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 36—WED 25th NOV

2020



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

VVDO, VVDAI, VVDEN				
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	<b>TUES DEC 8th</b>	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)
MON DEC 14th	TUES DEC 15th	WED DEC 16th	THUR DEC 17th	FRI DEC 18th
	Year 6 Graduation		Reports are released	Virtual Assembly Posted to Compass - <u>Last day of</u> <u>Term 4 1:30 pick up</u>

# FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy Week 8. Wishing everyone a wonderful week. Currently staff are preparing for our Term 4 Parent Teacher Interviews. A reminder that this is a wonderful opportunity to book a time to reflect and celebrate student progress.

#### **Parent Teacher Interviews**

Next week is parent teacher interviews. These will be conducted via web ex. If you would like to book in a time to meet with your child's teacher and specialist teachers, please do this via Compass.

Parent Teacher conferences are open for booking now. The conferences are available Monday - Thursday next week (week 9) and will be once again be held online via Webex.

### You can make the bookings through Compass right now:

- if you're using Compass through the website, you should have a notification in green at the top of your news feed with a link to make bookings
- if you're using Compass in the app, click on the 3 little bars in the top left, then select **Conferences** from the side menu

If you have any questions please reach out to your classroom teacher for assistance.

#### **2021 Camps**

Even though this year has been a year like no other, we have been planning for 2021 to ensure we can support classes in engaging in events and experiences they have missed. We are very excited to announce that we have tentatively booked camps for 2021 Year levels Year 2, Year 3, Year 4, Year 5 and Year 6. This is to support the camps that were unable to be attended in 2020.

### **2021 School Review**

This year is our final year of our 4-year Strategic Plan for Improvement at Hillsmeade Primary School. Next year during Term 2 we will be engaging with an external reviewer to review our work towards the planned targets and goals of this plan. We will be seeking parent feedback through parent forums to gain community reflection against our work over the last 4 years.



# **Curriculum Day**

# Monday the 30<sup>th</sup> of November is a Curriculum Day.

No students will be required to attend this day. This day will used for our staff to engage in some pre-work for our school review in 2021. There will also be time available for the beginning of parent teacher interviews.

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

FROM THE PRINCIPAL

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

## **Crazy Sock Day**

This Friday is CRAZY SOCK DAY. Students are encouraged to attend school in school uniform, wearing some crazy socks. We are looking forward to seeing this year's crazy socks. A reminder that no donations are required.



## **Virtual Book Fair**

Thank you to our school community for supporting this year's virtual book fair. As a school we raised close to \$1,000. A big thank you and we hope that the books are enjoyed.

# **2020 Staff Survey Data**

This year as a school community we continued to engage in all of the DET offered surveys to gain important feedback across the school. We value these data sets and use this information to plan for future improvements. Here are some celebrations from this year's Staff Survey.





FROM THE SICKBAY <a href="https://asthma.org.au/thunderstorm-asthma-be-prepared/">https://asthma.org.au/thunderstorm-asthma-be-prepared/</a>

# THUNDERSTORM ASTHMA INFO SHEET



# FROM SOUIGGI F

#### 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.

Device covers and pens are available to purchase from the same supplier. **These are optional items.** 



Remember – keeping everyone safe around schools is a shared responsibility.

Be sure to observe all school speed zones and parking restrictions.

Cross where you can see left and right clearly

Don't use mobile phoned or music players when crossing the road

STOP at the kerb.

ALWAYS look left, right, and left again.

FOCUS and don't get distracted.

ENTER and safely cross the road.

# FROM MR CARDAMONE

Good Afternoon Hillsmeade Community,

Happy week 8! I hope the week has been a positive one so far! Not long to go now before the end of the school year. Now is a great time to plan with your children some ideas to do together as a family over the holidays. Including their input, thoughts and ideas can build their confidence and a sense of belonging as a family.

Over the past week breakfast club has started in each year level, this has been a great success as lots of children have engaged and participated. Next week we will share photos from each year level. Please look out in your year level newsletter for times and locations.

This week I am sharing an article from the website Parenting Ideas. This website is run by Michael Grose. I have shared lots of articles from his website before. You can find out more at <a href="https://www.parentingideas.com.au">https://www.parentingideas.com.au</a>

It has been a difficult and challenging year for all of us, with some changes that have happened, this can affect our children in lots of different ways. I hope the article below can give you some ideas if you are experiencing some challenges with separation anxiety, whether that's at school our other locations.

# Reducing separation anxiety in young children

In the early years some clinginess, crying and tantrums are normal when a child is separating from parents. While a great deal of separation anxiety disappears with age, some young children will continue to experience anxiety when going to pre-school, child care or other care arrangements. This anxiety can be distressing for parents, and become an unnecessary source of guilt, further fuelling a child's anxiety.

Many children who experience separation anxiety are biologically predisposed to anxiousness, shying away from new or novel situations. Here are some ways to support an anxious child at drop-off:

### Become practised at separations

Help your child become used to separations by leaving them with caregivers for short periods at first and gradually increasing the length of separation.

#### Get your child separation-ready

Tired, hungry kids are generally clingy, cranky kids. Similarly, rushed kids are often stressed kids. If your child continues to cling to you when you leave them at pre-school or with carers, check your home routines. Are they going to bed early enough to get sufficient sleep? Are they waking in time to complete their morning activities without being rushed? Are they getting an energy-boosting breakfast such as porridge or an egg to provide the fuel to put them in the right mood? Sometimes simple adjustments to home routines can make a big difference to how a child reacts when leaving their parents in the morning.

#### Develop a regular quick goodbye ritual

Rituals, like routines, are both reassuring and personal. Develop your own special good-bye ritual, which can be simple such as a special wave or kiss. Alternatively, a fun good bye ritual such as a high five, low five, fist pump bursting into a hand explosion can be something a child enjoys. One you've said good-bye leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

#### Take part of you with them

If the pre-school or child care centre allows it encourage your child to bring a comforter such as a favourite soft toy, part of a blanket or even something that you've given them such as photo or toy. Taking a part of you with them can provide an added layer of security when you're not around.

# FROM MR CARDAMONE

### Stay confident

Kids will often take their cues from their parents so a calm, reassuring approach can give your child the confidence they need that they will be okay.

# Involve your child's teacher or carer in the drop-off

Discuss separation with the pre-school teacher or carer and involve them in the transition.

Settle your young child with the other carer, preferably being involved in an activity before saying good bye and making a quick exit while your child is in the care of another adult.

### When separation anxiety is not normal

Most separation anxiety is a normal part of your child's development. Some children will experience separation anxiety that is outside the normal range, which may require professional intervention. It can be difficult to determine whether a child's anxiety is normal or can be considered a disorder as many of the behaviours are the same. Consider seeking professional help if some or all of the following occurs:

- the intensity of the anxiety is outside the normal range for their age
- your child becomes agitated at the mention of being separated from you
- they withdraw from normal activities at home and at pre-school the separation anxiety continues regularly for four weeks or more."

Please let me know if you have any questions. *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!'

# VSSS 2020

I am excited to announce that the **Channel 7** broadcast of the 2020 Victorian State Schools Spectacular will be on **Saturday 5th December at 7pm.** 

The show will also be livestreamed on the 7plus app and 7plus website, <a href="www.7plus.com.au">www.7plus.com.au</a>, and will be available for catch-up viewing on the 7plus app and website for 30 days from the broadcast date.

Please mark your diary now and let all your friends and family know to tune in and look out for the Hillsmeade Mass Dancers.

# Lisa Scott





Tim S

# FROM SOUIGGIE

Dear Hillsmeade,

It is Squiggle here, your school writing puppet!

Year 1 students are busily engaging in The Lighthouse Keeper Series of mentor texts. These exceptionally funny stories about the Lighthouse Keeper, Mr Grinling and his cat Hamish, lead literacy, numeracy and inquiry learning for the term.

Year 1 authors in Mr Masson's class were responding to the prompt, What is behind Mr Grindling and Hamish that has astonished them?

Take a look at these very creative answers below!

Keep on writing,

Squiggle, your school writing puppet





