

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

Enrol NOW for 2021!

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

The Link

Hillsmeade Primary School Newsletter

Issue No 35—WED 18th NOV

DIGITAL TECHNOLOGY USER AGREEMENT & BYOD AGREEMENT

Families with students in years 3-6 will have received a link via Compass in recent weeks. This link (also shared below) contains the following:

- Our Digital Technology User Agreement
- An option to indicate your participation in our BYOD program (this is entirely optional)
- Information about our BYOD program
- Parent and Student Declarations, stating your understanding of the expectations around safe and responsible use of digital technologies

We are trialling Microsoft Forms as a way of sharing this information and gathering responses and appreciate any feedback about this. We will be organising an information session for families in term 1, 2021, to discuss our BYOD program but, if you have any questions, please don't hesitate to contact the school.

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 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 DEC 1st	WED DEC 2nd	THUR DEC 3rd	FRI DEC 4th
Curriculum Day— Students do not attend				Virtual Assembly Posted to Compass
MON DEC 7th	TUES DEC 8th	WED DEC 9th	THUR DEC 10th	FRI DEC 11th
	State-wide Transition Day 2021 Preps and Year 7	2021 Step Up Day 9:30-11:00am		Virtual Christmas Concert (TBC)

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy week 7. We hope that everyone is having a wonderful week. The weather is improving, the sun is out, our school grounds are looking amazing. A big thank you to our students who are supporting us in keeping the yard clean and tidy. The weather is warming up and it is so important that students have their school hat each day. Equally important is that students bring their own individual water bottle each day, student's can leave their drink bottles outside their classroom doors for use during snack and lunch.



Staff Matter Week

This week at Hillsmeade PS it is staff matter week. This week is coordinated by Tilly Le Faou & Kristie Jenner and the Staff Matter team to support staff in positively promoting health and wellbeing. There are a range of wonderful things taking place across the school this week to support staff health and wellbeing. A BIG THANK YOU to Tilly and Kristie and the Staff Matter Team for the work this year in supporting our Hillsmeade staff.



A big congratulations to Mr Matt Bentvelzen and Caroline on the arrival of baby Adam.

Self-Care & Mental Health

Tips for Kids

- Share your own feelings to encourage self-awareness.
- Recognize toxic stress events.
- Practice self-care for yourself to set the standard.
- Cultivate interests and hobbies.
- Set aside time for low stress or solo activities.
- Encourage journaling and writing.
- Encourage them to focus on the moment.
- Find social groups that help them feel like they belong.
- Focus on articulating feelings. "I am angry." "I am sad."
- Establish a self-care routine.

2021 Prep Transition has started! Please contact the school ASAP if you need to enrol a Prep for next year.

**2020 'Grade 6
Grazing
Graduation'
Coming soon....
Stay tuned!**



State-wide Orientation Day

Preparing for statewide Orientation Day on 8 December

This year's statewide Orientation Day will go ahead in an adapted form

Provided Victoria reaches the Last Step on the roadmap for reopening on Sunday 22 November, Orientation Day events can go ahead in an adapted form — subject to public health advice.

Adapting Orientation Day programs for health and safety

If orientation programs proceed, all schools must ensure they meet Department of Health and Human Services' (DHHS) coronavirus (COVID-19) health and safety advice.

Programs must be adapted, with all arrangements — subject to updated public health advice.

- Students must be allocated into a single class-size group for the day (maximum of 30 people, including two staff).
- There are no limits to the total number of groups on site at each school. However, students from different school groups must not mix.

All students attending Orientation Day are required to wear face masks (some [exceptions may apply](#)). This will be a new experience for Grade 6 students, who are not required to wear face masks in primary school.

- Peer support or 'buddy' programs are not permitted. Students from other year levels are not permitted to take part in Orientation Day programs. Schools may hold transition activities in line with this advice on other days — in addition to, or instead of, the statewide Transition Day — provided these activities occur after Victoria has reached the Last Step in the roadmap for reopening, and in line with public health advice.

Schools will be advised if there are any changes to these arrangements after Sunday 22 November 2020.

Parent Teacher Interviews

Information will be coming out shortly about signing up for Parent Teacher interviews. These will take place in Week 9 and will be conducted via Webex. This will be a great opportunity to reflect on student progress from 2020 and discuss future learning goals.

Curriculum Day

A reminder that Monday the 30th of November is a curriculum day. No students will be required at school on this day. This day will be used to support staff in reflecting on the

Step Up day for 2021 classes

As 2020 has been a year like no other we will be having a full day transition Step Up day for our 2021 Year 1 – Year 6 classes to build familiarity and relationships to set up for success. This will take place on Wednesday the 9th of December.

FROM OUR COMMUNITY

Student Leadership Team 2021

On behalf of the panel members I would like to thank all the year 5 students who wrote and submitted applications. We were very proud of each and every student. The applications have been scored against the Student Leadership Rubric and students were notified on Thursday of shortlisting.

All shortlisted applicants are to now **make a short video** to be viewed by the current student leadership team and the year 4 and 5 students, prior to presenting their speech on Thursday morning. This information has been shared with all shortlisted students.

The video will include:

- Introduction of student
- Sharing of which captain role the student is campaigning for
- Explaining to the voting students why they wish to be a captain at Hillsmeade Primary School
- Explaining what skills they have that would make them the best candidate
- Share what ideas they have to contribute to Hillsmeade Primary School
- Providing any other information they would like to share.

Students will use information from their applications to support the answers of these questions. Students will then **present their speeches on Thursday 26th November**, covering the same information above to the voting current student leaders, and year 4 and 5 students. All students will vote in their 'houses', experiencing the electoral process.

Our current school captains, Chloe and Max, will assist the year 5 students to make their videos. We are very excited to hear from our future leaders.

IT'S STILL NOT TOO LATE TO ORDER 2020 SCHOOL PHOTOS BEFORE LATE FEES ARE INCURRED

School photo day was held on 12-11-2020 and all students are photographed regardless of purchase.

If you did not place an order but would like to, it's not too late to order online.

ONLINE ORDERING Your child's photos are now available for secure online purchase

4 EASY STEPS TO ONLINE SCHOOL PHOTO ORDERING

Step 1: Click Here - For online ordering process for your school, or Go to www.advancedlife.com.au and enter your school code **LG3 X97 85R**

Step 2: Enter your student's details

Step 3: Choose the package that best suits your needs (all orders will be returned to the school for collection)

Step 4: Pay for the photos via the shopping cart (upper right corner of the page)

Please Note: Online ordering is available up to 7 days after photo day and after this time, processing fees will apply to all orders. Place your order on or before 19-11-2020 to avoid the processing fees!

A reminder that all announcements of the successful 2021 Student Leadership Team will be at the week 9 assembly on Friday 4th December.



Good luck future leaders!

Travis Cole

Student Empowerment Leader

STUDENT LEADERSHIP

FROM MR CARDAMONE

Good Afternoon Hillsmeade Community,

Happy week 7! I hope the week has been a positive one so far!

As you may be aware we had breakfast club every Tuesday morning, with the restrictions in place we were not able to do this. From this week each year level will be doing their own breakfast club. There will be cereal and fruit available. Each year level will have their own time and morning, please look out for this in your year level newsletter.

This week I am sharing an article from the website Happy Families from DR Justin Coulson. He is one of Australia's leading experts in the areas of parenting, relationships and wellbeing. He is also an author of a number of parenting books.

This week's article is focused on boosting your child's physical and psychological immunity through a number of different ways. We have discussed how protective factors can have a positive impact on our children. If you would like to know more information please visit the website <https://www.happyfamilies.com.au/>

I am joining a professional development opportunity that DR. Justin Coulson is holding "The Do's & Don'ts of Discipline." If you would like to know more information on this please go to this website <https://www.happyfamilies.com.au/product/dos-donts-discipline/>

"Boosting Your Child's Physical and Psychological Immunity"

If you have a young child you know that it's nearly impossible to keep them from touching, smelling and licking nearly everything they come into contact with. But as parents, we know that's not a very healthy thing to do. Yet, we're less often aware of the impact of psychological and mental 'immunity' and the impact this plays on our child's health and wellbeing.

Having good mental health is key to the healthy development of every child. Kids need good mental health to deal with challenges and adapt to change, and so they can feel good about themselves, build strong relationships with others and live a happy and 'healthy' life, immune from

the multitude of things that can undermine health.

The key to both physical and mental wellbeing is a healthy immune system – sometimes called resilience. And as parents, we can boost this immune system by supporting lifestyle factors that can build both physical immunity and psychological resilience to and ensure our kids live their best lives.

What is Immunity?

Physically, the immune response is our body's way of protecting ourselves against infections or toxins. Having good immunity leads to better health and wellness because the body has learned how to respond and fight pathogens, and how to help heal you when you do get sick.

Psychological immunity – or resilience – works that way with challenging times. It's impossible to avoid difficult experiences like sadness or loneliness (and we really don't want to!), but resilient kids are better able to cope with those challenges when they arrive.

Of course physical health and mental health are tied together. Good physical health leads to better mental health and even better brain development. It also increases a child's ability to make friends and build supportive social networks simply because kids who feel better are better able to engage with those around them.

So, what can you do to boost your child's immunity and resilience and give them better health and wellbeing?

Focus on Sleep

Studies show that not getting enough sleep can negatively affect our children's physical, social, emotional and cognitive outcomes. These are things like poor concentration, impaired learning, and an increased risk for obesity, depression and injuries. It also leads to behavioural problems.

Over the last 15 years, research has also showed strong evidence that sleep enhances immune defence. This is in line with the popular wisdom that 'sleep helps healing'. In fact, sleep is when your child's body learns and adapts to the external factors that help them to develop a robust immune response.

FROM MR CARDAMONE

In other words, when your child is asleep their body is spending that time busily figuring out all the germs and toxins they've encountered that day, and teaching itself how to fight them. That means the better they sleep, the stronger their immune system is.

Poor sleep habits also affect mental health. In the long term, inadequate sleep increases the risks for depression, anxiety and burn out. The relationship between sleep and mental health is not completely understood. But studies suggest that a good night's sleep helps foster both mental and emotional resilience, while chronic sleep deprivation increases negative thinking and emotional vulnerability.

The amount of sleep your child needs depends on their age. An infant might need up to 16 hours of sleep a day (usually at two or three different times), while a toddler may need closer to 11 to 14. But helping them get the sleep they need lets their immune system thrive and protects them against the dangers of sleep deprivation that can make them more susceptible to illness and behavioural problems.

Minimise Stress and Anxiety

As much as we'd like to think otherwise, adverse childhood experiences can cast long shadows into our children's lives. And part of that is an ongoing effect on mental and physical health and immunity.

Stress and anxiety have long been understood to affect us physically. When our kids are stressed, or when they're suffering from anxiety, their bodies' ability to fight off antigens is reduced and they're much more likely to get sick. Put simply, stress weakens the immune system.

Anxiety and stress can also result in physical symptoms such as sleeplessness, diarrhoea, stomach aches and headaches. And it can make kids feel irritable, overtired and have difficulty concentrating. They even struggle to sleep!

You can help minimise stress and anxiety by teaching your little ones to face their fears, and not run away from them. For toddlers, this might be watching a bee on a flower, or crossing the rickety bridge at the playground. You can also teach them that it's OK to make mistakes. When you make your own mistakes, let them know it's no big deal. And handle their mistakes the same way.

Foster Acceptance and Connection

Building resilience is better than anything else that we can do for our children. When our children are resilient they build immunity against the psychological stressors in the world. These are social and physical circumstances that challenge our child's ability to cope in the world. Resilience is the answer to those challenges. And we can help them develop this resilience by building a strong relationship with our children.

Building a strong relationship with your sometimes tumultuous toddler is easier than you think. After all, to our kids, love is spelled T.I.M.E. Spending one-on-one time with your kids helps them develop coping skills within the context of caring relationships. When kids know they have the unconditional support of a parent they feel able to try to work through difficult situations and learn how to ask for help when they need it. And these interactions let parents model coping and problem-solving skills to children.

The first step is to just get down to their level. Sit down on the floor and play what they want to play. Maybe it's building with blocks. Maybe it's imagining you're Ana to their Elsa (yep, even dad sometimes). But getting down and engaging with your child where they are is the key to building strong connections. And they'll love you for it!

Build Social Support

Anyone with a toddler knows that they aren't great with social skills. And that's OK! They're just too young to know how to share, or how to negotiate or how to take someone else's feelings or needs into consideration. They pretty much just want to be with people who want to do what they want to do.

As a parent, you likely recognise your importance to your child.

FROM MR CARDAMONE

But it goes much deeper than just emotional. In fact, research shows that parenting is the single largest variable in childhood illnesses and accidents.

It's still really important and good for them to spend social time with others. But, without a doubt, the most important social experience that they'll have as young children is with you – their parents. By giving this support and love your child will be more healthy and more resilient."

I hope this is helpful for you and your family.

Thank you.
John Cardamone Leading
 Teacher in Social and
 Emotional Learning

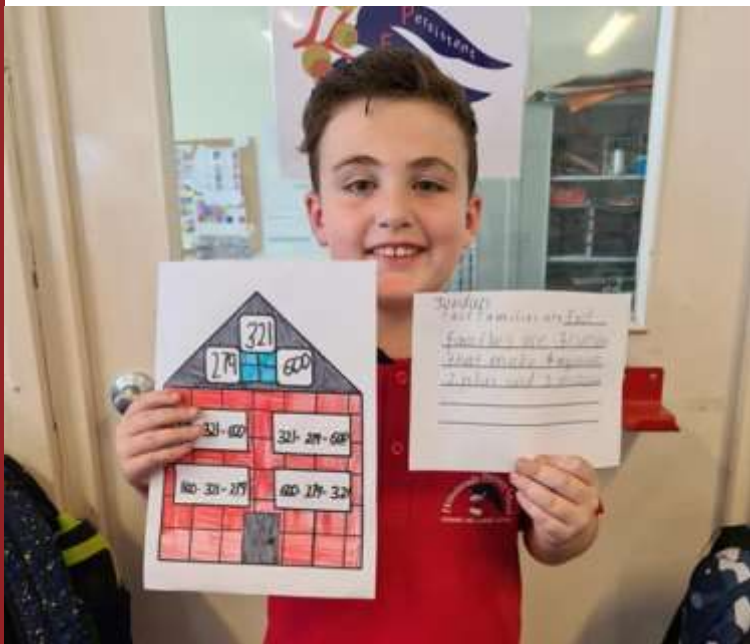
Social and
 emotional
 learning... 'It's
 everyone's
 business!'



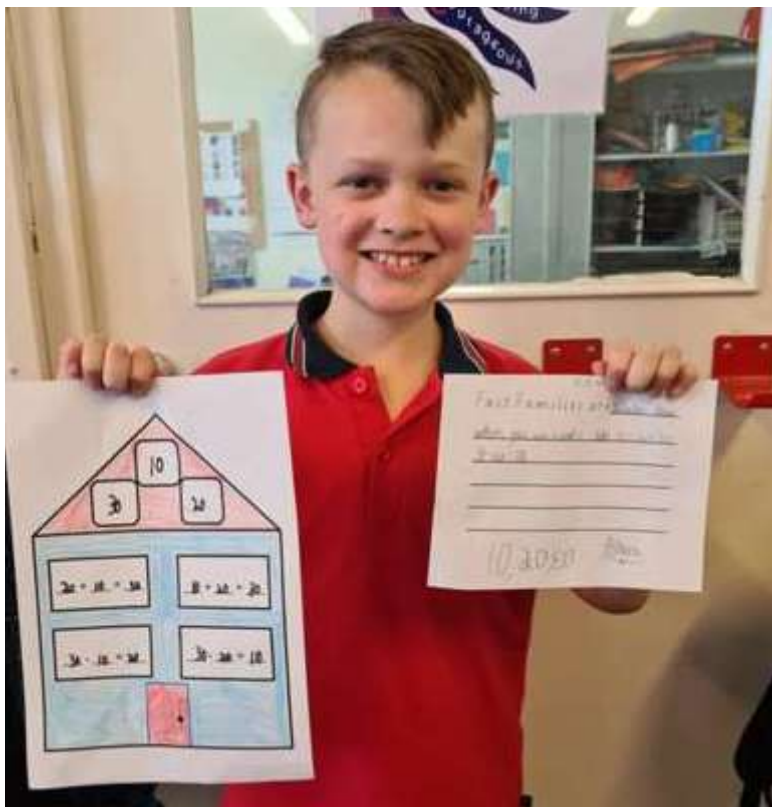
FACT FAMILIES IN 3D

A **fact family** can be defined as a group of math facts or equations created using the same set of numbers.

The **fact family** shows the relationships between the three numbers involved. In an addition and subtraction **fact family**, there are four addition and subtraction sentences created using three numbers.



“Fact families are 3 numbers that make 4 equations - 2 plus and 2 minus” - Jordan





as the heroes race off into the Dark Death star Luke was on an Adventure but it wasn't be easy. But for sure



will they escape the trash curate? 3po shut the walls off of master Luke



Luke shot the stormtroopers were gone then they were aproched by vader

OR-1 a vader butted Luke Leia Han and the others with in sadness



The Power Heros were in trouble they were falling down a hole will they get out on time



A NOTE FROM SQUIGGLE

Dear Hillsmeade,

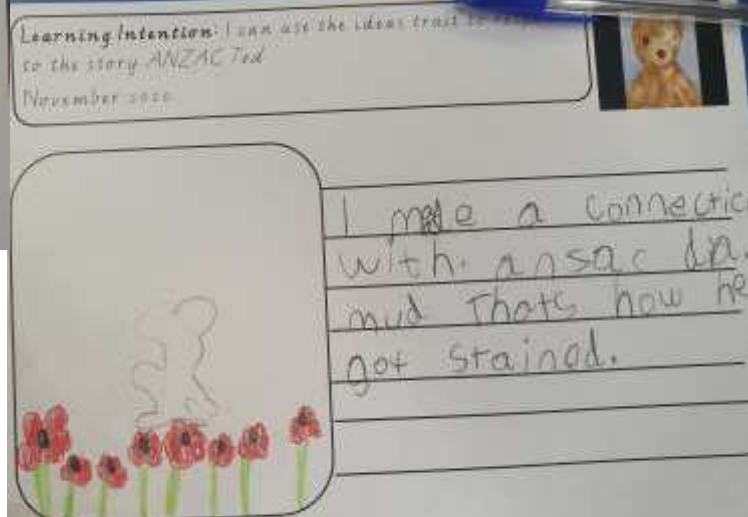
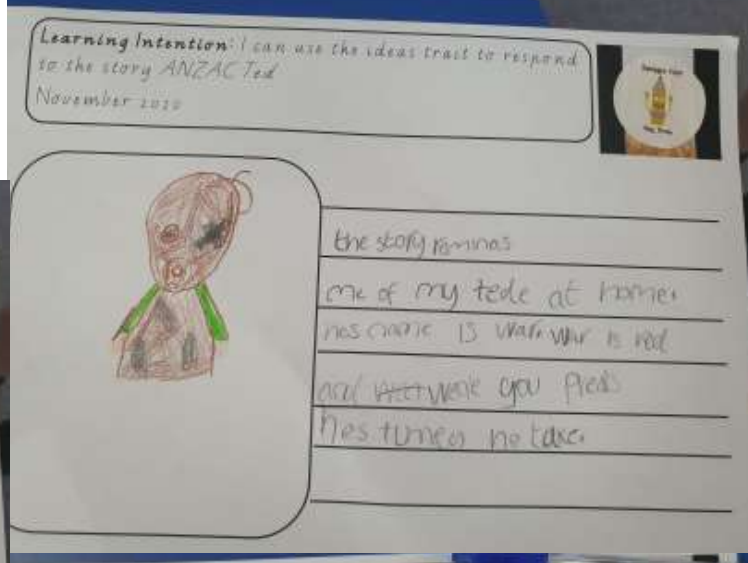
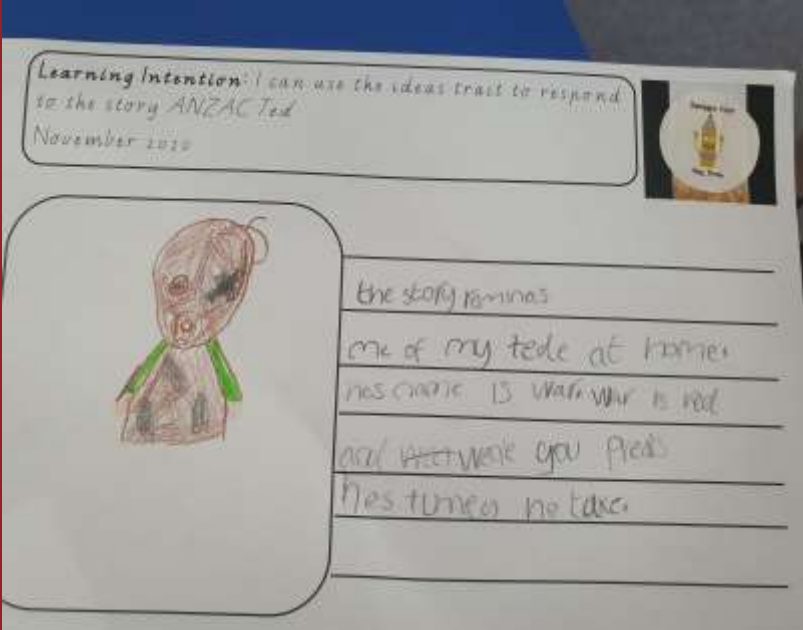
It is Squiggle here, your school writing puppet!

Last week I visited authors throughout Year 3 where we listened to the story **Anzac Ted**, written by Belinda Landsberry. This beautiful picture storybook helps readers understand the significance of Remembrance Day and the sacrifices made by Australian and New Zealand service men and women. Students also made connections with family members from across the globe who had been impacted by war.

Using the ideas writing trait, our intelligent writers created personal writing pieces. Take a look below!

Keep on writing,

Squiggle, your school writing puppet



Did you use a loaned student device for remote learning? Please return it to the office as soon as practicable.

FROM OUR COMMUNITY

NAIDOC Week

NAIDOC Week is one way to recognise the history, culture and achievements of Aboriginal and Torres Strait Islander people. Our Prep students celebrated NAIDOC Week by engaging in some wonderful outdoor art. They observed and explored the natural outdoor environment and made their own paint by crushing chalk and adding water. The students produced some creative artworks and really enjoyed this activity!

More information can be found by visiting:

www.naidoc.org.au

