



# The Link

Hillsmeade Primary School Newsletter

Issue No 18—WED 16th JUN

TERM 2  
**2021**



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

## WHO, WHAT, WHEN?



MON 14th JUN	TUES 15th JUN	WED 16th JUN	THUR 17th JUN	FRI 18th JUN
QUEENS BIRTHDAY PUBLIC HOLIDAY		CANCELLED District Cross Country		CANCELLED Electives
MON 21st JUN	TUES 22nd JUN	WED 23rd JUN	THUR 24th JUN	FRI 25th JUN
		Hillsmeade Aths Carnival TBC	Year 6 Family Suitcase Expo TBC	Onsite Assembly for Students only TBC
Term 2 School Holidays 26th JUNE - 11th JULY				
MON 12th JULY	TUES 13th JUN	WED 14th JULY	THUR 15th JULY	FRI 16th JULY
First Day back for Term 3				
MON 19th JULY	TUES 20th JUN	WED 21st JULY	THUR 22nd JULY	FRI 23rd JULY

# FROM THE PRINCIPAL

Dear Hillsmeade Community,

**Happy Week 9. We are so excited to have our students back on site and engaging in face-to-face learning. A quick move back into remote and flexible learning was not without its challenges. As a school we would like to take this opportunity to thank parents and carers for their support during the recent remote and flexible learning period. We appreciate your support, your efforts and we could not have done it without you.**



## FROM MS WELLS

Dear Hillsmeade Community,

It is with a combination of sadness and excitement that I am informing the school community that I have accepted a new position as Leadership Partner with the Differentiated Support for School Improvement initiative. My last day at Hillsmeade will be next Friday, 25<sup>th</sup> of June. I have been the Assistant Principal at Hillsmeade Primary School for 3 years and a classroom teacher for 2 years prior to joining the Principal Team. It has been a privilege to work here in partnership with such dedicated and passionate teachers and support staff, students and families. While I am looking forward to my new role, I will miss the wonderful community here at Hillsmeade Primary School. I wish every family all the best and hope that every student enrolled here continues to enjoy the exciting educational opportunities provided by Hillsmeade.

**Crystal Wells**

**Assistant Principal**



**'Thank you  
and best  
wishes Ms  
Wells!'**



### Thank you

I would like to take this opportunity to say thank you to Crystal Wells for her commitment, work and effort across Hillsmeade Primary School for the last 5 years. We wish you all the best on your new adventure in education.

### Student Reports

On Friday the 25<sup>th</sup> of June student reports will be available via COMPASS. Have great week.

**Jodie Bray**

**Principal**

## FROM MR CARDAMONE

Good afternoon Hillsmeade,

I hope the week has been a positive one for you and your family. Week 9! The end of the term is coming around fast! It has been great to see all students at school, happy and engaging with their learning and friends.

Below is another article from Michael Grose. He talks about some strategies in best supporting your children in returning to school. Although we have all our students back, some of the strategies he outlines would apply in other situations. If you would like to know more, please visit the website <https://www.parentingideas.com.au/>

### ***“Returning to school anxiety free***

*Going back to school after the enforced COVID-19 break is a source of mixed emotions for many children and young people. Some students, who revel in face-to-face interactions, just can't wait to reconnect with friends and teachers. Others who have appreciated the break from constantly being emotionally switched on when at school may be reticent to return.*

*Regardless of how your child reacts there's bound to be a level of anxiety attached to returning to school after such a long break. The following strategies sourced from my book, [Anxious Kids](#), will help your child make a smooth transition back to school.*

#### **Park your expectations**

*School undoubtedly will be a different experience for students post COVID-19. It may require you to adjust your expectations, particularly academically, so patience is definitely required. Education is a long game, so if you are worried about your child missing the educational beat, recognise that this experience has been a blip on the educational curve. It's worth remembering that anxiety loves company. Park your expectations for a time, so your child won't pick up your anxieties.*

#### **Understand that their anxiety is real**

*An anxious child desperately wants a parent to understand that they feel anxious and apprehensive. Even if, you can't comprehend the impact that a return to school has on their state of mind and physiology, recognise that their anxiety is real. “Ah, I see you're worried that you won't know what to do when you go to school” is the type of response that an anxious child wants from a parent. Validating your child's feelings will help them feel safe and secure, putting them in a good position to make a return to school. “Mum/dad know that I'm feeling nervous” is very reassuring for a child.*

#### **Prepare them**

*Worriers and anxious types in particular, like to know what's ahead. Prepare your child for a return by discussing the safety procedures the school will be implementing. Ask your child what they are looking forward to and check in with how they are feeling about a return. Check in regularly with how they are feeling and correct any misconceptions.*

#### **Focus on reconnection**

*Make reconnection the theme for your child's return to school. He or she will have to reconnect with friends, teachers and learning, which takes time. In all likelihood, your child's teachers will use many strategies to help your child connect with their friends, reflect on their time at home and move them back into full-time learning mode. Support these activities and reassure your child that they'll feel comfortable very soon with their school experience.*

#### **Stay off the roundabout for a while**

*This period will mirror the start of the school year when your child had to adjust to new teachers, different classmates and a new year level. Adjusting to change takes a great deal of personal energy, so your child or young person may become tired, grumpy, even moody at home.*



## FROM MR CARDAMONE

*Make allowances for these personal changes and make sure they have plenty of free time to unwind after school to relax and play.*

### Take care of yourself

*In recent months parents and teachers have been doing significant emotional labour. The learning and adjustment curves have been massive, with little time to relax and take a break. Consider your own emotional resources and make your wellbeing a priority, which will make it easier for you to stay calm if your child experiences difficulties.*

*The COVID-19 pandemic has thrown many difficulties, requiring us all to quickly adapt to new situations. Flexibility is a prime characteristic of resilient people, so if nothing else, getting through these times will make us all more resilient."*

If you have questions, please let me know.

**John Cardamone**  
**Leading Teacher**  
**in Social and Emotional**  
**Learning**

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



**DO YOU HAVE A  
 HEALTHCARE  
 CARD? CSEF  
 APPLICATIONS  
 CLOSE THIS  
 WEEK.**

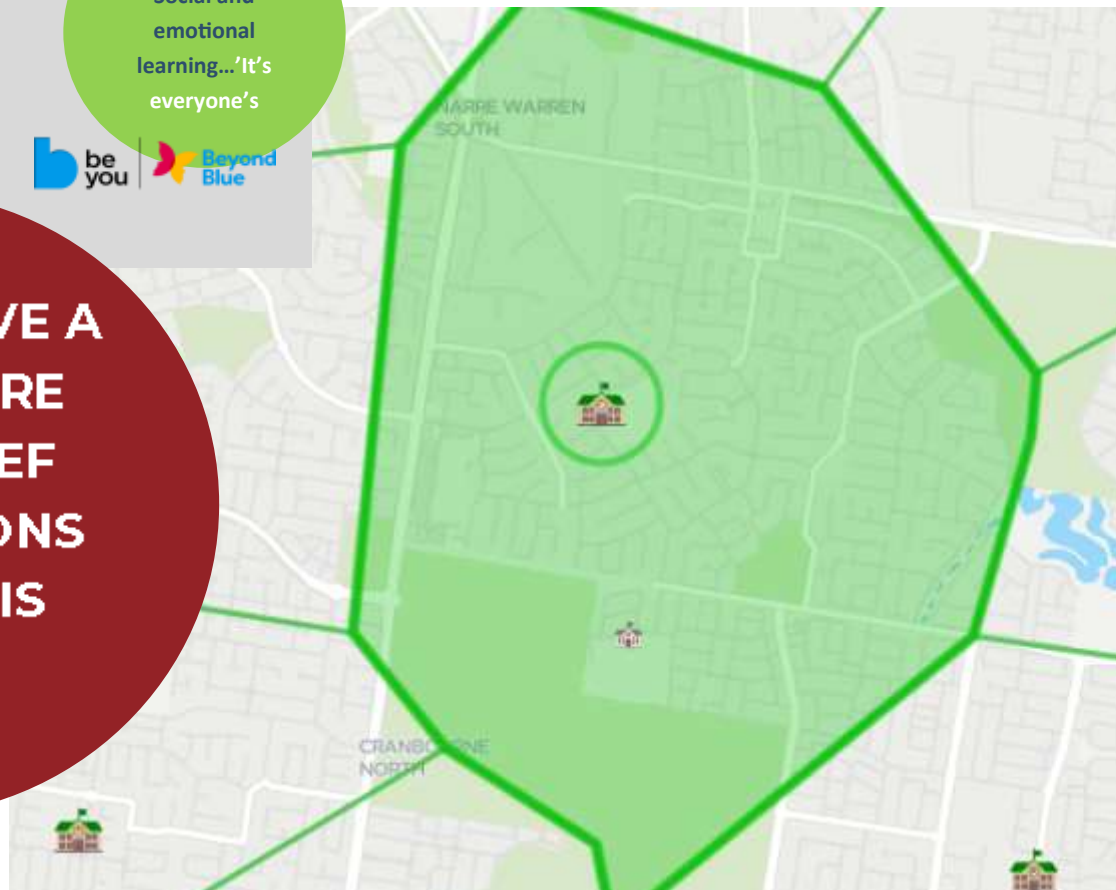
## PREP ENROLMENTS 2022

We are now taking enrolments for Prep 2022. Prospective families can find out about their local designated school by visiting:

<https://www.findmyschool.vic.gov.au/>

Enrolment packs can be collected from the front office. If you would like a digital enrolment pack, please email us at:

[hillsmeade.ps@education.vic.gov.au](mailto:hillsmeade.ps@education.vic.gov.au)





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 29<sup>th</sup> July

Students arrive from 6pm

By Mike Smith  
& Steve Titford



## CK TENNIS -COACHING-

Available lessons:  
Group  
Private  
Cardio Class  
Semi-Private  
Advanced Programs

Free Trial Lesson Available



ck\_tennis\_coaching



170 Cranbourne Rd  
Narre Warren South VIC 3805

Mobile: 0412050145  
Email: Privatecoaching.ck@gmail.com



## Program Breakdown

Lesson 1 –

Fingerprint Painting

Learn about the science of fingerprints and incorporate design and art to create an overall painting

Lesson 2 & 3– Coding and Robots

Learn about coding and robots over 2 sessions using mini speheros, Artie 3000, Dash Robot and explore Spike and EV3 robots from Lego

Lesson 4 – Pigpen Cipher and Morse Code

Learn about the difference between ciphers and codes and be able to create and interpret various codes and ciphers

Lesson 5 – Keyring Design and 3D printing

Design and create keyrings on a program and use the 3D printer to see your project come to life

Lesson 6 – Toothpick Bridge

Learn about the structures of different bridges using maths and science and then create your own bridge to hold a certain weight.

Lesson 7 – VR, AR and creating Game Sprites

Explore the world of virtual reality and augmented reality. Learn to design and create your own game sprite and your own game level!

Lesson 8 – Light up sweater/t-shirt

Learn about circuits and electricity to be able to create your own

STEAM stands for Science, Technology, Engineering, Art and Mathematics which are incorporated together in everyday challenges that help promote problem solving, collaboration and communication, critical and analytical thinking, as well as creativity

The South Eastern STEAM Club will be held during Term 3 each Friday from 4:15-5:15pm for 10 sessions in the STEAM room (D13) at Berwick College.

This program will be free of charge and is open for students in Grades 3, 4, 5 and 6.

It is such a great opportunity for students to come and learn about STEAM and learn to collaborate in a team. It is a great chance to come and see what Berwick College's STEAM Program can offer.

The program is limited to 30 students. Register your expression of interest to the following email address

[irena.arney@education.vic.gov.au](mailto:irena.arney@education.vic.gov.au) using the link below.

[SOUTH EASTERN STEAM CLUB INTEREST FORM](#)