



ENROL NOW PREP 2022

If you're in the Hillsmeade zone enrol your 2022 Prep student now! Enrolment forms in the office!

Hillsmeade Primary School
 • Growing and Learning Together •

The Link • 2021
 Issue 24 • Term 3
 Week 5

	MON	TUE	WED	THU	FRI
	Aug 9	10	11	12	13
Week 5	Lockdown #6 – Remote Learning	Lockdown #6 – Remote Learning	Lockdown #6 – Remote Learning	Lockdown #6 – Remote Learning	Lockdown #6 – Remote Learning
	Aug 16	17	18	19	20
Week 6	Lockdown #6 – Remote Learning	Lockdown #6 – Remote Learning	Lockdown #6 – Remote Learning	Lockdown #6 – Remote Learning	Back to School! (Hopefully)
	Aug 23	24	25	26	27
Week 7				CURRICULUM DAY 5pm Bryan Jeffery presentation for Parents	

See Compass for the Full Calendar of Events



Elaine Lesiuk

Principal

Week 5!

Hi Everyone!

Last week I wrote my report prior to the announcement of Lockdown 6.0. I commented on the events that would be taking place in the upcoming week, and how excited we were for the students to be out and about attending excursions and sporting events. WOW what a difference a few days makes. We were thrown into remote learning with little notice. **Please be assured that we try to communicate with you as quickly as we can** – ensuring we wait until we have confirmed and accurate information.

At a school level **we intend to reschedule as many events as possible to avoid our students missing out.** We are working through some difficult times and need to be as flexible as possible – for the benefit of our students. Please work with us by staying positive and patient: this has been much appreciated.

The current lockdown has just been extended for another 7 days. We will continue to provide onsite supervision for those students who are vulnerable, at risk of disengagement or where both parents are essential workers. Our numbers onsite are creeping up, and I reiterate that if you can work from home and keep your children home and engaged in remote learning please do so. Let's hope we will be back to regular schooling by next Friday.

Enjoy your week,

Elaine Lesiuk

The Link



Mrs Collins 5C

Remote Teaching at Hillsmeade



Miss Monagle 3D



Mr Singh 5D



Mrs Beamish
Prep D



Mrs Crowe 2E



Mrs Dorman
Prep B



Remote Teaching at Hillsmeade

Ms Sutcliffe 1E



Year 2 teachers
meeting together!



Many of our teachers like Ms Sheers from 6E have volunteered to rotate through shifts at school supervising children of essential workers in our on-site supervision program. Students on-site are doing the same remote learning as all other students, just doing it at school as their parents aren't home.

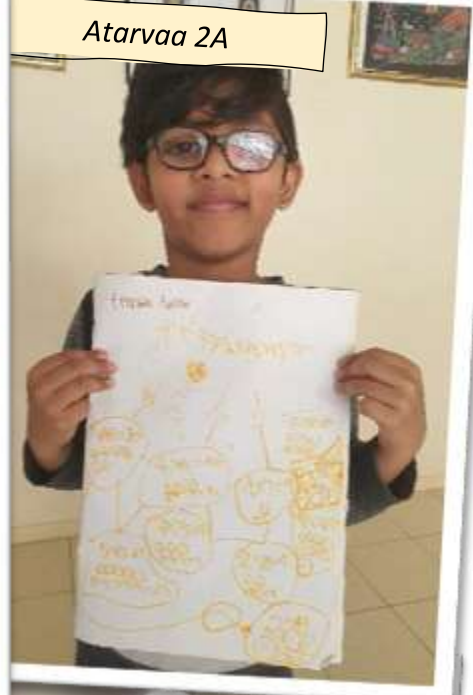
Remote Teaching at Hillsmeade



Macie Prep B



Atarvaa 2A



Macey 2D



Remote Learning at Hillsmeade

Annie 4E



Sienna Prep D



Chase 5A



Grace 1A



Alyssa 3A



Kaley Prep A





Tessa Prep E & Alexis 2C



Charlotte 2E



Jacob 4E



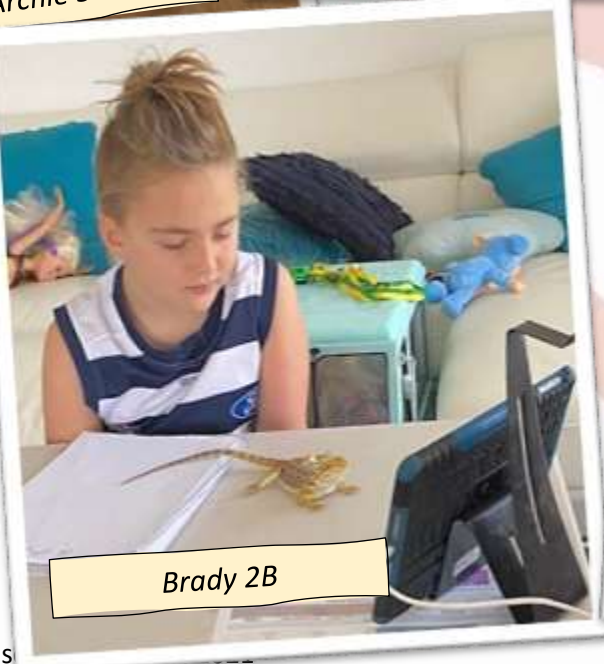
Archie 5C



Mahra 1A



Andrew 2D



Brady 2B

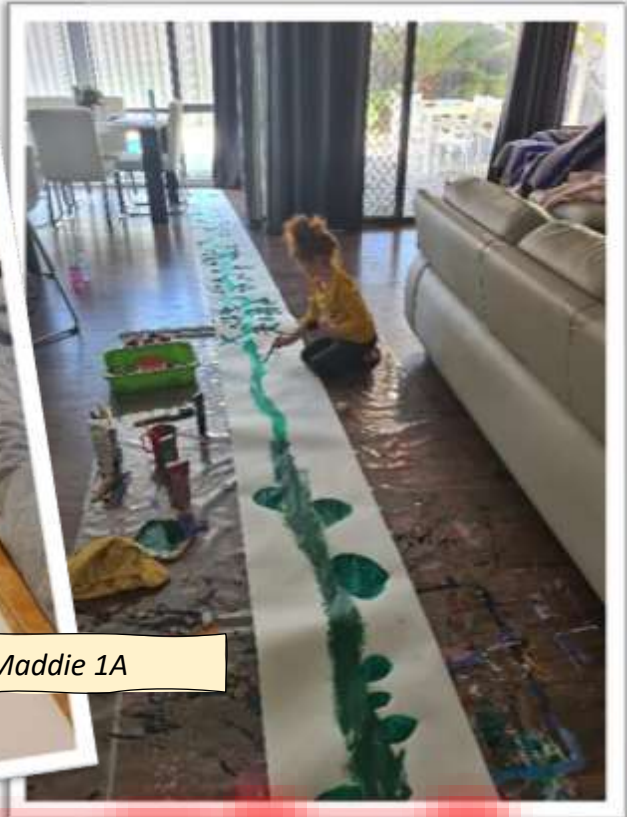


Leo 3E

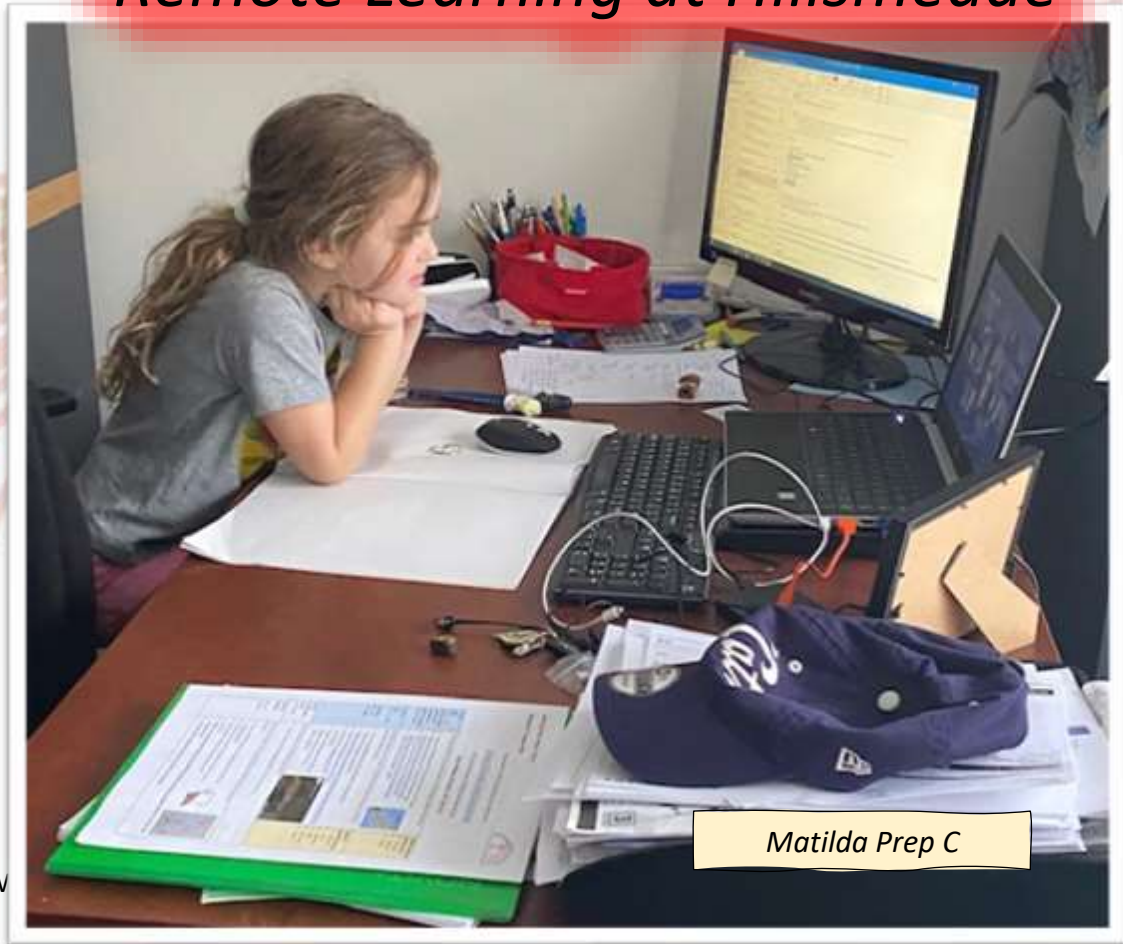
Remote Learning at Hillsmeade



Maddie 1A



Remote Learning at Hillsmeade

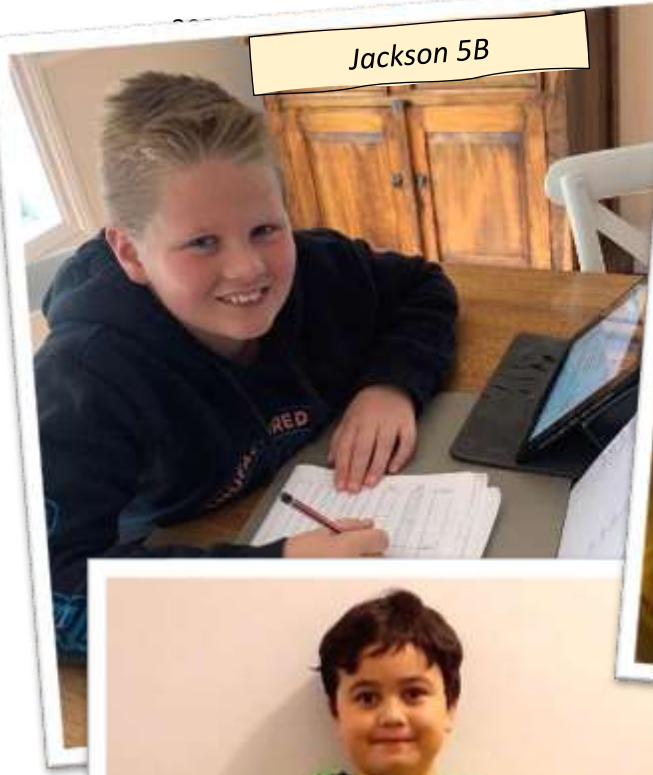


Matilda Prep C



The Link

Jackson 5B



Luke 1C



Linkon 1A

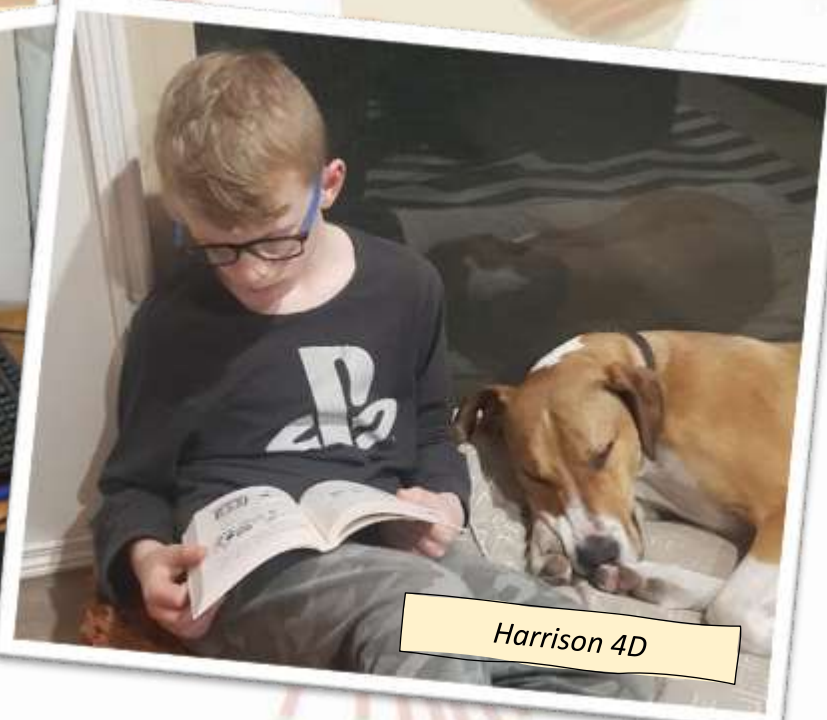
Remote Learning

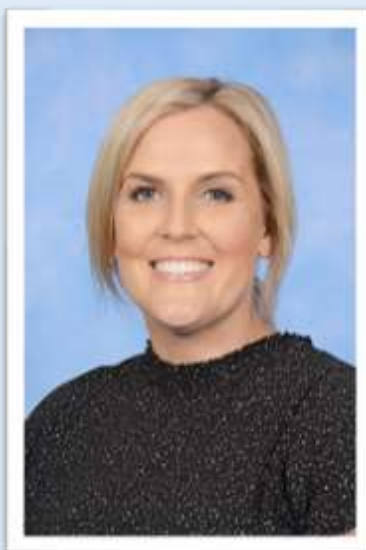
at Hillsmeade

Zach 5D



Harrison 4D





Sarah Smith

Assistant Principal
Teaching & Learning

Remote and Flexible Learning

Thank you to our students, staff and families for moving swiftly back to remote and flexible learning this week. We understand the challenges and uncertainty at this time and are working hard as a school to continue with routines and structures to provide continuity in learning for our students. Our Webex lessons continue this week with teachers scheduling learner conferences to monitor individual students' progress and goal setting. We acknowledge the amazing efforts of the school community at this time.

DAILY STRUCTURE

 9:00 – 9:20AM
WEBEX HOME GROUP AND SEL

 9:20 – 10:00AM
WEBEX LITERACY LESSON

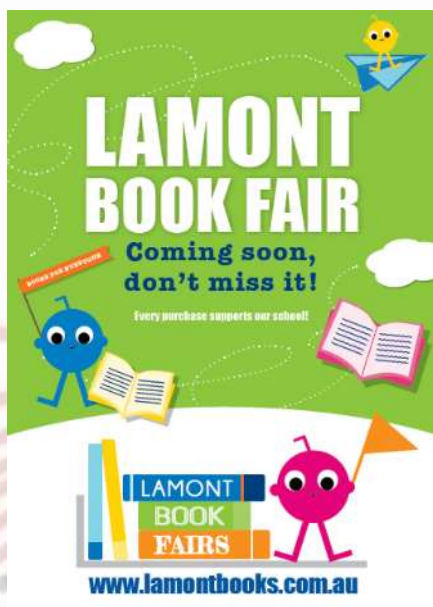
 10:00 – 10:20AM
WEBEX READING GROUP

 12:00 – 12:30PM
WEBEX MATHS LESSON



School Events

Due to ongoing restrictions, some upcoming whole school events will be re-imagined moving forward. We are exploring virtual options to celebrate Science Week, our STEAM Expo and our Book Fair. Stay tuned for more information!



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.



Dimple Bhardwaj

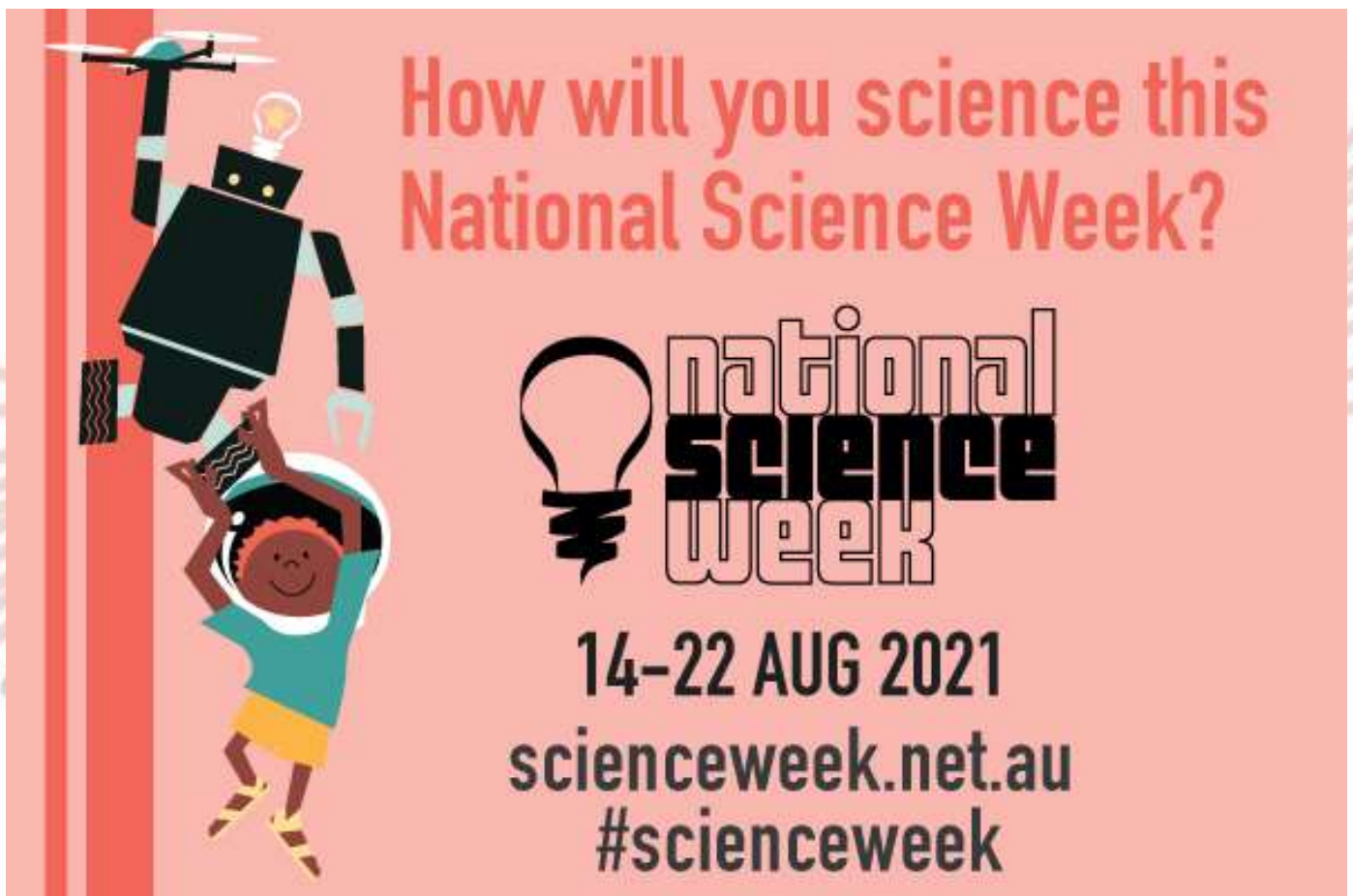
Learning Specialist: STEAM

STEAM Expo! Reimagined


Dear Hillsmeade,

Due to ongoing restrictions, we are preparing for Plan B to celebrate our National Science Week.

The daily home group in week 6 will focus on science with the theme – **Food: Different by Design**. Tune into Hillsmeade Happenings and our Virtual Assembly to celebrate our National Science Week with us.



How will you science this
National Science Week?

 national
science
week

14-22 AUG 2021
scienceweek.net.au
#scienceweek



Danielle McKelvie

Performing Arts

‘Let the Games Begin’ Production Update

The school production ‘Let the Games Begin’ now has a new performance venue. We have been able to secure a booking to hold the school production at **River Gum Performing Arts Centre**. Due to the smaller seating capacity of this venue, our production will now be held over 2 nights to accommodate our large community of families. **The production will be held on Wednesday 13th October and Thursday 14th October.** Students with a lead role or a chess piece role are requested to attend both performances. Students who only perform with their class will attend on one night.

We have also booked a **rehearsal day on Tuesday 12th October at River Gum Performing Arts Centre** where all students in Year 4, 5, 6 will attend the theatre together and rehearse the production. There will be no cost to families for the rehearsal.

The following classes are performing each night. Students are to arrive from 6pm. The classes have all been learning songs for different scenes in the production.

Wednesday 13th October

6A 5A 5B 6C 5C 4A 4C 4D

Thursday 14th October

6B 5E 4B 6D 6E 5D 4E

Information regarding ticket sales will be shared later this term.

We appreciate your ongoing support and understanding.

Danielle McKelvie
Production Co-ordinator

Let The **GAMES** Begin



By Mike Smith
& Steve Titford



Nicole Page

Learning Specialist

Our Prep students have been successful and enthusiastic during remote learning onsite! These clever children listened to the classic Australian picture storybook, *Edward the Emu*. Afterwards, they created their own Emus. They also considered the main message of the text: *I am special because.....*

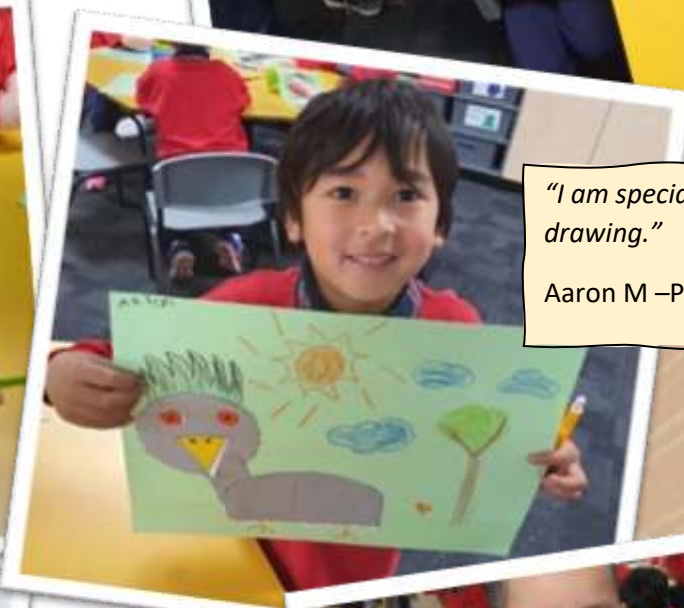
"I am special because I am good at playing."
Violet A –Prep B



"I am special when I run fast."
Sonny T –Prep B



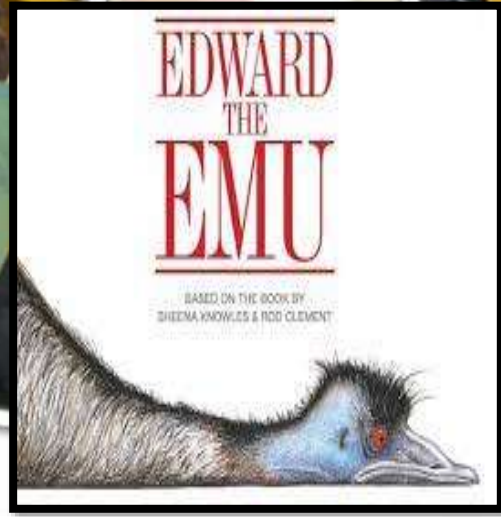
"I am special at drawing."
Aaron M –Prep A



"I am special because I have brothers."
Marnie S –Prep B



"I am special when I win running races."
Jireh P –Prep D





John Cardamone

Assistant Principal
Welfare & Wellbeing

Good afternoon Hillsmeade,

Don't forget! Bryan Jeffrey parent workshop on August the 26th. To attend this parent workshop you will need to sign up. Please see over the page for further details.

I hope this week has been a positive one so far for you and your family during this lockdown. It's important that we continue to reach out for support and check in on family and friends.

This week I wanted to share another article by Kidshelpline. As stated, these challenging times can cause stress on families. The article below speaks about how to recognise the signs of stress and to recognise the signs in our children and the different ways we can manage stress. If you would like to find out more, please visit their website <https://kidshelpline.com.au>. This article ties in with our upcoming parent workshop, having a closer look at the mental health and wellbeing of families and our children.

Coping with Family Stress

Stress impacts everyone at different times and in different ways. Here's a guide to managing stress.

What is stress?

Stress is the body's reaction to change that requires a physical, mental, or emotional adjustment and can be broken down into three categories:

Acute stress – also known as our 'fight or flight' response. This is our body's immediate reaction to any type of perceived threat, and can be quite intense. Examples of acute stress might be the first day at a new job or giving a speech.

Episodic acute stress – this occurs when someone frequently has bouts of acute stress. These people might constantly be rushing and often overextend themselves, e.g. the stress of being in Year 12 and dealing with assessments or exams.

Chronic stress – this stress response is subtler and tends to be more long-lasting with stress spanning over weeks or months as factors contributing to your stress continue to pile up.

What happens when we're stressed?

Our behaviour is part of a process that's influenced by a lot of factors. It tends to proceed like this:

- *You have a thought response, e.g. "I don't want to do that."*
- *You have an emotional response (which is informed by your thought response), e.g. "I feel anxious."*
- *Both your thoughts and emotions determine your behavioural reaction or response, e.g. "I avoid doing that."*

If we are stressed, we are more likely to experience negative thoughts and emotions, which then result in behaviours that might be more reactive or avoidant.

As these responses can impact on our health, happiness and quality of life, it's important to manage stress.



What causes stress?

External stressors are factors around you (that are beyond your control) which have the ability to impact on the stress levels of you and your child.

Some of these stressors might include:

Major life changes - this is anything that could affect your life in a significant way, and may be planned or unplanned. These can be positive such as marriage, buying your first home or having a new baby. These can also be negative, such as the sudden death of a loved one.

Unpredictable events - these are events that can take us by surprise as they are unplanned. These could include your rent being increased suddenly, or someone in the family losing their job.

Family responsibilities - this means caring for someone who may not be able to care for themselves for a number of reasons. This could include caring for a grandparent or attending family events.

Social pressure - these are pressures that come with being around other people and can include things such as peer pressure, meeting new people, relationships with family or dating.

Work/school pressure - this is any pressure experienced in relation to your work and can include a challenging workload, lack of work/life balance or urgent deadlines.

How do I know if my child is stressed?

Stress can sometimes be hard to identify. Here are some 'clues' that might let you know your child might be feeling stressed:

- **Behavioural signs** – being withdrawn, indecisive, inflexible or irritable.
- **Physical signs** – headaches, nausea, digestive issues, sleep issues or heart problems

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

Thank you, John Cardamone

- **Emotional signs** – feelings that are new, different or long lasting such as anxiety, fear, anger, sadness or frustration
- **Other signs** – sometimes your child just seem 'off' in ways you can't put your finger on – trust your gut.

How to manage stress

Realise stress is becoming a problem - the first step in managing stress is realising that it is a problem and making a connection between the emotional, behavioural and physical signs. Once you've made that connection, you can find strategies to manage or reduce stress.

Get support - reach out for relevant support, such as seeing a GP or talking to a counsellor.

Practice self-care/mindfulness - self-care will look different for everyone and can include exercising, reading a book, taking a nap, or even engaging in some form of mindfulness practice. You can role model this for your child or engage in self-care activities that are mutually beneficial.

Reassess commitments - 'busyness' can cause or contribute to stress. Sometimes, reassessing your schedule can allow for more time to rest and recharge.

Connect with others - spending quality time with family, friends or other important people can help reduce stress.

Keep things in perspective - no one is perfect and we will all have times in our life where we are more or less stressed. Sometimes it might be helpful to 'be in the moment', e.g. having a stress-break by having fun together. Other times, it might be important to focus on the 'bigger picture', like living with some discomfort while your house is being renovated (knowing that the short-term discomfort will be worth it in the long run).

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 [here](#) by August 25th. Thank you.



Casandra Bodie

2/B



Lisa Crowe

2/E

Come Join the Running Club Party!

Every Wednesday and Friday morning from 8.15am there is a Running Club Party happening on the running track AND YOU ARE INVITED!!!

Ms Bodie leads the warm up dance at 8.15am, but you can come any time between 8.15 and 8.45 to join in the fun. You can run, walk, or just dance with Ms Bodie on the side lines! We have a fun play list to keep us energised!

All run club members have their own runners bar code which they scan to record their laps. This helps us celebrate how far we have run and walked!

Run or walk as many laps as you feel you can, or just stay for the dance moves! (Ms Bodie has finally learned how to floss!).

Hope to see you there!

For more information please see Ms Crowe or Ms Bodie

Open to all Year Levels.



Running Club
Find us at the oval
Wednesday and Friday Morning
Cost: Free
Open: 8.15am to 8.45am
Warm Up Dance at 8.15am.
Cool down stretches at 8.40am.





Staff or students with COVID-19 symptoms

[The Department has comprehensive procedures in place with the Department of Health to manage suspected or confirmed cases of COVID-19 in schools.](#)

If a member of school staff or a child has symptoms matching those of COVID-19 they will be asked to go home and get tested, and to self-isolate while awaiting the outcome of that test. For students with COVID-19 symptoms, a parent or carer will be contacted and asked to collect the student as soon as possible.

Symptoms include:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss or change in sense of smell or taste

Sometimes a headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhea may also be considered a symptom



COVID-19 advice for parents, carers and guardians

Advice for parents about COVID-19

[Use of face masks](#) ¹²

Information about face masks at schools, early childhood education centres and places of study in Victoria.

[Advice in your language](#) ¹²

Guidance and advice for parents in your school community who speak languages other than English

[Talking to your child about COVID-19](#) ¹²

You can follow these tips for talking to your child about coronavirus to have a safe and reassuring conversation with links to additional resources



	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 	

In primary school, some students **miss** on average **3 weeks** of school **per year**. That's **half a year** of school by the end of **year 6**.



EVERY DAY COUNTS

Primary school attendance

Going to school every day is the single most important part of your child's education. Students learn new things at school every day – missing school puts them behind.

Why it's important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

Getting in early

Attendance patterns are established early – a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years, and receive lower test scores than their classmates. It's vital that students go to school every day – even in the early years of primary school.

What we can do

The main reasons for absence are:

Sickness – There are always times when students need to miss school, such as when they're ill. It's vital that they're only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

It's vital that holidays are planned during school holidays where possible, and not during the term if it can be avoided.

"Day off" – Think twice before letting your child have a "day off" as they could fall behind their classmates – every day counts.

Truancy – This is when students choose not to go to school without their parent's permission. There can be many reasons for truancy. The best way to address this is for schools and parents to work together.

If for any reason your child must miss school, there are things you can do with your school to ensure they don't fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up.

- Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

Openly communicating with your child's school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. A School Attendance Officer is a Department of Education and Early Childhood Development Regional Director who has authority to follow up attendance issues. Attendance issues that are escalated can lead to an Infringement Notice.

If you're having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

For more information and resources to help address attendance issues, visit:

www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance.aspx



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

Book Week 2021



21st – 27th August



CBCA Book Week

Lamont Book Fair

Open in the Library daily.

Mornings: 8:30–9 am

Afternoons: 3:30–4pm



Book Parade

Dress as your favourite storybook character on Friday 27th August. Student parade at 9:10 am.

