



**Enrol NOW for 2021!**

Email us for an enrolment pack @  
[hillsmeade.ps@education.vic.gov.au](mailto:hillsmeade.ps@education.vic.gov.au)

# The Link

Hillsmeade Primary School Newsletter

Issue No 33—WED 4th NOV

TERM 4  
**2020**



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

## WHO, WHAT, WHEN?

MON NOV 2nd	TUES NOV 3rd	WED NOV 4th	THUR NOV 5th	FRI NOV 6th
Hillsmeade Cup Day—Dress to Impress!	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	
MON NOV 16th	TUES NOV 17th	WED NOV 18th	THUR NOV 19th	FRI NOV 20th
				Virtual Assembly Posted to Compass
MON NOV 23rd	TUES NOV 24th	WED NOV 25th	THUR NOV 26th	FRI NOV 27th

# FROM THE PRINCIPAL

Dear Hillsmeade Community,

**Happy Wednesday the 4<sup>th</sup> of November. It is hard to believe that we already find ourselves in November. This year really is going by quickly. We hope that everyone had a restful day yesterday for Melbourne Cup. It was beautiful weather and so nice to be able to be outside enjoying the day.**

## Hillsmeade Cup Day

A big thank you to students and staff who dressed up on Monday for our annual Hillsmeade Cup day. It was so amazing to see all the wonderful outfits and smiles on all involved. A big thank you to Travis Cole and Jeff McGann for coordinating the activities and events for the video and a big thank you to John Cardamone for coordinating the event. If you missed the video, please see below link:

<https://vimeo.com/474529956/4b7e5d2f28>

## Hats

The weather is warming up and it is important that all students have their school hat each day so that they can wear it when outside.

## Enrolments

We are currently preparing for our Prep 2021 transition program. If you are needing to enrol your child for Prep at Hillsmeade Primary School in 2021 please get in touch with the school admin team via phone on 9704 6313 or email [Hillsmeade.ps@education.vic.gov.au](mailto:Hillsmeade.ps@education.vic.gov.au)

A reminder that enrolments can currently be taken in alignment with school boundary information. Please visit:

<https://www.findmyschool.vic.gov.au/>



## Virtual Assembly

This Friday is our next virtual assembly. A big thank you to Danielle McKelvie who is coordinating this and a huge thank you to our student leaders for assisting in developing the content for the assembly. Well done.



## FROM OUR COMMUNITY



The ELC has limited vacancies for 2021 in the bluebell long day program for children aged 3 +, cost per day \$88.00 (less any child care subsidy eligibility).

We also have limited places for the long day care funded kinder program.

Enrol now for the 3year kindergarten group. Sessions are Monday 1.15pm to 3.45pm and Wednesday 8.30am to 11.00am. Cost per term is \$340.00.

For families wanting sessional kinder program enrolment is through City of Casey <https://www.casey.vic.gov.au/>

Please see the Hillsmeade ELC Facebook page for photos of experiences at the centre.

**For enrolment please contact the ELC via email [elc@hillsmeade.vic.edu.au](mailto:elc@hillsmeade.vic.edu.au) or call to make an appointment for a virtual video tour of the centre. 9704 6313 option ELC**

### **CRAZY HAIR Day**

A reminder that this Friday the 6<sup>th</sup> of November is crazy hair day. There is no donation required to participate in this event. Some ideas for crazy hair day are included below.



### **School Photo Day**

We are very excited to announce that school photos are happening this term.

School photos are scheduled for Thursday the 12th of November.

Please wear full school uniform on the day.

School photographs are scheduled to be taken by 'Advanced life'. We ask that ordering be completed online to avoid cash handling. Orders placed earlier in the year will be honoured.

Orders for packages can be placed securely online at <http://www.advancedlife.com.au/> using the school's unique 9 digit advanced order code.

LG3 X97 85R

Portrait and group package orders are due by photography day.

Due to COVID-19 constraints, we won't be able to have sibling photos this year. If you paid for sibling photos earlier in the year you will be refunded directly by AdvancedLife.

Every child will have their photo taken regardless of whether an order is placed.

Should you have any queries concerning school photographs or online ordering, please direct them via email to [enquires@advancedlife.com.au](mailto:enquires@advancedlife.com.au).



# FROM MR CARDAMONE

Good Afternoon Hillsmeade Community,

I hope everyone had a great day yesterday, enjoying the sunshine with family and friends. We are nearly half way through the term!!!

Before the term 3 holidays I shared with you that there was going to be a Social and Emotional Learning portal on the Hillsmeade website. This is up and running, you will be able to find more information on what is social and emotional learning is and how we implement this at Hillsmeade. The SEL videos that I made during remote learning will also be available for you and your family to watch and to support your family with a range of different topics. As you can see from the below picture, you can just click on the topic that you would like to watch. The portal will be updated with new topics as the year progresses.



As you know we are a BeYou school, on their website they have some amazing articles on a range of different topics on mental health and wellbeing. BeYou have written about healthy families and what this can look like. You can find out more at <https://beyou.edu.au/fact-sheets/relationships/healthy-families>

## Healthy Families

### “What do these look like?”

*In healthy family relationships, people trust and rely on each other for support, love, affection and warmth. Families often share common goals and work together to reach those goals (for example, children and young people may help their families get the dinner dishes done so that everyone can relax).*

*Family members feel safe and connected to one another. Sometimes these relationships involve conflict, which is a normal part of family life. Conflict can occur between adults, children and young people. In healthy relationships, these conflicts are dealt with in a safe and respectful way.*

*Healthy family relationships mean that positive interactions outnumber the difficult times. Adults experiencing difficult life situations can provide learning opportunities in teaching and modelling coping strategies – children*



*and young people shouldn't be burdened with stress, but it's helpful for them to see families successfully managing it with positive coping strategies.*

*The key qualities of a strong family unit identified by Australians in the Family Strengths Research Project were:*

- **Communication** – listening to each other and communicating with openness and honesty
- **togetherness** – sharing similar values and beliefs that create a sense of belonging and bonding
- **sharing activities** – spending time together doing things they enjoy (for example, sports, reading, camping or playing games)
- **affection** – showing affection and care regularly through words, hugs, kisses and thoughtfulness
- **support** – offering and asking for support, with family members knowing they will receive help, encouragement and reassurance from one another
- **acceptance** – understanding, respecting and appreciating each family member's unique qualities
- **commitment** – seeing family wellbeing as a first priority and acting accordingly with commitment and loyalty
- **resilience** – being able to tolerate difficulties and adapt to changing situations in positive ways.

*The biggest challenges in family relationships were highlighted as communication breakdown, parenting issues and difficult relationship dynamics.*

### Risk factors in families

*There are many reasons why some individuals are more vulnerable than others to developing behavioural difficulties and mental health issues. Risk factors for children and young people are things that increase the likelihood of mental health issues developing.*



## FROM MR CARDAMONE

### **Risk factors within the family include:**

- family conflict, instability or separation
- lack of involvement with children and young people, or inconsistent parenting
- family violence, child abuse or neglect
- mental health issues or substance abuse
- a serious illness or disability
- financial difficulties

### **Protective factors in families**

Protective factors decrease the chance of an individual experiencing mental health issues. These are related to good outcomes for children and young people, and serve to protect them if they're exposed to risk.

### **Protective factors within the family include:**

- strong and stable family relationships – for example, consistent, caring relationships
- supportive parenting – for example, being available to listen to and talk with children and young people
- strong family values for example, a shared understanding of how to treat others
- consistency in routines and limits – for example, responding the same way to children or young people's behaviour."

Thank you,

I hope this is helpful for you and your family.

Thank you.

**John Cardamone** Leading Teacher in Social and Emotional Learning



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



### **From the Sick Bay**

#### **1 Be aware of high pollen days**

If you experience hay fever and/or pollen is a trigger for your asthma, it is important to be aware of when high levels of pollen are present in the air.

On high pollen days, close your windows and doors. If you have an air conditioner, make sure it is turned to 'circulate' so it doesn't bring the outdoor pollens inside.

#### **2 Treat your hay fever symptoms**

Managing hay fever is an important part of overall asthma care as hay fever can make asthma worse and more difficult to control. Treatment of hay fever depends on the severity and frequency of your hay fever symptoms. Treatment options include:

- Antihistamines or decongestants, <https://asthma.org.au/about-asthma/live-with-asthma/spring-asthma/>
- Saline sprays/irrigations,
- Corticosteroid nasal sprays, and
- Allergen immunotherapy

Speak to your doctor or pharmacist about the best treatment for your asthma and hay fever.

## SURVIVOR DAY 2020

When we arrived at the amphitheatre I was a little nervous and a little excited. My team, the Spunky Munkys, agreed that it didn't matter if we won, it only mattered that we had fun. During the speech for the enthusiasm award I knew it was us just by the description of the team that deserved the award, we won! Then was the announcement for the top four chants, as Mr Davies was calling them out, I was getting more excited and nervous. The other 6C team, the Waddling Waffles came third, and then in first place was...the Spunky Munkys!

I was really happy and proud. When I heard our team name, I leapt out of my seat with my teammates behind me. My heart was racing, I can't even describe how I felt. That was my proudest moment, being with my team and the totem.

Overall I think everyone in Year 6 enjoyed the day. I am proud of being the captain of the Spunky Munkys.

- Alita S 6C



Do you still have a loan device? Please return it to the office at your earliest convenience.

## FROM SQUIGGLE

Dear Hillsmeade,

Wow! The writing I've read during visits to authors around the school has been *unimaginably awesome!* Miss Page and I are so proud of your enthusiasm towards getting back into the routine of the writer's workshop.

During our adventures to visit our year four authors, we were very impressed by their work on *characterisation*. Student writers are using the acronym STEAL to develop creative characters.

Take a look at Tanner and Cassandra from Year 4A. Their characterisation writing is out of this world!

Keep on thinking and writing,

Squiggle

- Says
- Thinks
- Effect on others
- Actions
- Looks

Cassandra  
4/A

# Fire Fury

A Fire Fury with no name, huge as 3 humans lying on each others. The Fire Fury had a tail long as an adult. She had bright red scales, dark red eyes, and a full white body. She can burst fire out of her mouth to keep away strangers and, for a protecting shield. Others wasn't able to go near her, because, she was terrified, wild and scared. She would ather burst fire or fly away. She always thinks the Night Fury named Toothless and the Light Fury are total lovers. She also thinks their dumb and total wienchos. The Fire Fury can not speak in human language but, can make low and quiet roor sounds.



## FROM SQUIGGLE

Tanner

4/A

Tanner  
29/10 2020

Can you even hear me? That's how loud Sheldon is. He thinks he's smart. When the teacher says incorrect to Sheldon he breaks out a fit and throws his toy cars at the teacher and swears like a girl.

He picks on Penny because she is smarter than Sheldon and Sheldon gets mad at her for being smarter than him.

Sheldon is rude to every one in the school because he gets bullied at home and he looks like a dwarf every one calls him megit.

## DAY FOR DANIEL 2020

On Day for Daniel, we learned about Cyber safety and how to be safe online. It is really important that you don't share your details with strangers, don't add people you don't know and if something happens to tell one of your 5 trusted adults straight away. We also talked not sharing your password and that your username shouldn't be your real name – this is to keep you safe.

Max N 6E