



## Principal's Report

### Our Guiding Statements

Just before Stage 4 lockdown was introduced, one of our amazing school parents Mike Hughes (Max and Jack's Dad) finished two stunning murals for our school. Celebrating our school's values and our motto "Aim High", I took great pleasure photographing them in front of a sunrise this week.

Mike has been an amazing support through this process. He was able to use for inspiration a design created during a homework task by Jack in 2018, which was the initial prompt for the murals' development. Working during weekends, collaborating with another school parent Jarryd Biffin (Cisco and Lucius' Dad) the layers have been building with stunning results.

Thank you Mike, Jarryd, Max, Jack, Cisco and Lucius for a stunning feature that our school community will enjoy in the years to come.



### Virtual Canberra Tour

Last week, another amazing parent, Viv Peters (Ruby's mum) wrote a fabulous letter to Sammy J of the ABC, sharing the disappointment felt by students missing our first planned Canberra Tour. What ensued was truly unique, with Sammy J organising a Virtual Tour for our Year 6 community. Represented by our school's student captains Samantha and River, 'bus driver' Hamish Blake helped our

students with their journey where Tik Tok star Andrew Probyn gave us a behind the scenes tour of Parliament House. The 'tour' was topped of with a personal message from former PM Julia Gillard.

If you would like to see/hear this unique virtual experience, the link is available on our website <https://www.hughesdaleps.vic.edu.au/> (nb. Some mild language; please filter for our youngest community members).

### HOW TO CONTACT THE SCHOOL

SCHOOL 9570 4808 OSHC 0423 940 728

[www.hughesdaleps.vic.edu.au](http://www.hughesdaleps.vic.edu.au) email: [hughesdale.ps@education.vic.gov.au](mailto:hughesdale.ps@education.vic.gov.au)

Past *Hughesdale Happenings* can be found on COMPASS in Community under School Documentation

## Am I Normal?

On their website, Kids Health (Org) have written; "If you feel stressed about coronavirus, you're not alone. [Coronavirus \(COVID-19\)](#) has had ripple effects into almost every aspect of our lives. It's affected the way we live every day. So much has changed in such a short time.

It's natural to feel [anxiety](#) when we face a crisis, the unknown, or sudden change. It's a normal reaction to feel the need for safety, certainty, predictability, and control."

In recognition of the many conversations and emails I have been part of over the past weeks, please know that we are all allowed to feel this way. It is in fact **normal**. *Stage 4 has made us face tighter restrictions and increasing anxiety about how and when we will get to the other side of this public health crisis. These feelings are normal, and no, you are not doing anything wrong. It is more than likely (despite what you may be thinking!) that the people next door are **not** doing a better job than you at remote learning, staying home, wearing masks, cleaning the house, meeting financial demands, supporting one another, balancing home with work commitments and minimising emotional outbursts!*

<https://kidshealth.org/en/parents/coronavirus-calm.html>

If you would like further advice and ideas to give you a sense of control or manage increasing anxiety, the Kids Health website does share some simple techniques with proven benefits. I would also encourage you to read about and register interest in the free webinar by Dr Carr-Gregg; "Managing the Coronacoaster – Tips for building resilient families in the coronavirus era." Designed to provide families with practical skills, knowledge and strategies for managing the lockdown period and remote learning, further information can be found in Amanda Breeden-Walton's Newsletter article this week.

## Assistant Principal's Report

AMANDA BREEDEN-WALTON  
*Wellbeing and Daily Organisation*

### Coming Soon ...Hughesdale's 'Spoodale'

We are very excited to announce that we will be encouraging the students to make 'spoon people who can reside at the school in order to brighten our days and continue our connection to school.

Please keep your eye on Compass for additional information.

### Managing routines for children during COVID-19

While we can all appreciate the importance of maintaining routines, it is often difficult to implement. This short 2 minute video looks at keeping a good routine at home, including the value of routine for kids and creating a new one.

<https://vimeo.com/408755319>



## Learning Shared With Me.

- Baylen, Jac and Brandon read me a beautiful story about insects.
- Kashvi and Ethan, both from 1B shared their preparation of a character profile of Arthur The Dog
- Alina from 6C created a polished document as part of remote learning that she shared with me.
- Georgia from 4D shared some fabulous sketches, watercolours and drawing she has been completing during remote learning.



Warmest Regards,

Lisa Gough

[lisa.gough@education.vic.gov.au](mailto:lisa.gough@education.vic.gov.au)



## Free Webinar for families by Dr Carr-Gregg

To help parents and carers build family resilience in these difficult times, the Department of Education is presenting a free webinar by renowned child psychologist Dr Michael Carr-Gregg on Tuesday 25 August.

Dr Carr-Gregg's webinar, Managing the Coronacoaster – Tips for building resilient families in the coronavirus era, gives families practical skills, knowledge and strategies for managing the lockdown period and remote learning.

In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning. Topics include:

- your supportive role
- setting the emotional tone
- focusing on what you can control
- how to deal with disappointment
- further resources and where to get help.

Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

### Webinar details

- **When:** Tuesday 25 August
- **Time:** 7:30pm
- **Duration:** 45-minute presentation followed by 15-minute questions and answers session
- **Format:** online via Webex
- **Cost:** free

### How to register

To register and for more information visit the Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page.

## Free Telehealth Services

I wish to share with you the availability of Educational and Developmental Psychology Telehealth Services through The University of Melbourne Psychology Clinic.

These Telehealth services are currently being offered at **no cost** in response to the COVID-19 pandemic.

These intervention services are for children, adolescents and families on a range of topics including:

- coping and resilience
- stress and anxiety
- self-esteem and study skills
- literacy
- behaviour management
- social skills and friendship.



**THE UNIVERSITY OF MELBOURNE  
PSYCHOLOGY CLINIC**

### Educational and Developmental Psychology Telehealth Services

In response to the COVID-19 pandemic, we are now offering intervention services for children, adolescents and families via telehealth.

We can offer short-term interventions for children and adolescents on a range of topics including:

- coping and resilience
- stress and anxiety
- self-esteem
- study and learning skills
- literacy
- behaviour management
- social skills and friendship

**Fees for service have been temporarily modified and individual telehealth sessions currently being offered to the community at no cost.**

We are also seeking expressions of interest for group programs for primary and secondary students. Possible group intervention focuses include:

- social skills
- anxiety management
- academic skills
- coping and resilience

Please contact us at [clinic-psych@unimelb.edu.au](mailto:clinic-psych@unimelb.edu.au) to express interest or for further information



## Reach Out

Students will be able to access myself, Mrs Breeden-Walton - Assistant Principal (Student Wellbeing) on **0417 735 289** from 9am to 4pm, Monday to Friday for any support or guidance during this time.

**KIDS HELP LINE** [www.kidshelp.com.au](http://www.kidshelp.com.au)

**Info line 1800 551 800**

(Free, private and confidential 24/7 phone and online counselling service for young people aged 5-25)

**BEYOND BLUE** [www.beyondblue.org.au](http://www.beyondblue.org.au)

**Info line 1300 22 4636**

(Provides information and support to help everyone achieve their best possible mental health)

**HEADSPACE** [www.headspace.org.au](http://www.headspace.org.au)

**Info line 1800 650 890**

(For young people who need help with mental health, physical health (including sexual health), alcohol and other drugs, work and study support)

**LIFELINE** <https://www.lifeline.org.au>

**Info line 131 114**

(Provides all Australians experiencing a personal crisis with access to online, phone and face to face crisis support and suicide prevention services)

**PARENT LINE** **Info line 132 289**

(Counselling and support for parents and carers of children birth to 18 years)

**1800RESPECT** <https://www.1800respect.org.au>

**Info line 1800 737 732**

(National 24/7 Family violence and sexual assault counselling service)

**REACHOUT** <https://au.reachout.com/> (online support for parents and children)

**GRIEFLINE** 1300 845 745 (counselling during Covid-19 season)

**For Emergency Call 000**

Stay well everyone,

**Amanda Breeden-Walton** [amanda.breeden-walton@education.vic.gov.au](mailto:amanda.breeden-walton@education.vic.gov.au)

# Assistant Principal's Report

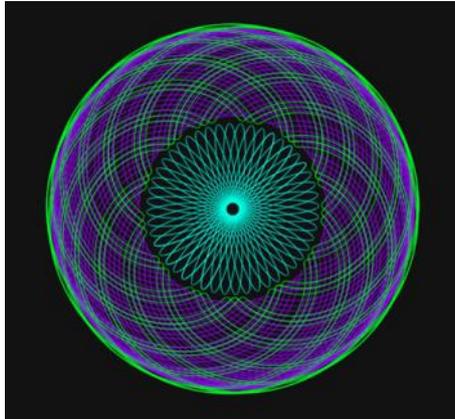
AMANDA SEACH

Curriculum and Pedagogy

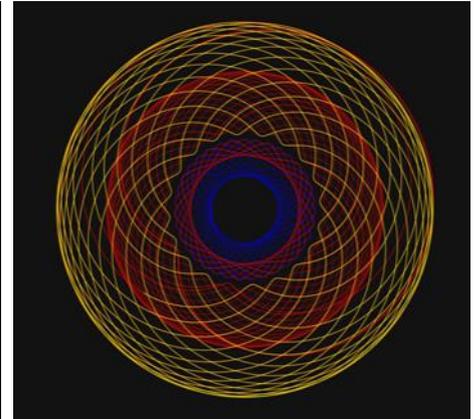
## Level 5 and 6 Mathematics Extension offered by John Monash Science School

In the last newsletter I introduced you to the 'Dizzying Spirals' program some students are participating in this term. Here is Alina Cao from 6C's reflection so far,

*"This program has helped turn around my thinking and given me new windows of thought when calculating questions. John Monash Mini Mathematicians has inspired me to dig deeper when thinking, reach for the why, make new connections, see questions from different perspectives and find other ways to do one question."*



Designed by Jashn Shah 5B



Designed by Evagelia Papadopoulou 5A

## Foundation 100 days of school

Let's do the math....

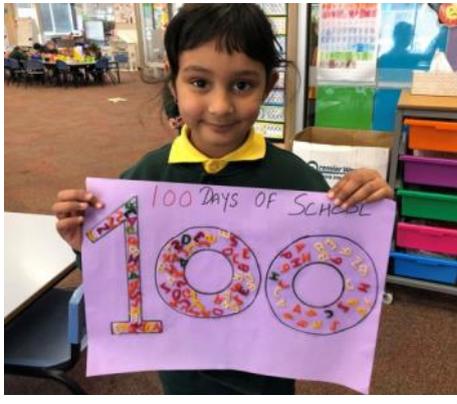
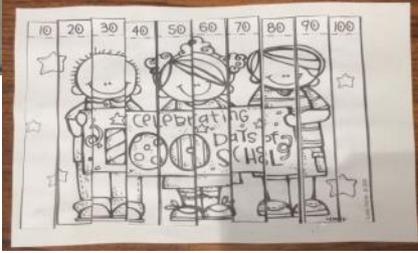
- 40 weeks in a school year = 200 days
- Seven years in a Primary School career = 1400 days
- 100 days out of 1400 = 7.14%

So our sensational Foundation students are 7% of the way into their Primary learning journey!!

Their dedicated teachers, Alice Bigwood, Kim Black, Natalie Giaccotto and Jason McDonald, did an outstanding job of

making this landmark day special albeit under Stage 4 restrictions. They prepared 100 Days celebration bags for all students so they could spend the day enjoying activities designed to celebrate the number 100. They facilitated special Zoom sessions and created a marvellous video for the students to receive congratulations from many teachers. Here are some pictures for you to enjoy. Thank you to all of the Foundation parents for supporting your children and ensuring they could have fun on this special day.





Kind regards  
Amanda Seach  
amanda.seach@education.vic.gov.au

I would like to acknowledge the following students around our school community who are celebrating a birthday. Our very special people celebrating birthdays in August are....



- |              |             |
|--------------|-------------|
| Zoe 3B       | Emeron FC   |
| Jorge 3B     | Isaac 2B    |
| Otto FB      | Lachlan 5C  |
| Violet 2D    | Lachlan 4A  |
| Shawn FB     | Rijker 1D   |
| Nickolas 3A  | Maggie 3A   |
| Acacia 4B    | Sofia 4D    |
| Nived FC     | Amelia 2D   |
| Ethan 5C     | Alyssa 4A   |
| Ben 1D       | Aaron 4B    |
| Micheal 2D   | Lewis 3B    |
| Christina 6B | Chrissie 2B |
| Harriet 1B   | Maksim 5A   |
| Xavier 5A    | Ruby 5A     |
| Ishaan FB    | Darby 2C    |
| Vihaan FC    | Callum 4C   |
| Annabel 4D   | Sofia 4D    |
| Tara 6D      | Nicholas 4B |
| Patrick 1D   | Chloe 4B    |
| Maia 2C      | Kobe FC     |
| Baylen FC    | Laura 6B    |



Murrumbeena Cricket Club 2020/2021 Registration are now open until 31/08/2020.