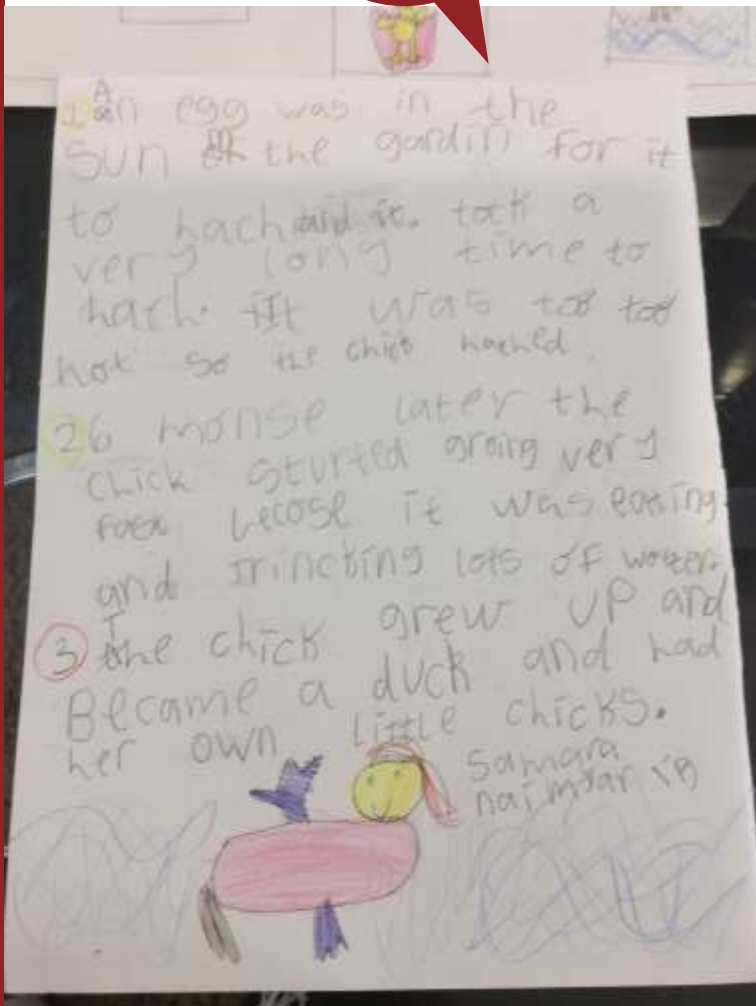


Samara N

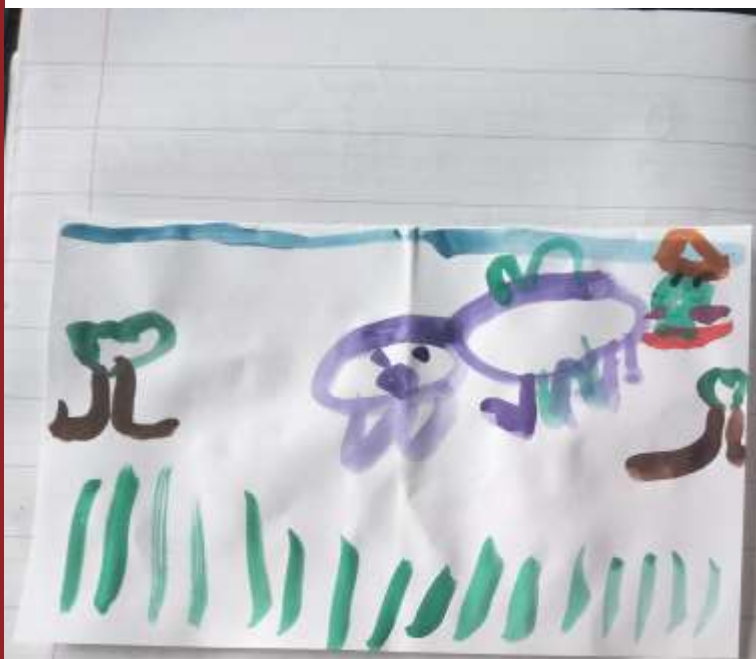
1/B

Sotoda A

1/B



A NOTE FROM SQUIGGLE



Charlotte
O 1/B

Atarvaa R
1/B

one bunny day
at school The red dragon
to be the noisy roof
because he saw all the
silly birds. It made him
happy. The dragon wasn't
doing the right thing.
It made the witch mad.
She fled away because
she was scared of the birds.

Long ^{time} ago, the Elephant had
a ^{very} short ^{very} nose.

Baby Elephant was always
asking ^{many} questions.

Who? Why? What? How?

One ^{day}, he asked, "what
does ^{it} crocodile eat for dinner
-r?" Nobody would tell
him.

So Baby Elephant asked
bird. "Go to the river
and find out!..." Bird re-
plied!

There, Baby Elephant saw
a crocodile!

"What do you eat for
dinner?" asked Baby Eleph-
-nt. Come closer and I'll
tell you. Crocodile bit
baby Elephant's short nose.
"Help!" cried Baby Elephan-
-t. Baby Elephant pulled
and pulled. His nose
got longer and longer.
Elephant got it's long
trunk.

SUPPORTING CHILDREN EXPERIENCING ANXIETY

The excitement and joy of our students as we have returned to on-site learning this term has been a highlight during our first weeks of term 4. As restrictions ease and children settle back into the routines of going to school, there is much to celebrate and be thankful for. I am loving greeting our students at the gate each day, welcoming them back for another day of learning and connecting with their friends.

Most students arrive at the gate with a smile on their face and full of energy. However, for some, separating from their parents to spend the day at school after such a long period of remote learning triggers a degree of anxiety. This can be distressing for the children as well as the adults who care for them.

As a school, our support of students experiencing anxiety varies somewhat depending on what it is that is making them feel this way, the advice of mental health professionals and students' parents and the individual students' needs.

There are some strategies that we commonly implement when students are feeling nervous or anxious, which we have shared below.

- **Praising** the students for getting as far as they have (that may be the school gate or classroom)
- **Reassuring** them that;
 - We can see that they are nervous and we are there to help them
 - They are safe at school
 - They have people that care about them at school
 - They will see mum/dad/carer at 'x' time
 - They can do this—they have done it before
- **Prompting** them to take a deep breath—and doing this with them
- **Distracting**— Asking them about a pet, breakfast, their weekend etc. Any topic that might help them shift their focus from feeling anxious so that we can then help them use strategies to get back to the 'green zone'

- **Celebrating**—when students are calm and have come into school, entered their classroom, (whatever the challenge was for them), we praise them heavily. “Well done! You did it!” “You were feeling nervous but you were brave and you are ok. Next time you feel nervous, remember how you were brave today”

The *Raising Children Network* has additional information to help adults who are supporting children experiencing anxiety.

Anxiety, worries and fear: a normal part of childhood

It's **normal for children to show signs of anxiety**, worries and fears sometimes. In most cases, anxiety in children and fears in childhood come and go and don't last long.

In fact, **different anxieties often develop at different stages**. For example:

- Babies and toddlers often fear loud noises, heights, strangers and separation.
- Preschoolers might start to show fear of being on their own and of the dark.
- School-age children might be afraid of supernatural things (like ghosts), social situations, failure, criticism or tests, and physical harm or threat.

Babies and young children don't tend to worry about things. For children to be worried, they have to imagine the future and bad things that might happen in it. This is why **worries become more common in children over eight years of age**.

Children also **worry about different things as they get older**. In early childhood, they might worry about getting sick or hurt. In older childhood and adolescence, the focus becomes less concrete.

SUPPORTING CHILDREN EXPERIENCING ANXIETY

For example, they might think a lot about war, economic and political fears, family relationships and so on.

Worry and fear are different forms of anxiety. Fear usually happens in the present. Worry usually happens when a child thinks about past or future situations. For example, a child might be fearful when she sees a dog and also worry about visiting a friend with a pet dog.

How to support your child with anxiety

If your child shows signs of normal childhood anxiety, you can support him in several ways:

- Acknowledge your child's fear – don't dismiss or ignore it.
- Gently encourage your child to do things she's anxious about, but don't push her to face situations she doesn't want to face.
- Wait until your child actually gets anxious before you step in to help.

Praise your child for doing something he's anxious about, rather than criticising him for being afraid.

Avoid labelling your child as 'shy' or 'anxious'.

When to be concerned about anxiety in children

Most children have fears or worries of some kind. But if you're concerned about your child's fears, worries or anxiety, it's a good idea to seek professional help.

You might consider seeing your GP or another health professional if:

- your child's anxiety is stopping him from doing things he wants to do or interfering with his friendships, schoolwork or family life
- your child's behaviour is very different from children the same age – for example, it's common for most children to have separation fears when going to preschool for the first time, but far less common over the age of eight years

- your child's reactions seem unusually severe – for example, your child might show extreme distress or be very hard to settle when you leave him.

Severe anxiety can impact on children's health and happiness. Some anxious children will grow out of their fears, but others will keep having trouble with anxiety unless they get professional help.



Thank you

Crystal Wells

Assistant Principal—Student Wellbeing

VIRTUAL BOOK FAIR

This year we are bringing the joy of reading and the excitement of the Book Fair into the comfort of your home!

Our Virtual Book Fair features a selection of the most popular Book Fair items including picture books, novels, activity books and more!

Best of all, every purchase will support our school library!

Click on the link to be part of the Virtual Book Fair:

<https://lamontauthors.com.au/buy-authors-book/>

Choose '**Hillsmeade PS Book Fair**' from the dropdown list.

View the products and complete your order and payment online.

Open for two weeks from 19th – 30th October.

Free delivery!

When ordering online you will need to include your delivery address.

All orders will be delivered to your nominated address between 2nd - 5th November.

Orders will be delivered to you by Lamont Book Fairs staff during this time.



AN INVITATION TO OUR BOOK FAIR!

Where: Hillsmeade's Virtual Book Fair

Online link shared soon

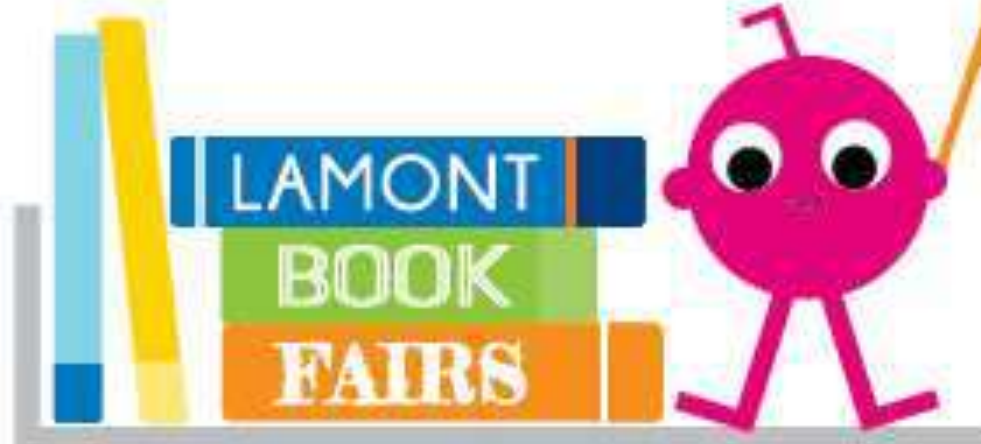
Date: 19th - 30th October 2020

Time: Anytime during the Book Fair

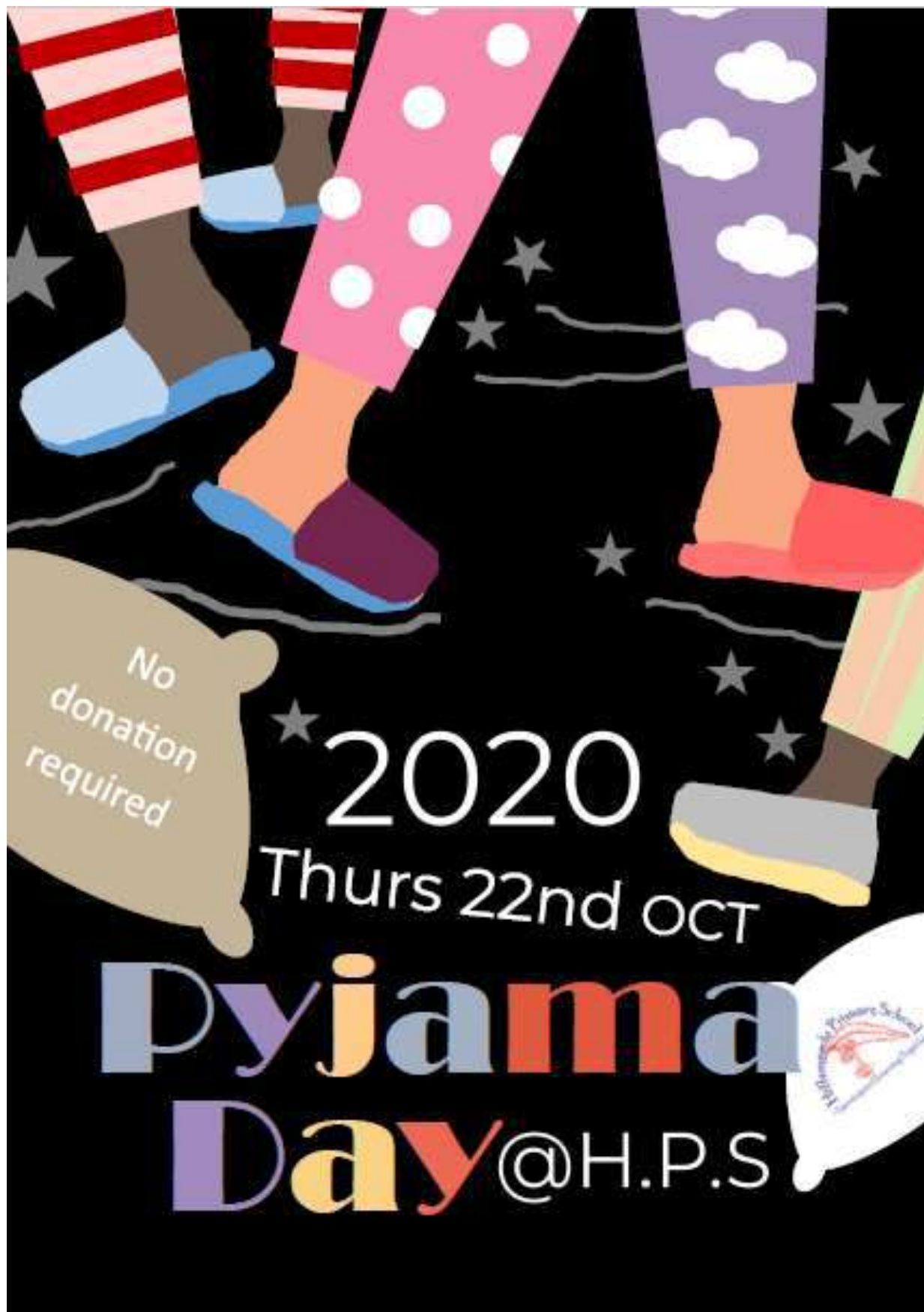


Don't miss out!

Every purchase
supports our school!



www.lamontbooks.com.au



A reminder to be mindful of council regulations and road safety when around the school grounds. If you have specific feedback about the parking situation then you can contact the City of Casey here: <https://www.casey.vic.gov.au/contact-us>



Day for Daniel

Friday 30 October, 2020

This October, schools, parents, carers,
businesses and the community are
uniting to keep kids safe.

WEAR RED • EDUCATE • DONATE

Register your support today. It's free!
www.DanielMorcombe.com.au

IMPORTANT INFORMATION ON
- keeping kids safe -



RECOGNISE



REACT

REPORT



You have the
right to be safe
and you can
get help

Talk to the five
grownups on your
safety network until
you get the help
you need

#keepingkidssafe #recognisereactreport

www.DanielMorcombe.com.au

☎ Kids Helpline 1800 55 1800
Emergency 000

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