



As we come out of lockdown, gates will open at 3.20pm for parents to collect children. Please socially distance & remain COVID safe.



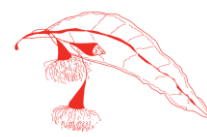
Hillsmeade Primary School

• Growing and Learning Together •

The Link • 2021
Issue 22 • Term 3
Week 3

	MON	TUE	WED	THU	FRI
	July 26	27	28	29	30
Week 3	Lockdown: Remote Learning	Lockdown: Remote Learning	Return to On-Site Learning	School Tour POSTPONED	100 Days of Prep
	Aug 2	3	4	5	6
Week 4					
	Aug 9	10	11	12	13
Week 5	Hillsmeade Athletics Carnival		HoopTime Y5&6 Moonlit Sanctuary		

See Compass for the Full Calendar of Events



Elaine Lesiuk

Principal

Welcome back!

Welcome back to onsite learning to all the Hillsmeade community!

It has been such a nice feeling to see happy children and families skip through the gates this morning. Everyone has tackled remote learning exceptionally well, but nothing beats the conversation and collaboration that happens in the classroom. I have shared some more photos of our students engaged in remote learning on the following pages.

It's also lovely to see the kids outside engaging in play. So thank you, enjoy your day and let's hope that our situation continues to improve to point where we can welcome you all back onto our school grounds.

- Mrs Lesiuk



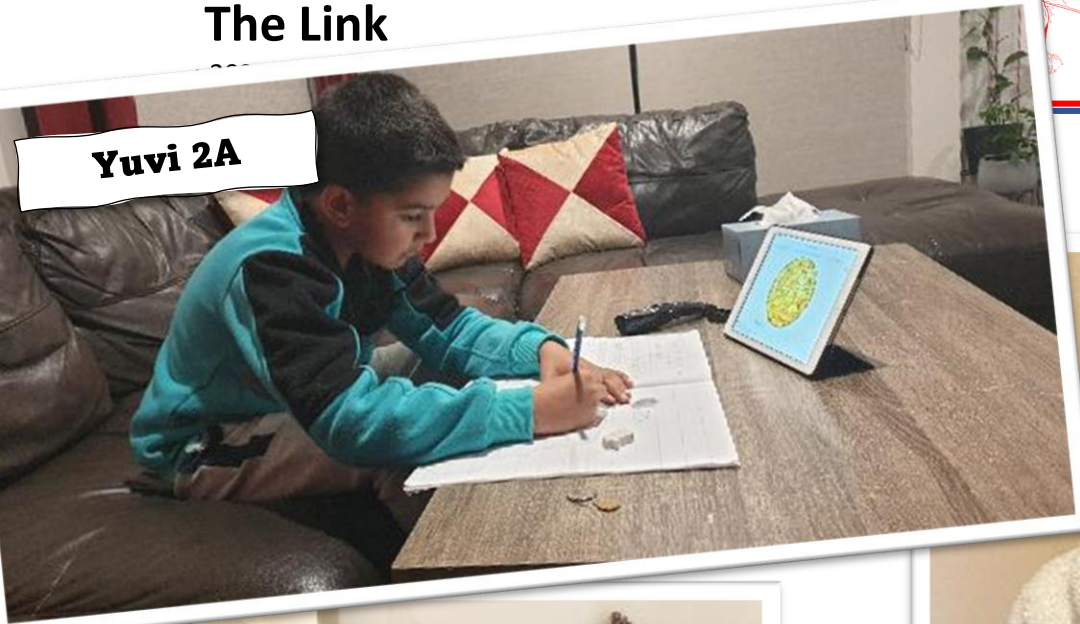
2021

**EARLY
LEARNING
MATTERS
WEEK**



The Link

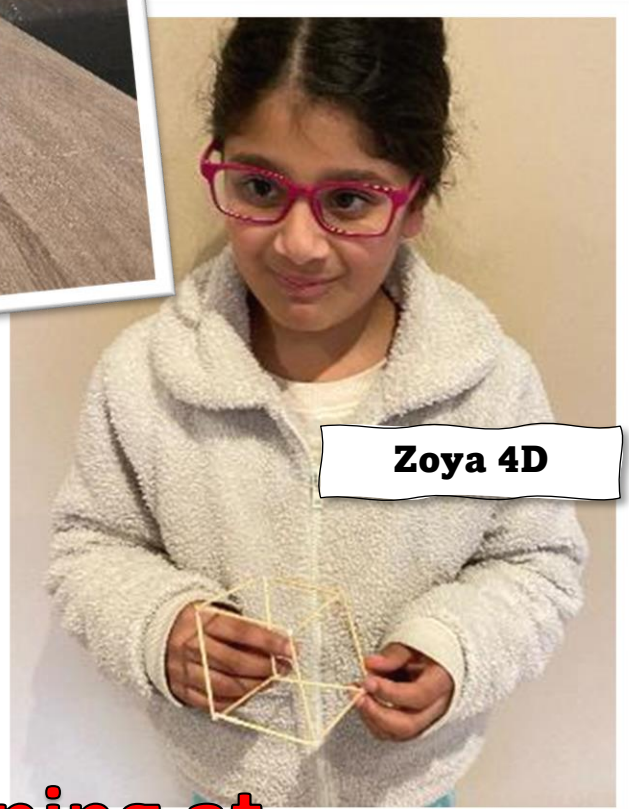
Yuvi 2A



Atarvaa 2A



Zoya 4D

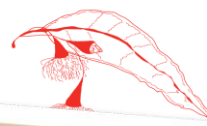


Remote Learning at Hillsmeade

Yuvi 2A



Olivia Prep D



Sartaj 3B



Lily 2A

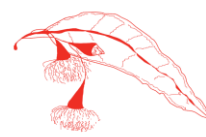
Remote Learning at Hillsmeade



Adele Prep D



Linkon 1A



Sarah Smith

Assistant Principal
Teaching & Learning

Welcome back!

We are excited to welcome our students back to onsite learning today! Once again, our school community has shown resilience in these uncertain times. We are so impressed with the students' efforts throughout remote and flexible learning, with the support and care of our families.



100 Days of School!

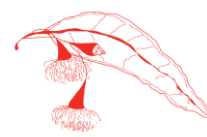
Congratulations to our Prep students who celebrate 100 days of school this Friday! We are very proud of our students and their amazing teachers in reaching this milestone.

Family Tree Celebration

Congratulations to Sara in 2A for sharing her outstanding family tree. An amazing effort!



Sara 2A

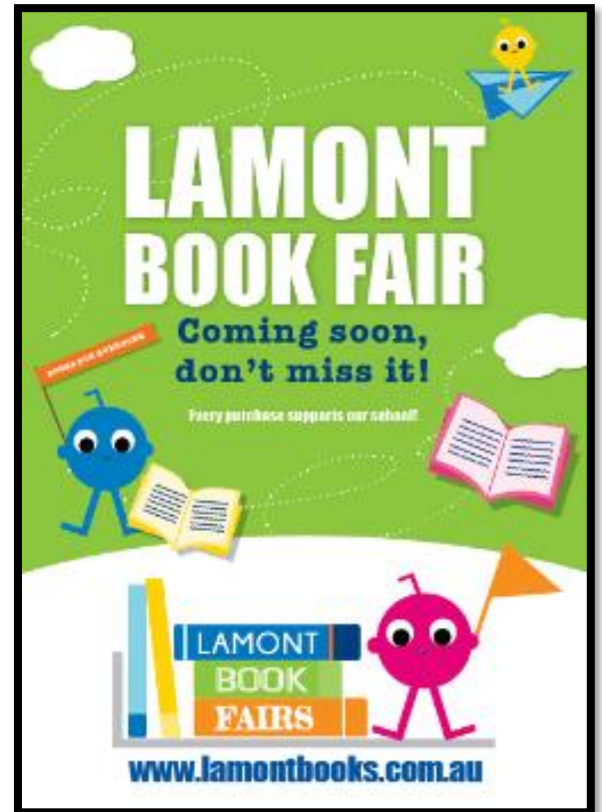


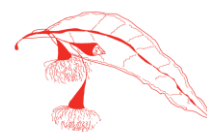
Book Covering

We have a number of library books to be contacted. If you are able to assist with book covering, please contact the office. We are very grateful for the assistance from our volunteers.

Book Fair

Our Lamont Book Fair is coming in Week 7 to celebrate Book Week. More information coming soon!





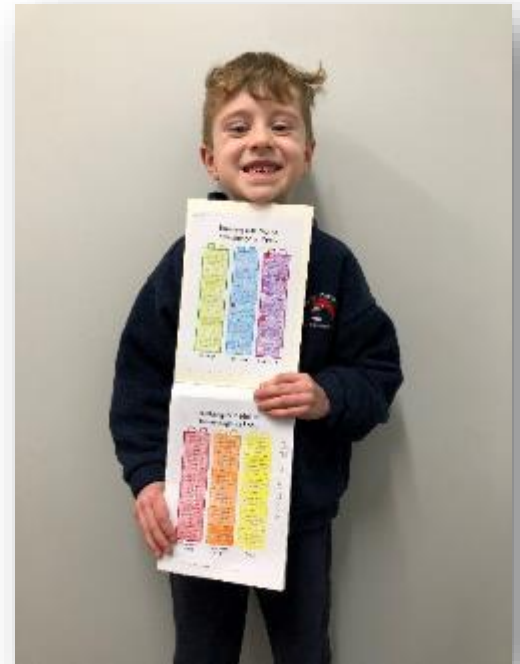
Dimple Bhardwaj

Learning Specialist: STEAM

Hi Hillsmeade,

I super proud of Ronan in Prep C who has completed all his maths goals! What a super star! Everything around you is mathematics, everything around you is numbers, continue to explore and have fun!

Well done, Ronan!



I am so proud of Orzal Hashimi who created a fantastic flow chart for her Earth and Space Science task.

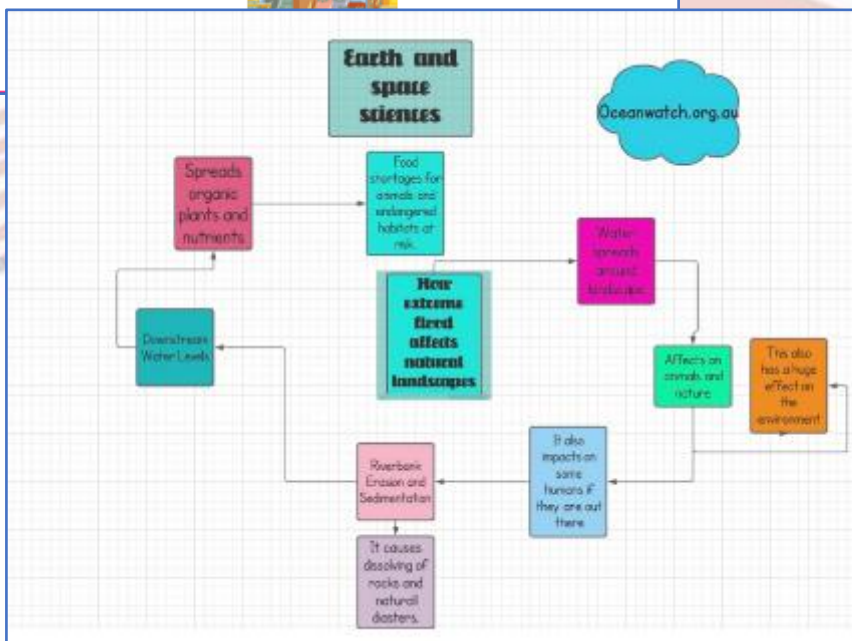
Science helps us to understand things better!

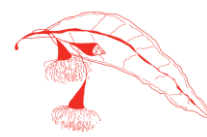
Great job Orzal!

Congratulations to Ruby for her amazing space puzzle! Great persistence, so impressive!

Earth and Space Sciences

Create a flow chart to explain how an extreme flood might affect the natural landscape.





Nicole Page

Learning Specialist - Literacy

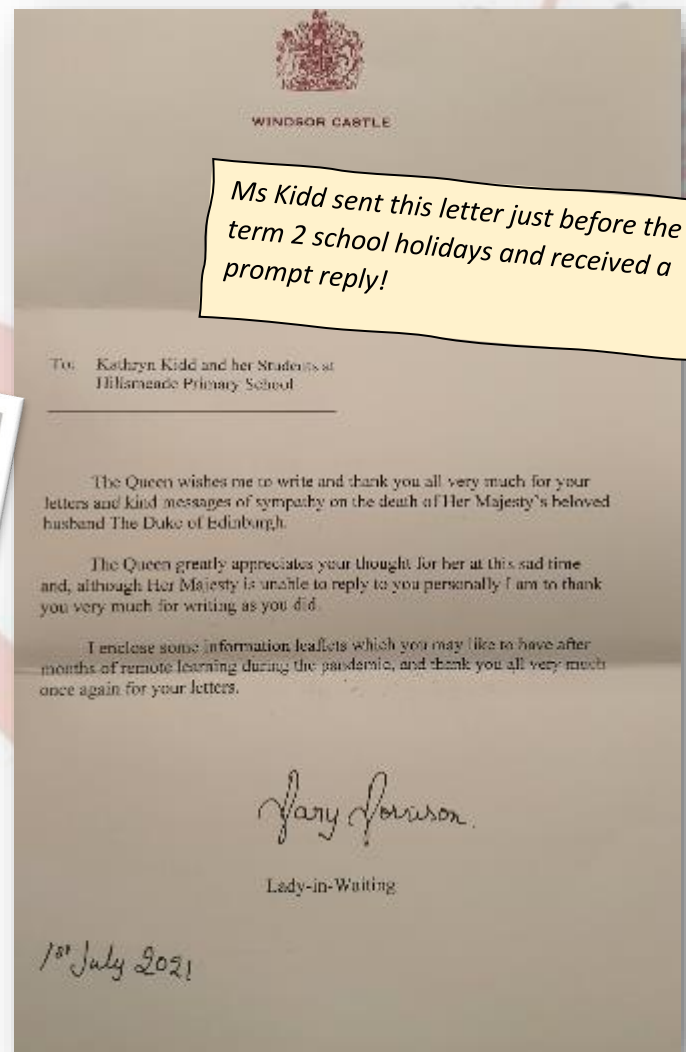
A Royal Letter arrives at Hillsmeade

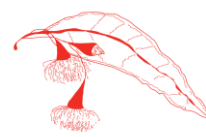
As part of their literacy learning with Ms Kidd during term two, Year 4 and Year 6 students wrote letters to HRH Queen Elizabeth II. Our student authors were curious about Her Majesty's daily activities, her pet Corgis and the details of Buckingham Palace.

Early this week, Ms Kidd and her students were pleasantly surprised to receive a letter back from Windsor Castle! The Queen's Lady in Waiting responded on the Queen's behalf. She expressed gratitude for the students' kind wishes and interest in royal life.

Congratulations to our students and Kathryn Kidd. What a special letter and priceless experience!

The letter was security checked by Australian Border Services.





Tessa Strickland

2/D Teacher

Last week 2/D wrote a version of *The Gingerbread Man*, and we'd like to share it with the Hillsmeade Community!

Miss Bodie was in her classroom teaching 2B and saw the puppy racing down the hall. She yelled "Come here gingerbread puppy I want to gobble you up for my snack!" The gingerbread puppy kept running and yelled "Woof, woof, woof, you can't catch me! I'm the gingerbread puppy!"

The gingerbread puppy ran and ran until he saw the school gate. The gingerbread puppy thought "Yes! A chance to escape!" Mrs Lesiuk was on yard duty and spied the gingerbread puppy. She said sneakily, "Come here puppy, I want to give you a pat." The gingerbread puppy leapt into her arms.

SNAP! OM NOM NOM!

The gingerbread puppy twisted and jumped up and over the fence to safety, but not before Mrs Lesiuk got a taste of his delicious tail. And ever since then Mrs Lesiuk has sat in her office, dreaming of seeing the gingerbread puppy again and eating the rest of him.

The end.

The Gingerbread Puppy by 2D

Once upon a time there was a very clever class called 2D. One day they baked a gingerbread puppy in the teacher staffroom at Hillsmeade Primary School. When Mrs S got the puppy out of the oven it jumped down off the tray and ran out of the room shouting "Woof, woof, woof, you can't catch me! I'm the gingerbread puppy!"

Miss Smith was sitting in her office when the puppy ran past. She called out "Come here gingerbread puppy I want to eat you!" The gingerbread puppy kept running and yelled "Woof, woof, woof, you can't catch me! I'm the gingerbread puppy!"



John Cardamone

Leading Teacher
Social & Emotional Learning

Good afternoon Hillsmeade,

It has been a difficult and challenging year with some changes that have happened, this can affect our children in lots of different ways. I hope the article below can give you some ideas if you are experiencing some challenges with **separation anxiety**, whether that's at school or other locations.

Our parent workshop will be held 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.

This week I am sharing an article from the website *Parenting Ideas*. This website is run by Michael Grose. I have shared lots of articles from his website before.

You can find out more at www.parentingideas.com.au

Reducing separation anxiety in young children

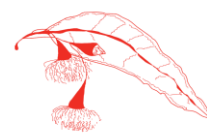
In the early years some clinginess, crying and tantrums are normal when a child is separating from parents. While a great deal of separation anxiety disappears with age, some young children will continue to experience anxiety when going to pre-school, childcare or other care arrangements. This anxiety can be distressing for parents, and become an unnecessary source of guilt, further fuelling a child's anxiety. Many children who experience separation anxiety are biologically predisposed to anxiousness, shying away from new or novel situations. Here are some ways to support an anxious child at drop-off:

Become practised at separations

Help your child become used to separations by leaving them with caregivers for short periods at first and gradually increasing the length of separation.

Get your child separation-ready

Tired, hungry kids are generally clingy, cranky kids. Similarly, rushed kids are often stressed kids. If your child continues to cling to you when you leave them at pre-school or with carers, check your home routines. Are they going to bed early enough to get sufficient sleep? Are they waking in time to complete their morning activities without being rushed? Are they getting an energy-boosting breakfast such as porridge or an



egg to provide the fuel to put them in the right mood? Sometimes simple adjustments to home routines can make a big difference to how a child reacts when leaving their parents in the morning.

Develop a regular quick goodbye ritual

Rituals, like routines, are both reassuring and personal. Develop your own special good-bye ritual, which can be simple such as a special wave or kiss. Alternatively, a fun good bye ritual such as a high five, low five, fist pump bursting into a hand explosion can be something a child enjoys. One you've said good-bye leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

Take part of you with them

If the pre-school or child care centre allows it encourage your child to bring a comforter such as a favourite soft toy, part of a blanket or even something that you've given them such as photo or toy. Taking a part of you with them can provide an added layer of security when you're not around.

Stay confident

Kids will often take their cues from their parents so a calm, reassuring approach can

give your child the confidence they need that they will be okay.

Involve your child's teacher or carer in the drop-off

Discuss separation with the pre-school teacher or carer and involve them in the transition. Settle your young child with the other carer, preferably being involved in an activity before saying good bye and making a quick exit while your child is in the care of another adult.

When separation anxiety is not normal

Most separation anxiety is a normal part of your child's development. Some children will experience separation anxiety that is outside the normal range, which may require professional intervention. It can be difficult to determine whether a child's anxiety is normal or can be considered a disorder as many of the behaviours are the same. Consider seeking professional help if some or all of the following occurs:

- the intensity of the anxiety is outside the normal range for their age
- your child becomes agitated at the mention of being separated from you
- they withdraw from normal activities at home and at pre-school
- the separation anxiety continues regularly for four weeks or more."

Please let me know if you have any questions. Hillsmeade.ps@education.vic.gov.au

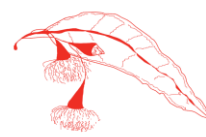
Thank you,

John Cardamone

Social and emotional learning...

It's everyone's business!





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.

100 DAYS OF PREP

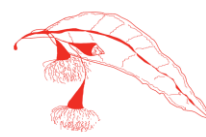
When: Friday 30th of July

Students are welcome to come dressed for the day as 'something 100'.

We will celebrate this milestone with some fun activities throughout the day.



100 Days of School



Vicki Collie

First Aid Officer

Asthma Action Plans

If your child has been diagnosed with Asthma, please complete an Asthma Action Plan. The plan will need to be completed and endorsed by your GP or Nurse Practitioner. The blank plan is on the next page, and also available on our school website:

<https://www.hillsmeade.vic.edu.au/useful-information/forms/>

The Asthma Plan needs to be re-visited with your GP or Nurse Practitioner every year, and re-submitted to school.

Please contact the school if you have any questions.

Hillsmeade.ps@education.vic.gov.au

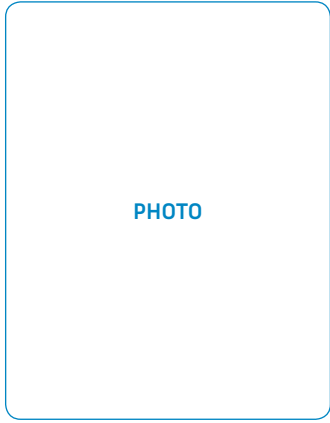
ASTHMA ACTION PLAN

VICTORIAN SCHOOLS

Student's name: _____

DOB: _____

Confirmed triggers: _____



- Child can self-administer if well enough
- Child needs to pre-medicate prior to exercise
- Face mask needed with spacer

ALWAYS give adrenaline autoinjector FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms.

Adrenaline autoinjector prescribed: Y N Type of adrenaline autoinjector: _____

ASTHMA FIRST AID

For Severe or Life-Threatening signs and symptoms, call for emergency assistance immediately on Triple Zero "000"
Mild to moderate symptoms do not always present before severe or life-threatening symptoms

- 1. Sit the person upright**
Stay with the person and be calm and reassuring
- 2. Give ___ separate puffs of Airomir, Asmol or Ventolin**
Shake the puffer before each puff
Puff 1 puff into the spacer at a time
Take 4 breaths from spacer between each puff
- 3. Wait 4 minutes**
If there is no improvement, repeat step 2
- 4. If there is still no improvement call emergency assistance**
Dial Triple Zero "000"
Say 'ambulance' and that someone is having an asthma attack
Keep giving ___ puffs every 4 minutes until emergency assistance arrives

Commence CPR at any time if person is unresponsive and not breathing normally.

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.

SIGNS AND SYMPTOMS

MILD TO MODERATE

- Minor difficulty breathing
- May have a cough
- May have a wheeze
- Other signs to look for:



SEVERE

- Cannot speak a full sentence
- Sitting hunched forward
- Tugging in of skin over chest/throat
- May have a cough or wheeze
- Obvious difficulty breathing
- Lethargic
- Sore tummy (young children)

LIFE-THREATENING

- Unable to speak or 1-2 words
- Collapsed/exhausted
- Gasping for breath
- May no longer have a cough or wheeze
- Drowsy/confused/unconscious
- Skin discolouration (blue lips)

Emergency contact name:

Work ph:

Home ph:

Mobile ph:

Plan prepared by Dr or Nurse Practitioner:

Signed: I hereby authorise medications specified on this plan to be administered according to the plan

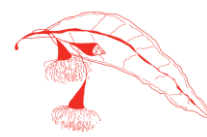
Date prepared:

Date of next review:



- Assemble spacer.
- Remove cap from puffer.
- Shake puffer well.
- Attach puffer to end of spacer.

- Place mouthpiece of spacer in mouth and ensure lips seal around it.
- Breathe out gently into the spacer.
- Press down on puffer canister once to fire medication into spacer.
- Breathe in and out normally for 4 breaths (keeping your mouth on the spacer).



	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 	



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 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

Details/Comment: Feeling unwell

Important Notice

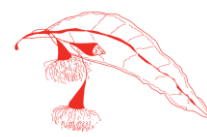
In clicking 'Save', you understand, certify and accept that you are a listed parent/guardian for this child, and the information above is correct, and this online approval does NOT constitute a medical certificate, and students enrolled in VCE are required to submit a medical certificate to the school 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 Select a period...

Finish: 26/04/2019 03:00 PM Select a period...

Potentially Affected Sessions

Activity	Start	Finish
ENGTN_06A (Y1 & Co...	26/04/2019 09:00 AM	26/04/2019 12:00 PM
ENGTN_06A (Y1 & Co...	26/04/2019 12:30 PM	26/04/2019 03:30 PM



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.



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

