



**Enrol NOW for 2021!**

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

**MONDAY NOV  
 30th is a  
 CURRICULUM  
 DAY Students do  
 not attend**

**THIS  
 THURSDAY IS  
 SCHOOL  
 PHOTO DAY!**

# The Link

Hillsmeade Primary School Newsletter

Issue No 34—WED 11th 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 9th	TUES NOV 10th	WED NOV 11th	THUR NOV 12th	FRI NOV 13th
			<b>School Photo Day</b>	
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
				Crazy Sock Day (No donation required)
MON NOV 30th	TUES NOV 1st	WED NOV 2nd	THUR NOV 3rd	FRI NOV 4th
Curriculum Day— Students do not attend				Virtual Assembly Posted to Compass

# FROM THE PRINCIPAL

Dear Hillsmeade Community,

**Happy Week 6. It is hard to believe that we already find ourselves in November. This Term is really flying by. A big thank you to our community for continuing to support the staggered drop offs and collection, we really do appreciate the support.**

**A big thank you to Sarah Smith, Shiona Watson and our amazing Prep Team for supporting our first small group Kinder into Prep transition sessions yesterday. It was so wonderful to see the future Preps in attendance and engaging so positively as part of the small group modified transition session. A huge effort to coordinate this new approach to Transition, so a big well done to everyone.**



School photos are  
**TOMORROW!**

Place your order at  
[advancedlife.com.au/](https://advancedlife.com.au/)  
using the code

**LG3 X97 85R**

## Prep Transition

This week we commenced our 2021 Prep Transition Program. It was wonderful to welcome small groups of children for scheduled school visits. The children enjoyed visiting a Prep classroom, engaging in some fun activities, meeting teachers and getting to know each other! We look forward to welcoming our new families to Hillsmeade over the coming weeks and supporting a positive transition to school.





## FROM OUR COMMUNITY



### School Photo Day

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

School photos are scheduled for TOMORROW 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).

### Remembrance Day

Today we observed a minutes' silence dedicated to those soldiers who have died fighting to protect the nation. In Australia and other allied countries, November 11 became known as Armistice Day – a day to remember those who died in World War One. The day continues to be commemorated in allied countries.

After World War Two, the Australian Government agreed to the United Kingdom's proposal that Armistice Day be renamed Remembrance Day to commemorate those who were killed in both World Wars. Today the loss of Australian lives from all wars and conflicts is commemorated on Remembrance Day.

Thank you to our school captains Max N and Chloe K for addressing our school and to Mr McGann who played 'The Last Post' on his bugle.



## FROM MR CARDAMONE

Good Afternoon Hillsmeade Community,

Happy week 6! I hope everyone has had an opportunity to enjoy the sunshine with their family and friends.

This week I wanted to share with you some important information about children being on the internet. The eSafetyCommissioner website has a variety of tips and hints for our children to be safe online. Please find below 10 tips that you can talk to your children about. If you would like to know more, please visit their website <https://www.esafety.gov.au>

### Being Safe Online

**Explore together** — ask your mum, dad, carer or a trusted adult to play new games or apps with you at first.

**Stay close by** — when you use a phone, tablet or computer by yourself, make sure your mum, dad or carer is nearby so you can get help if you need it.

**Bonus tip** — don't use your device alone in your bedroom.

**Ask before you download, install or buy anything** — check with your mum, dad or carer first.

**Keep your personal information private** — don't give out your address, which school you go to, phone number or passwords.

**Check your privacy settings and talk about what to share** — make your online accounts private and talk to your mum, dad or carer about the kinds of photos and information it is OK for you to share online.

**Cyberbullying** — if you receive a mean message, or a message that is mean about someone else, try not to respond and don't forward it.

**Tell an adult you trust.**

**If you see something online you don't like** — show your mum, dad, carer or a trusted adult immediately.

**If someone you don't know sends you a message or you receive a message that makes you feel uncomfortable or unsafe** — tell your mum, dad, carer or an adult you trust straight away

**Only 'friend' or add people you know in real life** — remember that not everyone online is who they say they are, so don't accept friend requests or followers you don't know.

**Don't meet up with online friends** — It is best to keep 'online friends' online, so if you do chat to other kids in online games don't meet up with them in person.

On the website there is a range of different topics that may assist you and your family such as:

- "Someone is being mean to me."
- "Being safe online".
- "How to get the most out of gaming."
- "I saw something online I didn't like."
- "How do I know if something online is fake?"
- "Spending money online."
- "Someone is contacting me and I don't want them to."

And lots more!

Please let me know if you have any questions.



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 OUR COMMUNITY

### **Survivor Day**

Survivor Day was a once in a lifetime experience. The whole experience was incredible. Being captain, I had to get my team organised in preparation for Survivor Day but on the day everyone did such an amazing job, showing the I RESPECT values. It was such a fun day of activities. We made some mistakes along the way but the 'Fishies' team stayed together and came second overall. I enjoyed the day even more because I had some of my really good friends by my side. I was happy for the other team 'Magical Minions' because they came first and did an amazing job.

**Luka N 5E**

Survivor Day was amazing especially because I was the captain. It was a challenge for me particularly because of COVID but I managed to get the team going along with my co-captain Tenielle. My team 'The Magical Minions' worked so hard in preparing the chant, t-shirts, flag and pledge. We demonstrated the I RESPECT values throughout the day and my team won overall. I was so excited and so proud of my team. I got to sign the Survivor Day totem pole. It was a great feeling. The other teams did such a good job and overall it was a really fun day.

**Luca D 5E**

### **Hats**

The weather is heating up and it is very important that all students have their hats each day.

### **Drink bottles**

Students should be bringing their own individual drink bottle with them to school each day. This is so important, particularly as the weather is heating up.

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





# CASEY TECH SCHOOL

## Kitchen Chemistry

Learn about the chemistry of household materials and how to conduct science experiments at home. Over three sessions, participants will learn about chemical reactions, density, and acids and bases. Participants will receive a list of ingredients and equipment needed so they can follow along at home.

**When:** Mondays 16 Nov, 23 Nov, 30 Nov (3 x 60min online workshops)

**Time:** 4:30pm-5:30pm

**Ages:** Grade 5 – Year 8 (max 15 participants)

[Click to register](#)

If you would like more information, please get in touch - [community@caseytechschool.vic.edu.au](mailto:community@caseytechschool.vic.edu.au).

**Dads Matter Virtual Forum 2020—A night for Dads, Grandfathers and father figures in the City of Casey.**

## Resilience and wellbeing of dads while raising children

Guest Speaker, Dr Michael Carr-Gregg, is one of Australia's highest profile psychologists, author, broadcaster and specialist in parenting, children, adolescents, and mental health.

Dr Carr-Gregg currently works in private practice in Melbourne and is the Commonwealth Government representative on the Board of the Australian Children's Television Foundation and is the Consultant Psychologist to Australian Boarding Schools Association.

In 2003 he was one of the founding members of the National Coalition Against Bullying. Dr Carr-Gregg is the author of 17 books on adolescents, mental health and wellbeing and he is working on his 18<sup>th</sup> publication.



Two virtual door prizes will be drawn, and the winners will each receive one of Dr Micheal Carr-Gregg books. (Winners will be notified via email)

**Date:** Wednesday 25 November 2020  
**Time:** 7.00 pm – 8.00 pm  
**Location:** Online (Link to Zoom will sent via email after 12:00 pm on event date)  
**Cost:** Free (Limited Tickets)  
**Bookings:** <https://www.trybooking.com/BMMEI>

**Dads Matter**  
it's a family thing!

# DON'T IGNORE THE 4

[www.type1foundation.com.au](http://www.type1foundation.com.au)

2020 World Diabetes Day falls on Saturday November 14th. The purpose of this one day is to raise awareness of a condition that millions of people all around the world live with every day.

Essentially, diabetes is about the body's ability (or lack of it) to produce the required amount of a hormone called insulin to control glucose levels in the blood. There are broadly two types of diabetes: Type 1 requires daily administration of artificial insulin by means of injection or insulin pump. Type 2 is more generally managed by a combination of dietary control and medication in the form of tablets.

It's very important that people with diabetes maintain good control of their condition to help reduce and avoid long term complications, and there have been huge advances in this area over recent years. More information can be found by visiting:



<https://www.diabetesaustralia.com.au/>