

HERNE HILL

Primary School



Thursday 30th April 2020

Newsletter #12

**HERNE HILL
PRIMARY SCHOOL**
2-24 Gwynne Street,
Hamlyn Heights 3215

CONTACTS:

Principal: Mr Shane Ezard
Assistant Principal: Mrs Fiona Anderson

CONTACT DETAILS

Ph: 52 78 4117
Email: herne.hill.ps@edumail.vic.gov.au
Website: www.hernehillk6.vic.edu.au

School Support Services OHSC Mobile:
0488 662 783

Herne Hill Primary School Facebook Page:
Like this page to receive updates of current events and activities.

Instagram Account: @hernehillprimary

Community FUN Day

Wednesdays!

Next week... Wednesday 6th May



Chalk Art Challenge!

See Mr Ezard's report for more information!

Try to get the artist or artists in the photo too.
We love seeing our students and families faces!

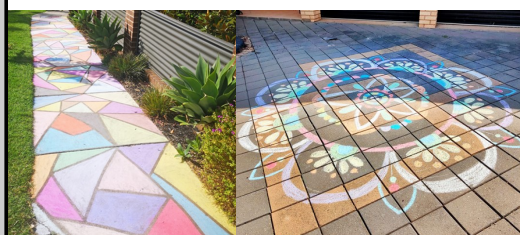
From The Principal's Desk

It is hard to believe that we are already at the end of week three. We hope that all students and families now have structures in place to support remote learning and are achieving successes across all curriculum areas. I would again like to sincerely thank our parent community who have shown great resilience and support in these times of remote learning. Each and every family is doing a great job supporting their children, despite having to wear multiple hats as parents and carers.

Thanks again goes to all our staff who are working extremely long hours to plan for and support this current model of learning. All the learning tasks are engaging, well planned and accessible for all our students and families. Please note that there will be times throughout the week where teams and teachers will be unavailable to make comment, give feedback or respond to questions from home. These times have been communicated to families by individual teachers and are times where teachers will be planning, reflecting and attending online meetings and professional learning sessions. These times might also be a good opportunity to have some down time as a family if needed.

COMMUNITY FUN DAY WEDNESDAYS

Thanks to all the families who posted photos with their silly hat on Wednesday, I loved seeing these photos and the students having fun. Next **Wednesday the 6th of May** will be a chalk art challenge. We hope we can put our creativity to the test over the next week with your chalk art. You can create in your driveway, backyard or even your pavement at the front of your house. Please send photos through to herne.hill.ps@edumail.vic.gov.au for the newsletter and reply to the Facebook posts each Wednesday with your photos.



HOME LEARNING GOOD NEWS PHOTOS

We have continued loving photos of your home learning efforts. Congratulations to everyone on doing such an amazing job. We would like to keep these photos coming and celebrating our community who we miss very much. If you consent to sharing photos via the newsletter send us photos of Home Learning in your household to herne.hill.ps@edumail.vic.gov.au. There will also be prompts via social media to share your photos.

YEAR 6 TO YEAR 7 STATE-WIDE PLACEMENT TIMELINES

All grade 6 families were sent via Compass a transition package outlining the processes for year 6 to 7 transition in Government schools. Please note we will have some hard copies at the office also for those families who are unable to access printing at home. Can you please ensure that the relevant forms are returned to school before **Friday May 29th** as per Department and Education and Training extended timeline.

PREP ENROLMENTS

Prep enrolments are continuing for 2021. If you have students/siblings or know families in the area, please let them know to access an application via the website and emailing it back to the school at herne.hill.ps@edumail.vic.gov.au. Confirming our prep enrolments for 2021 is really important at this time.

We hope that all our families continue to stay healthy and well and we look forward to seeing you all soon.

You Can Do It
Shane Ezard,
Principal

Happy, calm children
learn best

Wellbeing Resources

BATForce (Barwon Adolescent Task Force) have created an easy to use Trello Board that can help direct teachers, parents and carers to supports, resources and activities (both online and offline) that might be of use during these uncertain times. **This Trello Board covers both Primary and Secondary aged young people.** Please follow this link: <https://trello.com/b/vJJ1IHWg>

MacKillop Family Services have also prepared this excellent toolkit on selfcare in times of uncertainty. (below)

A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

"The only thing in life that is permanent is change. Change is the one constant in life"
(Palmer, 2013)

Steps for Self-care

There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.

You can't pour from an empty cup.
Look after yourself so you are better able to help the children and young people in your care.



Ideas to Help the Children and Young People in times of Uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

How may Children and Young People Respond?

- Worried, clingy and uncooperative
- Sad and angry one minute, okay the next
- Frightening thoughts and nightmares
- Regression to earlier behaviours
- Stomach aches and headaches

Adolescents may react in similar, but different ways:

- Mood changes
- Tired and distracted
- Retreating from social networks
- Sleep problems and headaches

Helpful Hint - children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.

Help Your Child or Young Person



- Offer your attention, patience and love
- Calmly listen to your child's story and encourage your child to ask questions
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage the feelings
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual age appropriate information
- Model positive ways to cope and prioritise quality time together

Other Ways to Help

- **Maintain daily routines** as much as possible
- **Stay social** - create ways to connect with special people and loved ones
- **Get active** - go for a walk, listen to music, sing, play with a pet
- **Be curious** - learn a new skill or research an interesting topic together
- **Help others** - encourages social connections and an "I Can" attitude
- **Plan fun activities** to look forward to

Find helpful resources, updates and training dates at goodgrief.org.au

"I think the most significant learning for children in the group was knowing they are not alone and not the only ones that experience change, loss & grief"
Companion, Seasons for Growth Program, 2019



Gardening Club

Hi Herne Hill,

Gardening Club have bagged up some special seeds for those of you who would like to do some planting at home. Mrs Baverstock has documented what time of year the seeds are best to be planted and some instructions on how best to plant.

You can come and collect the seeds from the office foyer.
Don't forget to email us through a photo of you planting your seeds for the newsletter!

A big thank you to Mrs Baverstock for donating and organising the seeds for us.

Happy gardening!



Wellbeing Resources

Staying Connected With Our Children

Now is the time to stay close to our children.
They need to feel us beside them so they don't feel as worried as they are.
We need to be honest with them and let them know that good people from around the world are working very hard to keep them safe and healthy.
Our children will believe us, we love them deeply.

Be Honest
"COVID 19 is a sickness like a cold. Some people will get it. Maybe someone in our family might get sick. We are all a little bit scared. Being scared is a sign that we are concentrating on being safe. There are really good people like doctors who know what to do. They are helping to figure it out."

Validate Their Feelings
"I know I might look worried sometimes. Mums or dads get worried too, just like children. I know it can make you feel scared. But I am ok."
"It is ok to be feeling scared, or worried, or whatever you are feeling right now. You can share that with me whenever you need to."

Acknowledge Day to Day Disruptions
"Even if school and your after school activities stop for a while, they will start up again. How about we think about some ways of doing versions of these things together at home if we need to?"

Remind Them
"I love you, and that is one thing that will never change."

Here are some ways that parents and carers can share connection, comfort and care with their children right now.

Look to History
There have been sicknesses like this before. And they have stopped. Clever people from around the world have worked them out together. The scientists are doing this right now with this one."

Remain Available
"You can talk with me whenever you need to. I will answer any questions you have. If I don't know the answers, I will find out and then I will tell you."

Have fun
Share some time with your children that is just for them, and let them lead the play.
"Let's do some things that you like to do."

Create some quiet time
Find a regular time where you can just be still with children. Stroke their hair. Watch a favourite show on TV. Listen to music together. Let them decide if they want to talk. Be present with them. Enjoy it."



childhood.org.au



FREE

VICTORIA WIDE SERVICE

For:

Parents

Grandparents

Carers

of children aged 2 to 12 years

Positive Parenting Telephone Service

Our free 6 to 10 Week program helps you to:



Have Stronger more positive relationships



Set rules and limits



Manage everyday behaviour problems

Participants complete a workbook or online modules which are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.



Enrol now and make a positive start to last a lifetime

Call us for more information or to enrol

1800 880 660

Enrolments are taken all year round



Gateway Health is proud to deliver the Positive Parenting Telephone Service across the state of Victoria.

Gateway Health is a not for profit Community Health Service

1800 880 660

E: pptr@gatewayhealth.org.au
www.gatewayhealth.org.au



POSITIVE PARENTING TELEPHONE SERVICE
1800 880 660



POSITIVE PARENTING TELEPHONE SERVICE

FREE

VICTORIA WIDE SERVICE FOR

- Parents
- Grandparents
- Carers

Caring for children aged 2 - 12 years

OUR FREE 6 TO 10 WEEK PARENTING PROGRAM HELPS YOU TO:

- Have stronger more positive relationships with your children
- Set rules and limits
- Manage everyday behaviour problems
- Teach new skills



Participants complete a workbook or online modules which are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you



Enrol now and make a positive start to last a lifetime

Please call

1800 880 660

Enrolments are taken all year round

Art Challenge

Community Fun Day
Wednesdays:

Chalk Art Challenge
Wednesday 6th May

Use chalk and create art either in your driveway, backyard or even on your pavement at the front of your house. Get creative, use lots of colour and reply to the facebook post next Wednesday with your photos.

Please send photos through to herne.hill.ps@edumail.vic.gov.au for the newsletter.



Art Activities



Foundation to Grade 2 Piet Mondrian inspired collages



Home is Where the Art is



"Home is where the art is"
student art competition.



Keep up the great art work
everyone!

Art Activities

3-6 Students

Year 3 -6 Anzac project and optical illusions.



Keep up the
great art work!



Star of the Week *(Week ending 29/04/2020)*



	<u>Foundation</u> Dahlia H	For being an active learner at home! You are a superstar!		<u>1/2A</u> Ayden K	For being a Lexia superstar and engaging in all his online learning tasks. Well done Ayden!
	<u>Foundation</u> Alfie W	For taking remote learning in your stride. You are simply smashing this!		<u>1/2B</u> Marcus W	For being an online learning superstar! It's great to see you using Epic, Lexia and Mathletics from home.
	<u>1/2HG</u> Spencer M	For his excellent attitude towards remote learning and continuing to set high standards for his work in his home environment. It's been great to see your smiling face and fabulous work through our class dojo!		<u>3/4D</u> LaTalia B	You have been really 'switched' on with Remote Learning this week. I particularly enjoyed your writing about, a conversation with an angel. It was great to read!
	<u>1/2S</u> Riley N and Mr Pop	For their creative PE lessons on the farm!		<u>3/4M</u> Romeo C	I'm very impressed with your work stamina this week. You are blitzing home learning!
	<u>3/4W</u> Alexis L	For her wonderful positive nature and commitment to her home learning!		<u>5/6B</u> William G	For his fantastic Rocket Writing about Giant Dice!
	<u>5/6G</u> Lucy B	For her positive learning from home attitude.		<u>5/6CO</u> Emmalee G	Submitting all of her remote learning work on time and working extra hard to complete all set tasks to a high standard.
	<u>DIGITAL TECHNOLOGY</u> Cooper H	Smashing through his D.T quickly and only doing the levels requested!		<u>PHYS ED</u> Charlea C	For the perfect Bottle Flip!
	<u>PERFORMING ARTS</u> Indianna F	Thank you for sharing your creative homemade instruments! I was so happy to see your lovely message. You're amazing!		<u>VISUAL ARTS</u> Angel H	For an awesome diorama of your house and garden and using materials in your backyard. You are so creative.
	<u>PRINCIPAL</u> Hudson G	for being a dedicated, polite and well--mannered student! Well Done.		<u>PRINCIPAL</u> Logan G	for being a dedicated, polite and well--mannered student! Well Done.