

Greenhills is **G.R.E.A.T.**

Grit, Respect, Effort, Adventure, Teamwork

**Term 2 - Week 8, 10 June 2021**

## FROM THE PRINCIPAL

### **WE ARE BACK...**

School is back tomorrow! Yes, GREAT news for everyone!

Once again, a big thank you and shout out to all of our families for everything you have had to do over the past two weeks. Periods of Remote & Flexible Learning are a huge commitment and challenge. Hopefully though, as our vaccination rates rise there will be less need to do this in the future.

One thing we do know is that whatever situations are thrown our way, our staff team are very skilled at adapting,, adjusting and then implementing whatever it takes to keep our students connected and learning.

A real strength of our school is the partnership and connection we have with our families. In times like this, it is something we have relied on and also provided a level of comfort and security that is so important in this current environment. Our message today is that as a staff team we never take this connection and support for granted. We are always looking for ways to continue to build and strengthen this even further.

### **WE LOVE READING AT GREENHILLS**



My photos this week feature just some of the new books we have in our school library. We have focused on building our collection of books with in indigenous themes and content and also books that relate to our “My Footsteps on earth” Inquiry unit.

We know that our students love to read. As a school we support our student’s passion for reading by starting every school day with reading time in every classroom. We also have an awesome range of books in our classrooms and library for students to access and of course we our staff are very skilled at teaching students to read as well. After all, it is harder to enjoy something if you are not very good at it.

At home, you can join and support our school and students love of reading as well.

Here are 9 reasons why reading every day is so important for everyone:

1. Mental stimulation- keeping your brain active and engaged prevents it from losing its power!
2. Stress Reduction- a good book can transport you to another world and distract you from problems.
3. Knowledge - everything you read fills your head with new bits of information.
4. Vocabulary Expansion – the more words you read, the more you gain exposure to and then begin to use in your everyday vocabulary.
5. Memory Improvement – when you read a book you have to remember characters, plots and subplots.
6. Improved Focus and Concentration – when you read a book all of your attention is focused on the story.
7. Reading can help you sleep – reading at the end of the day can relax you, making it easier to fall asleep.
8. Decrease screen time – turn off the TV /phone/computer and read a book.
9. You become an excellent role model for your children – when they see you enjoying a book they are more likely to want to read themselves.

### **NEW REPORTING FORMAT ON THE WAY**

As mentioned in Contact last week, our Semester 1 student reports will look different this time around. The classroom teacher section will provide you with a curriculum progression point in Numeracy (Number) and Literacy (Reading, Writing, Speaking & Listening), and a personalised individual comment. This comment will be written for both the student and parent and will highlight learning achievements and growth this semester. More importantly, teachers will provide an assessment of learning skills that are based around our 5 core values.

The learning skills section is a really important element of our reports. We have included an A to E rating system for this section in the same manner as the curriculum area ratings. This is a way to continue to motivate and reward our students who demonstrate the qualities of an outstanding student. Often these students may not receive an A or B on their academic progression point, however through things like effort, grit, being curious and adventurous, they may be able to achieve excellent results to be celebrated. These skills and mindsets are the things that we highly value as a school, what makes a GREAT student and builds a strong learning culture at our school.

I also remind you that all reports will be available in the second week of term 2 (23rd July, 2021). I am pleased to say that this new timeline will be used by other DET schools as well given the impact the last couple of weeks has had on the regular timings.

### **STAY ACTIVE THIS WEEKEND**

Long weekends are usually a GREAT time to get out and about as a family. Even though we have a 25km limit, there are still lots of options for physical activity in our local area. I love the local walking tracks along the Plenty River and often see school families riding bikes along these trails.

We know that when children participate in regular physical activity, it boosts their physical and mental health and improves academic performance.

Physical activity throughout the day also improves concentration, and the ability to retain information and solve problems.

There are many benefits to being active and getting your move on, but unfortunately the data tells us that lots of children aren't moving enough, particularly while learning from home or in periods of restrictions that impact in our regular physical activity outlets such as team sports.

**15 minutes 4 times a day is all it takes.**

To help support your children to stay active while learning from home, families can access a range of free COVIDSafe ideas to stay active and games through Get Active Victoria.

<https://www.getactive.vic.gov.au>

James Penson  
Principal



## FROM THE OFFICE

### School Office Hours

Monday to Friday 8.00am – 4.30pm

Due to COVID restrictions PHOTO Day will be re-scheduled at a date to be determined. - if you haven't already ordered please do so via Compass. All existing orders will be transferred.

Statements have been sent out so we would appreciate you making prompt payment should you have an outstanding balance owing. If you are on a payment plan we will continue to deduct instalments in Term 3 & 4.

Please contact Anne in the office should you have any queries or James if you require any financial assistance.



Anne, Karen, Nicole & Victoria  
Administration Team

## CANTEEN

### WEDNESDAY WONDERS NEW DATES

2<sup>nd</sup> June 2021 (lasagna) will be delivered on Friday 11<sup>th</sup> June 2021.

9<sup>th</sup> June 2021 (butter chicken) will be delivered on Wednesday 16<sup>th</sup> June 2021.

16<sup>th</sup> June 2021 (macaroni and cheese) will be delivered on Thursday 17<sup>th</sup> June 2021

**The normal menu will also be available on these days.**

Sushi Day is on Friday 18<sup>th</sup> June 2021. NO OTHER ORDERS will be accepted for that day.



Miriam  
Canteen Manager



## LIBRARY



Thank you to all the children who have already returned loaned library books back to school.

Just a quick reminder, if you have not done so please return them as soon as possible.

Notes will be sent home shortly, to those who have any existing borrowed books at home still.

Josephine Ciancio  
Teacher



**STUDENT OF THE WEEK Term 2 Wk. 8 PRESENTED AT ASSEMBLY on**  
**24th June 2021 HERE ARE OUR SUPERSTARS for this week..**



NAME	CLASS	REASON
Francesca T	2BR	Francesca, I have been so impressed with the way you have worked hard to achieve your goals. You are now able to use so many different strategies when working with addition and subtraction and I am always amazed with the way you demonstrate your reasoning. You are a super star Francesca!
Lucas L	2SH	Lucas, you are such a positive and enthusiastic member of 2SH! The big bright smile you bring into the room each morning and your excitement when learning new things is simply contagious! I love the way you are always keen to challenge yourself in Maths and it was awesome to see you become our ongoing champion during our class Maths game. Keep challenging yourself superstar, well done!
Jude H	2SM	Jude, I have been so impressed with your commitment to your learning tasks over remote learning! You have been working hard on your creative writing and including lots of adjectives to describe your settings. Keep up the fantastic work!
Ryan D	2TW	Ryan, I have really been so proud of the work you have been doing during Remote Learning. You are putting a great deal of effort into all the activities we have set for you to complete. Well done and keep up the awesome work.
Parker G	34B	For challenging yourself, particularly during writing and maths sessions. You should feel so proud of the effort you are putting into your learning and the work you are producing is blowing me away! Keep up the awesome effort Parker, you can achieve anything you set your mind towards!
Blake G	34D	Blake has continued to display grit and effort during remote learning. It has been impressive to see him challenge himself, take on feedback and complete his tasks to a high standard. Keep up the excellent work Blake, you're a star!
Victoria M	34H	For always being adventurous with your learning by challenging yourself, thinking creatively and going beyond expectations to add a little extra to your work. I especially loved your Food Truck Video that you presented during Remote Learning. You are a wonderful leader and role model for our class. GREAT work Victoria!
Ava W	34K	Ava, I have been so impressed with your positive attitude and enthusiasm towards your reading. You have worked so hard at achieving your set goals and overcoming your shyness. You are now a confident and most expressive reader. I love the character voices and accents you add to your oral reading. You are a super star and narrator in the making!
Jack B	34M	For the big effort he is making with his Remote Learning at home. Jack is giving each learning task his best attempt and is proudly sharing his work. Jack contribute to class discussions and is respectful to others. Thanks for helping to make 3/4M a great place to be!
Lucy B	34S	For her excellent mathematical thinking during our Food Truck activity. Your thinking and reasoning when opening your food truck, Flying Food, was clearly evident. Well done!
Logan T	56M	Logan has been a fantastic student during remote learning and in the classroom. His writing has been improving and he is doing a fantastic job at taking on feedback from peers and teachers. Loving your excellent learning attitude Logan, well done.
James P	56R	James is listening and contributing his clever ideas and questions during all our class discussion. He is focussed on getting his work done and is a fun and positive member of our class. Thanks for putting in 100% James!
David D	56T	For the fantastic work he has been submitting during remote learning. David, you have really stepped up the effort in your work and the explanations you are including in your maths tasks are phenomenal! Keep it up!



**Happy Birthday to the following students celebrating their birthdays this week:**

**Mitchell O, Lucy B, Clara W, Ari B, Ruby R, Isla T, Mia A, Senna V**

## ICAS Assessments 2021

This year, Greenhills Primary School will be offering Year 2-6 students an opportunity to participate in the ICAS Assessments. ICAS is designed to target students' higher-order thinking and problem-solving skills in English, Mathematics, Science, Writing, Spelling Bee and Digital Technologies. Each assessment celebrates students' accomplishments by providing opportunities for recognition and development. Every student will receive a printed certificate and an online results report. Top performers will be eligible for medals and are invited to attend special award ceremonies to have their academic excellence publicly recognised.

This year, Greenhills Primary School will be participating in the following ICAS Assessments:

- **English** - Students will read a variety of texts which narrate, describe, explain, argue, persuade and review. The texts will increase in complexity within each paper, moving from simple texts dealing with familiar subjects and topics to complex texts discussing abstract concepts and using sophisticated language structures.
- **Science** - Students will focus on the knowledge areas of Earth and Beyond, Natural and Processed Materials, Life and Living, Energy and Change.
- **Mathematics** - Students will answer a range of questions related to number and arithmetic, algebra and patterns, measure and units, space and geometry, chance and data.

Each assessment will run at a cost of \$17.05 and will be completed at school in August. If you would like your child to participate or require further information please contact Becc Stephens at [rebecca.stephens@education.vic.gov.au](mailto:rebecca.stephens@education.vic.gov.au) by **25th June**.

Becc Stephens  
Learning Specialist  
Student Excellence Coordinator



## Premier's Reading Challenge



A BIG CONGRATULATIONS to our students who have already completed their Premier's Reading challenge!  
What a super effort you have all put in!

Everleigh K (2SH), Maanchi J (2SM), Ethan O (5/6M) and Kayla G (1KO).

Remember to keep adding your books to your list, so you too can complete the challenge!

Suzie Hussein  
Grade 2 Teacher



# Connected Schools – Help kids to beat COVID induced anxiety

by Michael Grose

Since COVID has entered our lives I've had countless conversations with parents and enquiries from schools seeking presentations on how to support kids who with COVID induced anxiety. It's wonderful to see how kids' mental health and wellbeing is being prioritised, and importantly, resourced. However, these conversations show we still have some way to go as a community to fully grasp the nature of anxiety.

While the current situation we are all living through is extremely difficult, it does present an opportunity to develop sustained growth and vitality in anxious children and young people. The more we know about anxiety the less fearful we are and better equipped to move kids from anxiety to real resilience.

## **There is no cure for anxiety**

Just as there's no cure for the common cold, and it would appear the coronavirus, there is also no cure for anxiety. We know that anxiety runs in families. Children are born with a predisposition for anxiety. There is every likelihood that an anxious child will have at least one parent who experiences anxiety, maybe not clinically, but one who is familiar with a churn in their stomach, the constant overthinking and the desire to over prepare when they face new or unfamiliar situations.

## **The impact of anxiety can be minimised**

Anxiety may be a constant companion for many children but it's certainly not their best friend. Often, it's a demon with which they are locked in a long-running, laborious battle where simple activities such as attending school camp or doing at home learning become something they dread. Alternatively, they can avoid events or situations that make them anxious or bring them discomfort.

It's better to give an anxious child or young person tools such as mindfulness, checking in and deep breathing with which they can manage their anxiety, rather than allow them to miss out and be miserable, or tackle discomfort full on and be stressed out.

## **You can build anxiety resistance**

While we can't necessarily tackle anxiety at its source and make the situations that overwhelm a child disappear, we can help them to develop a lifestyle that builds their resistance against the very worst of anxiety. Plenty of sleep, adequate diet, regular exercise and sufficient time in nature are some of the lifestyle factors that builds strength against the psychological ravages of anxiety.

## **You can help kids reduce their ongoing anxiety**

While the world waits and prays that we'll come up with a coronavirus vaccine, we don't have to wait to help a child or young person with anxiety. A combination of being nurturing and firm (features of the authoritative parenting style) offers the best protection against ongoing anxiety. A child is best prepared to face difficulties when they have a confident, calm adult in their life who says, "I think you can do this," encouraging them to face their fears. This approach needs to be supported by an empathetic adult who understands the impact of anxiety and makes sure that kids feel safe and secure.

While parenting an anxious child or young person can feel overwhelming and difficult, I encourage you to think about it differently. We can't change what is happening right now, and we can't undo it. Help your anxious child to flourish in this COVID era by building their understanding of anxiety. Give them the tools to help them push anxiety into the background. Promote a lifestyle that will protect them from its affects by ensuring they experience nurturing, firm, brave and hopeful parenting. We hope coronavirus will one day disappear, but your child's ability to be impacted by difficult events will still be an issue unless you take some preventative action now. The good news is that there is so much you can do to help.

## **Online Mental Health Resources**

[Kids Helpline](#)

[Parenting Anxious Kids online course](#)

[Smiling Mind app](#)


[ehheadsace](#)



James Penson, Janine Hough, Roslyn Mackie and Betty Hajichristou  
Connected Schools Team



Diamond Valley Community Support (DVCS) is committed to helping children at risk reach their full potential, and provides financial assistance to families who are experiencing financial difficulties and are unable to meet the full cost of school.

Through  we support eligible families with school related expenses including:



**Stationery  
and  
Text Books**



**Excursions  
and Camps**



**Electronic  
Devices**



**School Sports**



**Other  
essential  
school items**

### **CAMPS, SPORTS & EXCURSIONS FUND (CSEF)**

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students

The Camps, Sports and Excursions Fund's closing date of 25 June 2021 is approaching quickly, which means all applications need to be in before this date.

If you hold a current Health care card and wish to apply, please complete this form [https://www.education.vic.gov.au/Documents/about/programs/health/CSEF\\_application\\_form.pdf](https://www.education.vic.gov.au/Documents/about/programs/health/CSEF_application_form.pdf) and return to the office.

Issue 4 is CLOSING SOON

The catalogue was distributed before remote learning  
but can also be viewed online at

<https://www.scholastic.com.au/media/6078/bc421.pdf>

To place your order, please visit:

<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

Orders will be delivered to school – free of charge!

Please order before 5pm, Friday 11 June.





# HAIR SHAVE

FRIDAY JUNE 11 2021

JOSHUA DAVIS  
CLASS 3/4

Leukaemia Foundation

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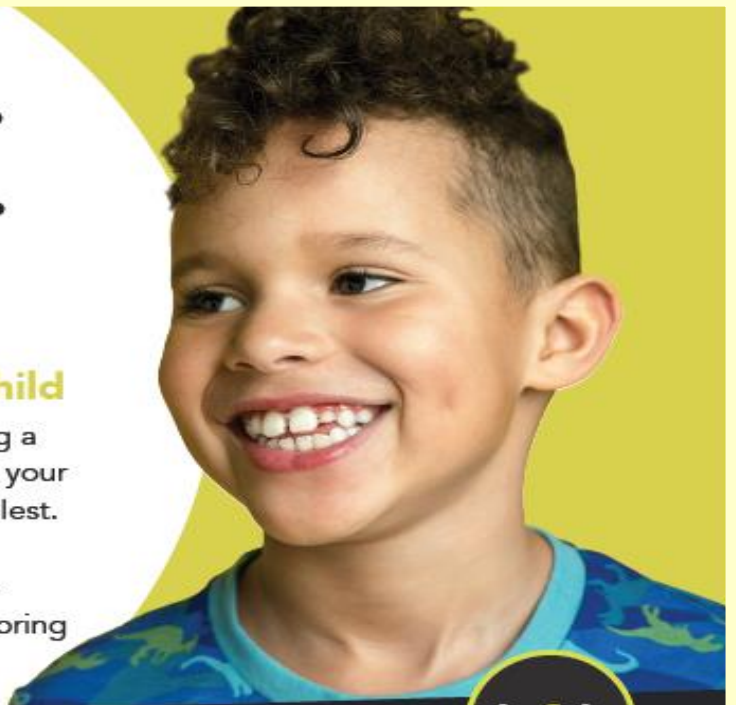
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