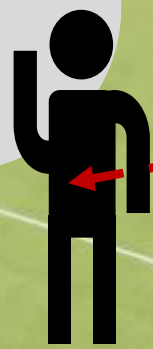




**School Photos**  
will be taken  
Term 3  
Sept 11th.



**Social distancing**  
means keeping 1.5  
meters away from  
other adults.

**Enrol NOW for 2021!**

Email us for an enrolment pack @  
hillsmeade.ps@education.vic.gov.au

# The Link

Hillsmeade Primary School Newsletter

Issue No 19—WED 24th JUNE

TERM 2  
**2020**



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

## WHO, WHAT, WHEN?

MON JUNE 22nd	TUES JUNE 23rd	WED JUNE 24th	THUR JUNE 25th	FRI JUNE 26th
				Last day of Term 2 Students finish at 2:30pm
School Holidays June 27th - July 12th				
MON JULY 13th	TUES JULY 14th	WED JULY 15th	THUR JULY 16th	FRI JULY 17th
First day back for Term 3				
MON JULY 20th	TUES JULY 21st	WED JULY 22nd	THUR JULY 23rd	FRI JULY 22nd

# FROM THE PRINCIPAL

Dear Hillsmeade Community,

**Happy Week 11. The colder weather is upon us. I hope that everyone can enjoy a restful and safe holiday period. Thank you all again for the continued support throughout this unprecedented Term 2. The efforts of everyone within our community have been appreciated.**



## Term 3 Plans

At this time we have not received any further information from DET regarding changes to pick up and drop off times and areas for schools. So, with this in mind, week 1 of Term 3 will see us continue utilising the current drop off (from 8:30am) and pick up (from 3:20pm) gates and approach. We appreciate your continued support with this. If there are any changes and recommendations received from the Department of Education in relation to changes these will be communicated via COMPASS.

Teachers will be structuring conversations around the prompts adjacent, to discuss student progress and achievement. This will be an opportunity to discuss student reports whilst focusing on semester 2 goals and next steps in learning.

- **Semester 1 reflection** - organisation and persistence during remote learning, independence with classroom routines, social and emotional development, listening and communication skills, learning attitude/mindset.

- **Attendance/Lateness:**

- **Participation and engagement:**

- **Learning progress and discussion around student's report:**

Reading, Writing, Maths, Science/Inquiry,

- **Strengths and achievements:**

- **Semester 2 areas for improvement/goals for future learning:**

Reading, Writing, Maths, Science/Inquiry

- **Parent comments:**

- **Reminders (relevant to year level):**

Home reading, student diaries, online access to Epic and Mathletics, revision and home work tasks, organisational skills, Compass communication, The Link



## Semester 1 Student Reports - Miss Smith

As part of our approach to continuity in learning following remote learning, student reports will be available via Compass at the end of term. Reports will focus on student progress across the Victorian Curriculum and Capabilities, learner behaviours and attributes, as well as engagement in Specialist subjects.

## Parent Teacher Phone Conferences

In line with ongoing social distancing advice to schools, parent teacher conferences will be conducted via phone in Weeks 1 and 2 at the start of Term 3.

From **today**, parents are able to sign up for a conference time via Compass. Teachers will phone families at the agreed time.

Parents may also sign up for interviews with Specialist teachers, to discuss student progress in these subject areas.

# PARENT TEACHER TELE-CONFERENCES

Term 3 Parent Teacher tele-conferences are now open for booking in Compass.

## When are the conferences happening?

Teachers are available for a conference during the first two weeks of Term 3, Mon-Thurs, 4-6PM. Your child's conference will run for a 15 minutes time slot. The conference will happen via phone.

You can make bookings with all of your child's teachers this term, including the specialist subjects P.E., Media Arts, Digi Tech, Music and Performing Arts, with the exception of Mandarin.

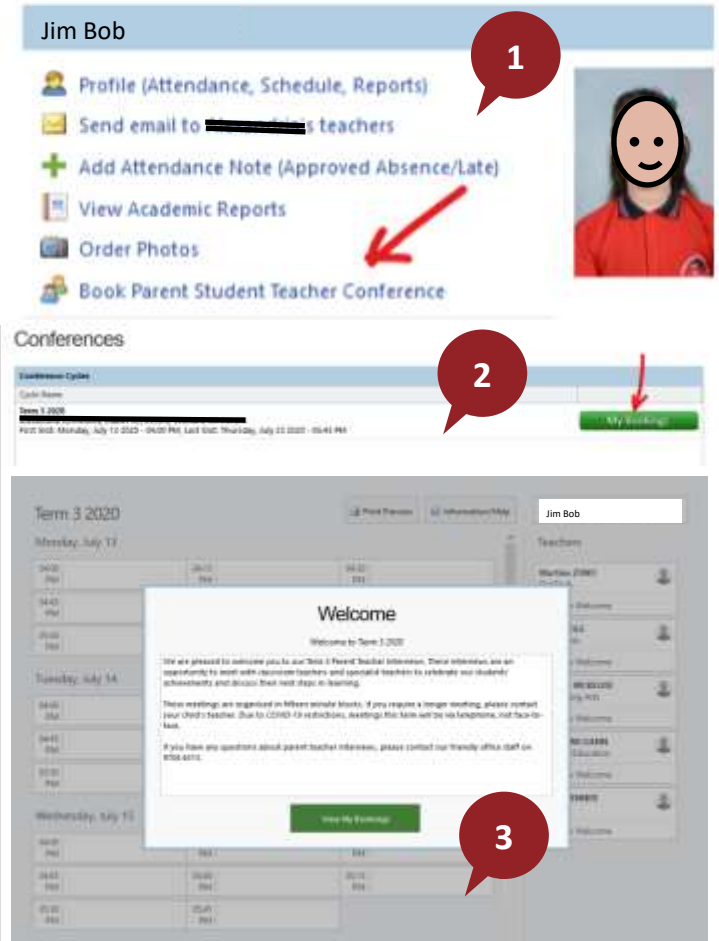
## How do I make a booking?

**Compass Website:** if you log in to Compass you will see a green notification at the top of your newsfeed telling you that you have conferences available. When you open the conference there will be a brief tutorial on how to select the time slot.

**Compass App:** When you open the app, tap the 3 bars in the top left corner and then tap 'conferences' in the side menu. You will see the conference items there available for booking.

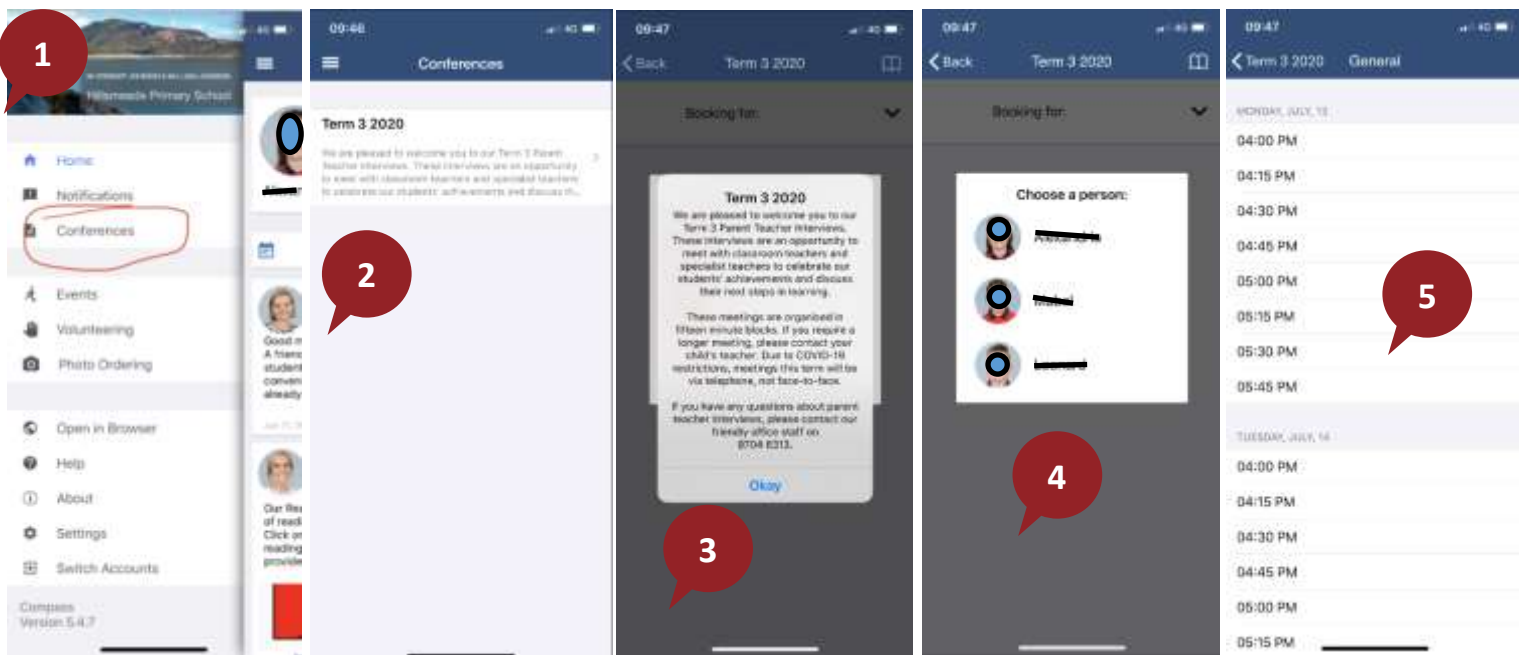
Please contact us **ASAP** if you require a translator for a relay call as this will need to be pre booked through an agency.

The admin team can be reached on (03) 9704 6316 if you require assistance.



You will receive a phone call from a blocked called ID number, so please ensure your phone will accept this call.

Do we have your correct phone number? Email us at [hillsmeade.ps@education.vic.gov.au](mailto:hillsmeade.ps@education.vic.gov.au)



## FROM OUR COMMUNITY

### ICT News:

**Online Gaming:** The eSafety Commissioner is offering early access to three webinars on eSafety's parent's guide to ONLINE GAMING at no cost.

#### **This webinar will cover:**

- the benefits of gaming and how to mitigate the risks
- strategies to manage gaming and overuse
- where to find help and support.
- 

#### **Session days and times**

- Monday 22 June: 7.30 – 8.30pm AEST
- Thursday 25 June: 12.30 – 1.30pm AEST
- Thursday 25 June: 7.30 – 8.30pm AEST

If interested, go to <https://www.esafety.gov.au/parents/webinars> and click on the 'Register Now' link.

**For more information please see Martine Ziino.**

### Teacher Read Alouds

A reminder to access the teacher read alouds via our school website. A big thank you to our Reading Learning Specialist Tabitha Carter for coordinating this, and a huge thank you to our willing staff readers.

<https://www.hillsmeade.vic.edu.au/curriculum/literacy/teacher-readings/>

### **Chapter Readings**

These videos are for longer books, where our teachers read a chapter at a time.

**Ms Carter reads *George's Marvellous Medicine* by Roald Dahl [Chapters 11 & 12]**



**Ms Carter reads *George's Marvellous Medicine* by Roald Dahl [Chapters 8-10]**

### **Book Readings**

These videos are of our teachers reading whole picture books for our younger readers.

**Ms Hope reads *The Word Collector***



**Ms Struth reads *The 3 Little Bush Pigs***

### Victorian Premiers' Reading Challenge

We are in the middle of the reading challenge!

It has been wonderful seeing lots of students reading and uploading their books to the website.

The school holidays are an amazing opportunity to read. Read to yourself, to your family and even your pets!

Congratulations to the students who have completed the challenge and continue to add their books.

Thank you to all parents who have supported their children in reading and experiencing the books.

We look forward to celebrating more reading achievements from the Hillsmeade students.



## STUDENT LEADERS 2020

### What it's like to be a School Captain.

#### Max N 6/E

Being a school captain is amazing and it's definitely rewarding. Being School Captain make me feel happy by making people have smiles on their faces. It's already been a journey by filming Hillsmeade Happenings and Assembly and learning how to speak clearly and complete the filming process. I'm so excited for upcoming events such as Athletics Day and Assembly as it makes school more fun!

I love being School Captain as I know some younger year levels will be looking up to me as leader, a role model and for support. There are so many responsibilities of being a Captain, like Assemblies, Hillsmeade Happenings and all whole school events. My confidence I public speaking has grown by running assemblies and Hillsmeade Happenings. I look forward to further leadership opportunities.

#### Chloe K 6/A



Evelyn P and Irene Y - Arts Captains



Tomas D and Zarah A - Environment Captains



Yassine D - SEL Captain



Mark S - Mandarin Captain



Flynn H and Shae L - Sport Captains



Tarrant G and Darcey R - Dunlop Captains



**Pavaneer S and Bailey P - SRC Captains**



**Shukufa E and Amelia K  
- McKillop Captains**



**Amra F - Literacy Captain**



**Mia B and Scott R - Monash Captains**



**Mahdiah J and Harry D  
- Barak Captains**



**Sam M - Numeracy Captain**



**Varun M and Alexandria J - STEAM Captains**



CONGRATULATIONS  
TO OUR 2020  
STUDENT  
LEADERS!



**Stay tuned...**

**We have some exciting work scheduled during the school holidays. Something new will be coming to our playground.**

**What could it be?**

# WINTER HOLIDAY CHALLENGE

## SEL

<p>Cook with a family member or the entire family. It could be your favourite breakfast, lunch or dinner.</p> 	<p>Start a gratitude jar. Everyday write one word or draw a picture of something that you are grateful for. You can revisit your jar after a few weeks to see what you have been grateful for.</p> 
<p>Make a schedule or a to do list to complete over the holidays:</p> <ul style="list-style-type: none"> <li>Cleaning your room</li> <li>Helping someone do a job</li> <li>A random act of kindness</li> <li>Play with a friend</li> </ul>	<p>Share a compliment with someone.</p> <p>Share a favourite toy with your family and friends, tell them why it means so much to you.</p> <p>Share a memory that makes you feel warm and fuzzy.</p> <p>Share an activity that you and family can complete together.</p>
<p>3 words!</p> <p>Write 3 words that best describe you.</p> <p>Write 3 of your favourite places.</p> <p>Write 3 of your favourite memories.</p> <p><b>3</b></p>	<p>Mindful scavenger hunt...</p> <ul style="list-style-type: none"> <li>Hear birds singing.</li> <li>Do something that calms you.</li> <li>Listen to your favourite music.</li> <li>Go for a walk with your family.</li> </ul>

## NUMERACY

<p>Think of all the different shapes you know, use these to draw or create a shape snowman!</p> 	 <p>Use your knowledge of patterns, symmetry and/or transformation to create a paper snowflake.</p>
<p>Practise your addition and subtraction strategies, and friends of ten by playing Stack Attack and knocking the cups over. How many do you have left after your first turn?</p> <p>Add to keep score, first person to knock over 100 cups wins!</p> 	<p>Create a winter nature scavenger hunt! Challenge your family members to find all your objects, or go for a walk and find them together.</p> 
<p>Design your own Winter Olympic slalom racecourse! You may even like to create it as a marble run using straws.</p> 	<p>Make a snowball catapult for marshmallows!</p> <p>*Hint, you can use these to play place value toss!</p> 

Complete as many challenges as you can, have your parent sign each challenge and return to school for a certificate. Bring a photo to share of you completing a challenge!

# WINTER HOLIDAY CHALLENGE

## READING

<p>Can you find 10 facts about foxes? Did you know you can buy your very own pet fox, but they are very expensive!</p> 	<p>What's your favourite planet? Find out 3 interesting facts about this planet.</p> <p>Did you know Neptune is the coldest planet in the solar system?</p> 
<p>Choose your favourite state in Australia. Can you research it's capital city? What is special about this state?</p> <p>Did you know 17 of the most poisonous snakes are found in Australia?</p>	<p>Choose a natural disaster you are interested in: volcanoes, tsunamis or earthquakes to name a few. What interesting facts can you find out?</p> <p>Did you know volcanoes exist throughout the solar system?</p>
<p>If you could travel overseas where would you like to visit? Can you find out any interesting facts about this place? Miss Carter's favourite place is Santorini, did you know it is known for its beautiful sunsets?</p>	<p>What is your favourite sport? What interesting facts can you find out about your favourite player?</p> 

## WRITING

<p>Write a narrative titled: <i>My snowball fight with Squiggle</i></p> <p>Include a detailed setting, interesting characters and a puzzling plot!</p> 	<p>Have you ever seen snow before? Using your five senses, describe how snow looks, feels, smells, sounds and tastes for somebody who may have never seen it before.</p> 
<p>Hot chocolate makes us feel warm and snug during the frosty winter. Can you write a procedure with step-by-step instructions on how to make hot chocolate? Or can you write a procedure for another delicious wintery treat?</p>	<p>Respond to the following prompt using your own creativity: <i>If it snowed ice-cream.....</i></p> 
<p>Describe how your winter holidays would be different if it were hot outside instead of cold. What do you prefer?</p> 	<p>Jack Frost is a fictional character who is said to create frosty mornings! Write a letter to Jack Frost, convincing him to leave frost out each morning during winter, or to stop immediately!</p>

Complete as many challenges as you can, have your parent sign each challenge and return to school for a certificate. Bring a photo to share of you completing a challenge!

## FROM MR CARDAMONE



Good Afternoon  
Hillsmeade  
Community,

Week 11! I hope everyone has been keeping warm and have some exciting plans for the school holidays.



This week I will bringing to your attention another vital topic that families 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 support 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 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."*

Have a great and safe holiday. If you have questions, please let me know.

**Thank you - John Cardamone**  
Lead-  
ing Teacher in



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



# Splash's

learn to swim

## SCHOOL HOLIDAY ACCELERATE PROGRAM

6-9 April  
6-9 July  
28 Sept.– 1 Oct.  
2020

It is a well researched fact that a short burst of intensive learning accelerates motor skill development

### BOOK TODAY

swim safer for life!



- Small class sizes
- Structured learn to swim lessons
- Dedicated family focused learn to swim facilities
- Graded pool depth and length for all standards
- All swimmers individually assessed
- Life Saving and water safety

## 4 DAYS ONLY \$60

### Splash's

learn to swim

60 Kangan Drive, Berwick VIC 3806  
T. (03) 9707 5922

Our learn to swim program also caters to children of all ages from babies as young as 12 weeks right up to squad level swimmers.



## FREE Healthy Eating at Home Webinar

**Monash Health** are holding a **FREE** webinar on **healthy eating at home** for community members in the City of Casey, City of Greater Dandenong & Cardinia Shire.

Presented by **Monash Health** dietitian **Sara Quong**, learn the basics of healthy eating and how to make the healthiest choices to help you feel better.

*All members of the community are invited to attend the webinar. Please share this with your family and friends, the more the merrier!*

Date: Tuesday, 30<sup>th</sup> June 2020

Time: 5 –5.45pm

Location: ONLINE WEBINAR

RSVP: Before Monday 29<sup>th</sup> June 2020

Please RSVP to Grace at: [grace.mcarthur@monashhealth.org](mailto:grace.mcarthur@monashhealth.org)



 **Monash  
Health**