

The Link

Hillsmeade Primary School Newsletter

Issue No 38—WED 9th DEC

2020

Students do not

THUR JAN 28th

attend



MON DEC 7th THUR DEC 10th TUES DEC 8th WED DEC 9th FRI DEC 11th Virtual Christmas State-wide Transition 2021 Step Up Day Concert Day 2021 Preps and 9:30-3:00pm FREE DRESS DAY (no Year 7 donation) **MON DEC 14th TUES DEC 15th** WED DEC 16th **THUR DEC 17th** FRI DEC 18th **Gr6 Graduation is filmed Year 6 Graduation - Normal** Gr 6 Celebration @ **Virtual Assembly Posted to** (wear graduation school day, collect gift from **Gumbuya World** Compass - Last day of clothes) school 3:30-5:30 Term 4 1:30 pick up **School Holidays MON JAN 25th TUES JAN 26th** WED JAN 27th **THUR JAN 28th** FRI DEC 11th **Curriculum Day Australia Day Public** Students not at Students start back at

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

MON JAN 25th

Holiday

TUES JAN 26th

Preps do not

WED JAN 27th

school

attend

FRI DEC 11th

school

Dear Hillsmeade Community,

Happy week 10. We hope that everyone is having a wonderful Term 4. There are still some very exciting things to look forward to this term such as:

- Free Dress Day "Christmas Theme" this Friday the 11th of December
- Virtual Christmas Concert this Friday the 11th of December shared via COMPASS after school
- Year 6 Big Day Out at Gumbuya World
- Year 5 Beach Day



Congratulations

A huge congratulations to Sarah Smith who has been recognised for her outstanding contribution to education in the unprecedented year that has been 2020. She has been invited to attend a function this coming Friday at Government House. Well done and congratulations Sarah Smith.



Christmas Free Dress Day

This Friday we will be having a whole school free dress day. No donation is required. This event will be Christmas themed. Looking forward to seeing some wonderful Christmas Teachers and colour this Friday.

Congratulations to our Year 6 graduating class. We are so proud of your work, efforts, achievement, contribution and the joy that you have added to our Hillsmeade Primary School community in 2020 a year like no other. It has been so wonderful to hear you reflect this week on your time at Hillsmeade PS and your experience stepping up for transition to your 2021 Secondary schools. Wishing you all a happy and memorable last week at Hillsmeade Primary School, and all the best for your bright futures.



A Message from our School Council President Brooke Gniel

On behalf of School Council and the school community, congratulations to our Year 6 graduating class of 2020.

We are incredibly proud of all you have achieved during your time at Hillsmeade. In particular, your achievements in 2020, the 'year like no other!'

You have shown resilience and the ability to adapt to new situations. These skills will be of great benefit to you as you begin your high school journey.

We wish you all a future full of good health and happiness.

Brooke Gniel
School Council President



Christmas Tree Competition

A big well done to our students and staff for putting together the wonderful entry into the Casey Central Christmas Tree. Thank you to Sarah Smith for coordinating this entry. A reminder that the voting closes on the 17th of December.

Vote for our tree by 'liking' it on Casey Central's facebook page

https://www.facebook.com/caseycentralSC/

Virtual Christmas Concert

A big, big, big congratulations to Jeff McGann for putting together this year's virtual Christmas Concert. We are so excited to share this with all families this Friday afternoon via Vimeo link on COMPASS. Well done to our student leaders for supporting and our amazing student and staff performers.



Book packs are available from 8:30am – 4pm each school day. They will also be available for purchase and collection from 9am – 4pm on Friday 22nd January 2021.



Congratulations

Well done Alice-Lily Somervell from Year 4 who was recognised for her amazing community spirit and leadership. Alice-Lily received the 2020 Community Spirit and Leadership Award and a Westfield voucher from our local MP Gary Maas. Well done Alice-Lily.



MAD Day

A huge well done to our Year 5 and 6 students who this week shared their Make A Difference (MAD day) learning with our school community. It was fantastic to see and hear our students present their learning and understanding about important issues. A big well done for being flexible and adaptable during these unprecedented times.

Matthew BENTVELZEN 118 3/A Alexandra HOPE R11 оов Rachell DORMAN 81 118 3/B Step Up Day Kirsty-Lee THORPE R12 134 00C Amy DAVIS 3) 120 3/C Nicole PAGE / Kristen RENNIE R9 145 00D Wendy BEAMISH 41 120 Today was an exciting day at 3/D Amy MONAGLE R10 145 OOE Sarah RHIMES 51 119 Michelle EWING Hillsmeade. Today our students 1/A Scott MASSON 135 117 Samantha APLIN 4/A R20b 140 1/B Adrianna Papa 155 117 stepped up into their 2021 classes 4/B Sabrina Keller R20a 140 1/C Angela HERRES 125 114 4/C Ashleigh PATOLO R2 130 with their new class mates, their new 1/D Belinda LANE 105 114 4/D Susan HAWORTH / Carrie FLOYD R1 130 1/E teachers and in their 2021 class Rachel SUTCLIFFE 119 4/E Trisa KETT R8 133 2/A Sarah MCGRATH 115 116 Bryce TURVEY 125 rooms. The classes for 2021 are as 2/B Casandra BODIE 95 116 Shondale FERDINANDS R13 125 2/C Jenny ELKIN R5 132 follows: Carmen COLLINS R18 126 2/D Rebecca Lark 132 Hardev SINGH / Ashneigh HUGHES R17 5/D 126 2/E Lisa CROWE Dimple BHARDWAJ / Meg YATES R16 127 6/A R22 129 Stephanie O'DEA 6/B Madison PERCIVAL R21 129 6/C Kristie JENNER 128 R19 10 6/D Tabitha CARTER R20 128 Michael DAVIES R3 131 Court Yard Gym (P.E.) Junior Play Area Basketball Court 4 EAL Grade 2-4 Play Area Soccer oval School Oval Cubby/Gate 5-6 Play Area ELC

WELCOME TO OUR NEW TEACHERS IN 2021

Belinda Lane

Hi my name is Belinda Lane.

I have had the privilege of being an active part of the Hillsmeade community over the past four years, where I



have worked in the Outside of School Hours School Care service and in various roles within the school.

I have three children and have been a foster parent for various children over the past 12 years.

I am fortunate enough and excited to be to be joining the year one team in 2021, and I am looking forward to a year full of learning and discoveries.



Rebecca Lark

Hi my name is Becc! I'm looking forward to being a part of the Year 2 team at Hillsmeade Primary in 2021. My

favourite colour is pink, I have two gorgeous cavoodle puppies and love to sing and dance in my pjs.

Have a great holidays!

Sabrina Keller

Hi, my name is Sabrina
Keller and I am thrilled
to be a part of the Grade
4 team here at
Hillsmeade Primary
School. Outside of school
I love dancing and
hanging out with friends,



family and my dog. I am so excited to get to know all my students and the rest of the school community.

Adrianna Papa

Hello! My name is Adrianna Papa and I am super excited to join the Year 1 team at Hillsmeade in 2021. I cannot wait to begin the year, get to know the wonderful students and their families and build relationships with



the Hillsmeade community. I am an enthusiastic and passionate teacher, with a love for making learning fun! Have a fabulous holidays!



Kirsty-Lee Thorpe

Hi, my name is Miss Kirsty-Lee Thorpe and I am very enthusiastic to be joining the Grade 3 team at Hillsmeade in 2021. I look forward to meeting the wonderful students and families within the Hillsmeade

community and cannot wait to start the year. Enjoy the holidays and see you in 2021!

Madison Percival

Hello, my name is Madi Percival and I am so excited to be joining the Grade 6 team at Hillsmeade Primary School in 2021. I look forward to getting to know each of our wonderful students and their families in the near future.





FROM THE PRINCIPAL - Grade 6 Graduation

Graduation:

2020 has been a year like no other, and given the current guidance we will still be holding a virtual Year **6 Graduation.** Although this is different, we are still working hard to make sure it is still a special memory. Graduation will be filmed on Monday the 14th of December and posted out on Tuesday the 15th of December at 6pm (this is to allow the content to be put together in a special graduation package).

On Monday the 14th of December Year 6 students are to come to school in their graduation attire. We will be holding the graduation ceremony with all Year 6 students and staff. This will be filmed and individual graduate photos will be taken, as well as class photos (which will be emailed out to families after the event). This footage will be put together in a graduation package and will be shared with Year 6 families on Tuesday the 15th of December at 6pm.

On Monday the 14th of December after the graduation a pizza lunch will be provided for the graduates. Students can be collected from school from 2pm if they are wanting to leave early after the event.

On Tuesday the 15th of December Year 6 students will be provided with a small gift to share as they view the Graduation package. **This can be collected from the staff room window (close to the pirate ship) from 3:30pm – 5:30pm on Tuesday.**

We do understand that this is not the graduation we expected for 2020, however the current guidance does not support us holding the graduation as normal given our large numbers.

We are excited to announce that the Year 6 Big Day Out will be going ahead on Thursday the 17th of December to Gumbya World. This event has been heavily subsidised to support families and student attendance.

If you have any questions in relation to this event please contact a member of the Year 6 team.

AT A GLANCE

- o **Monday Dec 14:** Students wear graduation clothes to school, graduation is filmed (no parents). Pizzas provided for lunch. Students can be collected from 2pm.
- o **Tuesday Dec 15:** Normal school day. Special graduation gift collected from school 3.30pm-5.30pm. Virtual Graduation film package available on Compass from 6pm.
- o Wednesday Dec 16: Normal school day.
- o **Thursday Dec 17:** Celebration at <u>Gumbuya World</u> 9am-5pm. (Consent and \$10 payment required <u>now</u>.)
- o **Friday Dec 18:** Last day of Primary School. School ends at 1.30pm, all students collected by 1.45pm.

Congratulations 2021 Student Leaders

A big well done to our new 2021 Year 6 Student Leaders. Our new leaders were presented with the probationary badges and are very excited to support our school community in 2021. A big well done to Travis Cole for coordinating this selection process and a big well done to all student leader applicants.





SCHOOL BANKING UPDATE

School banking will not resume in 2021. This is a decision that has been made by the Victorian Government based on a review by the Australian Securities and Investments Commission (ASIC).

If you have any questions, please contact our School Banking Helpdesk on 1800 674 496, Monday to Friday 9am to 5pm (AEDST).

Thank you to our banking volunteers Nat and Gill for their support over the last few years.

Statewide Transition Day

Tuesday 8th December was Statewide Transition Day. We welcomed our 2021 Prep students, who were very excited to attend a half-day school visit with their future teacher and class. The students participated in classroom experiences, a visit to the playground and Circle Time to get to know each other. We are looking forward to the year ahead with our newest members at Hillsmeade!







Don't miss out!

It's not too late to order school photos

Dear Parents.

Hillsmeade Primary School

What a crazy year it has been! We are still open and busy printing photos so if you missed out on placing your order or perhaps would like to purchase some Christmas gifts, it's not too late to do so.

Simply go to www.advancedlife.com.au and enter your school code – **LG3 X97 85R** or click on the below link for your school's secure site:

Click Here.

It was a privilege to be able to be able to provide your community with a memory of the 2020 school year and we thank you for your support.

Kind Regards,

The advancedlife team

Phone: (03) 9852 1133 | info@advancedlifevic.com.au | www.advancedlife.com.au



HILLSMEADE PRIMARY IS PROUD TO PRESENT

GRAZING GRADUATION!

Congratulations Year 6 superstar, you made it! Please attend the school on the date and time below to collect a celebratory grazing box to enjoy as you watch the virtual ceremony with your family.

We'll see you online!

Available TUES DEC 15th 2020 3:30 - 5:30pm

More information to come via compass



FROM MR CARDAMONE

Good Afternoon Hillsmeade Community,

Happy week 10! Only a week and a half to go! We know that it has been a challenging year and has been difficult to get back to our 'normal'. This has impacted our children in different ways. Part of that normal is getting back into the routine of school. Although school is a big part of growing up, unfortunately the pandemic has made this a challenge at times for some students and families.

Although we are back at school, there are still a few little changes that are still in place. Below is an article from the KidsHelpLine about returning to normal after COVID-19. If you would like to know more please visit their website https://kidshelpline.com.au/parents/ issues/returning-normal-after-covid-19

It is the end of the school, year, however the strategies below might be helpful coming back to school next year.

Returning to normal after COVID-19

Why is going back to normal challenging for some people?

There are many reasons why going back to normal might be anxiety-provoking for your child. Here are some of the main concerns young people had:

Grief/loss over changes in lifestyle

'Normal' won't be the same as before COVID-19

Return to pre-COVID-19 stresses, like school bullying

Life was better in isolation, e.g. more time with family

Feeling safe at home and unsafe/out-of-control in public

Fear of COVID-19 second-wave

Supporting a worried child

It's very normal for children and young people to experience re-entry anxiety following a pandemic. Here are some things that can help:

- **Be curious.** Ask open questions and actively listen to understand more about your child's thoughts and feelings.
- Normalise and validate their feelings. This means letting them know that what they are feeling is normal, other people feel the same way and that there is nothing wrong with their feelings. For example, "It must be hard to have so many worries, but it's normal to worry about getting sick when you go back to school."

- Help them limit exposure to media. If they are younger, this might include reducing their exposure to the news. If they are older, it might be helping them to critically think about media messages they are exposed to or ensuring they are accessing reputable sources.
- Create a plan around transitioning. Planning can help alleviate some anxiety, especially fear of the unknown. Having a plan for the first day of school can help.
- Take small steps to re-integrate into society. Some fears can be alleviated with small, controlled exposures. For instance, a great first step might be a quick trip to the supermarket, or organising for your child to meet and hangout with one friend in a park.
- Problem-solve any concerns together. A lot of young people have let Kids Helpline know that their main fears revolve around bullying, conflict with friends, or school/study-related stress and this is contributing to their anxiety around going back to 'normal'. Talking through strategies together (you can use Kids Helpline as a resource if needed for different topics) can help your child improve their problem-solving skills and feel more empowered.

What's the difference between normal behaviour and concerning behaviour?

Some changes in behaviours are normal. Here's how to know when to get help:

Normal impacts

Research into psychological impacts of health anxiety, quarantine and isolation have found a range of short-term emotional changes are normal, including confusion, anger, anxiety and depression.

Some short-term behaviour change is also normal. This includes insomnia, exhaustion, irritability, or avoidance, e.g. avoiding crowded places.

Some long-term behaviour changes can also be normal, e.g. changes in hygiene practices.

Concerning impacts

While most children will bounce back and recover in their own time, a pandemic can trigger Acute Stress Disorder (ASD) or Post-Traumatic Stress Disorder (PTSD) symptoms in some people.

Helping your child transition back to school

Being away from school and returning to an environment that has changed can be anxiety-provoking. Here are some ways you can support your child:

• **Get back into routine.** Routines are safe and familiar which can help reduce anxiety.

FROM MR CARDAMONE

- Focus on what you can control. It's hard getting caught up in the unknown and 'what-if's'? Helping your child identify what they can control and practical things they can do can help them be more in the present moment and reduce anxiety. Practical strategies can include getting organised, making plans for the weekend, preparing their school bag, etc.
- Revisit social distancing rules and good hygiene practices. Reviewing these can help your child feel more at ease about their safety when in public spaces.
- **Provide reassurance.** Sometimes we can't solve all our children's problems, but they don't always need solutions just to feel understood and supported.
- Explore the positives. Even if they are worried about returning to school, there may be some things they are looking forward to. It can be helpful to chat through these together if they seem open to this".

Please let me know if you have any questions.

I hope this is helpful for you and your family.

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

John Cardamone Leading be you Beyond Blue



Expressions of interest invited for Mass Dance 2021 - Information for students and parents

The Victorian State Schools Spectacular is one of the largest recurring productions in Australia and showcases and unites government school communities through working towards a common goal of more students reaching the highest level of achievement in the arts; ensuring kids are happy, healthy and resilient, and building pride in our schools. Hillsmeade PS have applied to be a part of the Mass Dance component of the show in 2021 and anticipate being able to submit a team of 16 students.

In 2021 the 'Spectacular' will be a made for television show which will be aired in December on channel 7. Students will learn the dance items for the show in Terms 1 & 2 at school and in Term 3 will attend the DET Performing Arts Unit to be filmed and costumed by industry professionals. This will replace the usual Arena based performance and will be an incredible opportunity to experience the behind the scenes production of a large scale show.

Students who are successful with their EOI will be expected to attend a weekly rehearsal at school and participate in a Semester one VSSS elective.

If you would like to be a part of this amazing performing experience, can you please submit an Expression of Interest in writing to myself by close of business on **Thursday 17**th **December 2020**. This should include reasons why you would like to participate, details of any dance experience that you have and **must show** an understanding of your commitment to the project. In **week 2 2021** you will be invited to attend a lunchtime audition with a panel of at least 3 teachers. There is no need to prepare anything for the audition as you will learn a dance item as a whole group.

If you have any questions, please do not hesitate to contact me –

Lisa Scott - Specialist Team Leader



FROM THE COMMUNITY

Moonlit Sanctuary KEEPER CLUB

Go wild these school holidays!

If you have some junior wildlife lovers looking for fun over the holidays, check out our Keepers Club holiday program.

In a day full of fun hands-on activities, they will get up close to many animals including dingoes and pythons and learn how their keepers work to keep them happy and healthy.

Places are limited so book early and make your junior keeper's day!

For ages 7-14. Cost: \$90



moonlitsanctuary.com.au | t. 5978 7935 | e. bookings@moonlit-sanctuary.com



School banking will not resume in 2021. This is a decision that has been made by the Victorian Government based on a review by the Australian Securities and Investments Commission (ASIC).

If you have any questions, please contact our School Banking Helpdesk on 1800 674 496, Monday to Friday 9am to 5pm (AEDST).

Thank you to our banking volunteers Nat and Gill for their support over the last few years.