

UPCOMING CURRICULUM DAY:

FRIDAY 15TH
NOVEMBER

***STUDENTS DO NOT
ATTEND***

**Christmas
Concert will be
held at school on
Friday the 13th of
December.**



The Link

Hillsmeade Primary School Newsletter

Issue No 35—WED 13th NOV

TERM 4
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 |
|---|---|--|--|--|
| 11th NOV Remembrance Day | 12th NOV Mandarin Night | 13th NOV Gr 6 Casey Central Excursion | 14th NOV Regional Volleyball Finals 11:40-12:40 2020 Prep Transition | 15th NOV Curriculum Day—No Students at School |
| 18th NOV Woolworths Discovery Tour 3/D/C | 19th NOV Woolworths Discovery Tour 3B/E | 20th NOV | 21st NOV Woolworths Discovery Tour 3/F 11:40-12:40 2020 Prep Transition | 22nd NOV Assembly @ 2:45Pm Junior Cross Country Woolworths Discovery Tour 3/A |
| 25th NOV Footsteps Dance Experience Gr 5/6 Lifesaving VIC Gr 5/6 | 26th NOV School Tour @ 10AM | 27th NOV Foot steps Dance Experience Gr 1/4 Lifesaving VIC Gr prep/1 2020 leadership speeches | 28th NOV 11:40-12:40 2020 Prep Transition Foot steps Dance Experience Gr 2/43 Lifesaving VIC Gr 2/3 | 29th NOV Lifesaving VIC Gr 4 MAD DAY (Families welcome) Electives |
| 2nd DEC | 3rd DEC ART Expo | 4th DEC 2020 Prep Parent Info Night | 5th DEC 11:40-12:40 2020Prep Transition | 6th DEC Assembly @ 2:45 in the Gym |

UPCOMING EVENTS

| Year Level | Name | Date | Cost | Due Date |
|-------------------|--------------------------------|----------------------------|---|-------------------------------|
| Grade 6A and 6B | Casey Central Excursion | Wednesday 13th November | NIL | 06th Nov |
| Grade 6C and 6D | Casey Central Excursion | Wednesday 13th November | NIL | 6th Nov |
| Selected Students | Regional Volleyball Finals | Thursday 14th November | NIL | 10th Nov |
| Grade 3C + 3D | Woolworths Discovery Tour | Monday 18th November | NIL | 12th Nov |
| Grade 3E + 3B | Woolworths Discovery Tour | Tuesday 19th November | NIL | 12th Nov |
| Grade 3E | Woolworths Discovery Tour | Tuesday 19th November | NIL | 12th Nov |
| Grade 3F | Woolworths Discovery Tour | Thursday 21st November | NIL | 12th Nov |
| Grade 3 A | Woolworths Discovery Tour | Friday 22nd November | NIL | 12th Nov |
| Grade 3 | Melbourne Zoo | TBC | TBC | TBC |
| Grade 2 | Camp Manyung | 9th-10th December | \$50 deposit Due 9nd Aug Full cost \$190 | Final Payment due 21st Nov |
| Grade 1 | Cape Schanck Lighthouse EXC | Monday 16th December | \$33.00 | 2nd Dec |
| Grade Prep | Casey Fields Playground | Wednesday 18th December | \$8.00 | 4th Dec |
| Grade 5 | Little Day Out | Wednesday 18th December | \$25 | 2nd Dec |
| Grade 6 | Big Day Out | TBC | TBC | TBC |

A NOTE FROM SICK BAY

If your child has Asthma could you please supply the school with a current Asthma Action plan signed by your doctor.

These plans need to be updated every 12 months.

A reminder that all medication (with the exception of Ventolin) needs to be handed into the office with a Medication Request form or note with time and dosage and in its original packaging.

What: 2020 Grade 4-6 School Production

When: Wed 29th July 2020

Time: 7pm

**Venue: Bunjil Place Theatre,
2 Patrick North East Drive,**

FROM THE PRINCIPAL

Dear Hillsmeade Community,

I hope that everyone is having a wonderful Week 6. The end of the school year is fast approaching and we have many exciting activities and events planned in the upcoming weeks.

Curriculum Day

A reminder that students are not required at school this Friday the 15th of November as we will be having a curriculum day. This day will support staff engagement with Bryan Jeffrey, author of *My Big Brain Book*. Staff are looking forward to this professional learning opportunity.

Free Dress Day

Next Friday the 22nd of November will be a free dress day by gold coin donation. This event will help to raise funds for our highly anticipated annual Christmas Raffle.

Christmas Concert

This year's school Christmas concert will be taking place at Hillsmeade Primary School on Friday the 13th of December. It would be wonderful to see as many families in attendance as possible.

SOCIAL MEDIA COMMUNICATION

In line with our mission and vision statements I would like to take this opportunity to remind all families about their use of social media.

We are all challenged at times by the use of social media as a communication method both in our professional and private lives. As a school we have our Internet/Social Media use policy which act to guide all our interactions. I would like to remind our students and families of the importance of positive interactions across social media. Please refer to our website for copies of our policy.

<https://www.hillsmeade.vic.edu.au/wp-content/uploads/2016/12/Internet-Social-Media-Use-Policy.pdf>

As a school community we all have a shared responsibility for ensuring that we uphold our values in our day to day interactions with each other. I am committed to ensuring that everyone in our school community is treated with respect, fairness and kindness. This is particularly important where there are concerns or sensitive matters to be raised, or where we think that particular issues should be responded to or handled differently.

If you have any concerns please raise these directly with me / the school so that we can have a shared understanding and work together to continue to promote a positive and inclusive learning environment and school community.



Hillsmeade PS Mission and Vision statements

To provide a caring, safe and supportive learning environment for children to grow.

We aim to continually grow and learn together by:

supporting individual abilities and excellence in academic achievement

celebrating diverse backgrounds and cultures, and becoming global citizens prepared for the needs and expectations of our ever changing society.



FROM THE PRINCIPAL

Remembrance Day 2019

On Monday 11th November at 11am, our school captains Keely and Keshav attended a Remembrance Day Ceremony in Cranbourne with Miss Smith. On behalf of the staff and students at Hillsmeade, we paid our respects and acknowledged those who fought for our great country. We spoke with members of the Cranbourne RSL and community members about special medals worn in honour. One member showed us a Victoria Cross medal, awarded for acts of bravery in wartime and is Australia's highest honour.



WHAT DOES REMEMBRANCE DAY MEAN TO OUR STUDENTS?

"It makes me think about the people who sacrificed their lives for us to protect our country."

Charli 4A

"It means to remember the people who fought for our country. They must have been brave people to go and fight for us."

Lilly E 4A

"Remembering the people who fought in the war to serve our country."

Romeo 4A

"I felt sad for the people who died and happy for the people who survived. I also think about the people who were living in this time."

Bradley 4A

"I was thinking about the people fighting in war and that the poppies were there to see and take their mind off the fighting."

Hayden 4A

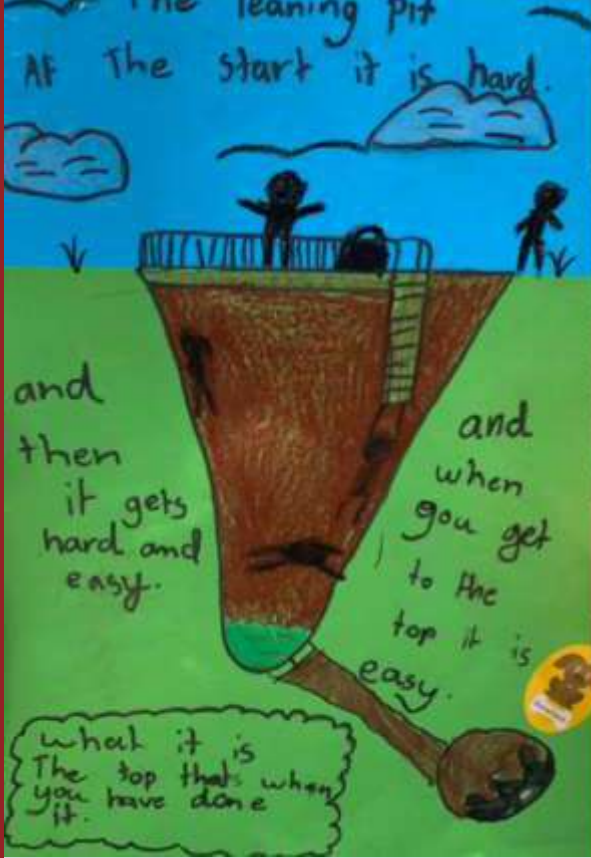
"The bugle music reminded me of my Great Uncle who fought in the war. It made me think about how hard it would have been to leave their families behind."

Bianca 4A



Step Up Day 2019

This year we will be having our Step Up into 2020 classes' day on Wednesday the 11th of December. Students will spend time in their 2020 classes, with their new teacher (where possible). A reminder that State-wide transition day for 2020 Preps and year 7 students will still take place as normal on Tuesday the 10th of December.



Hillsmeade Happenings

Well done to Deegan of Year 3A who this week appeared on Hillsmeade Happenings discussing his drawing and understanding of the Learning Pit. It was so wonderful to hear his explanation around learning as a challenge and overcoming obstacles.

Well Done Deegan.



Congratulations
Mathe-Magicians!



WALKING STARS

Saturday 7 December
Melbourne



HILLSMEADE
WALKING
STARS

On Saturday 7th December, a team of staff will be participating the the Walking Stars night time half marathon walk (21km) around Melbourne, to raise vital funds for Cancer Council Victoria. The team have been in training for a number of months now and have completed walks around Lysterfield Lake, the school oval and the Hallam Valley Trail.

If you would like to sponsor us for the event you can do so via the following link:

<https://fundraising.cancervic.org.au/event/walking-stars/home> - (in find a friend type our team name) Hillsmeade Heroes.

Your support would be much appreciated.

- Ms Lisa Scott



Good Luck

Wishing the best of luck to Hillsmeade Sports teams competing over the coming weeks in various regional and state level competitions.

Year 5/6 Mixed Volleyball Team – wishing you the best of luck for this week's event.

Year 3/4 All Star Girls Hoop Time Team – wishing you the best of luck for the State Championships.

Every day at school counts... Missing even one day can make a difference over time

Missing
1 day
of school each
fortnight

=

Missing
more than
a year
of learning over
12 years

2019 JUNIOR CROSS COUNTRY

| <u>Times</u> | <u>Just DANCE</u> | <u>Soccer</u> | <u>Cross country</u> | <u>Basketball</u> |
|--------------|-------------------|---------------|----------------------|-------------------|
| 9.30 | Prep | Grade 1 | Grade 2 | Grade 3 |
| 9.50 | Grade 1 | Grade 2 | Grade 3 | Prep |
| 10.10 | Grade 2 | Grade 3 | Prep | Grade 1 |
| 10.30 | Grade 3 | Prep | Grade 1 | Grade 2 |

Friday 22nd
of November
Junior x-country

The Junior Cross Country will be held on the synthetic oval, the basketball courts and in the hall. Students should come ready to participate in a fun morning of physical activity. All Students will report to class as usual in the morning.

Basketball will be held on the basketball courts, soccer on the soccer pitch, Just Dance in the hall and the cross country will take place around the school, probably beginning on the soccer ovals out the back of the school. Spectators welcome.

FROM MS TOOBA - PREP TRANSITION

PSW STORE IN OFFICER



407 Princess Hwy,
Officer VIC 3809
Phone: (03) 5769 0382

REGULAR TRADING HOURS**
Tue to Fri: 9:00am - 5:00pm
Sat: 10:00am - 1:00pm

EXTENDED TRADING HOURS**
MONDAY NOVEMBER 18th: 10:00 to 12:00pm
SATURDAY MARCH 7th, 2020

Mon to Fri: 9:00am - 5:00pm
Sat: 9:00am - 1:00pm



www.psw.com.au Save Time, Shop Online!



**We now lay by in January. Lay by now costs a 20% deposit. Lay bys available to schools only. Contact us for lay by details. School 2019.
*Must be paid between Nov 1st to Nov 30th. Lay by must be paid for and shipping by 1st Dec 2019.
** Store trading hours are subject to change, please refer to our website for all store trading hours, holiday trading and public holiday information, or call the customer service team on 03 5769 0382.
* School Price Lists are subject to change throughout the year.



والدين و سرپرستان گرامي،
به مكتب ابتدائيه هيلسميد خوش آمديد .

پروگرام هاي تحويلى مقدماتي (پريپ) ۲۰۲۰ قرار ذيل است:

پنجشنبه: ۱۴ نومبر ۲۰۱۹

وقت: ۱۱:۴۰ صبح الي ۱۲:۴۰ چاشت

پنجشنبه: ۲۱ نومبر ۲۰۱۹

وقت: ۱۱:۴۰ صبح الي ۱۲:۴۰ چاشت

پنجشنبه: ۲۸ نومبر ۲۰۱۹

وقت: ۱۱:۴۰ صبح الي ۱۲:۴۰ چاشت

پنجشنبه: ۵ دسمبر ۲۰۱۹

وقت: ۱۱:۴۰ صبح الي ۱۲:۴۰ چاشت

سه شنبه ۱۰ دسمبر ۲۰۱۹

وقت: ۹:۳۰ صبح الي ۱۲:۳۰ چاشت

در جريان كه اطفال در حال بازديد از صنف هاي مقدماتي (پريپ) هستند و معلمين را ملاقات مي كنند ، همه والدين/ سر پرستان به يك جلسه اطلاع رساني دعوت ميشوند تا خانواده ها را براي مكتب آماده كنند .

ماهيچنين يك جلسه اطلاعات عصرانه داريم كه در صورت عدم امكان حضور در روز ها/ تاريخ هاي فوق، خلاصه اي از جلسات روز خواهد بود .

اين جلسه به تاريخ ۴ دسمبر ۲۰۱۹، از ساعت ۶:۰۰ شب الي ۷:۳۰ شب خواهد بود .

On Thursday 7th November, students and teachers attended a special assembly to celebrate 'Music Count Us In' and to sing the song 'We Are' simultaneously with more than 745,000 students from across the whole of Australia. We were fortunate to watch a live feed of the event from Surfer's Paradise, seeing the National Anthem being sung in a traditional Aboriginal language, and 'We Are' performed in sign language as well as by a large community choir. This created a sense of excitement and helped students to really feel connected to other schools taking part.

'Music Count Us In' is Australia's largest school initiative and is supported by the Australian Government to advocate for, and to celebrate, the importance of music education in schools. The song is written by students as part of a National Song writing Competition.

It was wonderful to see so many happy, smiling and engaged students working together to perform the song and to unite as a school community. A big thank you goes to the Senior Choir, Mr Lewier and Mrs Bampton for helping to lead the celebrations

Ms Lisa Scott—Music Specialist Teacher

COUNT US IN





MANDARIN NIGHT

On Tuesday 12th November we held our annual Mandarin Night. There were fantastic cultural activities including plate decorating, Chinese bean bag toss, fortune cookie bookmarks, origami, paper cutting, opera masks and kite flying. We had a spectacular Chinese ribbon dance performance and students also performed songs they have been learning in Mandarin. A huge thank you to Jenny Ching for organising this amazing cultural event, as well as the student leaders and staff for facilitating the activities.— Miss Sarah Smith



FROM MR CARDAMONE



Dear Hillsmeade Community,
Happy week 6! Half way mark! I hope you have started to make plans for the upcoming holiday break, which include some rest days and quality family time together.

Last week we shared some information on the benefits of stress management. This week we will take a look at some tips from the website 'Headspace'. <https://headspace.org.au>

You will find a wealth of information on mental health and wellbeing, including articles on how we can look after ourselves and our family and friends. Although Headspace is targeted from the ages 12 and up, lots of the information can be very helpful to families. Please see below; 'Tips for a healthy headspace'. This is a short summary on hints and tips on how to look after ourselves or someone else going through a challenging time.

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

Mr John Cardamone

Leading Teacher in Social and Emotional Learning

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

There are a number of ways you can look after your mental health and wellbeing every day...

Get informed

Understanding more about what you're going through is an important first step. Information to help you make good decisions about relationships, school, finances and seeking help is available in a number of ways. Read pamphlets, articles or fact sheets, listen to podcasts, talk to or watch videos about others who have had similar experiences, read trusted websites for information, or ask a trusted adult for advice.



Sleep well

Getting a good night's sleep helps you feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and you are more likely to have problems with sleep. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

Physical activity

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.



Eat well

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. veges, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.



Build strategies

We all have coping strategies – some good, some not so good (e.g. using drugs and alcohol). There are various positive coping strategies you can try; exercise, relaxation techniques, talking to someone, writing or art. Experiment with what works best for you.



Reduce harmful effects of alcohol and drug use

Some people make the mistake of thinking that taking drugs and/or alcohol can help get them through tough times. While it may help people to cope temporarily, drugs and alcohol are one of the leading causes of harm to Australian young people and can contribute to, or trigger, mental health problems over time. Being responsible and reducing your use can improve your health and wellbeing.



Set realistic goals

Setting realistic goals can help you to work towards a healthy headspace. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

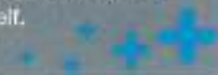


Tips for a healthy headspace



Change your self-talk

Self-talk is the way that you talk to yourself, that voice inside your head. It can be positive (e.g. "I can make it through this exam") or negative (e.g. "I'm never going to be able to pass this subject"). There are a number of things you can do to change the direction of your self-talk. First, listen to your inner voice – is your self-talk helping you or reinforcing bad feelings? Next, try to replace your negative thoughts with more realistic ones. Try to look for a more rational spin on your situation or think of strategies to tackle your problems, rather than giving up hope. By working on your self-talk the more you'll feel confident and in control of yourself.



Develop assertiveness skills

Being assertive means standing up for your own rights; valuing yourself and valuing others' opinions without letting them dominate you. This can help build your self-esteem and self-respect. Being assertive is not the same as being aggressive. Remember to always listen, be prepared to compromise and be respectful of the other person's opinion, while still being confident, calm and knowing what you want.

Relax

There are many ways to relax and different relaxation techniques to use to overcome stress. Progressive muscle relaxation involves tensing and relaxing specific groups of muscles from your feet all the way to your head, while focussing on your feelings of tension and relaxation. You could also try breathing techniques, such as deep breathing or focussed breathing (breathing in through the nose and as you breathe out say a positive statement to yourself like 'relax' or 'calm down'). Place a hand over your diaphragm to make sure you're breathing slowly – you should feel your hand move if you're doing it right. Focus on breathing in slowly for 4 seconds, holding your breath for 2 seconds and breathing out slowly for 6 seconds.



Practice conflict resolution

Having a hard time with friends or family is difficult for most people. Talking through the issues in a calm and thoughtful way is the best approach. Avoid getting personal, be willing to compromise and listen to their perspective.



Help and be kind to others

Do something to help someone else. Acts of kindness help other people but also make you feel good. Give a compliment, offer to help someone out or volunteer either on a once-off project or an ongoing basis and allow yourself to feel good for making someone else feel good.

Be socially active and get involved

Social relationships are really important to your general wellbeing. It is okay to take time out for yourself but friends can provide support when you're having a tough time. Spending time with friends is also really important for keeping and building on existing friendships. Getting involved with volunteer work, hobbies, clubs or committees, or sports can help you feel connected to your wider community while also meeting new people. If you're not feeling up to going out, even a phone call, email, text message or Facebook message can help us feel connected to friends and family.

Play

Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks, and reduce stress and anxiety.



Seek help

A problem can sometimes be too hard to solve alone, even with support from friends and family. Be honest with yourself about when you may need support and get professional help. You can see your general practitioner (GP), make an appointment to chat to someone at your local **headspace** centre or visit eheadspace.org.au. Finding help might feel scary at the start but it gets easier over time. Getting support can help you to keep on track with school, study or work, and in your personal and family relationships. The sooner you get help the sooner things can begin to improve for you.



headspace
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

Thinking BEYOND the Text

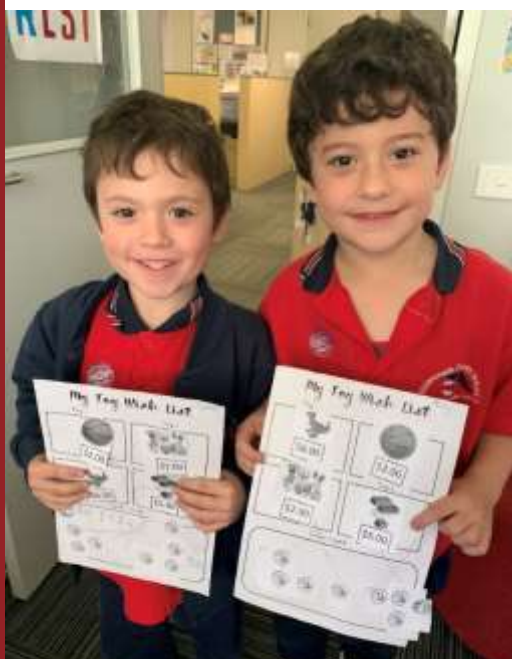
| | | | | | |
|---|--|--|--|--|---|
| Tell me some ways the two main characters are alike and different? | | | | | ☆ |
| Tell me how you felt when the main character solved their problem. Why? | | | | | ☆ |
| Why is the middle of this story important? | | | | | ☆ |
| How does the main character change from the beginning to the end of the story? | | | | | ☆ |
| What does the main character learn? | | | | | ☆ |
| Can you think of a different end for this story? | | | | | ☆ |
| Can you give an example of a text-to-self connection from the book? | | | | | ☆ |
| What was the most surprising fact that you learnt from this book? | | | | | ☆ |
| What are 2 facts that you have learnt that everybody should know? | | | | | ☆ |
| What does the author say that makes you think that? | | | | | ☆ |
| What is a question you still have about this topic? | | | | | ☆ |
| What are some of the features of this book that tell you it is fiction/non-fiction? | | | | | ☆ |



Mrs. Thomas has created a fantastic resource to support reading comprehension at home. This might be something you can use at home to help your child make sense of what they are reading. Happy reading, love Foxy!

CONGRATULATIONS TO OUR HILLSMEADE HEROES

| | | | | | | |
|-----------|-----------|---------------|-----------|-------------|------------|------------|
| Prep A | 1/C | 2/A | 3/B | 4/A | 5/A | 6/A |
| Evni S | Grace K | Kira S | Addison C | Tenielle B | Bella W | Abigail K |
| Jayden C | Leonard J | Chloe L | Cameron T | Lilly E | Nicolas Z | Brooklyn V |
| Jessie K | | | | Charli H | | |
| Ashton B | | | | Amelia B | | |
| Prep B | 1/D | 2/B | 3/D | 4/B | 5/B | 6/B |
| Larissa P | Zainab A | Jack L | Aishah S | Tiresa C | Tyler M | Josh W |
| Millie C | Abhinav J | Ayaan B | Reka S | Mihir P | Eliana S | Mahsa R |
| Ben M | | | | Christina R | | |
| Maci C | | | | Harnoor S | | |
| Prep E | | 2/D | | 4/C | 5/D | 6/D |
| Macey C | | Ana I | | Ben S | Mia B | Mark A |
| Tehan P | | Charlotte S | | Navida | Theodore E | Shaelee D |
| Blake M | | | | Ava M | | |
| Mason D | | | | Davyn T | | |
| Prep F | | | | 4/D | 5/E | |
| Sotoda A | | All of 2/F!!! | | Tayte G | Bailey | |
| Jethro R | | | | Sana M | Alexandria | |
| | | | | Skyler S | | |
| | | | | Gurshan S | | |
| | | | | 4/E | | |
| | | | | Logan DN | | |
| | | | | Nadja G | | |



EXCELLENT WORK!

Kyson and Altay visited the office this week to share some amazing maths work. They were so excited to tell us they were helping each other, demonstrating our I RESPECT values of persistence, enthusiasm and teamwork. Well done! - Miss Sarah Smith

Don't forget!

School banking is every Tuesday

Tuesday the 3rd of DEC is the last day to redeem items for guaranteed delivery before the end of term.