



# The Link

Hillsmeade Primary School Newsletter

Issue No 11—WED 28th APR

TERM 2  
**2021**



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

## WHO, WHAT, WHEN?

WK 2 MON 26th APR	TUES 27th APR	WED 28th APR	THUR 29th APR	FRI 30th APR
		Academic Afternoon	Active Afternoon	Onsite Assembly for Students and Staff
WK 3 MON 3rd MAY	TUES 4th MAY	WED 5th MAY	THUR 6th MAY	FRI 7th MAY
Somers Camp	Somers Camp	Somers Camp Academic Afternoon Open Night @Alkira Yr 7 2022 5:30pm Mothers/Special Others Stall	Somers Camp Active Afternoon Mothers/Special Others Stall	Somers Camp Interschool Sports Electives Mothers and Special Others Event
WK 4 MON 10th MAY	TUES 11th MAY	WED 12th MAY	THUR 13th MAY	FRI 14th MAY
	NAPLAN	NAPLAN Academic Afternoon	NAPLAN Active Afternoon	Virtual Assembly
WK 5 MON 17th MAY	TUES 18th MAY	WED 19th MAY	THUR 20th MAY	FRI 21st MAY
		Academic Afternoon	School Tour for Prospective Families @10am Active Afternoon	Electives

# FROM THE PRINCIPAL

Dear Hillsmeade Community,

**Happy Week 2! It has been another busy week at Hillsmeade with lots to celebrate and many exciting upcoming events. This Friday afternoon we have our first Assembly onsite in the gym for students only.**



## **Active Afternoons Footy Inflatables**

This week on Thursday the 29th we will have the Footy Inflatables Roadshow coming for our Active Afternoon session. A big thank you to Jeff McGann and Ahmad Chazbek for coordinating this. Active afternoons is a weekly free event that supports the DET health and wellbeing priority towards happy, active and healthy kids. A reminder that families will need to register their interest on Compass and a parent/guardian will need to be in attendance for the duration of the event.

## **Private Instrumental Music Lessons**

Expressions of interest are open on compass for private music lessons. We have secured keyboard and guitar tutors and would like commence lessons as soon as possible. Thank you to Lisa Scott for coordinating these.

## **Mothers and Special Others Morning**

Mother's Day is not very far away, it is on Sunday the 9th of May. At Hillsmeade we celebrate the occasion by hosting an enjoyable morning for Mothers and Special Others. This will take place on Friday May 7<sup>th</sup> 8:15-9:00am. If you are able to attend we would love to see you there.

## **Electives**

We are pleased to be running our electives program again this year. The first electives session will run on Friday next week. This year there have been a variety of electives offered ranging from the Arts to sports and technology.

## **Somers Camp**

We wish our Somers campers well as they depart on Monday next week. Somers Camp is a 9 day camp located on the Mornington Peninsula. The camp provides an opportunity for social interaction between children from many different schools and presents a variety of challenging situations through outdoor education and contact with the local environment.

## **Mother's and Special Others Day Stall**

Next Wednesday and Thursday we will be running our Mothers and Special Others Stall for students. Please see the price list included in this newsletter for the items available. We're very excited to have our student leaders once again be assisting with the sales. A timetable will be available soon.

**Enjoy the sunshine!  
Have a safe and  
happy week.**

**Jodie Bray—  
Principal**



## YEAR 5 CAMP @ ALEXANDRA ADVENTURE RESORT

On the first day of term one, our Year 5s set off to [Alexandra](#) for a catch-up camp. COVID could not stop this cohort this time!

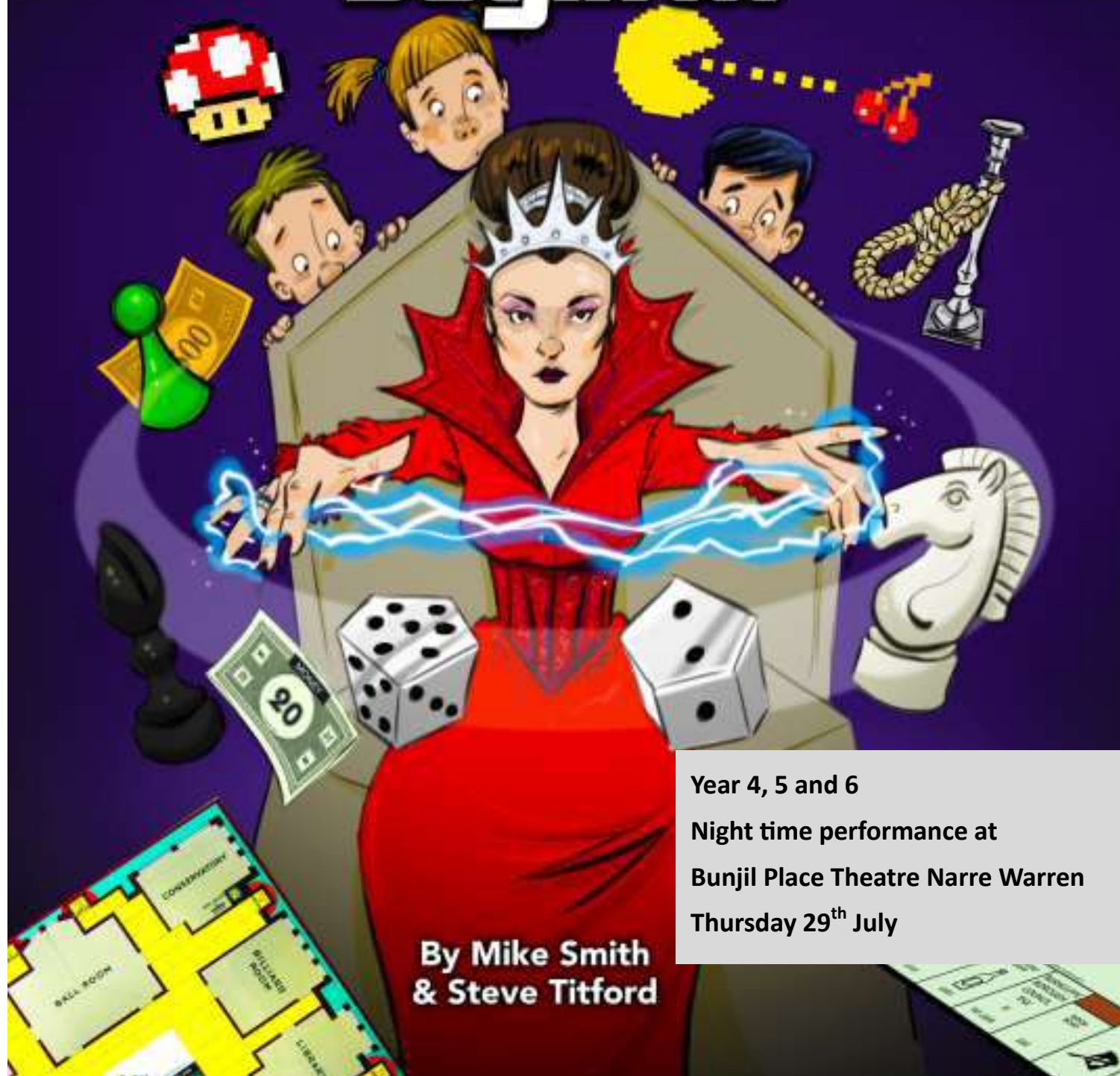
Even though it was a year late, the Year 5s made up for that with enthusiasm, courage, showing mateship and working together. It made teachers and helpers so proud to be a part of Hillsmeade and this year level.

Students challenged themselves on the High Ropes Course, threw themselves off the Flying Fox platform, hung on to dear life on the rock-climbing wall and tackled the gravity-defying Giant Swing and the skill and patience required for Archery. Time and time again, students supported and encouraged each other to succeed and to do their best. It was our I RESPECT values at their finest.

The Year 5 Teaching Team would like to thank Ms Wells, Ms McKelvie, Ms Hicklin and the staff at [Alexandra Adventure Resort](#). We would also like to thank the parents and carers who allowed your child to go to camp. We appreciate it would've been a difficult decision with the cost, health issues, or just being away from home for the first time. We hope that your child's smile and stories vindicated your decision to let them go. - **Mr Hardev Singh**



# Let The **GAMES** Begin



Year 4, 5 and 6

Night time performance at

Bunjil Place Theatre Narre Warren

Thursday 29<sup>th</sup> July

By Mike Smith  
& Steve Titford

## FROM MR CARDAMONE

Good afternoon Hillsmeade,

Happy week 3, I hope it has been a positive one and that everyone has settled into term 2 so far. We are very excited to announce a **new Hillsmeade Club**. The famous **Story time with Lucas is back!** Lucas will be reading stories at recess time on Monday in the library, all year levels welcome. Lucas will be reading a range of books. He can't wait to start this coming Monday!

### **Don't forget breakfast club every Monday and Tuesday 8:15am-8:40am at the canteen**

Last week I shared some information about separation anxiety. This week I wanted to share about the importance of family connections. Family connections for children can be the most powerful protective factor, meaning in a time of crisis (for children this can be really small but really big for them) having that connection, sense of belonging and security that family will be there for them no matter what.

We know children can thrive when situations are predictable, building positive family connections, through family rituals, spending quality time together- playing board games, cooking or just being silly together can have a positive impact.

Below I have shared an article by Andrew Fuller on creating resilient families, he touches on some points I have made above. If you would like to know more, please visit this website <https://www.theparentswebsite.com.au>



*“Resilience is the happy knack of being able to bungy jump through life. When the inevitable pitfalls and setbacks of life occur, it is as if you have an elasticised rope around your middle that helps you to bounce back from hard times.*

#### **Ten Tips for Creating Resilient Families**

##### **Promote Belonging**

*The sense of belonging we have is the strongest antidote we know of for self-harm, depression and drug abuse and it's built on our sense of belonging. Children are most resilient when they have three types of belonging:*

##### ***A sense of being part of a family***

*Having different friendships to belong to  
Having an adult outside their family who connects with them.*

##### **Have some Mooch Time**

*We live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson and from one organised event to another. Then we wonder why, when there is a lull that they say 'I'm bored'. Be a counter-revolutionary. Find some time each week just to be at home without anything structured happening. Quiet times allow children to develop creativity and ingenuity.*

## FROM MR CARDAMONE

### Rediscover some Family Rituals

*Family rituals are strong predictors of resilience. It doesn't matter whether it is the family walk after dinner, the Sunday roast, the Friday night pizza or the Saturday morning clean up – rituals are highly protective. The best rituals often cost nothing. These are the activities you hope that later on your children will reminisce and say 'Mum always made sure we did...' or 'Dad always made sure we did...'*

### Spontaneity and Curiosity

*Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and you can't give it to them by getting them to read a book.*

*So the really hard message here is that if you want to raise your children to have mentally healthy lives, you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.*

### Love Kids for their Differences

*When families' function well, individuals in the family are allowed to be different and to be loved for those differences.*

*We all know that children take on different roles. A father of three said, 'It's as if they have a planning meeting once a year and say, "you be the good kid, I'll be the sick kid and the other one can be the trouble-maker"! And then just when you think you've got it figured out they change roles again'.*

*Having children who are strongly individual and who have a sense of who they are is a sign of good parenting. The problem may of course be that they will then express their independent spirit in ways that you don't like. The ideal is a mix between someone who preserves their own uniqueness and is able to work with others without becoming dictated to by them.*

*Someone who has their own independent nature but is comfortable enough with themselves to allow inter-dependence.*

### It is Clear who is in Charge

*Families do not work well as democracies. In fact they seem to work best as benevolent dictatorships in which the parent or parents consult a lot with their children but at the end of the day, the parent has the final say.*

*Some parents fear that if they take charge that they will lose the friendship of their children, but often the reverse is true. In families where parents fail to take their own role seriously, children may feel that to express their independence they need to engage in risk-taking behaviour and avoid responsibility.*

*Authoritative parenting allows children to feel safe, have clear boundaries and flourish.*

### Consistency

*Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages and who value compassion over coercion, clearly has the best outcome in terms of children's wellbeing. It is also important that parents not be open to manipulation and work together as a team.*

*Life however is not always so simple and we all know from sad and sour experience that parents cannot always be consistent. Sometimes parents have different value systems or can't come to a consistent way to handle particular areas. In these situations, a second possibility is to for one parent to take charge of a particular area. This is not the most desirable solution but it is better than having parents in conflict over management issues or worse, undermining one another. In single parent families or where parents are separated the same principle applies.*

### Teach the Skills of Self-Esteem

*Families that work well seem to praise one another a lot. Compliments are made, positive efforts are commented on. Optimism is in the air.*

## FROM MR CARDAMONE

*Even in these families, teenagers still shrug and say, 'yeah, Mum' or 'yeah, Dad' whenever a compliment is made.*

*Teaching the skills of self-praise is useful. One way of doing this is to ask questions extensively about any achievement or accomplishment. Asking questions like, 'How did you do that?', 'How come you did so well at that test?', 'What did you do?' and 'Have you been doing homework behind my back?'*

### **Know how to Argue**

*Families that work well know how to argue. It seems strange to say this because we all have the sense those families that work well don't have conflicts.*

*The family is really where we learn to resolve disputes fairly. The way that parents teach children to resolve differences of opinion with their brothers and sisters provides the basis for sharing, negotiating and problem-solving in the world beyond the family. While differences of opinion should be allowed to be expressed, children also need to learn that they will not be able to win at all costs*

### **Parents are Reliably Unpredictable**

*With young children it is important to provide consistency and predictability. This allows them to feel sure of you. After a while though, a bit of predictability can go a long way. To many children, most parents are about as predictable as a washing machine cycle. It is important to have structure and consistency but it is also useful to act in ways that your children wouldn't expect. This keeps them interested in learning from you or least wondering what you are up to.*

*Perhaps the most important feature of parents in healthy families is that they realise that all of the above is desirable but not always possible, and so they look at how to promote good functioning while not wasting energy on blaming themselves for the times when things don't quite work out as they had planned".*

**John Cardamone**

**Leading Teacher**

**in Social and Emotional Learning**

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



PARENTS/  
CARERS  
MUST  
ATTEND

AFL Footy Inflatables is coming to...

ACTIVE  
AFTERNOONS!

Thursday 29th April  
3:45-5:45pm

[Sign up via compass](#)



HILLSMEADE PRIMARY SCHOOL PRESENTS

A morning for  
Mothers &  
Special Others



FRIDAY 7TH MAY 2021

8:15AM – 9:00AM



We invite our families to a  
Mother's Day celebration in  
the courtyard!

Light refreshments

Tea and hot chocolate

Games and activities

THIS IS A WHOLE SCHOOL EVENT!

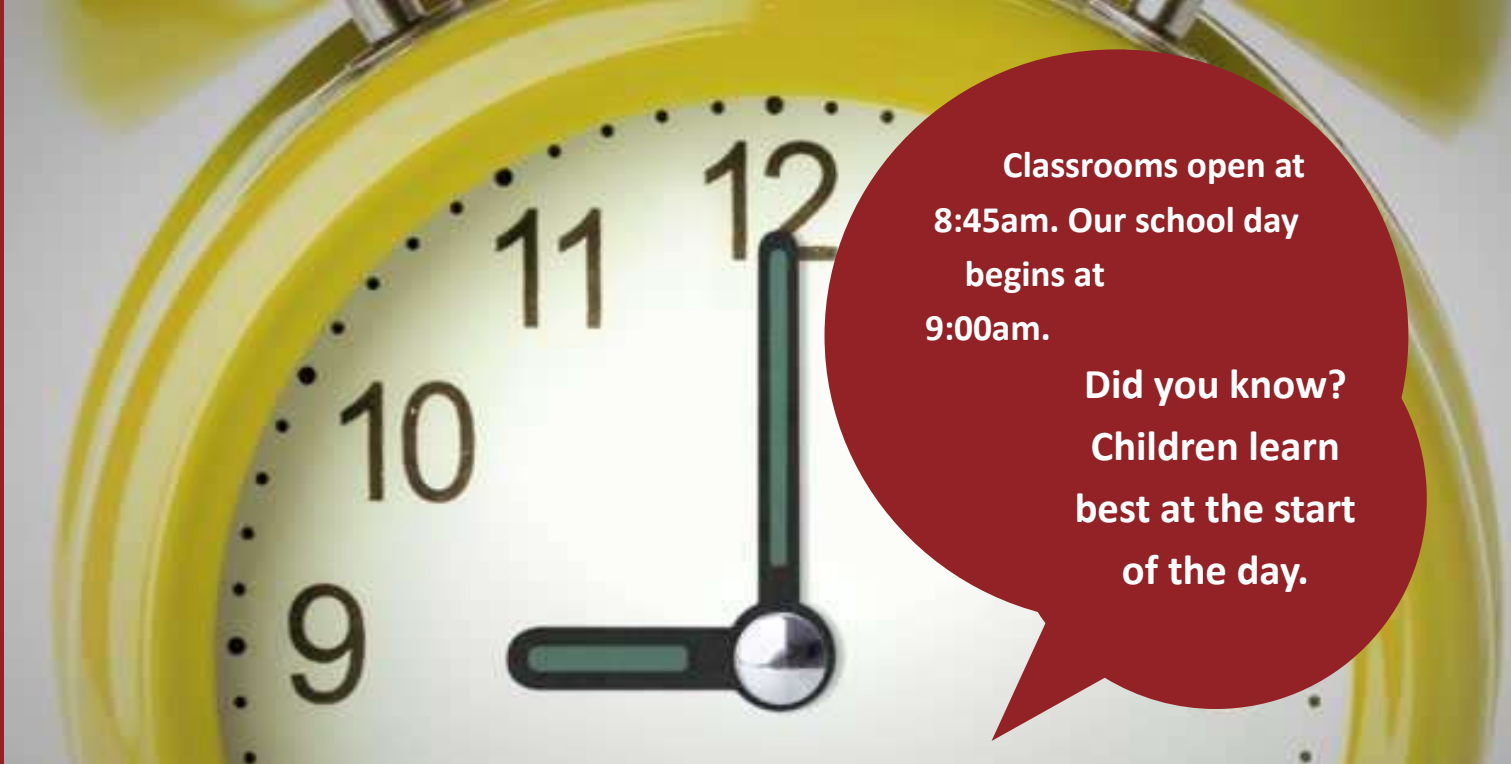




## 2021 Mothers & Special Others Stall @ HPS

- #1 Tranquillity Collection Scented Candles (Wild Peony & Lavender Cherry Blossom) \$3
- #2 Scent Diffuser 50ml Assorted \$3
- #3 Diamond Art Kit Assorted Designs 30x30cm \$4
- #4 Mini Terracotta Pots Pack of 3 \$2
- #5 Sweet Tooth Ring Dish - Pretty Little Thing \$2
- #6 Luxury Hand Wash - Delightful Garden \$2.5
- #7 Kappa Puzzle Book / Chicken Soup for the Soul Word Finds \$2
- #8 Bamboo Eco Bath Sponge \$2.5
- #9 Bar of Soap - Oat and Honey \$2
- #10 Magnetic Memo Clips Pk of 5 \$2
- #11 Note Book with Magnet and Pen \$1.5
- #12 Women's Fitness Essential Travel Kit \$3
- #13 Clean Eating Kitchen Book \$2.5
- #14 Wildflower Adult Colouring Book \$4
- #15 Key Rings \$1
- #16 Nail Brush/Pumice Stone with Foot Scrub \$4
- #17 Winnie Screen Saver \$1
- #18 Ladies Gardening Gloves \$2
- #19 Home Slipper Socks \$4

## ATTENDANCE AND THE IMPORTANCE OF BEING ON TIME



Classrooms open at 8:45am. Our school day begins at 9:00am.

Did you know?  
Children learn best at the start of the day.

If your child misses...	That Equals...	Which is...	Over 13 years of schooling that is...
10 minutes a day	50 minutes a week	1.5 weeks per year	Nearly <b><u>1/2 year</u></b> of lost learning.
20 minutes a day	1 hour 40 minutes a week	2.5 weeks per year	Nearly <b><u>1 year</u></b> of lost learning.
30 minutes a day	½ a day a week	4 weeks per year	Nearly <b><u>1.5 years</u></b> of lost learning.
1 hour a day	1 day a week	8 weeks per year	Nearly <b><u>2.5 years</u></b> of lost learning.

## PREP WINTER UNIFORM PACKAGE

Do you have a child in Prep?

Do you hold a current health care card?

You may be eligible for a 'Prep Winter Uniform Package'

Please contact the office for an application form.

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>



# Feeling Safe: For Primary School Students

## Get the facts

This fact sheet is about making sure you know how to keep safe. It gives you the facts about what to do if someone is hurting you or your friends or making you feel unsafe.

## What are your rights?

- Everyone has the right to feel safe and be protected.
- No one is allowed to threaten you, hurt you or touch you in a way that makes you feel uncomfortable.
- No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.



## How do I know if something is wrong?

- Every relationship should be respectful.
- It is wrong for anyone to hurt you or make you feel unsafe, uncomfortable or afraid.
- Remember a person doesn't have to physically hurt or touch you to be doing the wrong thing.
- Even if you are not sure, if something doesn't feel right you should tell an adult who can help you.

## What should I do if I feel unsafe?

- Tell an adult you trust – telling someone won't get you in trouble.
- If you feel threatened, unsafe, or if you feel uncomfortable about how someone is touching you, talking to you, or treating you, you should tell a trusted adult.
- You can tell a teacher or any adult at your school. They will be able to help you.
- You can also tell your parent, carer, or any family member or adult you trust.
- Even if the person who is making you feel like this has asked you not to tell anyone, you should still talk to an adult. It is more important that you are safe and protected.

## What should I do if I am worried that someone I know is unsafe?

- Tell an adult you trust.
- You can tell a teacher or any adult at your school.
- They will be able help your friend or the person you are worried about.
- You can also tell your parent, carer, or any family member or adult that you trust.
- Even if the person who you are worried about has asked you not to tell anyone, you should still talk to an adult. It is more important to make sure that your friend is safe and protected.

### What will happen if I tell an adult at the school that I feel unsafe, or that I think my friend is unsafe?

- Adults at your school must listen to your concerns and help.
- In some cases the adult at school may need to tell another adult about your concerns so that you, or the person you know can be protected.
- Adults at your school can provide you with support and make sure you don't have to deal with this alone.

### What if I don't feel like I can talk to anyone at my school

- If you don't feel like you can talk to an adult at your school, you can talk to your parent or carer.
- If you don't feel like you can talk to your parent or carer, you can talk to another adult within your family. This may be an aunt, uncle, a step-parent, or a grandparent.
- If you don't feel like you can talk to any of these adults, you should still try and find an adult that you can trust, and that you can talk to.
- You don't need to deal with things on your own.

### There are many people who can help you. Here are some other suggestions:

- visit eHeadspace (which provides an online and a 9am-1am telephone support service) [www.eheadspace.org.au](http://www.eheadspace.org.au) or 1800 650 850.
- call KidsHelp Line on 1800 55 1800 or visit [www.kidshelpline.com.au](http://www.kidshelpline.com.au) for 24 hour support)
- call or visit your local police station or call 000.



## FROM MS WELLS

At Hillsmeade Primary School, we are committed to embedding a culture of child safety. In this week's newsletter, we are sharing the 'Feeling Safe: For Primary School Students' which explores what children's rights are and what they can do if they feel unsafe. We encourage you to read and discuss this with your children to help us support all of our students to know what they can do if they ever feel unsafe.

## Year 7 2022 Alkira Open Night

**When:** Wednesday the 5<sup>th</sup> of May

**Time:** 5: 15 for a 5:30- start and ending at 7pm

**Where:** Alkira Secondary College – please meet in the Gym

Parents and future students are invited to attend this open night to be held at Alkira Secondary College



On the night, parents will be able to tour the college and hear information about special programs the college offers (Masterclass and Sports Academy). Information about these programs and applications are also available on the college website.

<http://alkirasc.com.au/virtual-office/enrolment-information-booklist>

Parent should be aware that students who wish to enrol at Alkira Secondary College in 2022 must live within the designated Alkira school zone (as determined by the Department of Education)

<http://alkirasc.com.au/virtual-office/zones>

Parents with siblings already attending Alkira Secondary College are exempt from this zone.

Please note that masks are encouraged to be worn on the night.





**Splash's**  
learn to swim

**SCHOOL  
HOLIDAY  
ACCELERATE  
PROGRAM**

**5-8 Jan.  
6-9 April  
6-9 July  
20-23 Sept.  
2021**

It is a well researched fact that a short burst of intensive learning accelerates motor skill development

FROM THE SICKBAY



**the  
flu  
and  
you**

Help stop the spread ...  
**Wash  
your hands  
properly  
and regularly**

Australian Government  
Department of Health

For further information read The flu and you brochure,  
visit [www.health.gov.au](http://www.health.gov.au) or free call 1800 004 399

## SOUTHERN DIAMONDS NETBALL CLUB



We are looking for girls and boys aged between 6 years old to 10 years old who are interested in learning to play netball.

We are offering a Training program during Term 2 every Tuesday 5-6pm at P-12 College Narre Warren South.

Cost per player is \$60 which includes club membership, training top, bag and keyring. Plus you will receive 10% off your first dress or singlet when you join a team.

The aim of this Training program is for players to learn basic netball skills, learn how the game is played before registering to play in a team next season and making new friends along the way!

ALL REGISTRATION INQUIRIES VIA EMAIL [sdncregistrar@gmail.com](mailto:sdncregistrar@gmail.com)