

A reminder that hats and drink bottles are required for Term 4.



**Enrol NOW for 2021!**

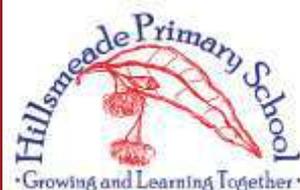
Email us for an enrolment pack @  
hillsmeade.ps@education.vic.gov.au

# The Link

Hillsmeade Primary School Newsletter

Issue No 29—WED 07th OCT

TERM 4  
**2020**



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

## WHO, WHAT, WHEN?

| MON OCT 5th                            | TUES OCT 6th                           | WED OCT 7th                            | THUR OCT 8th   | FRI OCT 9th  |
|--|--|--|--|--|
| ALL students remote learning   | Virtual Assembly Posted to Compass<br>ALL students remote learning |
| MON OCT 12th                           | TUES OCT 13th                          | WED OCT 14th                           | THUR OCT 15th  | FRI OCT 16th   |
| All students return to onsite learning                                     | All students return to onsite learning                             |
| MON OCT 19th                           | TUES OCT 20th                          | WED OCT 21st                           | THUR OCT 22nd  | FRI OCT 23rd   |
| Book Week & Lamont Virtual Book Fair   | Book Week & Lamont Virtual Book Fair   | Book Week & Lamont Virtual Book Fair   | Virtual Assembly Posted to Compass<br>Book Week & Lamont Virtual Book Fair | <b>PUBLIC HOLIDAY</b>  |
| MON OCT 26th                           | TUES OCT 27th                          | WED OCT 28th                           | THUR OCT 29th  | FRI OCT 30th   |
| Lamont Virtual Book Fair   | Day for Daniel—Wear a Red Shirt                                    |

# IMPORTANT INFORMATION

## Arrival Entry Points

Next week (beginning Monday the 12<sup>th</sup> of October) we will continue utilising the below gates (the same as previously) for staggered arrival at school. **From 8:30am** students are to enter school using the below gates:



### Preps and Year 1:

The front two gates.

### Year 2, Year 3 and Year 4:

The gates near the pirate ship.

### Year 5 and Year 6:

The soccer oval entry, nearest the car park.

MORE THAN  
ONE CHILD?

## Departure Exit Points

Pick-up was quite congested and based on feedback received we will be changing the pick-up points for students to support parents and carers in social distancing at the end of the day. The pick-up points will be from 3:15pm and will utilise the following areas:



### Prep, Year 1 and Year 2:

Exit via the music room gate, via soccer oval. Parents should wait socially distanced on the soccer oval.

### Year 3 and Year 4

Exit via the pirate ship gates. Parents should wait socially distanced outside the school fence line.

### Year 5 and Year 6

Exit via the Year 5/6 playground gate. Parents should wait socially distanced on the soccer oval.

**The eldest child will collect younger siblings and exit through the gate of the eldest child. Student's who ride to school will be able to also enter and exit through their Year level gate. Based on parent feedback students will be able to leave at 3:15pm to avoid congestion.**



# FROM THE PRINCIPAL

Dear Hillsmeade Community,

Welcome back to Term 4, 2020. We hope that you have all had a safe and restful holiday time. The weather towards the end of the holiday period was lovely and we are looking forward to the improved weather this Term.



**Congratulations to John Cardamone and his wife Christine on the safe arrival of Gabriella over the holidays.**

## Term 4 on-site schooling arrangements for students

Following advice of the Victorian Chief Health Officer, the Victorian Government has released a staged approach for students to return to on-site schooling.

The purpose of the plan is to get students back in the classroom as soon and as safely as possible without putting at risk all that has been achieved through the period of restrictions to reduce the spread of coronavirus (COVID-19).

For our school, the following arrangements apply:

### 5–9 October (first week of Term 4)

- remote and flexible learning will continue for all students
- on-site supervision for children of permitted workers and vulnerable students will continue to be provided, consistent with existing guidelines.

### From 12 October (second week of Term 4)

- students in Prep to Year 6 will return to on-site schooling. The existing remote learning program will not continue for these year levels

Students and staff who live in metropolitan Melbourne and are enrolled in or work in a school in regional Victoria will be able to attend on-site consistent with the arrangements above.

## Outside school hours care and vacation care

During the staged return, outside school hours care will be available to students attending for on-site supervision and progressively for the relevant year levels returning to on-site schooling.

## Health and safety measures

The Term 3 remote and flexible learning arrangements were put in place to significantly reduce the movement of more than one million students and their families across Victoria, to help slow the spread of coronavirus (COVID-19). Thanks to you and your family for contributing to this on behalf of our school community.

## FROM THE PRINCIPAL

As on-site schooling resumes, we will continue to have in place strong measures to protect the health and safety of students, staff, families and the community. This includes staggering start and finish times, restricting parent access to school grounds and continued emphasis on hand hygiene and physical distancing where possible.

Please give particular attention to reducing the risks associated with congregation at school gates and taking steps to contribute to physical distancing within the school.

Whether your children are returning to face-to-face learning or will be continuing with remote and flexible learning for a short period, please be assured we will be focused on three key priorities in Term 4:

### **1. Mental health and Wellbeing**

Our highest priority will be the wellbeing, particularly the mental health, of every student and member of staff. This means effectively mobilising all available resources to support our most vulnerable students and enabling staff to access the relevant support services.

### **2. Learning and Excellence**

Some of our students have thrived in the remote and flexible learning environment, others have maintained their learning progress, and some have fallen behind, despite their best efforts and those of their families and teachers. Our priority will be supporting both those who need it to catch up and those who have progressed to continue to extend their learning.

### **3. Transitions**

We will make every effort to ensure successful transitions for children moving from kindergarten into Prep, the Year 6s moving into Year 7, and the Year 12s moving into employment or further education and training.

We know some families are worried that their child may have to repeat a year due to the disruptions of coronavirus (COVID-19). There is little evidence to support the benefits of repeating a year to catch up. Instead, schools will use teaching strategies that draw on the best evidence available to help students meet their learning needs.

Parents, families and carers can be confident that the best option for almost every child is to stay with their peer group, whether that is moving from kindergarten into Prep, moving from Year 6 into Year 7 at secondary school, or students moving up any year level in between.

Our school, working with you, has shown it can be flexible and adaptable in responding to the challenges of coronavirus (COVID-19) and will continue to meet student needs as we look towards the end of the 2020 school year and ahead to 2021.

Out of School Hours Care will continue to operate. If you need to confirm your child's attendance at OSHC please contact [oshc@hillsmeade.vic.edu.au](mailto:oshc@hillsmeade.vic.edu.au)

We will be using a staggered recess and lunchtime to support physical distancing.

## FROM THE PRINCIPAL

A reminder that students can wear face masks at school if they choose to. There is hand sanitiser in each classroom, and soap in every wet area. Students will be encouraged to practice good hygiene, with regular hand washing throughout the day and on arrival at school. Mandatory temperature testing of all students on arrival to school will not be required in Term 4.

Parents and carers are required to wear a face mask and adhere to social distancing guidance (1.5 metres between each other as far as practicable) at the start and end of the school day.

We are really looking forward to having students back in attendance on site next week. Again, thank you for your continued support, effort and resilience.

CLICK HERE FOR MORE INFORMATION ON TERM 4:

<https://www.education.vic.gov.au/parents/Pages/coronavirus-term4-in-schools.aspx>

### **Term 4 Assembly Timetable**

This term we will continue to be holding our fortnightly assemblies virtually (in alignment with current DET advice). Please see below the assembly schedule for this term.

| <b><u>Assembly Week</u></b> | <b><u>Assembly Date</u></b>              |
|-----------------------------|--|
| <b>Week 1</b>               | Friday the 9 <sup>th</sup> of October    |
| <b>Week 3</b>               | Thursday the 22 <sup>nd</sup> of October |
| <b>Week 5</b>               | Friday the 6 <sup>th</sup> of November   |
| <b>Week 7</b>               | Friday the 20 <sup>th</sup> of November  |
| <b>Week 9</b>               | Friday the 4 <sup>th</sup> of December   |
| <b>Week 11</b>              | Friday the 18 <sup>th</sup> of December  |

Don't forget to catch the latest episode of 'Hillsmeade Happenings'! <https://vimeo.com/464669785/f3af4ce606>

## DO YOU HAVE A CHILD STARTING PREP IN 2021?

A friendly reminder for those in our community with children starting Prep in 2021 to submit an enrolment form. Please send us an email at [hillsmeade.ps@education.vic.gov.au](mailto:hillsmeade.ps@education.vic.gov.au) to receive a digital enrolment pack.

An enrolment form is required for children coming from the Hillsmeade Early Learning Centre.

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

## FROM MR CARDAMONE



Good Afternoon Hillsmeade Community,

Welcome back! We hope you had a great and safe holiday and were able to relax and enjoy lots of family time. I hope you have

enjoyed the SEL lessons in the mornings over the past term (and the start of this week). It has been great to see lots of people engaging and sending in their work. Please continue to send in your SEL work so I can share with the community through our virtual assembly.

This term a social and emotional learning portal will be launched on the Hillsmeade website, giving you access to information about social and emotional learning and how we implement SEL at Hillsmeade. You will also have access to all the SEL videos that have been produced, you will be able to use these videos to support your children and family with a range of different topics including, the importance of routines, staying connected and resilience just to name a few.

Late last term I engaged in professional learning conducted by Michael Carr-Greg, Michael is a psychologist and an author of 14 books on topics of mental health, children and parenting. I wanted to share a range of resources and supports with you that he shared with his audience. There are hyperlinks that you can click on that will take you to websites relating to the topics.

If you would like to find out more about Michael Carr-Greg, you can go to his website <https://michaelcarrgregg.com/>



## Resources to support parents and carers

The Department of Education and Training has a number of resources to support parents and carers with a range of issues from mental health and wellbeing, to bullying and looking after yourself.

| Resource and link  | Description   |
|--|---|
| <a href="#">Looking after your child's wellbeing</a>     | Tips and advice about wellbeing and how to build it through:<br>Praise, encouragement and positive attention<br>Being mindful, and practicing kindness and gratitude<br>Setting rules and boundaries<br>Includes a range of easy, fun wellbeing activities and conversation starters for parents/carers and children to do together   |
| <a href="#">Looking after your child's mental health</a> | Tips and advice about mental health including:<br>Noticing changes in your child<br>Talking to your child<br>Getting support, accessing services and some helpful tools for parents and carers  |
| <a href="#">Keeping your child active and healthy</a>    | Tips and advice on ways to keep your child physically active and eating well with links to:<br><a href="#">FUUSE – physical activity resources for remote learning</a> - Links to a number of sites to encourage physical activity during remote and flexible learning<br><a href="#">FUUSE – Fun with food activities</a> - Links to a range of activities that encourage healthy eating |

|   |   |
|---|---|
| <a href="#">Taking care of yourself</a>   | Includes information on:<br>Tips to take care for yourself<br>Services and supports for parents and carers  |
| <a href="#">Talking to your child about coronavirus (COVID-19)</a>  | Tips on having a safe and reassuring conversation with your child including:<br>Adapting information depending on your child's age<br>Being guided by your child<br>Things to look out for in your child<br>Advice in a range of languages  |
| <a href="#">Learning from home information for parents</a>  | A range of information for parents and carers including:<br>Supporting your child's learning<br>Supporting your child with additional needs   |
| <a href="#">Parentline</a> (13 22 89)   | A phone service for parents and carers of children from birth to 18 years old. It offers confidential and anonymous counselling and support on parenting issues.  |
| <a href="#">Bully Stoppers</a>  | An online bullying prevention toolkit with advice and information for parents, carers and students about:<br>Bullying, cyber bullying and upstander behaviour<br><a href="#">Wellbeing with Melbourne Football Club</a> – a series of videos featuring AFL and AFLW players talking about a range of topics including keeping active, resilience and gratitude  |
| <p><b>Raising Learners</b> podcast series</p> <p>Developed in partnership with the Parenting Research Centre, the Raising Children Network (RCN) and the Murdoch Children's Research Institute.</p> <p>Release date: September 1st and available on the <a href="#">RCN</a> website</p> | <p>Raising Learners will provide parents with practical advice, tips and ideas for supporting children's health, wellbeing and engagement at school. The topics include how to connect with your child's school and community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online.</p> <p>Available September 1st</p> <div style="text-align: right;"> <p><b>I hope this is helpful for you and your family.</b></p> <p><b>Thank you.</b><br/> <b>John Cardamone</b> Leading Teacher in Social and Emotional Learning</p>  </div> <div style="position: absolute; top: 50%; left: 75%; transform: translate(-50%, -50%); background-color: #90EE90; border-radius: 50%; padding: 10px; text-align: center;"> <p><b>Social and emotional learning... 'It's everyone's business!'</b></p> </div> |

RETURN TO SCHOOL  
TERM 4 (OCT 12)  
GET THEM READY



**DELIVERY**

OR



**CLICK & COLLECT**

START HERE

PSW 



With the return to onsite learning from Monday 12 October 2020, Council's Parking Compliance team will resume parking patrols around schools.

Please remind your children to practice personal safety when travelling to and from school. If cycling to school, students should be wearing a helmet.

## RETURN OF SCHOOL LOANED DEVICES

Hillsmeade PS has been proud to support remote learning by loaning devices to families during term 3. To support student learning as we return to school next week, we ask that all iPads, chargers and cords please be returned as soon as possible. A staff member will be at each drop off point to collect these from students as they come into school.



مکتب هیلسمید افتخار میکند با استفاده از عاریه دستگاہ توانستہ کہ خانوادہ ہا را در آمو  
زش از راہ دور در دورہ ۳ کمک کند . برای حمایت آموزش شاگردان ، در حالیکہ ہفتہ آیندہ  
بہ مکتب بر میگردیم، از شما خواہش میکنیم تا ہمہ ipad ہا را با سیم ہا و چارجر ہا ب  
ہزودترین فرصت بازگردانید . یک عضو از کارمندان مکتب در ہر نقطہ ورودی مکتب ح  
ضور خواہد داشت تا ipad ہا و وسایل مربوطش را از شاگردان جمع آوری کند.

## 2020 SCHOOL PHOTOS

Dear Parents,

It's great to see that we now have a more positive plan for students to return to school in the coming weeks. We wanted to reassure you that we are working very closely with your school under guidelines that have been set out by the Department of Education to reschedule your 2020 school photography. Our priority remains the well-being of students, educators, staff and the overall community.

Once government restrictions are lifted we will confirm a photo date. We understand how important it is for your family to have a lasting memory of the 2020 school year.

Kind Regards,

The *advancedlife* team

**advancedlife**  
school photography & print specialists

# Andrew Fuller

Clinical Psychologist  
Author and Speaker

[www.andrewfuller.com.au](http://www.andrewfuller.com.au)  
[www.mylearningstrengths.com](http://www.mylearningstrengths.com)



## How to Get Your Child's Learning Mojo Back

Andrew Fuller

**T**his year of fear has resulted in many students feeling anxious, isolated & has left too many of them feeling overly-reliant on screens & under-motivated for learning.

Even those students who have thrived during these uncertain times have been on heightened alert status all year long (as have their parents). It is time to heal those wounds.

Compassion & love are our oldest medicines. Add to this, hope & connectedness & we have the 4 most powerful ingredients for healing.

### Starting with Heart

It is time to rebuild self-belief. Most young people develop this by having parents & teachers who believe in them & value their contribution. This is not the time for pep-talks, rev-ups & restrictions. Yelling & arguing are counter-productive.

Even though it has been a frustrating time & most of our plans have been thwarted, the antidote is not in adding more anxiety or coercion. We need to play the 'long-game' by increasing kindness & understanding.

We also need to accept that some young people have been feeling so lonely & shell-shocked that our initial acts of kindness may not always be reciprocated. A slow & patient rebuild that creates trust & certainty is more likely to have enduring positive effects.

### Re-building Connections

After an extended time away from others, some students may feel anxious about re-connecting. Many of their friendships are based on currency- they are familiar with being up to date with the latest goss & being in almost constant contact with one another. After an extended break, some will feel worried & cautious. Some will avoid their friends rather than exposing themselves to a feared rejection.

Link them into existing friendship groups before school goes back, if you can. Chat rooms, student groups, playing multi-player games or just texting a few classmates may ease some of the apprehension.

Emphasize the idea that everyone has been through similar experiences. A special type of belonging is forged between people who share tough times.

The connections that need to be rebuilt are not only social, they are also intellectual. There has been a lot of coverage focusing on students falling behind & almost none on the gains made from home-based learning.

Help your student reacquaint him or herself with how they are smart & how to get smarter by completing the analysis and plan at [www.mylearningstrengths.com](http://www.mylearningstrengths.com). The full report outlines a Learning Success Plan & links their strengths to potential career areas.

Not all learning occurs at school. Consider developing a home-based passion project linked to their learning strengths & interests.

Increase the amount of conversational time in the family. If family meals have been intruded upon or avoided, re-establish them & insist that they remain device-free.

In some cases resuming an interesting conversation with a reluctant child or teen will be a slog. Expect mono-syllabic replies for a while. Despite all appearances to the contrary, there is more going on in their minds than they are showing you.

### **Re-kindling Hope**

Hope is the birthplace of possibility. It is more than idle wish-making, it can become a creative act. The time for innovation is now. This is the time for young people to have a say in creating a better world.

Times of challenge accelerate change. Every crisis conceals an opportunity. There seems little doubt that the pandemic has highlighted shortcomings in our planning as well as our care of particular groups in our society. This is the time to have conversations about creating a cleaner, greener, kinder world.

By engaging children & young people in conversations about what sort of world we want for our future, we help them build a future story for themselves.

### **Re-igniting Action**

Many of us have survived this time through a combination of distraction & diversion, mostly involving screens. For some of us, it has been a time of passive inactivity.

The problem is the less young people do, the less they feel like doing. The reason is the build-up of stress hormones such as cortisol & adrenaline are not being dispersed by physical exercise. This can lead to lowered mood, motivation & feelings of exhaustion.

Activating a grumpy sloth-like kid can be quite a challenge, so start gently. We need to guide them over the energy hump of inertia and back to a more engaged relationship with the world. Walks, bike rides, Wii-fit, shooting hoops, indoor badminton, table tennis, learning skateboard moves- basically anything involving movement.

The lessening of screen time also needs to be done delicately. Please read my accompanying paper, *'How to Wean Your Teen From The Screen'* if this has been an issue in your family.

It will take some persistence on your part to inspire your child or teen back into the world of learning & achievement. You are your child's circuit breaker- be gentle but don't give up.

**Stay in touch with Andrew and receive updates-**

#### **On face book:**

andrewfullerpsychologist  
Learning Strengths

#### **On Linked in and at**

www.andrewfuller.com.au  
www.mylearningstrengths.com

#### **Books for Parents**

*'Tricky Behaviours'*  
*'Unlocking Your Child's Genius'*

#### **Book for Teachers**

*'Neurodevelopmental Differentiation- Optimising Brain Systems To Maximise Learning'* (Hawker-Brownlow).



As we eagerly prepare for the return of all students, it is important to be mindful of the support they may need in getting back into the 'rhythm of things'. Andrew Fuller, a highly respected psychologist with extensive experience and expertise in supporting the positive mental health and wellbeing of young people, has some important tips on 'Helping Students Regain their Mojo'. - Ms Crystal Wells Assistant Principal



# AN INVITATION TO OUR BOOK FAIR!

**Where:** Hillsmeade's Virtual Book Fair

Online link shared soon

**Date:** 19th - 30th October 2020

**Time:** Anytime during the Book Fair



**Don't miss out!**

Every purchase  
supports our school!



[www.lamontbooks.com.au](http://www.lamontbooks.com.au)



Some exciting changes have been made to our grounds!



**LION BUSHIDO**  
KARATE ACADEMY

## ONLINE KARATE CLASSES

LIVE VIA ZOOM

### STAY ACTIVE FROM HOME

#### BEGINNER CLASSES

4-6yr olds - Wednesdays 5:15pm- 5:45pm

7-13yr olds - Mondays 5:30pm-6:00pm

Teens & Adults- Wednesdays 5:45pm- 6:30pm



For bookings phone 9887 4098

[www.lionbushido.com](http://www.lionbushido.com)

**GET TESTED**

**IF YOU'VE GOT**

**THESE SYMPTOMS**



Fever



Runny nose



Sore throat



Cough



Chills  
or sweats



Shortness  
of breath



Loss of sense  
of smell or taste

**Your nearest testing site is**

**Clyde Recreation Reserve  
Footy Pavilion. 10 Patterson's Road Clyde  
Opens from 9am – 4pm daily**

**Hallam Secondary College  
Onsite in car park. Frawley Road Hallam  
Opens from 9am – 4pm daily**

**STAYING  
APART HELPS  
US TOGETHER**

For details go to [vic.gov.au/CORONAVIRUS](https://vic.gov.au/CORONAVIRUS)

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne

