



The Link

Hillsmeade Primary School Newsletter

Issue No 12—WED 5th MAY

TERM 2
2021



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

WHO, WHAT, WHEN?

WK 3 MON 3rd MAY	TUES 4th MAY	WED 5th MAY	THUR 6th MAY	FRI 7th MAY
Somers Camp	Somers Camp	Somers Camp Academic Afternoon Open Night @Alkira Yr 7 2022 5:30pm Mothers/Special Others Stall	Somers Camp Active Afternoon Mothers/Special Others Stall	Somers Camp Interschool Sports Electives Mothers and Special Others Event
WK 4 MON 10th MAY	TUES 11th MAY	WED 12th MAY	THUR 13th MAY	FRI 14th MAY
	NAPLAN	NAPLAN Academic Afternoon	NAPLAN Active Afternoon	Virtual Assembly
WK 5 MON 17th MAY	TUES 18th MAY	WED 19th MAY	THUR 20th MAY	FRI 21st MAY
	District Cross Country	Academic Afternoon	School Tour for Prospective Families @10am Active Afternoon	Electives
WK 6 MON 24th MAY	TUES 25th MAY	WED 26th MAY	THUR 27th MAY	FRI 28th MAY
National Young Leaders Day Conference		National Sorry Day Interschool Sports		Onsite Assembly for Students

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy Week 3! As always, there is lots to celebrate within our Hillsmeade community.

AFL Inflatables at Active Afternoon

Last Thursday, the AFL Inflatables joined Active Afternoon! The sun was shining and there was a great buzz of excitement. Our students had a fantastic time kicking, handballing, and climbing on the inflatable equipment. A big thank you to Jeff McGann and Ahmad Chazbek for facilitating this opportunity for our community. It was a wonderful success, and we had a great turnout. Active Afternoon supports the DET health and wellbeing priority towards happy, active and healthy kids.



Mothers and Special Others Morning

This Friday 7th May we invite our community to our Mothers and Special Others morning from 8:15am – 9:00am in the courtyard. There will be games and activities, light refreshments and tea/hot chocolate at the canteen. We enjoy our whole school community events and look forward to welcoming our families.

Victorian State Schools Spectacular

On Tuesday 4th May, our students participating in the Victorian State Schools Spectacular attended a full day rehearsal in Pakenham for the mass dance performance. Our students showed commitment and enthusiasm in learning and performing the dance moves, representing our school positively by always demonstrating our I RESPECT values. A big thank you to Lisa Scott for supporting this wonderful opportunity for our students.



Mobile Phones

A reminder that we do not allow students to have mobile phones during class time. Where students need to bring a phone to use either before or after school, it must be handed to the class teacher who will place it in a secure lock box for the duration of the school day. Please note this also applies to other devices that have phone capability such as watches that can send and receive calls.



Mother's Day Stall

A big thank you to our Student Leaders for facilitating the Mother's Day Stall. They have been busy looking after our student customers, selling lovely gifts and keeping our stall organised.





A great time was
had by all who
attended the AFL
Inflatables Active
Afternoon!





Our Students at
the Victorian
State School
Spectacular
Rehearsals.



CHICKEN HATCHING IN YEAR ONE

Chicks Hatching in Year 1

There has been lots of excitement in Year 1 with our chicken hatching program! Students have been eagerly observing the changes each day as the chicks hatch in the incubator, develop, and grow fluffy feathers. This has been a wonderful authentic experience to support science, literacy and inquiry learning.



YEAR 5 FURNITURE



Year 5 Furniture

Our Year 5 classrooms have received brand new furniture in the form of tables, chairs, locker tubs, shelving and a classroom library. It is exciting to see the transformation of these spaces and positive impact on learning for our students. Thank you to Crystal Wells for organising these upgrades as part of our ongoing buildings and grounds development.

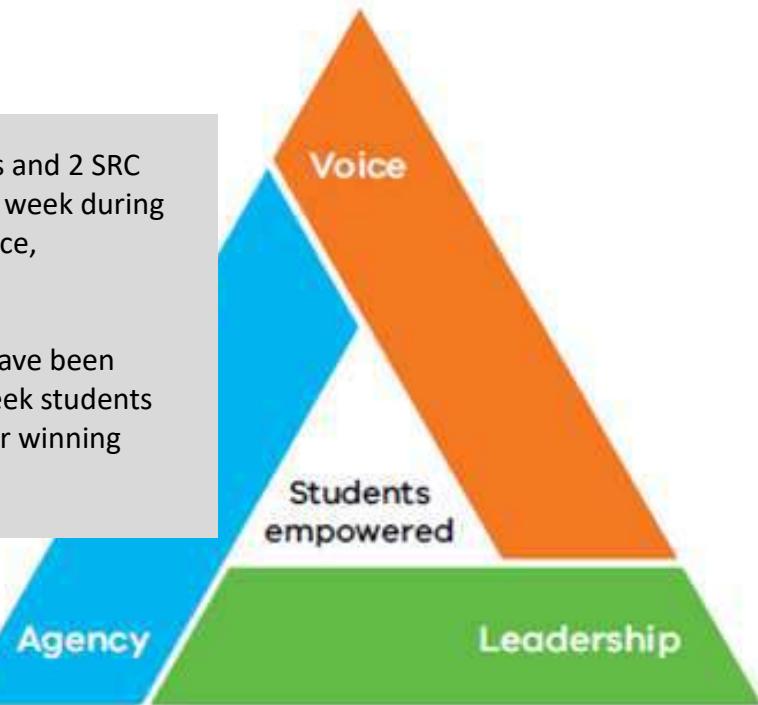
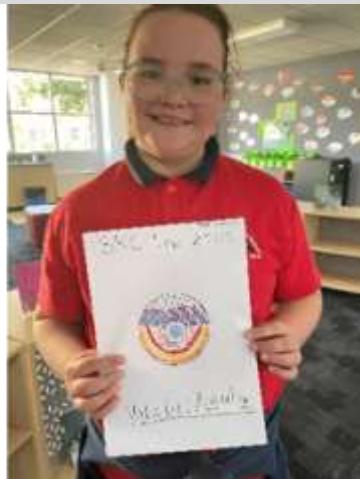
CSEF APPLICATIONS CLOSE THIS TERM!

Do you have a current health care card? You may be eligible for Camps, Sports and Excursion funding. Contact the office for an application form before June 18th.

WHAT'S HAPPENING IN SRC?

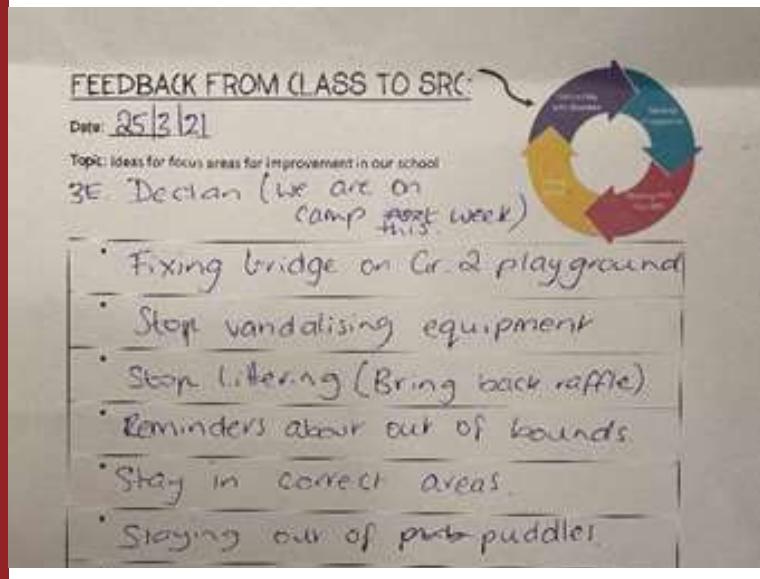
We have 25 student representatives, 2 school captains and 2 SRC leaders as part of our school SRC who meet up once a week during lunch time. SRC empowers students by developing voice, leadership and agency.

During SRC in Term 1 and 2, student representatives have been busy designing creative logos for their badges. Last week students voted for their favourite design. Congratulations to our winning logo design by Kiara D and our runner up Mabel J.



SRC representatives are also developing confidence through addressing their classes and seeking feedback in regards to ideas for school improvement. We are so proud of our SRC representatives for their commitment to our school mission, vision and I RESPECT values.

- Ms Schultz & Mrs Beamish



TECH TASTE TESTER @ CASEY TECH SCHOOL

Mrs Bhardwaj: For this week's staff meeting, all Hillsmeade teachers went to Casey Tech School. In small groups, we investigated virtual reality, coded drones and automated trains and explored the vertical wind tunnel. This professional learning was aimed to raise our confidence and interest in using the new technology with our students. It was very inspiring for me to see all teachers being enthusiastic successful learners who were collaborating, innovating, designing and problem solving in the STEAM space.



Look what our teachers have to say!

Mrs Dorman: The Casey Tech Science experience was educational and a lot of fun. I was part of the Train Coding team, where we learnt to program a train to run on the tracks in different directions, stop, drop a carriage, and go at different speeds. It was hands on, interactive and involved teamwork. I now have the confidence to investigate other coding 'toys' that I could use in my classroom. I enjoyed the experience and look forward to the next one.



Mrs Patolo: Our visit to Casey Tech gave teachers the opportunity to be students and be creative in the activity we chose. I was part of the Wind Tunnels and it was an innovative, inquiry-based activity where we could test our theories on what shapes and materials could fly, sink, hover or stick to the Wind Tunnel. It was filled with lots of laughter, ideas, collaboration, and enthusiasm, and we walked away with inspiration on how we can use these ideas in our future science lessons.

Miss Davis: We had fun learning about ways we could incorporate technology into our teaching practice. Flying drones was very cool and a completely new experience to me.

Miss Papa: It was a great experience as Casey Tech. We had lots of fun, while using both critical thinking and problem-solving skills. I felt engaged and inspired to consider how I could use my new learning in my own classroom.

Mr McGann: It was great to see the range of technology available at Casey Tech. The drone activity was a fun and engaging way to learn basic coding. The program and the drone were safe and easy to use. There is huge potential for technology like this within the school as technology becomes increasing important within our society.



ACADEMIC AFTERNOONS

Come and join us on Wednesdays after school for our Academic Afternoons. This is a chance for students to practise their learning skills in Reading, Writing and Maths through different games and activities that are set up. Students can also get help with any homework tasks including their Home Reading and Words. There are teachers and secondary school students to assist but we also encourage parents to get involved in the games and activities as well.

Wednesdays

3:45-4:45

**Meet in the
Courtyard on the
Steps**

**Sign up on
COMPASS!**

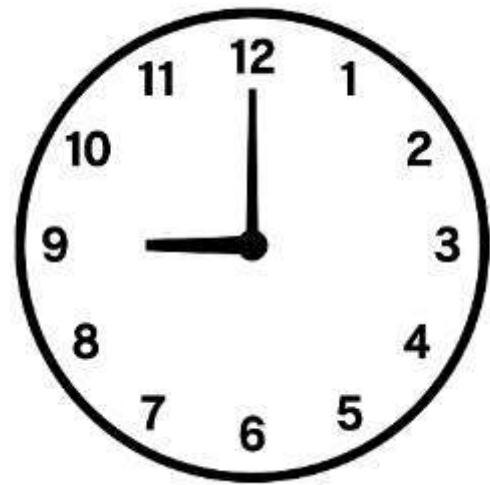


Each student must have a parent or carer attend the Academic Afternoon with them

ATTENDANCE AT HILLSMEADE

**Classroom doors open to students at
8:45am**

**For students to be settled and ready
for a 9:00am start**



If your child arrives after 9:00am, please come via the office so that we can sign them in and give them a late pass.

A REMINDER ABOUT SAFE PARKING

A friendly reminder that students and their Families should not walk/park in the staff car park.

Please do not enter the staff car park unless you are dropping off your children at OSHC.

Recently there has been an increase in the number of students and their families in the staff car park. We have had some **near misses between students and cars**, and some **teachers unable to get to class on time** because there were no available parking spaces.

The school does not own or manage the parking around the school (outside the fence line). If you have feedback on the number or type of parking bays, or any other parking queries, [please reach out directly to the City of Casey who manage all the parking.](#)



FROM SQUIGGLE



It's Squiggle, your school writing puppet!

Every Wednesday at lunch, enthusiastic students from Prep to Year 2 race to the Library for our Squiggles literacy club!

Together we practise a wide variety of literacy skills including letter formation, phonemic awareness, sight word knowledge, and speaking and listening techniques.

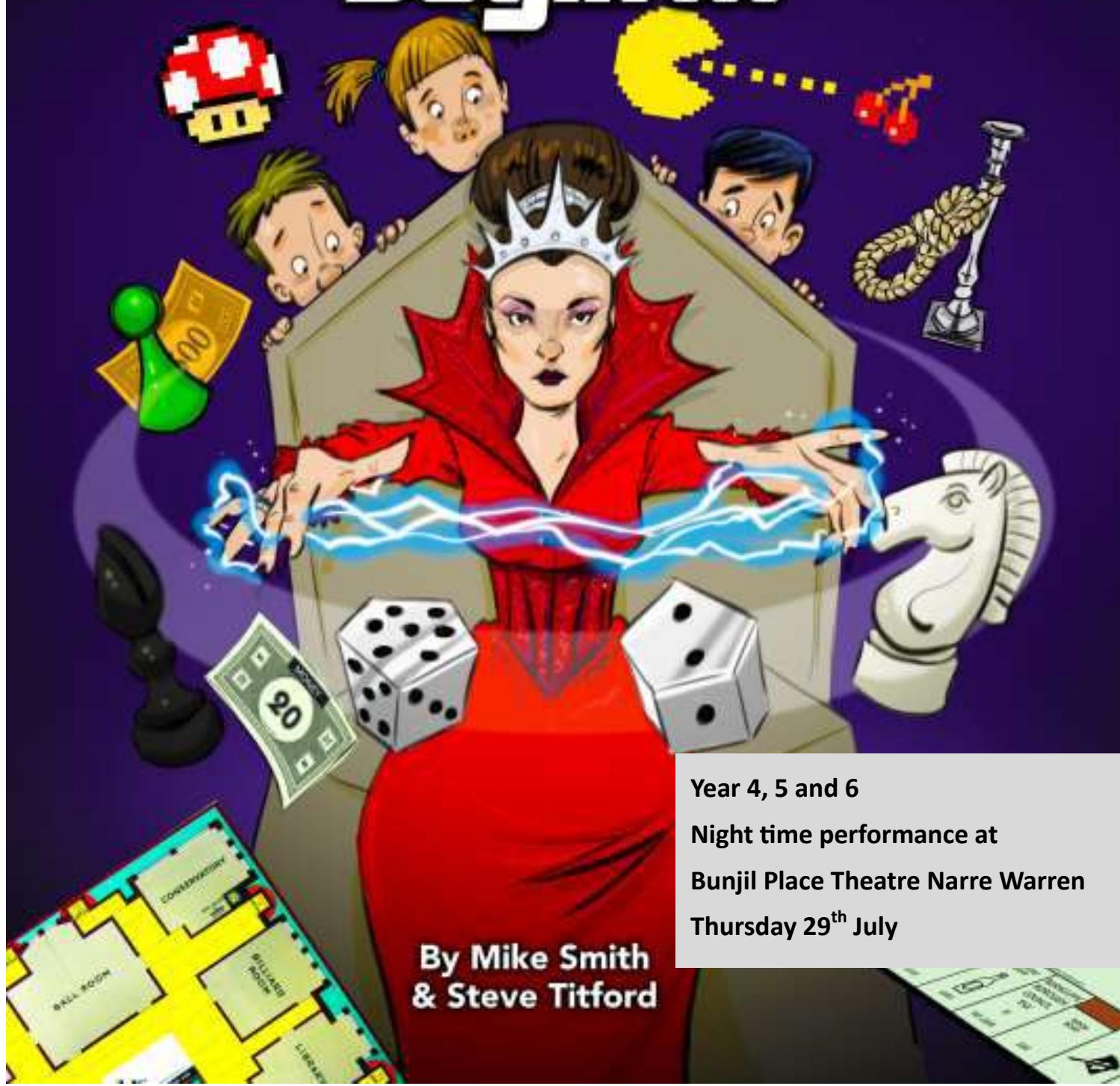
Check out all the fun we have together!

See you next time,

Squiggle



Let The GAMES Begin...



Year 4, 5 and 6

Night time performance at

Bunjil Place Theatre Narre Warren

Thursday 29th July

By Mike Smith
& Steve Titford

FROM MR CARDAMONE

Good afternoon Hillsmeade,

Happy week 3, I hope it has been a positive one and that everyone has settled into term 2 so far. We are very excited to announce that from next week Wednesday the 12th of May, breakfast club will be open from 8:15am-8:40am. There will be cereal and fruit available. This will happen every Wednesday morning from next week. We hope to see you there.

Don't forget breakfast club every Monday, Tuesday and Wednesday 8:15am-8:40am at the canteen

Last week I shared some information about family connections. This week I wanted to share information on anxiety. I shared some information on separation anxiety in the first week. We know at different stages our children can feel anxious for a number of different reasons, how we respond can be different depending on our child's needs.

Below is another great article by Michael Grose on the topic of anxiety in children. If you would like to find out more please visit <https://www.parentingideas.com.au>

"If your child feels anxious, reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.

Explain anxiety

If your child is anxious he may struggle to explain how he feels. An important first step in anxiety self-management is explaining to your child how anxiety works.



Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

- Teach your child that the part of the brain that protects them from danger (the amygdala – pronounced ahh-mig-dah-la), is always on high alert when they are anxious
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion
- Discuss that the amygdala can't differentiate between a hungry lion and public speaking or some other task they must face
Talk about the changes that happen in their body to power them up to fight or flee, including increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some

Help recognise anxiety-inducing events

There are many things that can evoke anxiety in your child, including:

- Stressful events
- Life changes
- Transitions
- Difficult experiences
- New or unfamiliar situations

Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise their feelings of anxiety.

FROM MR CARDAMONE

Respond with empathy

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as:

- “I can see you’re feeling worried about going to camp without your brother.”
- “Thanks for telling me you feel nervous about the test. It’s understandable.”
- “I see you’re really anxious about this right now. I know it’s hard for you.”

Resist the temptation to rescue or fix a situation. Respond with empathy and understanding to your child’s concerns.

Manage anxious moments

Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are nervous. These include:

- *Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness*
- *Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – “Tell me five things you see, four things you hear and something you smell.”*
- *Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.*
- *Defusing their thoughts: Anxious thoughts can get stuck, refusing to budge no matter or how unwanted they are. Help your child to distance themselves from their thoughts by placing distancing statements in front of their thoughts.*

Replace “I’m going to fail the test” with “I had a thought that I’m going to fail the test.” Rather than changing their thinking, assist your child distance themselves from unhelpful thoughts.

Get the fundamentals right

Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

There is a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your genuine understanding of their feelings and be ready to support them emotionally to push their anxiety to the background”.

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!’



FROM THE SICKBAY

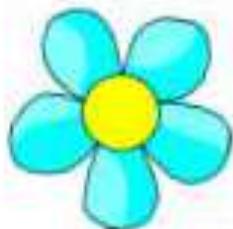
Wet weather means puddles and wet clothes, please ensure your child carries a spare change of clothes for any playground accidents. Thank you





HILLSMEADE PRIMARY SCHOOL PRESENTS

A morning for
Mothers &
Special Others



FRIDAY 7TH MAY 2021

8:15AM – 9:00AM



We invite our families to a
Mother's Day celebration in
the courtyard!

Light refreshments

Tea and hot chocolate

Games and activities

THIS IS A WHOLE SCHOOL EVENT!



2021 Mothers & Special Others Stall @ HPS

- #1 Tranquillity Collection Scented Candles (Wild Peony & Lavender Cherry Blossom) \$3
- #2 Scent Diffuser 50ml Assorted \$3
- #3 Diamond Art Kit Assorted Designs 30x30cm \$4
- #4 Mini Terracotta Pots Pack of 3 \$2
- #5 Sweet Tooth Ring Dish - Pretty Little Thing \$2
- #6 Luxury Hand Wash - Delightful Garden \$2.5
- #7 Kappa Puzzle Book / Chicken Soup for the Soul Word Finds \$2
- #8 Bamboo Eco Bath Sponge \$2.5
- #9 Bar of Soap - Oat and Honey \$2
- #10 Magnetic Memo Clips Pk of 5 \$2
- #11 Note Book with Magnet and Pen \$1.5
- #12 Women's Fitness Essential Travel Kit \$3
- #13 Clean Eating Kitchen Book \$2.5
- #14 Wildflower Adult Colouring Book \$4
- #15 Key Rings \$1
- #16 Nail Brush/Pumice Stone with Foot Scrub \$4
- #17 Winnie Screen Saver \$1
- #18 Ladies Gardening Gloves \$2
- #19 Home Slipper Socks \$4

2021 Mothers & Special Others Stall @ HPS



Wednesday 5th May

Time	Grade
9:10	Prep A
9:25	Prep B
9:40	Prep C
9:55	Prep D
10:10	Prep E
10:25	1/E
10:40	ELC
11:10-11:30	ELC
SNACK	
11:40	4/A
11:55	4/B
12:10	4/C
12:30-1:30	ELC
LUNCH	
1:40	4/D
1:55	4/E
2:10	1/A
2:25	1/B
2:40	1/C
2:50	1/D
3:05-3:30	Late Arrivals

Thursday 6th May

Time	Grade
9:10	2/A
9:25	2/B
9:40	2/C
9:55	2/D
10:10	2/E
10:25	5/A
10:40	ELC
11:10-11:30 SNACK	ELC
11:40	5/B
11:50	5/C
12:00	5/D
12:10	5/E
12:20	3/A
12:30-1:30 LUNCH	ELC
1:40	3/B
1:50	3/C
2:00	3/D
2:10	3/E
2:20	6/A
2:30	6/B
2:40	6/C
2:50	6/D
3:00	6/E
3:10-3:30	Late Arrivals