

UPCOMING CURRICULUM DAY:

FRIDAY 15TH NOVEMBER

***STUDENTS DO NOT
ATTEND***



The Link

Hillsmeade Primary School Newsletter

Issue No 21—WED 24th JULY

TERM 3
2019



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

WHO? WHAT? WHEN?

MON	TUES	WED	THUR	FRI
22nd JULY Junior Disco @ lunchtime	23rd JULY Hillsmeade Athletics Carnival 9:00AM-3:30PM	24th JULY	25th JULY Senior Disco @ lunchtime	26th JULY Assembly in the GYM@2:45 Families Welcome
29th JULY 100 Days of Prep	30th JULY SRC Money Line Fundraiser	31st JULY	1st AUG School Tour for Prospective Families @10AM	2nd AUG Electives
5th AUG	6th AUG	7th AUG Hoop Time Basketball Gr 3/4	8th AUG	9th AUG Assembly in the GYM@2:45 Families Welcome Inter-school Sports
12th AUG Hillsmeade Athletics Carnival Gr 4-6	13th AUG Moonlit Sanctuary 9-3:30 PREP Gr 1 A/B Aquarium Science Expo	14th AUG Gr 1 C/D/E/F Aquarium	15th AUG	16th AUG Electives

Upcoming Events

Year Level	Name	Date	Cost	Due Date
Grade Prep	100 Days of Prep	29th Jul	NIL	
Selected Students	VSSS Rehearsal	31st Jul	NIL	30Jul
Year 3 & 4	Hoop Time	7th Aug	\$17	24thAug
Year 5 & 6	Interschool Sports / Lightning Prem	9th Aug –6th Sept	\$12	2nd Aug
Year 4,5 & 6	Hillsmeade Athletics Carnival	12th Aug	NIL	6th Aug
Grade Prep	Moonlit Sanctuary	13th Aug	\$33	30th Jul
Classes 1A & 1B	Aquarium	13thAug	\$37	30th Aug
Classes 1C,1D,1E &1F	Aquarium	14th Aug	\$37	30th Aug
Grade Prep &1	Swimming Lessons	19th –23rd Aug	\$36	10 Aug
Year 6	Canberra Camp	26th-30th Aug	\$50 Deposit has been paid	Final payment due 1st Aug
Year 5	Sovereign Hill	28th Aug	\$56	14th Aug
Classes 5 A,B & D	The Size of the Solar System Inc	2nd Sept	\$10	26th Aug
Selected Students	ICAS Science Yr 2-6	4th Sept	\$15	2nd Aug
Classes 5 D, C & E	The Size of the Solar System Inc	5th Sept	\$10	26th Aug
Year 5 & 6	Hoop Time	10th Sept	\$17	5th Sept
Selected Students	ICAS Writing Yr 5-6	11th Sept	\$15	2nd Aug
Year 5 -6				
Selected Students	ICAS Writing Yr 3-4	11th Sept	\$15	2nd Aug
Selected Students	ICAS Reading 2-6	17th Sept	\$15	2nd Aug
Selected Students	ICAS Maths Yr 2-6	19th Sept	\$15	2nd Aug
Year 4	Alexandra Adventure Camp	16 –18 Oct	\$50 deposit has been paid	Final payment due 20th Sept
Selected Students	Science Talent Search	28th Oct	\$8	31st May
Year 2	Camp Manyung	9th-10th Dec	\$50 deposit Due 2nd Aug Full cost \$190	Final Payment due 21st Nov

For further information log on to Compass to view the Parent Calendar or contact the office. <https://hillsmeade-vic.compass.education/>

Coming Soon—Term 3 2019 @ Hillsmeade Calendar of events

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy Week 2 of Term 3 everyone. I hope that you have all settled back in to school well and that you are keeping warm during this wet and chilly weather.

Junior Disco

On Monday the 23rd of July some of our Year 6 students held the lunchtime disco for Junior School students. This was a wonderful event supported by teachers Jess 'singing star' Szalek, Travis 'can dance' Cole, Ashleigh 'very good moves' Voutier and Jeff 'the moves' McGann. Thank you to all of the students who attended with their gold coin donation in support of the State Schools Relief. <https://ssr.net.au/>

We are looking forward to the Senior School Disco this Thursday at lunchtime in the gym entry by gold coin

100 Days of Prep

Celebrate 100 days of prep on July 29th!



Year 4 – 6 Athletics Day

Unfortunately due to poor weather this week's Year 4 – 6 athletics carnival had to be cancelled. We are very excited that we have been able to book an alternate date not too far away on **Tuesday the 12th of August**. A big thank you for everyone's understanding given the circumstances.



FROM THE PRINCIPAL

School Traffic

Recently the City of Casey hosted an information event for schools to work in collaboration with them to ease the traffic congestion around schools. Some ideas raised were: promotion of walking or riding to school, parking at local shops and walking, new signage as reminders of parking restrictions and ride share options. We would love to hear ideas from parents as well. If you have any other ideas on how we can ease traffic around the school please send them through to: hillsmeade.ps@edumail.vic.gov.au



STUDENT SPORT REPORT



State Cross Country

On Thursday 18th of June I went to Bundoora Park to represent Hillsmeade Primary School in the Victorian State cross country. I was very nervous about my race because I was the only student from Hillsmeade that had made it to state in 10 years. My Mum, Dad, Archer, Zane and Miss Sheers all came and watched my race. I was the bottom age of my 9/10 age group. I ran across a very muddy and hilly track and it was very challenging. I came 64th out of about 140 other students. I was very proud to be able to represent Hillsmeade Primary School and my achievements.

-Zye B 4/C



Zye's family were very supportive of his achievement in making it to state cross country. As a bottom aged 9/10 boy, Zye did an excellent job in completing his race. I felt very proud watching Zye compete against many boys across Victoria. Well done Zye on such a great race, such a massive achievement and Hillsmeade Primary School are very proud of you.

-Miss Sheers

2019 PARENT OPINION SURVEY

WE WANT OUR PARENTS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents think of our school. The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents. It is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour and student engagement. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

Approximately 30 per cent of parents will be invited to participate in this year's survey. All responses to the survey are anonymous. This year the Parent Opinion Survey will be conducted from Monday 22rd July to Sunday 11th August.

The survey will be conducted **online**, only takes **10-15 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (hakha), Hindi, Japanese, Greek, Turkish, Somali and Punjabi.

The survey results will be reported back to the school at the end of September. Please speak to your child's teacher if you would like more information.

FROM THE PRINCIPAL

Year 6 Students vs Teacher Series

A very big thank you to the Year 6 student leaders who are coordinating a series of teacher vs student events. The events have been amazing and the crowds have really enjoyed the show put on by the students and teachers. We look forward to more events taking place throughout this term.



Congratulations

Castiel W of year 2F and of 1st Berwick Cub Pack, has earned the Joey Scout Promise Challenge. To attain the top award in each of the five Sections in Scouting reflects initiative in tackling this challenge, sustained effort over many months and years plus self-discipline, teamwork and leadership.

A huge congratulations to Castiel!



Assembly

This Friday is our whole school assembly starting at 2:45 in the gym.

A Change of Clothes

We are half way through winter! A friendly reminder to pack a spare change of clothes in your child's bag for those wet and muddy days.



Thank You Parent Helpers

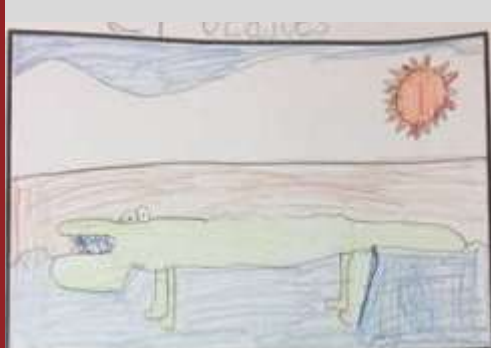
A big thank you to the wonderful parent helpers who have covered our fantastic new books for classroom libraries!

FROM MISS SMITH



Prep Writing

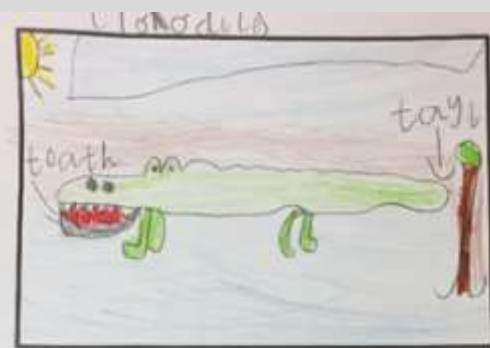
This week some talented Prep writers from Prep E, Zach, Norah and Macey, visited the office to share their information reports on 'Crocodiles'. You can read their interesting facts below!



Crocodiles live in
the water.
Crocodiles lay in
sun.



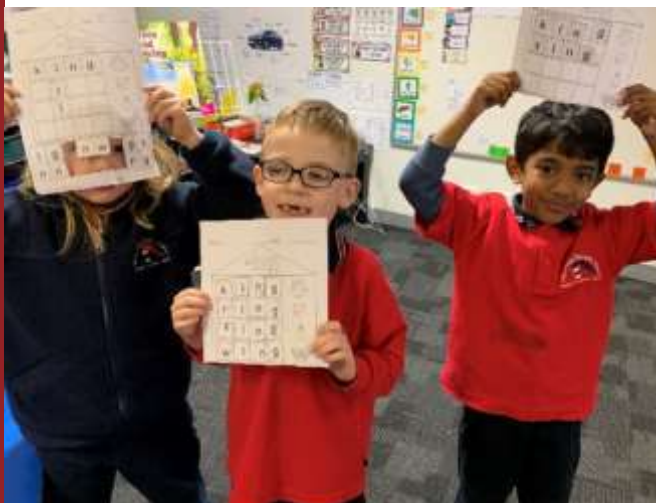
Crocodiles have
scales and have
sharp teeth.
Crocodiles live
in the water.
Crocodiles let
melt.



Crocodiles have sharp teeth.
Crocodiles have meat.
Crocodiles have scales.
Crocodiles have greenish.
Crocodiles have tails.



READING IN THE JUNIORS



Larissa (Prep B) - "I like to read Elsa books and frog books because some of them are about Elsa and frogs and I like them. I like to read on the couch because it's nice and comfy".

Maya (Prep B) - "I like to read made up stories because you get to read and I like reading, it's my favourite thing to do. I like to read on the couch".

Lucas (Prep B) - "I like to read Batman because he's a superhero. My favourite spot to read is my bed to my teddies. I have a batman teddy that looks like my dad because my dad always wears a batman mask".

READING IN THE JUNIORS



Mia (2B)- “I like to read Dr Seuss books because they are always funny. I like to read at the beach because it sounds like the waves and gives you a calming place to read. I’m going to Morocco and I’m going to bring lots of books to take to the beach”.

Yang Yang (2B)- “I like Dr Suess too, because they have alliteration, rhyming and rhythm. I like to read at camp. Some Dr Seuss books have camps in them and I like scary things”.

Indy-Leigh (1B)- “I like Harry Potter because I watch them on TV. I like to read on the bean bag because it’s a quiet spot there”.

Cody (1B)- “I like to read Pokemon books because they’re very detailed and I’ve watched every Pokemon series and I have finished all the books. My favourite place to read is in the corner, on the mat or near the locker because it’s nice and quiet there and no one disturbs me”.

FROM MR CARDAMONE



Dear Hillsmeade Community,

Happy week 2! I hope you are all staying warm in this cold weather. I have been happy to hear that lots of students and families have been coming to the front office and grabbing a kindness calendar. It's not too late to get started! It's a great family activity, some classes are doing this as a whole class.

As you may know, we have transitioned from being a KidsMatter school to a Be You School. Be You is a framework that has a strong focus on the mental health and wellbeing of students, families, staff and the community. Be You supports the school in promoting different aspects of our mental health and wellbeing. This semester as a school we are focusing on Mentally Healthy Communities. On the Be You website they have written about healthy families and what this can look like. Please find an article that may be helpful. You can find out more at <https://beyou.edu.au/fact-sheets/relationships/healthy-families>

Healthy Families "What do these look like?"

In healthy family relationships, people trust and rely on each other for support, love, affection and warmth. Families often share common goals and work together to reach those goals (for example, children and young people may help their families get the dinner dishes done so that everyone can relax).

Family members feel safe and connected to one another. Sometimes these relationships involve conflict, which is a normal part of family life. Conflict can occur between adults, children and young people. In healthy relationships, these conflicts are dealt with in a safe and respectful way.

Healthy family relationships mean that positive interactions outnumber the difficult times. Adults experiencing difficult life situations can provide learning opportunities in teaching and modelling coping strategies – children and young people shouldn't be burdened with stress, but it's helpful for them to see families successfully managing it with positive coping strategies.

The key qualities of a strong family unit identified by Australians in the Family Strengths Research Project were:

- communication** – listening to each other and communicating with openness and honesty
- togetherness** – sharing similar values and beliefs that create a sense of belonging and bonding
- sharing activities** – spending time together doing things they enjoy (for example, sports, reading, camping or playing games)
- affection** – showing affection and care regularly through words, hugs, kisses and thoughtfulness

- support** – offering and asking for support, with family members knowing they will receive help, encouragement and reassurance from one another
- acceptance** – understanding, respecting and appreciating each family member's unique qualities
- commitment** – seeing family wellbeing as a first priority and acting accordingly with commitment and loyalty
- resilience** – being able to tolerate difficulties and adapt to changing situations in positive ways

The biggest challenges in family relationships were highlighted as communication breakdown, parenting issues and difficult relationship dynamics.

Risk factors in families

There are many reasons why some individuals are more vulnerable than others to developing behavioural difficulties and mental health issues. Risk factors for children and young people are things that increase the likelihood of mental health issues developing.

Risk factors within the family include

- family conflict, instability or separation
- lack of involvement with children and young people, or inconsistent parenting
- family violence, child abuse or neglect
- mental health issues or substance abuse
- a serious illness or disability
- financial difficulties.

Protective factors in families

Protective factors decrease the chance of an individual experiencing mental health issues. These are related to good outcomes for children and young people, and serve to protect them if they're exposed to risk.

Protective factors within the family include

- strong and stable family relationships – for example, consistent, caring relationships
- supportive parenting – for example, being available to listen to and talk with children and young people
- strong family values for example, a shared understanding of how to treat others
- consistency in routines and limits – for example, responding the same way to children or young people's behaviour."

If you have any questions, please let me know. Thank you.

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

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



3C's TIPS FOR NOT CALLING OUT

The year 3 classes work hard to create positive, respectful learning environments. To ensure learning time is effective with minimal interruptions, the year 3 classes had a competition to see which class had the least 'calling out'. 3C won and have shared their tips below:

- Calling out is annoying and we won't get our work done in time.
- Calling out is rude and disrespectful.
- Calling out distracts other students.
- When someone is talking and has a really good idea, we might not hear them if there's calling out.
- We stay quiet.
- We put our hands up if we have something to contribute.
- We decorated brightly coloured 'calling out hands' to remind us to put our hands up.
- We think about if we were the teacher and students were calling out. How would we feel?

A NOTE FROM THE SICKBAY

There has been a case of Chickenpox (Varicella) reported at Hillsmeade recently.

Symptoms may include: fever, runny nose, cough, fatigue, and rash (bumps or blisters).

Chickenpox is spread by: breathing in airborne droplets from the upper respiratory tract of an infected person (these droplets are made airborne when the infected person coughs or sneezes) or by touching the fluid from the blisters on the skin of a person with chickenpox.

If your child presents with any of these symptoms or becomes unwell please consult your Family Doctor/ Pharmacist.





Hillsmeade SRC

presents...

The Money Line Competition!

Tuesday 30th of July

Bring some small change for your
classes' money line.

The junior and senior class with the
longest line wins a prize!

All the money raised will go towards
charities chosen by the SRC - *State
Schools Relief Fund* and an organisation
called *Missing School*, as well as a new
Indigenous garden at our school.



Hillsmeade Senior Choir Grade 3-6

ONLY! On Tuesdays at lunchtime
in the music room.

Conducted by Mrs Bampton – Mrs Scott – Mr Lewier

In choir we sing a lot of songs like:

(How far we go)

(High hopes)

(Drag me down)

(Believer)

We would like you all to come.

It is very fun to sing – you can also learn songs and
you might even get told **“you are a very good singer”**

We will see you there!

(created by Abby & Lucas 3C)



The title is decorated with four stars: two yellow stars and two blue stars. The yellow stars are positioned above the number '100', and the blue stars are positioned to the left and right of the number '100'.

100

Days Of Prep

On Monday 29th July, Prep students will be celebrating a milestone: their 100th Day of Prep. On the day, Prep students will take part in activities based on the number 100.

Prep students are invited to come dressed on the day in something related to the number 100. Ideas include: 100s and 1000s, a t-shirt with 100 items, \$100, and 'What I will look like when I'm 100 years old.' As students will be completing some activities outside, we ask that students wear runners.

SCIENCE



EXPO



Tuesday 13th August

Experiments in the main building
between 5.00-5.30pm



**REMEMBER
TO DRESS
UP!**

**View displays and family
demonstrations in the Hall
between 5.30pm-6.30pm**

Don't forget your gold
coin donation!





Science Expo 2019-Family Entries

The Science Expo is coming up on **Tuesday 13th August 5:00 – 6:30pm**. If your family would like to present a simple science display or demonstration on our open night, please fill in your details below and return this form to school by **Thursday the 8th of August**.

Family Name:

.....

Student(s):

Grade(s):

Brief description of the science display/demonstration:

.....
.....
.....
.....
.....

Prizes will be awarded to successful entrants, as voted by students and families on the night. All family entries will be recognised for their participation. Please see Mrs Bhardwaj with any questions. Good luck and have fun!

.....



WE ARE ON THE LOOK OUT!



This year we are once again asking for a gold coin donation to help raise funds for the school's Science program! There will be a collection tin in the foyer of the hall as you enter to see the fantastic class displays and family entries.

Don't forget: there are prizes that can be won for those who dress up as a **CRAZY SCIENTIST!**





Premiers' Reading Challenge at Casey Cardinia Libraries

If you are taking part in the Premiers' Reading Challenge remember our Libraries have the books you need to meet the challenge!

Visit your local Library and ask for the Premiers' Reading Challenge Collection. Each book in the Collection will be labeled with a reading level ready for you to read and add to your reading record.

Books for P-2, 3-4 and 5-6.

For more information, visit www.ccl.vic.gov.au



ccl.vic.gov.au



Bunjil Place Library

Patrick Northeast Drive,
Narre Warren

Cardinia Mobile

Multiple Locations

Cranbourne Library

Casey Complex,
Berwick - Cranbourne Rd,
Cranbourne

Doveton Library

Autumn Place, Doveton

Emerald Library

400B Belgrave - Gembrook
Rd, Emerald

Endeavour Hills Library

Raymond McMahon Blvd,
Endeavour Hills

Hampton Park Library

Stuart Avenue,
Hampton Park

Pakenham Library

Cnr. John & Henry St,
Pakenham

If you would like to place an advert in the newsletter, please see the friendly office team

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U8's come and try sessions!

Does your child want to play basketball?

Are they born in 2012 or 2013?

Bring them along to our free U8's come and try sessions for girls and boys!

Thursday 25 July, and

Thursday 1 August

5.00pm - 6.00pm

Brentwood Park Primary School

Please send an email to

president@berwickpanthers.com.au

by 24 July with your child's name and date of birth to register

Further information will be emailed to you!

WAVERLEY
Gymnastics Centre

NARRE WARREN GYMNASTICS

A fun, safe and challenging gymnastics program for girls and boys aged 4-13 years! Classes are held in the Fountain Gate Primary School gymnasium on Wednesday and Thursday afternoons. Call now to book your trial class!

9887-9611
www.wgc.org.au

GIITAR ♥ LESSONS

Guitar lessons are offered at Hillsmeade to students in Grades 1-6

Lessons conducted during school hours by qualified guitar tutor Jesse King.
(Diploma Music Composition, Cert III Training Assessment & Education)
Cost: \$25 per 1/2 hour private lesson - NOW TAKING TERM 3 ENROLMENTS

Please contact Music Teacher Mrs Lisa Scott or contact Jesse directly on 0404 697 712 / dep_17@hotmail.com

Attendance Matters

Every student, Every day