



The Link

Hillsmeade Primary School Newsletter

Issue No 16—WED 2nd JUN

TERM 2
2021



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

Here we go again...
#RemoteLearning4Hillsmeade

We are committed to remote learning that is:

REASONABLE PURPOSEFUL
CONSISTENT SUSTAINABLE

For up to date information please visit:
<https://hillsmeade-vic.compass.education/>

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy Week 7 of Term 2. We hope that you are keeping safe and well at this challenging time. We would like to again acknowledge the work and efforts of our students, parents, carers and staff. Learning from home is certainly not without its difficulties but we have been so impressed with the way in which everyone has supported each other and positively engaged.

Thank you to the families who completed our Community Consultation Survey, this feedback will be used to support planning for our next steps with Remote and Flexible Learning following the recent announcement of the circuit breaker extension.

**Mrs Jodie Bray,
Principal**



Maths Games Night

Thank you to every one who stopped by our Maths Games Night last Wednesday, there was a fantastic turn out and a great range of activities. A big thank you to Mrs Bhardwaj for coordinating this event.

Don't forget to register your child's attendance

Thank you to all of the families who are recording their child's engagement with learning each day using the link posted to compass.

<https://tinyurl.com/hpsremote>

QR Code Check-in

A reminder that it is a Victorian Government requirement that any visitors to the school must register for contact tracing purposes for any visits over 15 minutes.

**CHECK-IN
NOW**



Hillsmeade Primary School
33 The Promenade MARIE WARREN SOUTH
Hillsmeade Primary School



Location code 37N PHH



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#RemoteLearning4Hillsmeade



Lucy working on STEAM project.



Sonny working from home.



Thank you Toby, Liv and Jane for sharing!



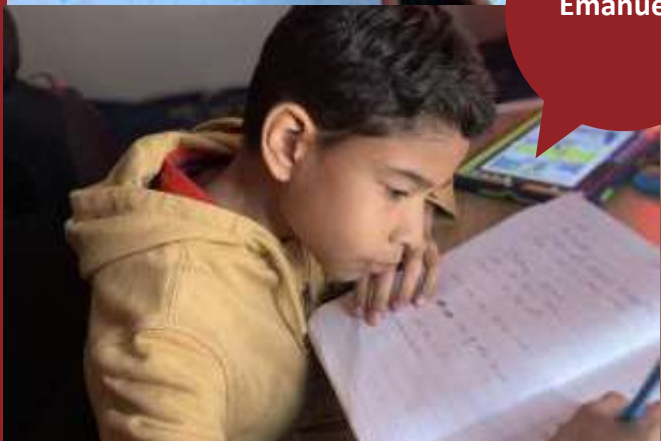
Parham working hard.



Frosty morning for Sam and Natalie.



Thank you Nathaniel, Lucy and Lyla!



Studious Emanuel!



Adi and her plane shooter!



Thank you Charlotte!

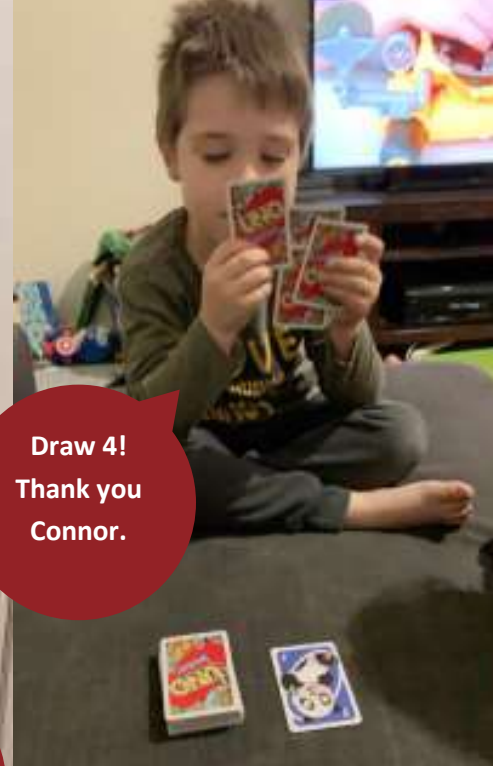
Thanks for sharing Billie!



Thank you Maddie!



Tanner completing SEL tasks!



Draw 4! Thank you Connor.



Thank you Brandon and Lauren!

What are bacteria?

Bacteria is a very small organism that is everywhere around us (so you can't see it without a microscope). It is all the ground in the air and also on and in our bodies.

Are bacteria dangerous?

Bacteria can be dangerous but there is only a few that is dangerous. These dangerous bacteria are called Pathogens. They can cause flu, food poisoning, pneumonia, tetanus and typhoid fever, but we have antibiotics to fight them. All the rest of the good bacteria are actually very helpful in our environment.

Different types of bacteria

One of the good types of bacteria is in the soil, it is called Rhizobium which helps fertilize the soil with nitrogen for the plants to grow.

This is another type of bacteria, and this one is in all of our bodies. This type of bacteria helps us digest and breakdown our food, but that's not it, it also helps our immune system to protect it from viruses.



Great work Mahtab!

What are viruses

Viruses are small particles that can infect animals, plants and humans. Viruses are made out of materials like DNA and is covered by a layer of protein. Viruses kill the cells of the living organisms and create the virus stronger and stronger. It can also end up killing the person.

Are viruses real?

Scientists can't tell whether they are alive or not, but many people say that they are real living because it can't reproduce or can't poop!

How do viruses spread?

Viruses can spread from water, food, shaking hands, coughs and sneezes and also through the air! It can also happen from rat food, insect bites and animals.

Types of viruses

There are many types of viruses such as the common cold, measles, mumps, COVID-19, yellow fever and many more. One the most common is influenza which causes the flu.

How do you avoid getting infected?

- Wash your hands (most important)
- Don't put finger in mouth or nose or eyes
- Make sure food is cooked properly especially meat
- Take vitamins everyday
- Get exercise plenty of sleep.





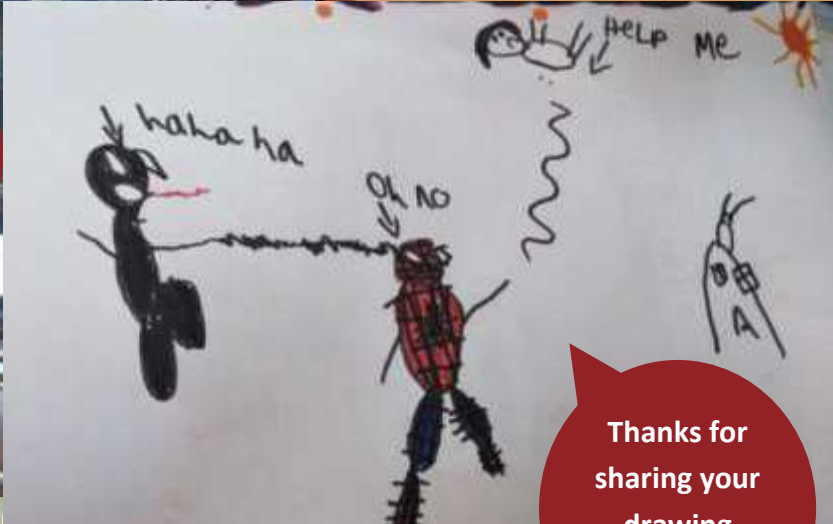

Happy birthday Leo!



Thank you Isaac!



Reuben completing his Maths tasks



Thanks for sharing your drawing Charlotte!



Sienna learning about the weather.



Aatarva's mindful breathing.

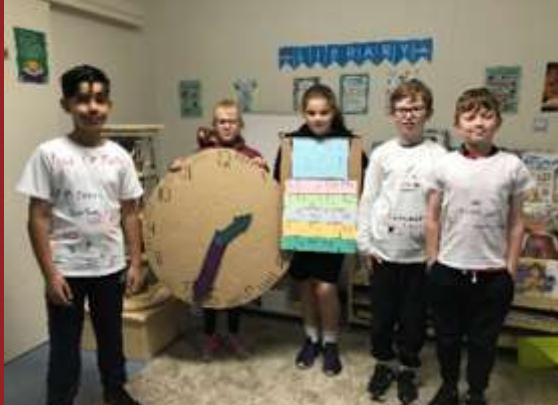
MATHS GAMES EXPO AND

NUMERACY DRESS UP DAY

A BIG THANK YOU to all parents, carers, students, and teachers for attending our Maths Games Expo on Wednesday 26th May. We were so lucky to see our families have fun just before our lockdown.

Thank you to all our Student Leaders and our teachers who facilitated the activities!





SCIENCE IS FUN @ HILLSMEADE!

Prep

Our Little Preps made 3 little pigs houses out of cardboard, wood, and straws. They had to first design their houses, then take turns and work in a group to problem solve together.

Ms Davis students were determined to make their houses strong, so their houses were not blown down by the Big Bad Wolf!

Last week was the "Testing" week as their teachers who were the 'BIG BAD WOLF' were trying to blow their houses away.

It was lovely to see students reflecting on why some houses stayed strong and why some houses were blown away easily.



Mr B is huffed, and he is puffed as he is trying to blow all the houses down!



Mrs Beamish is delighted as she is giving out the approval sticker to the houses that survived the Bad Wolf (Hair Dryer).



Mrs Rhimes is reminding her students to check their designs and make sure that their houses have to be super strong!



SCIENCE IS FUN @ HILLSMEADE!

Year 3

Students are investigating solids, liquids, and gases to understand the three states of matter.



PARLIAMENT AND CIVICS EDUCATION REBATE

Students from our school will soon be undertaking an education tour of the national capital. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$30 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.



THE PEN PAL CLUB



Bringing the timeless joy of pen pal letter writing to Hillsmeade

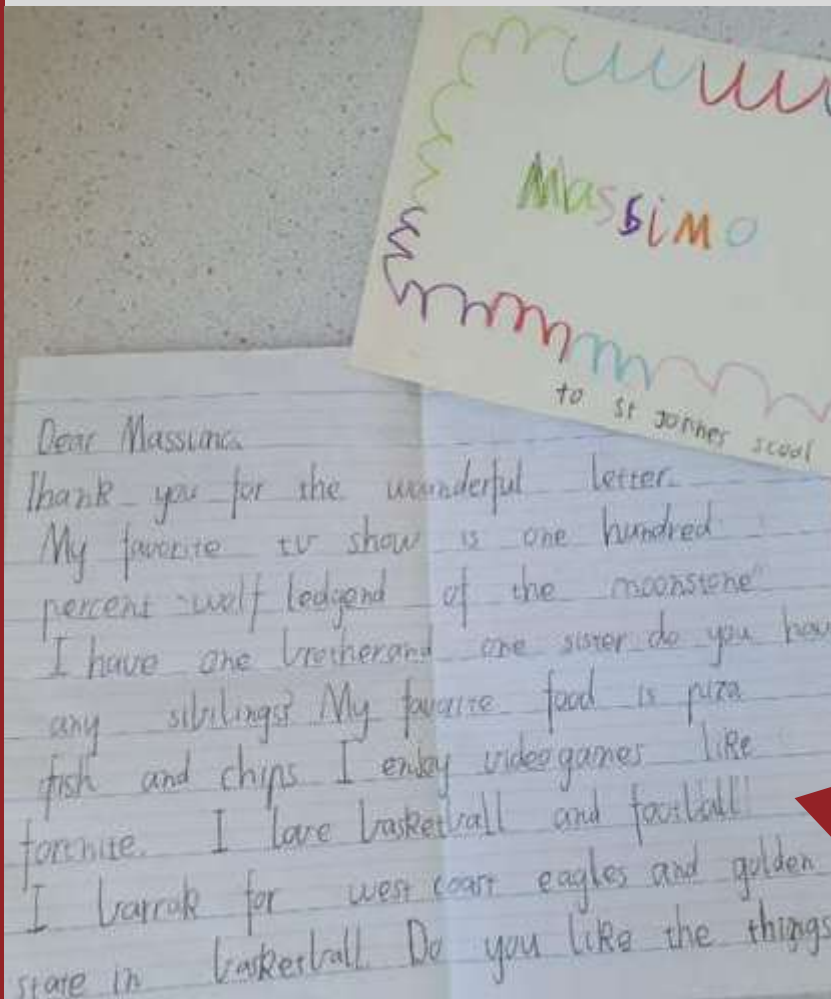
Across Hillsmeade, many classes have joined Australia Post's Pen Pal Club. Matching classes from across Australia, students at Hillsmeade are connecting with new friends through the creativity of letter writing.

Recently, 3C received letters from their Pen Pal class at Saint Joseph's Primary School in Hindmarsh, South Australia. 3C were amazed by the colourful envelopes, pretty letter paper, curious questioning and creative writing skills of their Pen Pals. This authentic learning experience exposes our students to the purpose, structure and language of letter writing, a skill that many have never experienced before.

We can't wait to keep sharing letters from our Pen Pals throughout the year.

Keep on writing,

Squiggle and Miss Page



Letter written by Olivia M – 3C, to her new Pen Pal from St. Joseph's in Hindmarsh, South Australia

Letter received by Madison M – 3C, from her new Pen Pal from St. Joseph's in Hindmarsh, South Australia

FROM MR CARDAMONE

Good Afternoon Hillsmeade Community,

I hope the week has been a positive one so far. As the weeks continue to roll on its becoming more evident that our mental health and wellbeing becomes our number one priority. Having a strong routine and checking in on family and close friends has never been so important. Below is an article from Michael Grose and he talks about the importance of mental health for our children and some tips to support this. If you would like to know more please visit the website <https://www.parentingideas.com.au>

“Maintaining kids’ mental health during the coronavirus pandemic

While there are concerns about the negative impact of physical isolation is having on children’s learning, we should also be concerned about their mental health. Teachers and health professionals report that the strain of physical isolation is starting to show for many children and young people. Any anxiety and fear they experience is heightened by isolation from friends, lack of access to their usual sports and leisure activities and a lack of certainty about the future.

In these challenging times kids’ mental health needs to be a high priority. The following plan laid out by the experts at Parenting Ideas will show you how to lay a solid foundation for good mental health, and outline key behaviours that will help build the resilience and psychological strength that kids need in these difficult times.

Build the foundations for good health

A healthy diet, plenty of exercise and good sleep patterns are basic to good physical and mental health. Get the foundations right and you establish optimum conditions for your child to flourish even in difficult circumstances.

Eat a healthy diet

The ‘healthy body, healthy mind’ mantra that we grew up with needs to be updated to ‘healthy gut, healthy brain’. Recent research has revealed the links between a child’s gut health and good mental health. Kids who experience anxiety and depression typically have imbalances of adrenaline (which keeps the brain alert) and GABA (which calms the brain down), that can be rectified with good gut health.

A framework for healthy eating includes eating real rather than processed foods, consuming small and regular meals, starting each day with protein and complex carbs, drinking plenty of water and keeping kids away from caffeinated drinks.

Get plenty of exercise

Exercise not only promotes good mental health. It’s also a tool that kids can use to manage their mental states. Exercise and movement send endorphins through their bodies improving mood and relieving tension and stress. Exercise and movement relaxes the muscles and reduces feelings of anxiety that build up over time.

A framework for exercise includes starting the day with some movement, taking regular movement and game breaks, finishing the school day with movement that gets their limbs moving and hearts pumping.

Maintain good sleep patterns

The benefits of good sleep patterns are immense and far-reaching, impacting kids’ learning, memory and emotional stability. Sleep restores the brain to optimum conditions and rejuvenates the body, allowing hormone levels elevated during the day to return to normal. Consequently, sleep-deprived kids experience greater anxiety doing routine tasks and have a propensity for pessimistic thinking, which is associated with anxiety and depression.

A framework for good sleep patterns includes finding an optimum bedtime; creating a regular, relaxing routine, eating and exercising at the right time, creating a sleep sanctuary and getting up at regular times each day.

FROM MR CARDAMONE

Add the pillars of good mental health

Mental health is complex and is impacted by many factors including a child's social and emotional wellbeing. The following four pillars have an insulating effect on your child's mental health, acting as circuit-breakers when life becomes difficult and complex.

Maintain social connection

As social beings we long for connection to others and a sense of belonging to groups. While time alone can be restorative, sharing experiences, thoughts and stories with others is absolutely essential to your child's happiness and wellbeing.

A framework for social connection includes one-on-one time with family members and other loved ones, having shared family experiences to confirm a sense of belonging, having shared time and experiences with peers from school and the neighbourhood, and a connection with the broader community through shared experience, cause or goal.

Stay in the present

The human mind is restless, taking us all over the place. It can make us feel happy recalling memories of loved ones or happy times and it can also drive insecurity connecting us to events in the past or future that fill us with dread, and make us feel anxious. Kids' wandering minds need to take a rest and settle in the present, stopping their mental chatter, giving them the chance to relax. Mindfulness is an essential mental health tool that enables children to keep their minds in the present moment, allowing them to feel safe and secure.

A mindfulness framework includes regular mindfulness exercises, doing one thing at a time, using mindfulness during an anxious moment, practising self-kindness and forgiveness.

Enjoy yourself at play

The term 'child's play' is demeaning to children and dismissive of the place of play in our lives. Play is absolutely critical to our happiness and wellbeing. Borrowing from the work of Dr. Brene Brown, play is defined as any activity that's fun (therefore highly anticipated), free (that is, self-directed) and involves flow (we don't want it to stop). Play helps kids manage anxiety and depression as it lifts their mood and is therapeutic by nature.

A play framework includes space and time for play, child-initiated activities, a mix of lone play and group activity, some social or physical risk may be involved.

Spend time in nature

Recent studies highlight what we already knew – that time spent in natural environments benefits our happiness, our sense of wellbeing and reduces stress and tension. The rejuvenating benefits of time spent in the bush or by the sea may be difficult to acquire during times of physical isolation but walks to the park, spending time under a favourite tree or even bringing some green shrubs inside have proven to be just as beneficial to children's mental health.

A time in nature framework includes management and reduction of screen time, exposure to natural environments in the neighbourhood, bringing the outdoors inside, and spending some time each day outdoors.

Practise protective behaviours

Our daily habits contribute to our wellbeing and mental health. Some habits such as spending too much time in front of a screen may be detrimental. There are a number of behaviours, when practised continuously, build our resilience and resistance to daily difficulties. These include:

Keep foundation behaviours

Routine behaviours such as waking at the same time, having breakfast, exercising, showering and dressing get us ready for the day ahead. They underpin productivity, learning and wellbeing.

FROM MR CARDAMONE

Remove the structure provided by these foundation behaviours and many children and young people struggle, particularly those who are prone to anxiety and depression.

A foundation behaviour framework includes morning routines and rituals to prepare for the day, after school and evening wind down routines, and routines that prepare children for sleep.

Practise deep breathing

Recognition of the benefits of deep breathing dates back to ancient Roman and Greek times when deep belly breathing was used to rid the body of impurities. Modern science informs us that deep breathing instantly engages our capacity to relax and stay calm. When a child becomes anxious or fearful their breathing becomes shallow. Taking deep, slow breaths when they become overwhelmed by anxiety is the quickest way to return to a calm state. Deep breathing has great preventative powers helping the mind stay in a state of focus and calm.

A deep breathing framework includes practising deep breathing spontaneously throughout the day, combining deep breathing with mindfulness practice, using deep breathing to restore energy when tired, and breathing deeply during an anxious moment.

Check in on feelings

If children and young people are not tuning into their emotions they are missing a rich vein of information that will assist decision-making, learning and importantly, their wellbeing. It's relatively easy to tune into behaviour and our thoughts, but much harder to detect our emotions. The skill of emotionally checking in, developed by Prof. Marc Brackett from the Yale Centre for Emotional Intelligence, helps children and young people to identify how they are feeling at any given time.

It requires kids to stand still, close their eyes, take some deep breaths, identify and give a name to their feeling. This simple habit of checking, once practised and learned is a wonderful life skill to acquire.

Looking after your child's mental health may seem like a mystery at times. But there is a great deal we can do. By laying a foundation for good general health and then working at maintaining the pillars of mental health and teaching kids the protective mental health behaviours you provide them with a solid framework for maintenance of good mental health that they can take into adulthood."

John Cardamone

**Leading Teacher
in Social and Emotional
Learning**

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



CSEF & PREP WINTER UNIFORM PACKAGE

Do you have a current health care card? You may be eligible for CSEF and a prep winter package. Please contact the office for an application form before June 18th.



Kindergarten survey

Have your say on two years of kindergarten

In 2022, the City of Casey will be expanding its kindergarten service to offer a funded three-year-old kindergarten program in addition to the four-year-old program that is currently delivered.



Council would like to hear from families with children of all ages about their plans for kindergarten in the future and invite you to complete a short survey so we can better understand your needs and priorities.

The survey is open until Sunday 6 June and can be found at <https://conversations.casey.vic.gov.au/kindergarten> or scan the QR code below.



Scan the QR code to complete the survey

If you have any questions, please contact us at cyfprojects@casey.vic.gov.au

Contact City of Casey

03 9703 5200

T18: 131 150

NRS (or the oval), hearing or speech impaired:
Maidment@casey.vic.gov.au

- 1 facebook.com/CityOfCasey
- 2 @CityOfCasey
- 3 linkedin.com/company/city-of-casey
- 4 @CityOfCaseyCouncil

PO Box 1000
Narre Warren VIC 3476

Narre Warren
Evijl Place
2750k Northset Drive

casey.vic.gov.au
casey@casey.vic.gov.au

Cranbourne
Cranbourne Fair Shopping Centre
128 South Gippsland Highway



Tickets for
sale at the
end of Term
2!

Any parents/guardians onsite must not use the student toilets. Please use the visitor toilet located at the front office. Thank you for your cooperation!

Let The GAMES Begin...



Year 4,5 and 6 students

Night time performance at Bunjil Place
Theatre Narre Warren 7pm

Thursday 29th July

Students arrive from 6pm

By Mike Smith
& Steve Tifford



CK TENNIS -COACHING-

Available lessons:
Group
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