



Some dates have changed for events:  
Consent may be re-required.  
**Please check Compass!**



# Hillsmeade Primary School

• Growing and Learning Together •

• The Link • 2021 • Issue 20 • Term 3 • Week 1 •

	MON	TUE	WED	THU	FRI
	July 12	13	14	15	16
Week 1	Start of Term 3		3.45-4.30pm Academic Afternoon	3.45-5.15pm Active Afternoon	Interschool Sports
	July 19	20	21	22	23
Week 2			AFL Gala Day 3.45-4.30pm Academic Afternoon	3.45-5.15pm Active Afternoon	
	July 26	27	28	29	30
Week 3		VSP Primary School Convention	3.45-4.30pm Academic Afternoon	10am School Tour 3.45-5.15pm Active Afternoon	

**See Compass for the Full Calendar of Events**



**Elaine Lesiuk**

Principal

Dear Hillsmeade Community,

Welcome back to Term 3. I hope that you all had a restful break, with lots of exciting experiences which helped you and your family to connect and grow new memories. With the risk of border closures, I wasn't too adventurous these holidays, and only travelled as far as Torquay. But it was lovely to get away for a night and take a deep breath of sea air.

I also managed to spend some time during the break meeting with Jodie Bray, Sarah Smith and Stewart Johnson, learning about Hillsmeade, and all the things that make it such a great school. I will continue to work with the leadership team through some planned projects and activities. The school grounds are looking amazing, and the children are loving the new line marking games!





We are currently working through the selection process to appoint an Assistant Principal (acting) to lead Wellbeing, the PSD process, and SSG meetings for the remainder of the 2021 year. I will keep you informed, and announce the successful candidate as soon as the process is finalised.

I would like to thank students for their welcoming smiles, greetings and conversations. I have been overwhelmed by the positive interactions I experienced on my first day whilst walking around the school and visiting classrooms. Everyone seems to have settled into school routines quickly after the holidays, and are highly engaged in their tasks.

Thank you also to the staff. I have felt very special and well supported. They are an amazing and passionate bunch, and it is already evident that students are well supported to develop a love for both learning and school.

I have already met some parents, extended families, and school councillors. I look forward to meeting you in the coming weeks. Please pop in and say hello!

Have a great Term.

*Mrs Elaine Lesiuk*



## Dimple Bhardwaj

Learning Specialist: STEAM

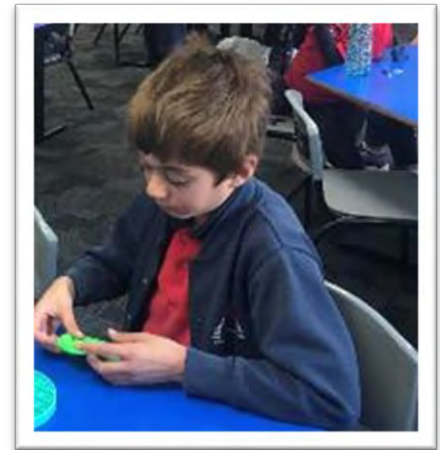
## Physical Science in Year 2

This term Year 2 students will be learning about how a push or a pull affects how an object moves or changes shape.

Forces are at work in everything we do- we push to open doors and pull to tie ropes. Scientists and engineers study forces to design better bridges and faster aeroplanes etc.

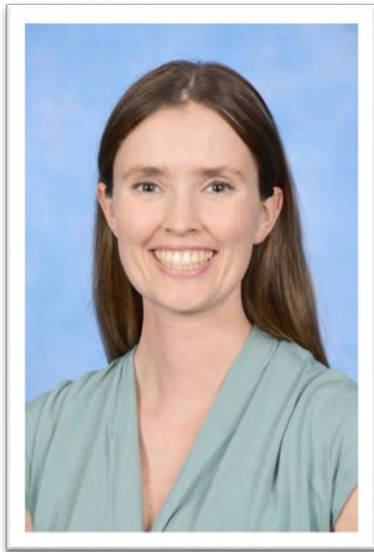
Have a look at our Year 2B students who were using playdough to make shapes and record if they were pushing, pulling, rolling, sliding, or stretching to create their designs.

It was lovely to see them exploring how different strengths of forces affect the movement of objects.





## Vegemite Delight – It's time to read, write and succeed in Prep!



**Nicole Page**

Learning Specialist - Literacy

Despite the two week break, our Prep students are just as persistent and enthusiastic about their literacy learning!

This week, Prep students are learning about procedural writing. In a shared writing experience with their teachers, our Prep authors developed step-by-step instructions on how to make a vegemite sandwich. They made Squiggle so hungry!

To inspire their writing ideas, Prep students eagerly listened to the classic Australian picture storybook, *Possum Magic*, written by Mem Fox. Just like the main character, Hush the possum, Prep students love vegemite sandwiches!

Miss Nicole Page – Literacy Learning Specialist

Squiggle – Our school writing puppet





**John Cardamone**

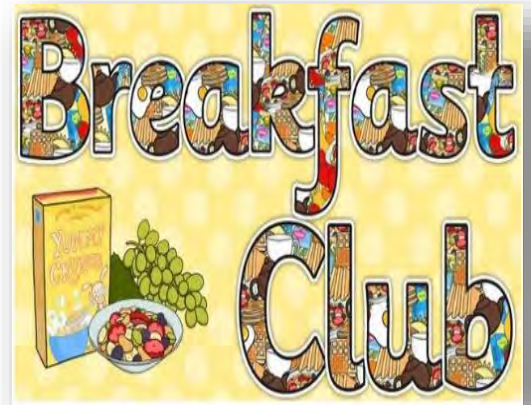
Leading Teacher: Social & Emotional Learning

Good afternoon Hillsmeade,

Welcome back!!! Term 3! Before you know it, it will be the end of the term. I hope everyone had a great holiday and a chance to spend quality time with your family and children. This will be a very busy term with lots of different things happening.

## *Breakfast Club*

**Don't forget  
breakfast  
club every  
Monday,  
Tuesday,  
Wednesday**



**and now Thursday!**

**8:15am-8:40am at the canteen**

## *Parent Workshop*

Last term I shared that Hillsmeade will be having a **parent workshop on the 26<sup>th</sup> of August 5pm-6pm**. Bryan Jeffrey will again present the role parents/families can play in supporting their children during difficult times and strategies that can support your families. Please find attached the brochure for more information and how to sign up for the event.



## *Be You*

Below I have added information from the Be You website. It includes information for young people on mental health and wellbeing. There are a whole range of apps that you can download. Some of these apps are targeted at older students and some you may want to see first and read through the content and go through with your child/teenager. If you would like to know more please visit <https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-students>



“Young people are used to getting information from the internet about things that matter to them. When it comes to mental health and wellbeing, they may need some guidance to find the most-appropriate resources, which could include:

- information and fact sheets on topics that can be tricky to ask adults about
- online courses to manage challenges such as anxiety or depression
- tips to improve or manage relationships.

## The BRAVE Program

Online program supporting young people who are experiencing anxiety, as well as their families.

## ReachOut

Practical support, tools and tips to help young people get through anything from everyday questions through to tough times.

## Bullying. No Way!

Tailored online information for students about bullying.

## Headspace

Tailored information for 12 to 25-year-olds relating to general mental health, physical health, work and study, and drugs and alcohol.

## Office of the eSafety Commissioner

A suit of classroom resources providing primary and secondary students with dedicated content to help empower them to safely explore the online world.

## Practice

Young people can support themselves getting through some of the tough times in adolescence by learning and practising useful skills and habits. There's a wide range of apps out there that can help build these positive approaches by helping young people to:

- develop resilience and coping skills
- track and manage their mood and thoughts
- improve their learning and communication skills
- track physical health, including sleep, movement and nutrition.

## Breakup ShakeUp

An app that provides ideas for fun, easy things to do to

help young people cope after a breakup.

## ReachOut

Professionally-reviewed mobile apps and tools to help them look after their health and wellbeing.

## MoodGYM

An online program that helps young people and adults learn about cognitive behaviour therapy skills for preventing and coping with depression.

## Smiling Mind

A modern meditation for young people. It's a unique web and app-based program, designed to help bring balance to young lives.

## Communication

Online communication tools, such as blogs, forums and social media can build powerful protective factors for young people. Skills and knowledge using the internet to communicate are important in today's world and can help young people to:

- connect with like minded peers and communities
- seek and access professional and peer support
- have a way to say what they're thinking and have their voice be heard
- organise and plan face-to-face communication.

## Beyond Blue online forums

An online community open to anyone residing in Australia with forums on topics related to mental health and wellbeing.

## The Check-in app

An app to help young people to take the fear out of having a conversation with a friend who might be struggling.

## Yarn Safe

Safe space for Aboriginal and Torres Strait Islander teens to talk about mental health and social and emotional wellbeing.

## ReachOut Forums

Moderated peer-support community for 14 to 25-year-olds on mental health and wellbeing topics.



Hillsmeade Primary School is excited to announce our next Parent Workshop. This Parent Workshop will take place on the afternoon of our scheduled curriculum day (Thursday August 26<sup>th</sup>) and will be presented by Bryan Jeffrey.



## ‘Understanding stress and mental health’ presented by Bryan Jeffrey

**What:** This workshop will explore the role parents/families can play in supporting their children during difficult times. It will have a closer look at how stress can play a major part in our children lives along with our own. Bryan will talk about strategies that we can use to support our children’s mental health and wellbeing during these difficult and challenging times.

**When:** 26th of August 5pm – 6pm

**Where:** Hillsmeade Staffroom

**Why:** Bryan Jeffrey has presented to the Hillsmeade staff on numerous occasions, showcasing and discussing on a range of topics regarding mental health. This area is a strong passion for Bryan and he has invested his working life in this area. At Hillsmeade, we believe he has lots to offer in the area of the mental health and wellbeing of our students, families and the community.

Through these workshops, we hope to not only strengthen our partnership with families but also the connections between the families and Hillsmeade.

**NO COST! There is no cost to families.**

**About Bryan Jeffrey:** *Bryan Jeffrey is a Registered Psychiatric Nurse, and since 1995 has been employed in a range of senior clinical positions in Child & Adolescent Mental Health Services (CAMHS) and Adult Mental Health in Scotland, and latterly in Melbourne, Australia. Throughout his career, Bryan saw gaps in mental health literacy, in people who were hungry for knowledge, and decided to focus the attention of MOAT: Mental Health Services on meeting these needs.*

*Ranging from delivering keynote addresses at national conferences, to providing workshops for small groups of staff and carers – Bryan’s passion is in mental health training.*

You can find out more about Bryan Jeffrey at his website <http://www.moat.com.au/>

**Please register for the parent workshop** with your name (please invite other family members/friends if you believe this will support their family) by email [hillsmeade.ps@education.vic.gov.au](mailto:hillsmeade.ps@education.vic.gov.au) by August 25<sup>th</sup>. Thank you.





	Monday	Tuesday	Wednesday	Thursday	Friday
8.15am	<b>Breakfast Club</b> 	<b>Breakfast Club</b> 	<b>Running Club</b> 	<b>Reading Club</b> 	<b>Running Club</b> 
11.10am	<b>Story Time with Lucas</b> 	<b>Gardening Club</b> 	<b>Just Dance Club</b> 	<b>Gardening Club</b> 	<b>Year 6 Student Leader Meeting</b> 
12.45pm	<b>STEAM AGENCY</b>  <b>Year 6 Student Leader Meeting</b> 	<b>MATHS CLUB</b> 	<b>STEM GEMS</b>  <b>SRC Meetings</b>  <b>Squigglers</b> 	<b>SCRIBE TRIBE</b>  <b>Junior Netball (Prep - 3)</b> 	
3.45pm			<b>Academic Afternoons</b> 	<b>Active Afternoons</b> 	



# EVERY day counts attendance matters

Classroom doors will be open at **8:45am** each day.

Please make sure your child is in class **and ready to begin learning by 9:00am.**

If your child is going to be absent, please notify the school by adding an attendance note on Compass with the reason **before 10:00am on the day of the absence.**



**Chase HERRING**

- (Profile (Attendance, Schedule, Reports))
- Send email to Chase's teachers
- + Add Attendance Note (Approved Absence/Late)
- View Academic Reports

## What is an Attendance Note?

An Attendance Note is used to explain when your child is absent or late for school.

**Attendance Note Editor**

**Note Details**

Person: Chase HERRING  
Reason: Illness/Medical  
Deduction/Comment: Pending approval

**Important Notice**

In clicking 'Save', you understand, verify and accept that you are a legal parent/guardian for this child, and the information above is correct, and this online approval does NOT constitute a medical certificate, and students enrolled in VCE are required to submit a medical certificate to the school in addition to this approval, and any fraudulent action or intentional misuse of this feature may result in administrative, criminal and/or civil action against you (by your registered school, affiliated entities and/or the product issuer).

Start: 26/04/2019 08:00 AM  
Finish: 26/04/2019 05:00 PM

**Potentially Affected Sessions**

Activity	Start	Finish
SECT01 06A (Y 5 Co...)	26/04/2019 08:00 AM	26/04/2019 12:00 PM
SECT01 06A (Y 5 Co...)	26/04/2019 12:30 PM	26/04/2019 03:30 PM

Save Cancel

# Families of Prospective 3yo and 4yo Kinder Children

Central registration is now open through City of Casey, for children who will be aged 3 next year (2022) to enrol in our 3 year-old sessional kinder program at Hillsmeade ELC.

Register through City of Casey website via this link:

<https://www.casey.vic.gov.au/register-kindergarten>

**For first round offers your child must be registered by the 31st of July 2021.**

If you have already registered your child for their 4 year-old kinder program in 2023, you will need to update your registration for them to attend the 3 year-old program in 2022.

Further information is on their website.



## School Readiness Program

### Parent meeting on the topic of School Readiness

Gabby, Lizzy, Rebecca and Sabrina are the friendly staff from the Allied Health|Team at Monash Health. They work in our kindergarten as part of the Department of Education & Training School Readiness Program.

The Allied Health team work with educators and families to share specialist skills and knowledge to support all children in our 4 year old kindergarten program.

You are invited to attend a face-to-face session to hear the team talk about School Readiness. Where you will also have the opportunity to ask any questions

#### **When:**

- Thursday 22<sup>nd</sup> July at 9am
- OR**
- Monday 26<sup>th</sup> July at 9am

**Where:** Hillsmeade Primary School ELC



# DAYTIME DADS

## Calling all Casey fathers!

**Did you know that you are making your children brighter and stronger every time you play with them?**

Come and join other great fathers for a fun playtime session with your kids. There's lots of toys to play with, plenty of play activities to dive into and an outdoor playground. There's even time for a coffee and catch-up with other dads. It's easy, fun and FREE!

All fathers, father-figures and their children aged 0-6 are welcome.



**Dads Matter**  
It's a family thing

**When:** 9.30 am – 11.30 am, every Wednesday during school term, commencing Wednesday 21 July

**Where:** Old Cheese Factory, The Old Shop, 34 Homestead Rd, Berwick

**Cost:** FREE

**For all enquiries and bookings:** please email [dadsmatter@casey.vic.gov.au](mailto:dadsmatter@casey.vic.gov.au) or call 9705 5200

#### Contact the City of Casey:

**Web:** [casey.vic.gov.au](http://casey.vic.gov.au)

**Email:** [caseycc@casey.vic.gov.au](mailto:caseycc@casey.vic.gov.au)

**Phone:** 03 9705 5200

**Post:** PO Box 1000, Narre Warren VIC 3805

**NRS:** 133 677 (for the deaf, hearing or speech impaired)

#### Customer Service Centres:

**Narre Warren:** Bunjil Place, Patrick Northeast Drive, Narre Warren

**Cranbourne:** Cranbourne Park Shopping Centre, Cranbourne

**ABN:** 43 320 295 742





# ENGLISH FOR PARENTS

AT **HILLSMEADE EARLY LEARNING CENTRE**

Would you like to learn reading, writing, speaking and listening?

These classes will help you to learn these skills which will help with everyday life activities, school activities, preparing for formal training and seeking employment.

## CLASS INFORMATION

Mondays - 2 Options  
9.30 - 11.30am or  
11.45am - 1.45pm

**FREE TUITION!**  
\$10 annual registration

FOR MORE INFORMATION  
OR TO BOOK CALL  
CLEA NICOL ON  
0415 956 310 OR 03 9704 7388

## LOCATION

Hillsmeade Early Learning  
Centre

82 The Promenade, Narre  
Warren South



CHILD MINDING FACILITIES AVAILABLE





# Regency

CALISTHENIC  
COLLEGE

Ballet, dancing, gymnastics,  
acting, singing, confidence,  
coordination



**Come & try for free!**

Contact Sue:

0407 056 801 / [sue@regencycalisthenics.com.au](mailto:sue@regencycalisthenics.com.au)

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