



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 21 • Term 3 •
Week 2 •

	MON	TUE	WED	THU	FRI
	July 19	20	21	22	23
Week 2	Lockdown: Remote Learning	Lockdown: Remote Learning	Lockdown: Remote Learning	Lockdown: Remote Learning	Lockdown: Remote Learning
	July 26	27	28	29	30
Week 3	Lockdown: Remote Learning	Lockdown: Remote Learning			100 Days of Prep
	Aug 1	2	3	4	5

Week 4

*All events have been cancelled/postponed.
More information will follow when we have guidance about the lockdown and subsequent COVID guidelines.*

See Compass for the Full Calendar of Events



Elaine Lesiuk

Principal

Dear Hillsmeade Community,

Well, it has been another interesting week! We have been in Lockdown before and seem to be becoming quite familiar with the processes. I apologise for the late notice and uncertainty for all around changes to schooling. Unfortunately, we as a school find out about the decision to jump into a lockdown, and the implications for school life through press releases and media announcements at the same time as you do. We endeavour to remain prepared and on the front-foot with our organisation and documentation, and will continue to get information out to our community as quickly as possible. Rest assured, staff are working hard to ensure our students remain connected to school and their learning.

Over the past week I have been very impressed by students, families, and staff. We have had a high level of attendance within class meetings, and some students have sent in photos of their work thus far, I've shared a selection of these on the following pages. We have had a few issues with WebEx but are working hard to resolve these.

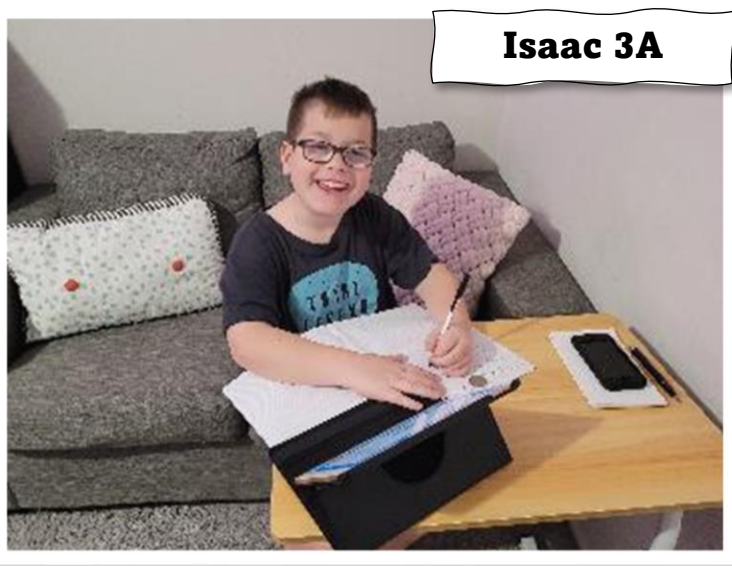
Staff have been supervising students onsite and will continue to do so for those students who are unable to be supervised and supported with their learning at home. During this Lockdown if you can stay home – please do. We acknowledge that this is difficult for everyone and there are times when it is hard to juggle working from home whilst supporting your children's learning. Do the best you can and please reach out via phone or email if you require support.

It is disappointing that we have had to cancel (but hopefully reschedule) some events – including the Year 6 Camp and Interschool sports. Hopefully, we will all be back on site soon and will be able to continue building connections and developing student knowledge and skills, returning to our new normal. In the meantime, we will continue to provide home learning opportunities and support for all our students. At this stage we hope to see students, staff and families back on-site next Wednesday 28th July.

Stay positive, stay connected, and have a great week.

Mrs Elaine Lesiuk

Isaac 3A



Elisa 2C

Archie 5C

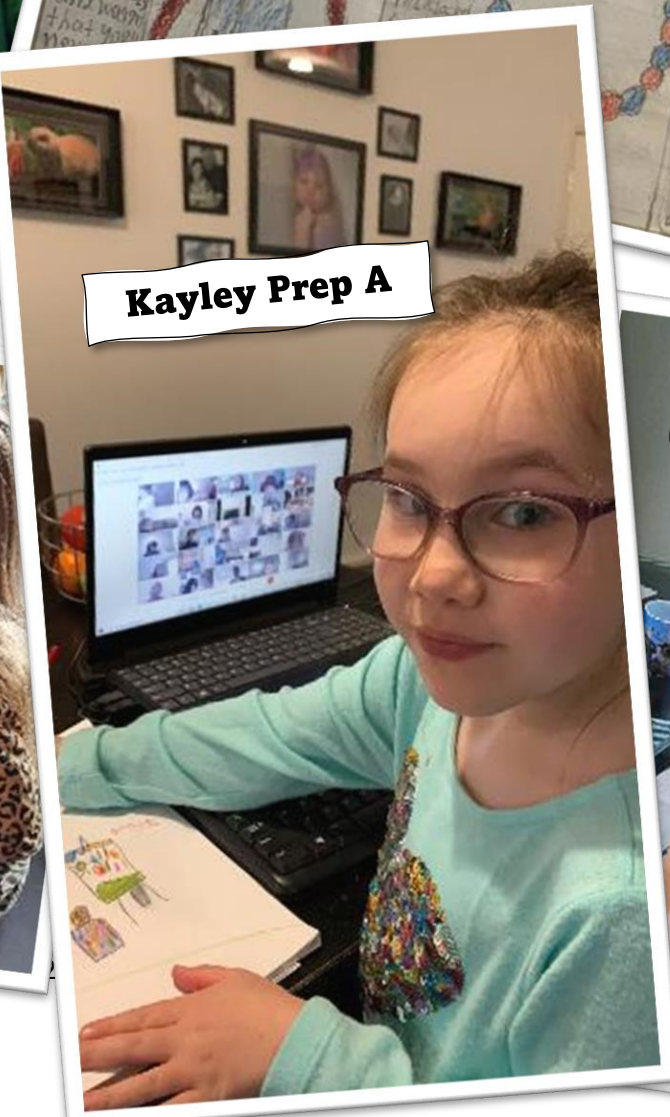


Remote Learning at Hillsmeade

Issaiah 4E



Kayley Prep A



Lex 4A



Ava 2C



Bille Prep E



Kishen 5E



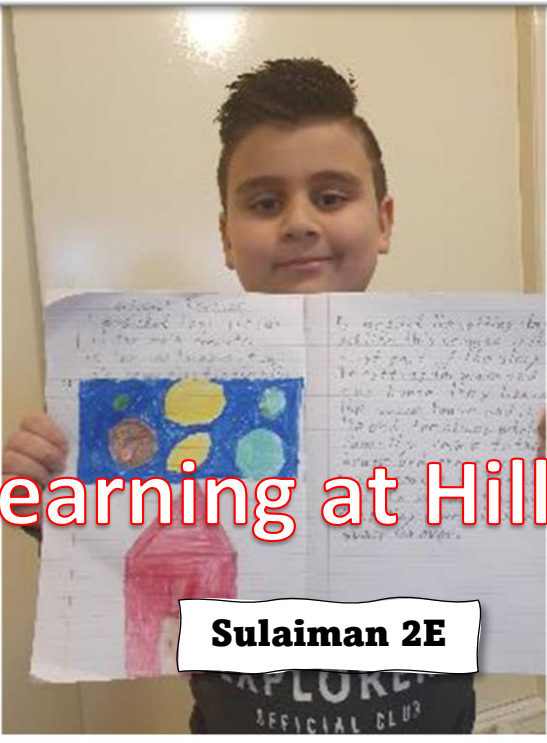
Amazing
Social
Distancing!

Sartaj 3B



Remote Learning at Hillsmeade

Sulaiman 2E



Subaga 3D

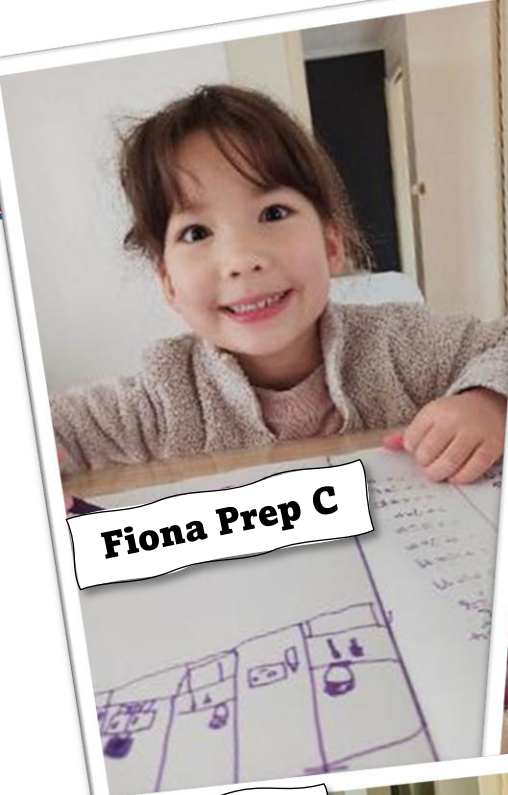


Shaileshwar 6D



Rihanna 3B

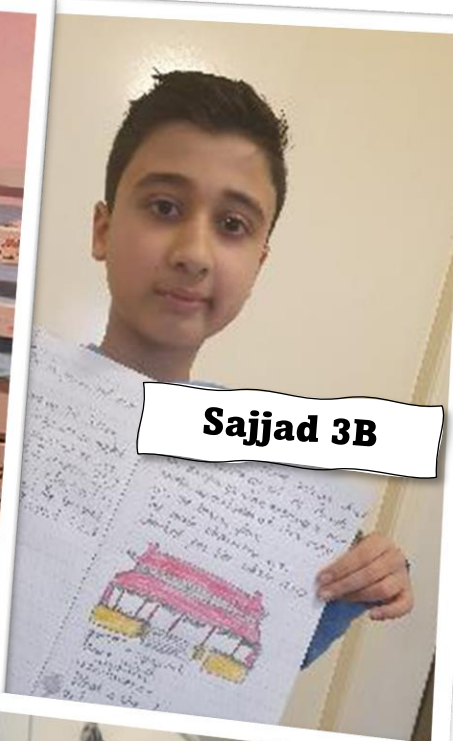




Fiona Prep C



Paige 3C



Sajjad 3B



Advaith 2C

Anirudh 5E

Remote Learning at Hillsmeade



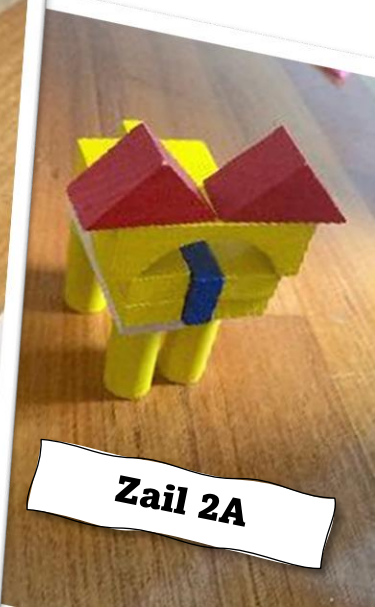
Ryder 3C



Tayla 5B



Harper 4E



Zail 2A



Sarah Smith

Assistant Principal
Teaching & Learning

Remote and Flexible Learning

A huge thank you to our Hillsmeade community for moving so quickly to remote and flexible learning at short notice this past week. Our initial plan supports our students through year level-based Learning Grids in the areas of Reading, Writing, Maths, Science and Social and Emotional Learning.

With the recently announced extension to remote and flexible learning, we will move to our structure of Webex lessons and daily learning plans, commencing Wednesday 21st July. The Department has communicated that schools focus on the priorities of Attendance, Student

Wellbeing, Teaching and Learning.

Learning will be posted on Compass class newsfeeds by 4pm for the following day.

DAILY STRUCTURE



9:00 – 9:20AM

WEBEX HOME GROUP AND SEL



9:20 – 10:00AM

WEBEX LITERACY LESSON



10:00 – 10:20AM

WEBEX READING GROUP



12:00 – 12:30PM

WEBEX MATHS LESSON





Dimple Bhardwaj
Learning Specialist: STEAM

STEM GEMS going FULL STEAM AHEAD with the Merge Cubes!

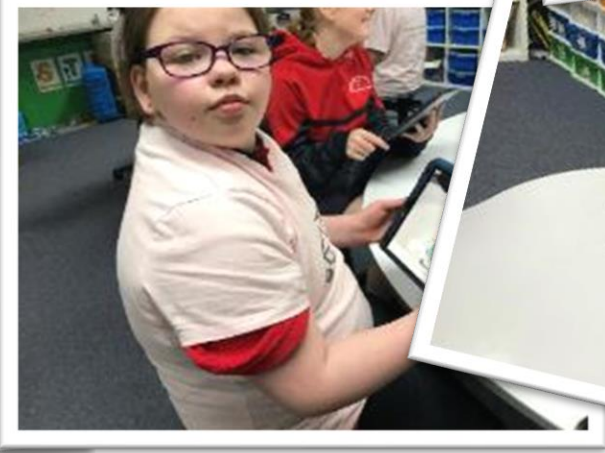
Our STEM GEMS explored **Merge Cubes** last Wednesday.

Merge Cubes works with Merge EDU, a hands-on digital learning platform that helps students learn Science and STEM effectively with 3D objects and simulations they can touch, hold and interact with.

The cube lets you hold digital 3D objects, enabling an entirely new way to learn and interact with the digital world.

STEM GEMS enjoyed using the Merge Explorer app to explore the Solar System and the Human Body in the palm of their hand. They investigated the Earth's core and are excited to explore it further next week.

Mrs Bhardwaj





Visiting Year 2 Students Learning On Site!

Dear Hillsmeade,

It's Squiggle, your Hillsmeade writing puppet!

Today I visited some Year 2 students learning onsite. They shared their favourite literacy activities with me!

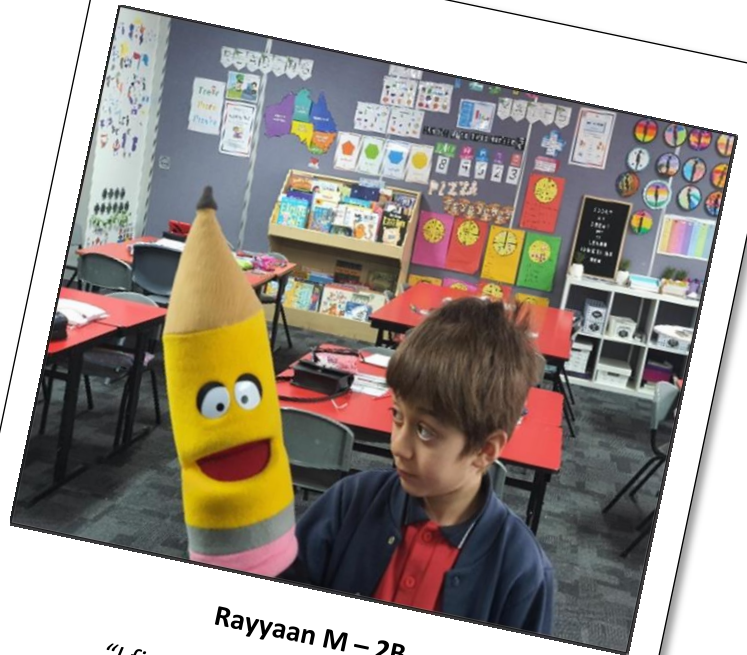
Keep up the enthusiasm and persistence.

From Squiggle!



Nicole Page

Learning Specialist - Literacy



Rayyaan M – 2B

"I fixed a silly Squiggle sentence!"



Sara A - 2A

"I enjoyed reading lots of books!"



Alexis D – 2C

"I looked at personification!"



John Cardamone

Leading Teacher: Social &
Emotional Learning

Good afternoon Hillsmeade,

I hope that the week has been a positive one with the recent announcements. In these uncertain times, it can be difficult to remember the small things to do for ourselves and our loved ones. **We tend to focus on the worry and concern and not focus on some of the things we can do to support our own mental health as well as our family members.**

Don't forget about our parent workshop on the 26th of August 5pm-6pm. Bryan Jeffrey will again present the role parent/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.

I am sharing a great resource provided by the Department of Education that has a focus on wellbeing activities and conversation starters for your family. This provides activities ideas from Prep-6. I will share from Prep-2 first and will provide the rest of the information (Years 3-6) next week. You

can see this document at this

website: <https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-primary.pdf>

There are a range of activities that will help build and maintain your child's wellbeing. Most of them are short and require very few materials. The activities cover six key elements that are important to wellbeing. There are also activities that focus on positive thinking and gratitude as well as breathing exercises that promote calm.

These activities are based on the optional Resilience, Rights and Respectful Relationships teaching and learning materials. I hope that these activities and conversation starters can be of added support and assistance to your family.

***“Wellbeing activities and conversation starters for parents of primary school-aged children.*”**

Please let me know if you have any questions.
hillsmeade.ps@education.vic.gov.au Attn: John Cardamone



Six key elements that are important to wellbeing



Understanding emotions

Understanding emotions helps your child to understand themselves and other people.

We can do this by focusing on recognising, expressing and managing emotions.

Understanding emotions is key to building empathy and self-awareness.



Personal strengths

Help to build your child's ability to recognise and understand positive qualities in themselves and others.

This will help to build your child's self-confidence and the capacity to face and manage challenges.



Positive coping

Provide opportunities for your child to discuss and learn different types of coping strategies.

This will increase your child's ability to manage stress, control impulses and overcome obstacles.



Problem solving

Your child can develop their critical and creative thinking skills to explore different types of problems.

This can build your child's ability to make responsible decisions that consider the likely consequences of different ways of solving problems.



Stress management

Learn about different calming strategies to deal with stress.

This can help your child to cope with challenges they are facing now and in the future.



Help seeking

In these challenging times, it is important to normalise asking for help.

Your child will learn to recognise situations in which to seek help, identify trusted people in their lives to ask for help and practice asking for and providing help.

For students in Foundation level



Understanding emotions

Goal: Understanding our emotions.

Activity: With your child, name the different emotions that characters in your favourite TV show or story book are feeling. How many can you name? Ask: *How can we work out what emotions other people are feeling?*



Personal strengths

Goal: Recognise our strengths by talking about things we are good at.

Activity: With your child, take turns at drawing a portrait of each other. Around the portrait write all the things you think each other is good at.



Positive coping

Goal: Identify positive ways to cope with negative emotions.

Activity: Come up with five things we can do to feel better when we are sad.



Problem solving

Goal: Recognise solutions to problems.

Activity: Come up with three positive and different ways to solve this problem: *You and your family arguing over which show to watch on TV.*



Stress management

Goal: Identify activities that can help to reduce our stress levels.

Activity: Ask your child to interview different family members and then draw a picture of them. Your child can ask: *What do they like to do to help them calm down or cheer up?*



Help seeking

Goal: Identify people who we can go to for help.

Activity: Make a "hand" or "star" to show five people your child can seek help from. Use it as your family plan by writing it up and placing it somewhere it is visible to everyone.



For students in Years 1 and 2



Understanding emotions

Goal: Understand our emotions.

Activity: Play emotional charades with members of your family. Each person acts out an emotion and family members guess the emotion/feeling.

Goal: Understand situations that can trigger different emotions.

Activity: Your child asks a family member how they would feel if:

- They were starting a new school or job
- Their friend had told everyone a secret they shared with them
- They had won a prize.



Personal strengths

Goal: Describe how we use our strengths to be a good family member.

Activity: With your child, discuss what each of your character strengths are. Draw a picture of yourselves using one of these strengths at home.

Goal: Describe how we use our strengths in daily life.

Activity: With your child, watch a TV show or read a story book together and identify how a character showed any of these strengths (honesty, fairness, patience). What would the opposite of these look like?



Positive coping

Goal: Discuss ways we can cheer up and calm down.

Activity: Discuss with your child:

- When I feel lonely, I can...
- When I feel angry, I calm myself down by...
- When I feel sad, I can...
- When I feel bored, I can...

Goal: Talk about fears and how to cope with fear.

Activity: Talk about:

- Things that make me afraid are...
- When I feel afraid, what are some things we do to help us manage our fears.

For students in Years 1 and 2 continued



Problem solving

Goal: Build collaboration and teamwork at home.

Activity: Using items that are safe and stackable (e.g. paper cups, playing cards), make a tower as tall as you can. Once your tower is complete, remove one item at a time, trying not to make the tower collapse. Or, if you have Jenga, play it together!

Goal: Work together to solve problems.

Activity: Talk about this scenario with your child: I had a disagreement with my best friend and felt left out. What are three positive ways one could solve this situation?



Stress management

Goal: Recognise how stress can feel in the body.

Activity: With your child, tell each other about a situation when you felt stressed. How did the body respond to this stress (e.g. sweaty palms; butterflies in your tummy).

Goal: Discuss coping strategies for stress.

Activity: Write a list of actions with your child that you can take to deal with stress, fear or anger. Name this list: *Our Family's Calming Strategies*. Display this list somewhere at home.



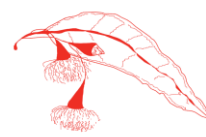
Help seeking

Goal: Work with and support each other.

Activity: Encourage your child to help a family member with a something around the house, such as clearing the dishes after dinner.

Goal: Identify people we can go to for help.

Activity: Make a "hand" or "star" showing five people your child can seek help from. Use it as your family plan by writing it up and placing it somewhere visible to everyone.



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 26th) 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 take a closer look at how stress can play a major part in our children’s 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 mental health and wellbeing of our students, families and the community.

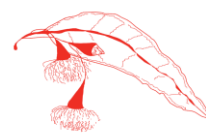
Through these workshops, we hope to not only strengthen our partnership with families but also the connections between the families and Hillsmeade.

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 by August 25th. Thank you.



Ms Ellis had her baby!
Welcome to the world Matilda!



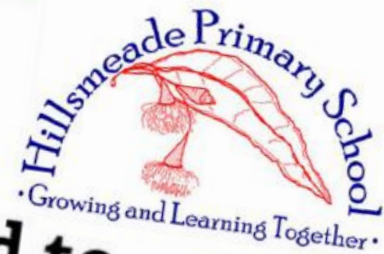


	Monday	Tuesday	Wednesday	Thursday	Friday
8.15am	Breakfast Club 	Breakfast Club 	Running Club 	Reading Club 	Running Club
11.10am	Story Time with Lucas 	Gardening Club 	Just Dance Club 	Gardening Club 	Year 6 Student Leader Meeting
12.45pm	STEAM AGENCY Year 6 Student Leader Meeting 	MATHS CLUB 	STEM GEMS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



June Attendance Award!

"Every Day Counts"



Awarded to

Grade 3

For best attendance in the month of June.

E. Lesiuk

Principal

July 2021

Date





EVERYday 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**

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
Details/Comment: Feeling unwell

Important Notice

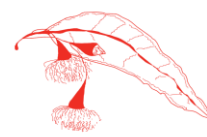
In clicking 'Save', you understand, certify and accept that you are a listed parent/guardian for this child, and the information above is correct, and this online approval does NOT constitute a medical certificate, and students enrolled in VCE are required to submit a medical certificate to the school 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
56229_06A (Y 5 Co...	26/04/2019 09:00 AM	26/04/2019 12:00 PM
56229_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 22nd July at 9am
- OR**
- Monday 26th 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 or call 9705 5200

Contact the City of Casey:

Web: casey.vic.gov.au
Email: 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

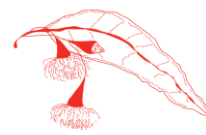
Hillsmeade Early Learning Centre

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

www.regencycalisthenics.com.au