



Do we have your up to date contact information?

Email us @

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



# The Link

Hillsmeade Primary School Newsletter

Issue No 10—WED 22nd APRIL

TERM 2  
2020



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



We are committed to remote learning that is:

REASONABLE  
PURPOSEFUL  
CONSISTENT  
SUSTAINABLE

# FROM THE PRINCIPAL



[https://  
www.abc.net.  
au/  
tveducation/](https://www.abc.net.au/tveducation/)

Dear Hillsmeade Community,

Happy Week 2 of Term 2, 2020. We hope that everyone has had a great start. It certainly was a different week for us at Hillsmeade. We are so pleased to hear the positive comments about our students engaged in learning remotely. Congratulations to students, staff and PARENTS for really supporting each other at this time. I am so proud of our Hillsmeade Primary School Community.

We understand that there are challenges and we all appreciate that each day we try our best. Please know that we are here as a support. We are all in this together.

## Hillsmeade Happenings

We hope that families have enjoyed the first two episodes of Hillsmeade Happenings for Term 2. Here are the links to episodes if you missed them.

### **Hillsmeade Happenings Episode 1**

<https://vimeo.com/407517756/dc7439f3d9>

### **Hillsmeade Happenings Episode 2**

<https://vimeo.com/409429795/5209df0b7e>

A big thank you to Travis Cole for coordinating the production of Hillsmeade Happenings and our wonderful staff for providing great content.

## Hillsmeade Virtual Assembly

This Friday will be our first virtual assembly. This will be shared via vimeo on COMPASS at 2:45pm this Friday (in the same way that we have shared Hillsmeade Happenings). Please enjoy.

## Learn with ABC TV Education

Program for week 1 (14-17 April): download [HERE](#)

Program for week 2 (20-25 April): [OVERVIEW](#) and [PRINT FRIENDLY](#) versions available now.

Program for weeks 3-4 (27 April -8 May): [OVERVIEW \(wk3\)](#) , [OVERVIEW \(wk4\)](#) and [PRINT FRIENDLY \(wk 3-4\)](#) version available now

Each weekday will start with content for Kindergarten/Foundation level students at 10am. Primary and Lower Secondary level content will continue throughout the morning. Programming then progresses up to Secondary level content in the afternoons.

And remember, there is an enhanced collection of carefully curated education content *always* available on [iview](#).

## ANZAC Day

This Saturday the 25<sup>th</sup> of April is ANZAC Day. This is a day in which we pause to remember the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.

Normally, we join with Alkira Secondary College students in a student leader led special assembly with Year 4 – 6 students.



‘Lest we forget’



## FROM OUR SCHOOL COUNCIL

### **Remote Learning**

*"On behalf of school council and the parent community I wish to express my sincerest thanks to Jodie and all the Leadership Team and Staff of Hillsmeade for the incredible amount of work they have undertaken in the transition to remote learning in Term 2. It is not an ideal situation for many of our community but all at Hillsmeade have done their utmost to make the transition as smooth as possible. The clear and concise communication, as well as the willingness to consider feedback has been greatly appreciated by all parents. May I also say thank you to the staff who remain onsite for those unable to continue their learning at home. This is a difficult time for many but I hope that you can take some time to enjoy having a small insight into what our little people do during their time at Hillsmeade. Take care and stay safe. Best regards, Brooke Gniel"*

**Brooke Gniel - Hillsmeade Primary School Council President**

### **Transition to Remote Learning**

*"While the last week or so has undoubtedly been difficult I have felt incredibly grateful to be a part of the Hillsmeade community. The communication from the school regarding what to expect and what would be required to transition our kids to remote learning has been exceptional from the outset and the support for our kids incredible. Both my boys have had real difficulty settling into the change to their schooling this term but their teachers have been wonderful, really responsive to our emails, very available and generous with their time over the phone and the support and reassurance they have both received from their teachers has made a massive difference. Today we had what I consider our first completely "good" day for both boys and I'm confident this process will gradually get easier as we move forward."*

**Megan Shields - Hillsmeade Primary School Council Vice President**

*"My name is Lisa Holmes and I have two children who attend Hillsmeade Primary School. They are in Grade 2 and Prep. I have been very impressed with how efficiently the whole remote schooling process has been implemented. I am sure there was a laborious amount of work that went on behind the scenes, but as a parent, I can say that the transition has been presented seamlessly. The communication via Compass has been clear and the school has responded well to feedback and suggestions. I would like to say a big thank you to all the valuable teachers and administration team who have made this uncertain time and process, as smooth as it could be.*

*Is it too early to be saying that I am thoroughly looking forward to Term 3 back at school??? Fingers and toes crossed. (I could safely make that statement on behalf of the whole parent body yes?!)"*

**Lisa Holmes - School Council Parent Representative**

# #RemoteLearning4Hillsmeade

We know that Term 2 is unlike any other Term 2 we have had in our school. But, we are all in this together. Please enjoy the below shared images of our students positively engaging in remote learning. We are so proud of our school community and the way we are all supporting each other during this testing time.



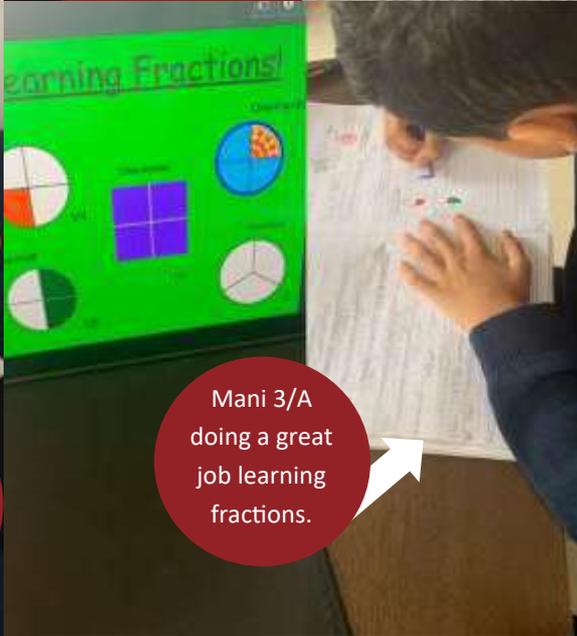
All aboard!  
Tara 2/B  
reading in her  
favourite  
spot.



Subga 2/D  
we love the  
tree house  
you designed!



Cody 2/E has  
been enjoying  
his hands-on  
learning tasks.



Mani 3/A  
doing a great  
job learning  
fractions.



Damien 4/C  
using Epic  
for his  
reading.



Georgia 2/E  
keeping active  
and enjoying  
the fresh air!



A wonderful  
set up and a  
great big smile!  
Annie 3/E

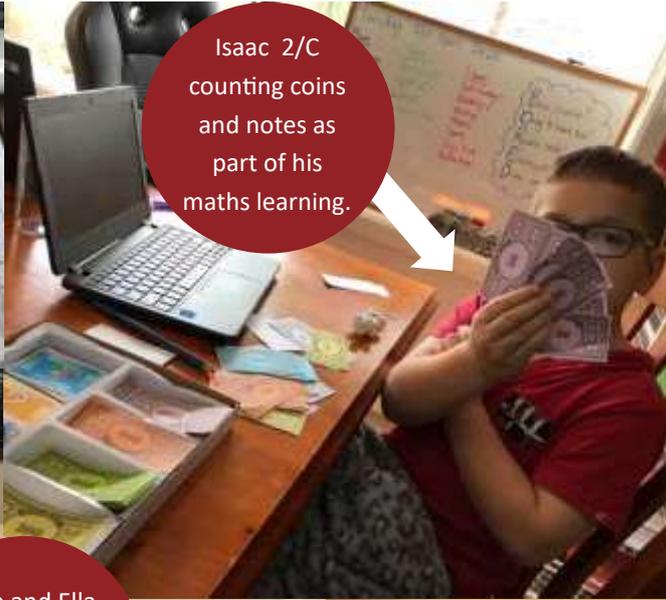


Thank you  
Shaileshwar 5/C  
for sharing your  
day with us!

# OUR STUDENTS LEARNING REMOTELY!



Thank you Erika V for showing us your amazing work.



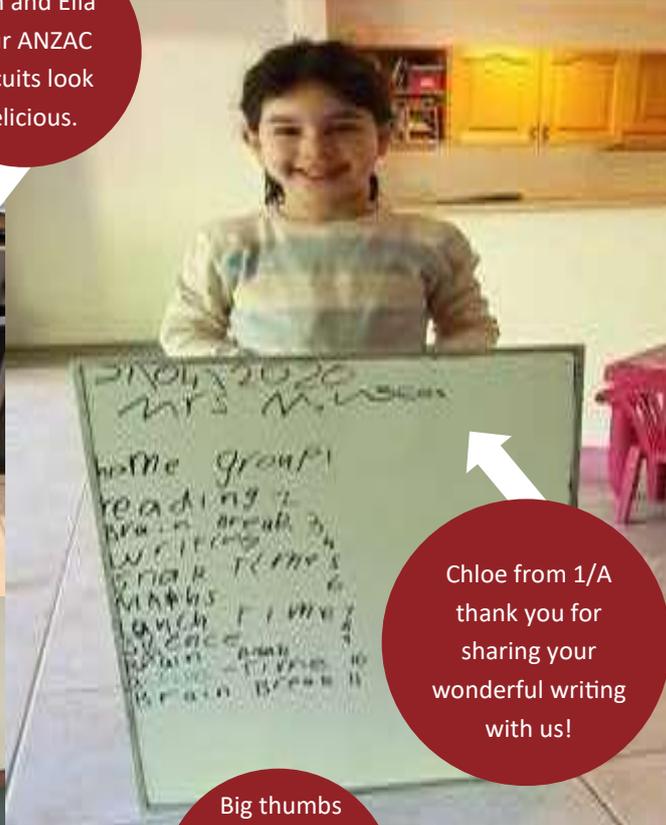
Isaac 2/C counting coins and notes as part of his maths learning.



Eden, Xaris and Eunice, what concentration!



Josh and Ella your ANZAC biscuits look delicious.



Chloe from 1/A thank you for sharing your wonderful writing with us!



Brain food from Chef Bec Green, Bon appetit !



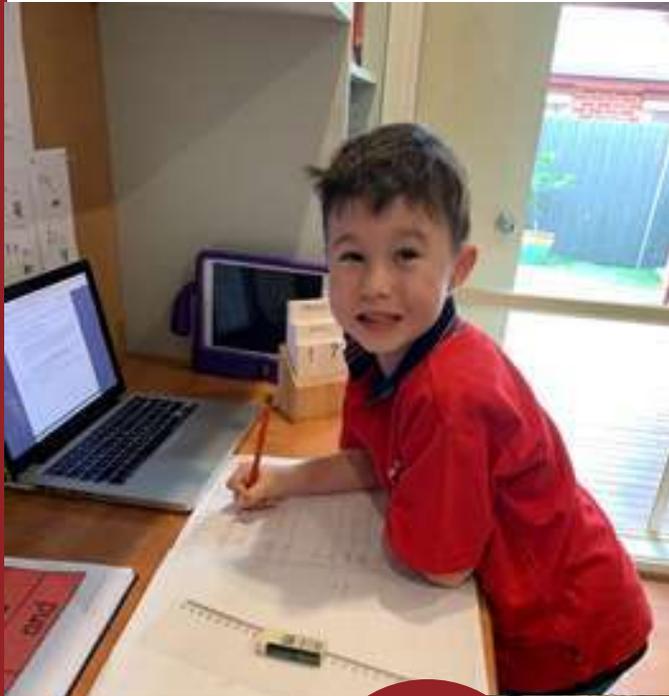
Jasmine and Annabelle great to see you keeping active.



Big thumbs up Leo 2/A, we love your positive attitude!



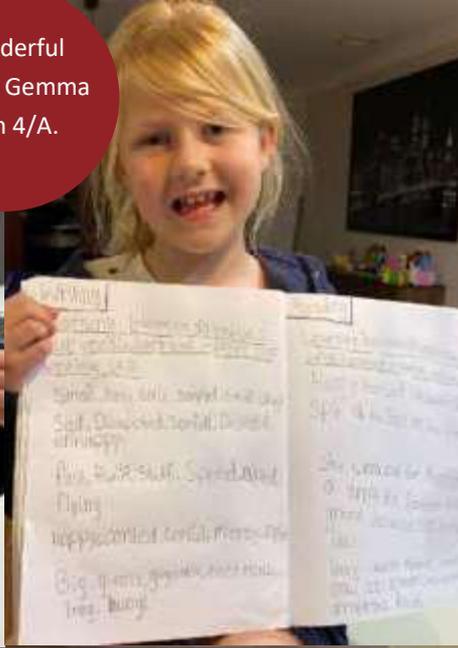
Nash 1/E and his Mum Tara made up these amazing ANZAC packs for their local community.



Thank you Archie from Prep D!



Wonderful writing Gemma from 4/A.



Castiel 3/B you should be very pleased with your bar graph!



Thank you Tenielle 5/E for sharing your work with us!

We would love to see photos of your child's remote learning!  
Email us @ [hillsmeade.ps@edumail.vic.gov.au](mailto:hillsmeade.ps@edumail.vic.gov.au)  
A big thank you to those who have sent them in.

## FROM MISS SMITH

### Learner Conferences

Learner conferences are a part of the regular program at school where teachers work with individual students to monitor their learning progress, set goals and support areas of need. Learner conferences are conversations about learning.



To support continuity in learning, learner conferences are also an essential part of the remote learning program. Your child will have the opportunity to speak to their teacher each week to discuss their learning.

- Teachers conduct scheduled learner conferences via the phone. Teachers' caller ID will not be visible when they phone. Please be aware that the call will be displayed as 'No caller ID'.
- At the top of the days' learning, a list of names are shown to remind families which learner conferences are scheduled for the day.
- Teachers make weekly individual contact with families.
- Up to 30 minutes is allocated per learner conference. These may be shorter, depending on the learning tasks discussed.
- Teachers monitor student wellbeing and learning progress.
- Teachers conduct learner conferences for the purposes of ongoing assessment.

## DID YOU KNOW?

Our local libraries are offering delivery service for members. Click the below link for more information:

<https://www.cclc.vic.gov.au/home-delivery/>

### From the City of Casey

Kindergarten 2021 registration reminder!

Is your child registered for kindergarten for 2021? If your child is due to attend kindergarten in 2021 and you have not already registered, now is the time!

For your registration to be received on time, it needs to be submitted by 30th April 2020.

Registrations after 30 April are processed as late registrations.

To find out more about our kindergartens or to register your child visit:

<https://www.casey.vic.gov.au/cit-of-casey-kindergartens>

### C.S.E.F. Do you have a health care card?

You may be eligible to apply for the CSEF (Camps Sports Excursion Fund) which gives each student \$125 per year to go towards Camps, Sports, Excursions and Incursions at Hillsmeade Primary School.

**Applications must be submitted by Friday 19<sup>th</sup> of June 2020.**

Send us email for a digital application form.



## A NOTE FROM MS TOOBA

سلام والدین گرامی،  
امید همه صحت و محفوظ باشند.  
میخواهم که یادآور شوم که لطفاً معلم صنف طفل/اطفال تان را، هر روز از سهیم  
گیری به آموزش روز مره از طریق Compass مکتب اطلاع دهید.

## FROM MR CARDAMONE



Good Afternoon Hillsmeade Community,

Happy week 2. I hope the first week of remote learning was a positive one. I made sure I have strong structures and routines in place to help me with this. I take structured breaks to help me stay focused and productive during the day. My morning routine has not changed, I am doing my best to keep everything as normal as can be.

Although difficult this can be beneficial for some families in a similar situation, this will differ household to household. A good starting point is keeping to your normal routine as much as possible.

Last week I shared some information from Andrew Fuller on how to discuss and speak with your family around our current situation. Please find part two below. I hope this helps you and your family in some small way.

### **Talking to Young People about Corona Virus (COVID-19)- Phase Two -The Anger Stage by Andrew Fuller**

*"Someone once sang something along the lines of, 'you can check out anytime you like but you can't leave any time soon.' It seems to sum up our current situation.*

*Imagine for a moment you have a slightly cantankerous, mood-swinging roommate with a volatile temperament and erratic work habits. Imagine you decide to take on the task of helpfully informing your roommate about how to improve their lives. Imagine how well that might work out.*

*This is the phase that gets a bit tetchy. People have been bunkered in and space feels limited.*

*It might be siblings scraping their egos and entitlements against one another. It might be the sounds of a computer game being played at 2 a.m. in spite of your clear instructions to, "turn that damn thing off and go to sleep."*

*This is the phase where the household could splinter into factions, when vendettas and reprisals lurk in the*

*air. It is time to take stock. The most important person to calm in this phase is yourself. It is time to regain your equanimity.*

*Put some soothing music on, bake something, read a treasured childhood story -do whatever you need to, but attempt to regain your senses.*

*We have all been through a major adjustment. Some people have moved from over-load to under-load. The after-shock of fear is exhaustion and a tendency to then ask, "I'm hurting. Who made me feel this way?"*

*While we may not yet have all the answers to our worries, it is time to revert to what gives us comfort. It is time to deal with blame and start to move towards kindness.*

### **Find an anti-viral**

*We have all been so deluged by news about the virus it is time to step back and limit our exposure to the media. Find an antidote in comedy shows or favourite films or by re-reading treasured children's books.*

### **Distance Matters**

*Being cooped up with even the finest people can wear a little thin after some time. Try to allocate 'retreat' spaces for each person in the household. These are spots where people can go for some time out and some privacy. As much as you can, try to respect family member's need to be left alone in those places.*

### **Specified Spaces**

*As well as retreat spaces, try to nominate areas for project work, creative undertakings, communal activities and quiet areas. I realize this is not possible in everyone's household but where it is, do it.*

*Develop a creativity corner. Ideally have some place where kids can start a project and leave it to come back to after some deliberation. Having to pack up a project-in-progress can be frustrating.*

### **Drip feed Parenting**

*Many older children and teenagers are not accustomed to intensive parenting. For some, small moments of parenting go a long way. Some parents will look on this time as an opportunity to really enjoy more one on one time with their children. The only problem is, some kids are not quite so keen.*

## FROM MR CARDAMONE

*Sometimes short bursts of parenting work best.*

### **Cooldowns and Meltdowns**

*Now as the sparks fly and the tempers flare you need to know how to read your kids. Cool downs are times when things get a bit too tense. Ideally you will have had an earlier chat at a calmer time about what they think will help if they get upset or antsy. Some kids need a calm adult to listen and a shoulder to cry on while others need space and time.*

*Meltdowns are an entirely different matter. During a meltdown people are out of control and nothing you do will make a skerrick of difference.*

*During meltdowns you have two priorities:*

- 1. Keep people safe*
- 2. Resume calmness as soon as possible.*

*What helps kids to be safe varies. Some kids need to leave and be alone. They calm best by themselves. Other kids, if left alone, go totally troppo. Make a safety plan now for meltdown moments if they do occur.*

### **What young people may think**

*Young people may become unrealistically pessimistic about their futures or about the likelihood of becoming ill. Others may act as they have a special immunity to any threats and act in reckless ways.*

### **What young people may feel**

*Fear and anxiety will remain for some as they feel preoccupied by threats. Others will convert these feelings into anger and blame the people closest to them for not being able to protect them or preserve their current lifestyle. This may especially be the case if a parent has lost a job or income and is feeling dejected. Some children decide it is better to have an angry parent than a sad one.*

### **What you may see**

*If the situation itself isn't erratic enough, you also get to see unpredictable behaviours occur at this time. Sleep disturbance. High voltage outbursts followed by teary neediness. An insistent focus on computer games where kids can regain a sense of control.*

*This means parents need to deal with issues, feelings and behaviours as they arise rather than rather than saying, 'but we had such a lovely morning together and you were happy then.'*

### **What you may consider doing**

*The problem is the problem, the person is not the problem. Whatever issues you are facing during this time, it is essential that you do not confuse problems with people. Many people, kids especially, feel disjointed and confused and express their distress through their behaviour. They are not their usual selves.*

### **What you may say**

*The most effective strategy in responding to distressed or fearful kids is to provide simple responses that acknowledge emotions such as fear, worry or loneliness.*

*"These are tough times but we won't always be in tough times. Everyone is more worried than usual."*

*It is important to be clear but not to be unrealistically optimistic, "We don't know how long this will go on for but we do know it won't go on forever."*

*Don't give too much advice. Kids often just want to be heard. Rather than giving advice ask your kids what they think would help them to feel less lonely/scared/ bored.*

*Your family may develop a code word that effectively means, 'I need some time out right now.'*

*This is not the time for 'platitudes of gratitude'. Even if your family are relatively protected compared to others, pointing it out to your kids often leaves them feeling unheard about their fears and anxiety.'*

*Be kind".*

*Thank you.*

---

John Cardamone

Leading Teacher in Social and Emotional Learning

[Social and emotional learning...](#)  
**'It's everyone's business!'**

## FROM THE CANTEEN

### Vanilla Sugar Cookies

**Prep Time: 25 mins**

**Cook Time: 15 mins**

**Total Time: 40 mins**

Perfectly shaped vanilla sugar cookies, decorated with colourful sprinkles.

#### Ingredients

3 cups plain flour, sifted

1/4 teaspoon salt

225grams unsalted butter, softened

1 cup sugar

1 egg

2 teaspoons vanilla extract/essence

Colourful sprinkles of choice



#### Instructions

Preheat oven to 180 degrees Celsius. Grease and line 2 baking trays

- In a medium bowl, combine flour and salt and mix.
- In a separate bowl, using an electric mixer, beat softened butter and sugar until light in colour and fluffy. Add egg and vanilla – continue beating for a couple minutes. Turn off the electric mixer, add flour mixture and then continue beating on low speed until well-combined but without over mixing.
- Roll dough into 2cm balls. Roll these cookie balls in sprinkles. Arrange on lined baking trays, spacing 2-3 cm apart. Freeze until firm, for about 30 minutes.
- Bake for 14 minutes. (Oven times may vary slightly) Do not over-bake. Remove from the oven, and transfer to wire rack to cool completely.

**Enjoy!**

**We would love to see your finished creations!**

Please email pictures to

[canteen@hillsmeade.vic.edu.au](mailto:canteen@hillsmeade.vic.edu.au)

## MY MARBLE PRIZE! BY MABEL J 4/E

Hi! My name is Mabel J and on the holidays I made a Marble Maze! There is no electricity running through the maze it is fully made of wood. There are some nuts and screws in it but it's mainly made of wood. A challenge that I passed in this experiment was the binding. Binding is where something jams with another thing! So I and my dad adjusted a few bits and we fixed it. I enjoyed it. It was really fun. It moves by your hand power when you turn the black handle!

*"Thank You for sharing Mabel! Aren't we so proud of this little STEM GEM!" - Ms Bhardwaj*



# Hillsmeade remote Running club



**When:** Wednesday

**TIME:** At any time of the day

**Where:** At your house/area

**What:** All students and family members of the Hillsmeade Community are welcomed to walk/run. Remember to take an adult with you.

**Why:** This is an opportunity for students and family members to get your body moving your body and get the blood flowing to your brain, getting ready for learning and the day ahead.

**What you need to do:** Check how far you have walked or count your steps using your fitbit. Once you have completed your walk or run, fill out the survey using the link below.



Please submit a form using the link each week. This helps us see how you are going.

<https://forms.office.com/Pages/ResponsePage.aspx?>

**Who is organising :** Miss Sheers and Mrs Borham

# Making ANAZAC biscuits

## Ingredients

- 1 1/4 cups plain flour, sifted
- 1 cup **rolled oats**
- 1/2 cup caster sugar
- 3/4 cup desiccated coconut
- 150g Lurpak unsalted butter, chopped
- 2 tablespoons golden syrup or treacle
- 1 1/2 tablespoons water
- 1/2 teaspoon bicarb soda



## Method

1. Preheat oven to 170C. Place the flour, oats, sugar and coconut in a large bowl and stir to combine
2. In a small saucepan place the golden syrup and butter and stir over low heat until the butter has fully melted. Mix the bicarb soda with 1 1/2 tablespoons water and add to the golden syrup mixture. It will bubble whilst you are stirring together so remove from the heat.
3. Pour into the dry ingredients and mix together until fully combined. Roll a tablespoon of mixture into balls and place on baking trays lined with non-stick baking paper, pressing down on the tops to flatten slightly.
4. Bake for 12 minutes or until golden brown.
5. Now you get to enjoy.

## DID YOU KNOW?

The first recipe for Anzac biscuits was first published in 1917 in the 'War Chest Cookery Book'.