



The Link

Hillsmeade Primary School Newsletter

Issue No 17—WED 9th 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,

We hope that you are all doing well and keeping connected at this challenging time. We are so proud of our students, staff and families for supporting each other throughout this circuit breaker. Fingers crossed for a return to onsite learning on Friday.



Remote and Flexible Learning in action

A big thank you to families who have sent in examples of remote learning in action. The students are doing a great job of upholding the I RESPECT values while working at home remotely.

ABC Education Lessons

Well done and congratulations to Dimple Bhardwaj and Jess Szalek for their amazing lessons filmed for ABC education. The lessons can be viewed at the below link and were all filmed on site at Hillsmeade in our STEAM room. Great job Dimple and Jess for persisting with this process. The end product is amazing, and we cannot wait to see them on ABC TV. Well done.

<https://education.abc.net.au/home#!/topic/3531334/mini-lessons>



Science Year 3 with Mrs Bhardwaj: Day and night

SCIENCE
Year 3



Science Year 3 with Mrs Bhardwaj: Shadows

SCIENCE
Year 3



Science Years 3–4 with Mrs Bhardwaj: Living and non-living things

SCIENCE
Years 3,4



Science Years 3–4 with Mrs Bhardwaj: Transfer of heat

SCIENCE
Years 3,4



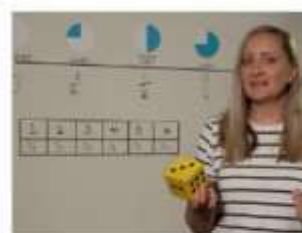
Science Years 3–4 with Mrs Bhardwaj: Solid to liquid

SCIENCE
Years 3,4



Maths Years 3–4 with Ms Szalek: Equivalent fractions

MATHEMATICS
Years 3,4



Maths Year 5 with Ms Szalek: Probability

MATHEMATICS
Year 5



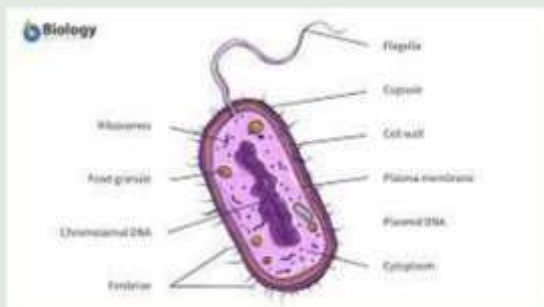
Maths Years 3–4 with Ms Szalek: Fractions of collections

MATHEMATICS
Years 3,4

#RemoteLearning4Hillsmeade

What is Bacteria?

- Bacteria are microscopic, single celled organism, that live in diverse and harsh conditions. These organisms can live in soil, to harsher conditions such as: mountains, tundras, volcanoes and even places like the moon!



Great work Gurshan!



Thanks for sharing Lucy.



Annabelle, Jasmine and Derek hard at work!

Lolita has been learning about space.



Thank you for sharing Leona!

Have a #RemoteLearning4Hillsmeade photo you would like to share? Email us at: hillsmeade.ps@education.vic.gov.au



Tehan (and teddy) connecting on Webex!



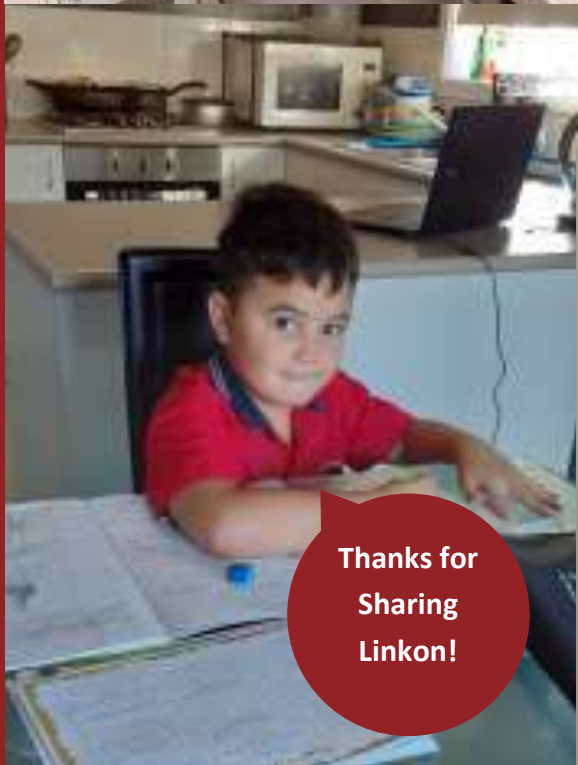
Thank you for sharing Will.



What's cooking Mason?



Thank you Alice!



Thanks for Sharing Linkon!



Thank you Cooper and Cara!

FROM MR CARDAMONE

Good afternoon Hillsmeade,

I hope the week has been a positive one for you and your family.

This week I will be bringing to your attention another vital topic that families need to be aware of, **having a healthy headspace**. There can be so much happening in our lives that we forget the simple most important things to do for ourselves and close family members. Hopefully the article below from headspace <https://headspace.org.au> helps and supports your family to stop and reflect on how we can support ourselves and our loved ones not only through tough times but through everyday life.

“Tips for a healthy headspace - for family and friends

Good mental health allows young people to deal with the changes and challenges life throws at them and live their lives in a positive and meaningful way. It includes things like being able to work and study, deal with day-to-day life stress, feel connected to others, be involved in activities in the community and ‘bounce back’ when things go wrong.

Just like physical fitness, mental fitness takes regular effort. There are lots of things that family and friends can do to support a young person to look after their mental health. Here are some things you can encourage your young person to do to build their mental fitness every day.

One of the most effective ways to support young people to look after their mental health is to model healthy habits yourself, so it’s a good idea for you to practise some of these tips as well.

Get enough sleep

Sleep is really important for young people and their mental health. You can help them by encouraging regular sleep routines and gently helping them get up in the morning. Encourage them to switch off or reduce the time they spend on their phone or devices a few hours before bedtime. You can also help them to make their bedroom cool, quiet and dark during the night.

Eat well

Eating well can improve your young person’s mood, energy levels and general health and wellbeing. Cooking nutritious meals and encouraging your young person to fill up on good food (like veggies, fruit and whole grains) and drink plenty of water is good for their physical and mental development. This also teaches them to set up healthy habits for their future.

Keep learning

Setting goals and learning new things are really important for your young person’s mental health. You can help by talking to your young person about their interests and hobbies and encouraging them to take part in them. You may want to help them find a hobby group or learn more about a topic they are interested in. Helping them to set realistic and achievable goals, while celebrating their achievements, can be really empowering for them. Listening to their challenges and disappointments is also important.

Stay active

Regular exercise can help your young person to sleep better, improve their ability to cope and boost their mood. Regular physical activity is also related to better wellbeing, which can lower depression and anxiety levels. Going for a walk with your young person can help increase their activity level and provides a great opportunity to talk. Supporting them to find a sport that they enjoy and encouraging active interests in your young person are also great ways to facilitate exercise.

Connect

Spending time with friends and family (including pets) and people in the community is an essential part of being human, and can really strengthen your young person’s mental health and wellbeing. Regularly spend time connecting with your young person by setting up an activity that you both enjoy – like a regular walk, a hot drink together after dinner or a drive. Ask questions and listen without judgement to your young person. You can also encourage and support meaningful and healthy friendships. Listen to their concerns about relationships and encourage opportunities for them to make new friends in the community.”

Thank you

John Cardamone

Leading Teacher

**in Social and Emotional
Learning**



**Social and
emotional
learning...‘It’s
everyone’s
business!’**

CLOSING SOON!

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.

LITERACY @ HILLSMEADE!

Congratulations to our teacher and students for their commitment to literacy learning during remote learning. Take a look at the wonderful literacy learning that has continued to thrive at Hillsmeade over the past week!



Miss Nicole Page



LITERACY

Mini Lesson

Stretching out the sounds in words.


Our Prep students using 'stretchy snake' while looking at the class mentor text, *The Wonderful things you will be*'.

LITERACY

Mini Lesson

Today, we will be looking at the middle of the story 'Stuck.'

What do you think is going to happen next in this book?



Our Year 1 students making predictions while reading the class mentor text, *'Stuck'*.

LITERACY

Guided Practice

Whole Class Reading



Read 'Spotlight on South America' on [myON](#).



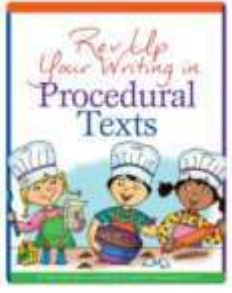
Our Year 2 students answering and asking questions about the non-fiction text, *'Spotlight on South America'*.

LITERACY

Mini Lesson

LEARNING INTENTION

To understand the reading features and organisation of a procedure.



Our Year 3 students learning about the organisational features of procedural texts.

LITERACY

Guided Practice

Read through the example of different bold beginnings. What impact do they have on the reader?

Can you think of any other bold beginnings?

Today's Task: using your monster as a seed, write a bold beginning for a narrative!



Our Year 4 students learning about starting their writing off with a **bold beginning**.



LITERACY

I lay in my bed shaking. My night light casting threatening shadows around my room. A terrible storm was raging outside. An ear shattering crack suddenly rang throughout the house. I watched in horror as the roof above me was ripped off and blown into the night as lightning flashed across the sky.

Read the passage.

Draw what you visualised.

Get ready to share with the class your picture.





Our Year 5 students practising the reading strategy *visualising*.

LITERACY

LEARNING INTENTION
To use TEEL to identify and create paragraphs.

T	E	E	L
Topic	Evidence	Explanation	Link
I strongly believe ...	For example ...	This shows ...	From this we can conclude ...
Another point to consider is ...	This is illustrated by ...	This means ...	It is clear that ...



Our Year 6 students learnings how to organise their paragraphs using *topic, evidence, explanation, link—TEEL* .

ATTENDANCE MATTERS - POST LOCKDOWN

Why Being On Time To School Matters – Post Lockdown Tips

We all know the importance of being on time to school, to work, or to appointments.

Here are a few tips to help establish a more efficient daily routine:

- **Layout clothes the night before.**
- **Pack school bags and lunchboxes the night before.** After dinner, have your child help pack his or her lunchbox. This could be as easy as putting fruits and vegetable in sealed containers and preparing water bottles for tomorrow's lunch.
- **Create a “Last Stop” Area:** The ideal place for your last stop area is near the door you leave from each morning. This is where you will place your keys and backpacks every afternoon.
- **Try making doctor or dentist appointments after school.** This way your child will not miss a minute of learning.



"Every Day Counts"

Awarded to

Year 2

For best attendance in the month of May.



J. Bray

June 2021

Principal

Date



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 Keeper 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: \$99





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



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