



Hughesdale HAPPENINGS

Every Child, Every Chance, Every Day



Principal's Report

Week 2 Term 3 2020 Issue 10

There is no denying that none of us wanted to be back in isolation as Term 3 commenced. I must confess that when Term 2 ended, there is no way that I would have predicted a full return to Remote Learning following the holiday period.

It is so important that parents and carers take care of themselves at this time, the 'oxygen mask' analogy from an aeroplane has been cited many times, but remains appropriate. I would like to reiterate some key messages from last Term, when we embarked on Remote Learning for the first time.

Trust Your Instincts

One of the key messages of which I would like to remind you, is that parents deeply know their children, and how they will respond in the environment within which your family is currently working. As a school, we will ensure that planning for Remote Learning is comprehensive, but want to reassure parents that you are in charge at home. Please feel very confident when making decisions with your child to manage Remote Learning, ensuring that neither you nor your child is feeling overwhelmed.

Change the Timetable

You can rework your child's timetable to fit your family. While we like students to participate in at least one Zoom session per day, if there are times this does not work, just send a quick email so that we know you are OK. I know some families commence the day with a Zoom check in, then children start the day slowly while mum and dad are working. Learning then happens in the afternoon/early evening. This is fine.

Plan the day to suit your family

It is important that your child is supported to monitor their engagement and time spent on learning each day. Some ways you can do this might include having an agreed 'bell time' where school for the day finishes. Recognise that deep learning has greater impact but also takes longer. If your child is showing signs of fatigue, or is taking longer on a task than expected, adjust the timetable to meet the schedule you have agreed to as a family.

Of highest priority is family wellbeing. This includes both you and your children. Looking after your own wellbeing, mental

and physical health is essential. Sometimes it can be hard to do, but as much as possible try to:

- remind yourself that no one is perfect and that you are doing the best you can
- eat well and drink plenty of water
- get enough sleep
- make time every day to do something that you enjoy
- ask for help when you need it.

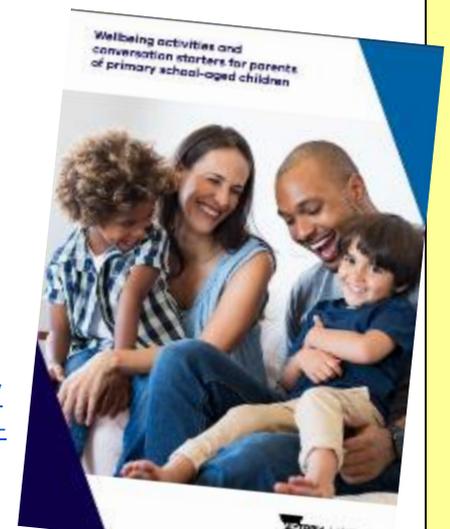
If looking after yourself is challenging and you have concerns about how you are coping, support is available. Talk to someone you trust, contact the school, your general practitioner (GP), a counsellor or psychologist or visit a hospital emergency department.

Parent wellbeing is a fundamental factor determining student mental health (and learning!).

The availability of materials delving into student wellbeing during Remote learning has increased significantly over the last few months and I quite like this very practical guide created by the Department (DET). The document examines age appropriate goals and strategies in the following wellbeing areas;

- Understanding Emotions
- Personal Strengths
- Positive Coping
- Problem Solving
- Stress Management
- Help Seeking

<https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-primary.pdf>



HOW TO CONTACT THE SCHOOL

SCHOOL 9570 4808 OSHC 0423 940 728

www.hughesdaleps.vic.edu.au email: hughesdale.ps@education.vic.gov.au

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

Our family is there for your family



www.listedsold.com.au

Curriculum Day

Previously scheduled for Monday 27th June, this will now be a regular day of Remote Learning. The Curriculum Day has been cancelled so that we can better establish and maintain routines for students at this time.

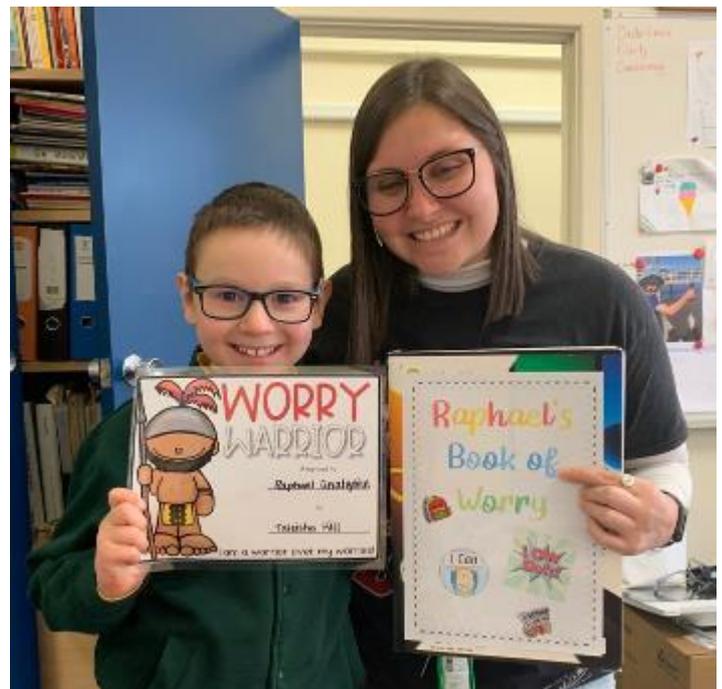
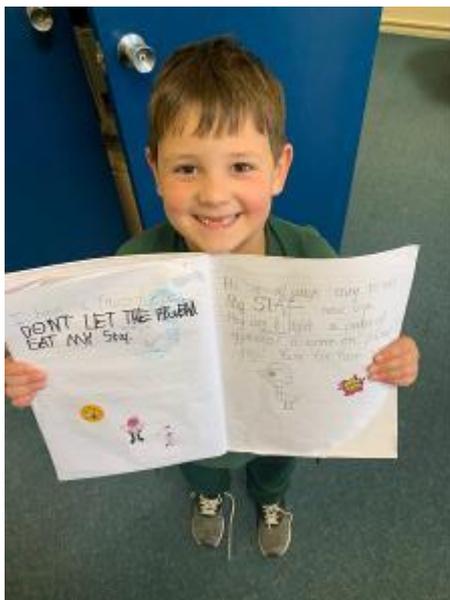
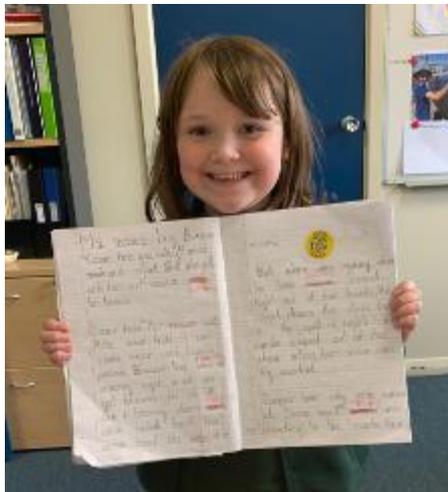
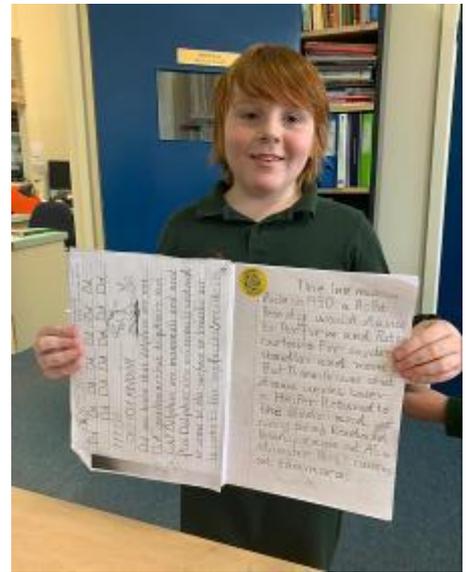
Learning Shared With Me

- Ziggy from 1D shared his multi-page story with me.
- Ruhaan from 4C shared the achievement of a 3 month reading target.
- Aiden from 3C shared his story based on the chapters of a video game
- Ariana from 3C shared her story of "Squishy" floating out to sea
- Raphael from 4B shared his sensational (smarzing!!! - Raphael's new word) learning about managing his worries.
- Sam from 1C shared a comparison between his writing at the beginning of the year, and his writing now.
- Jacob from FD shared his reflective writing about Christmas

Warmest Regards,

Lisa Gough

lisa.gough@education.vic.gov.au



Assistant Principal's Report

AMANDA BREEDEN-WALTON

Wellbeing and Daily Organisation

The thing that no one wanted to happen again is here COVID – 2.0. We got through it last time and we will again! One positive during our last set of home learning is that we learnt a lot together – how to navigate the technology, support the learning needs of our children in new ways and then develop our own strategies of how we do all of this while also managing the many other challenges that come along with the 'different' times we are living in. In Lisa's article above, she has referred to some family health and wellbeing resources which provide you and your family with some wonderful support during this time.

In addition to this, I would like to sincerely thank you to all of you for the effort, time and love you put into our students. Staff are very aware of our good fortune to be working along families who are incredibly supportive, positive and adaptive.

Some important notes to consider:

- **Trust yourself and know that you, as parents, you have our full backing.**

Whilst we try very hard in these circumstances to continue to provide quality learning for your students, the very last thing we want is to cause additional pressure to households potentially already dealing with significant stress. As with the last time, if your child/family needs a break from learning or needs an occasional rest day/ reward/ time in the sun, we are fully supportive and encourage you to use your initiative in this regard. We just ask that you contact your class teacher with a brief message via email. This helps us to adapt how things are going for everyone and also reduces our worries.

- **Remember you are in control.**

As you no doubt learned last time, At Home Learning is very different to traditional learning or even previous experiences of helping your child with any homework. It is normal and to be expected that your child may be disengaged, emotional, distracted, or just 'a whole bunch of fun' at times. If you notice that your child is really struggling with a task, we encourage you and your child to take a breather and try to tackle it at a later stage.

- **Let us know if there are problems**

It is vital that you contact your child's class teacher, or myself to let us know if there is anything which, your child or you need assistance or are concerned about. Send your child's class teacher an email or feel free to email me Amanda.Breedenden-Walton@education.vic.gov.au or phone the school hotline number 0417 735 – 289 between 9 and 4 Monday to Friday.

- **Be kind, always.**

This plea not only goes out to yourselves as you are all doing amazingly well to manage your own challenges, but also towards us as well. We continue to do our best to support your family through this time and reduce pressure on you from our end to the best of our ability.

Once again, thank you for all of your continued support, everyone.

I would also like to take this opportunity to remind you of you all how important it is that we stay connected and work together to support everyone. Please take time to read the information below and reach out to the supports available.

Remember:

It is important that family members:

- **LOOK** out for any signs of distress, concern or anxiety
- **LISTEN** to each other
- **TALK ABOUT** what is going on - **Don't be afraid to discuss coronavirus (COVID-19), use child-friendly honesty, be guided by your child, be reassuring and keep talking!**
- **SEEK HELP** together

If you have any concerns about the CoVid-19 virus, please visit one of the links below:

<https://kidshealth.org/en/parents/coronavirus-landing-page.html?ref=search>

<https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

<https://www.abc.net.au/radio/programs/coronacast>

(Coronacast is a podcast that helps to answer your questions about coronavirus or COVID19. It breaks down the latest news and research to help you understand how the world is living through an epidemic. This is a short daily podcast and round up the latest information, research and news on the Coronavirus epidemic in Australia and answers questions submitted by listeners).

<https://www.esafety.gov.au>

(Tips for staying safe online during the COVID-19 pandemic)

CoVid-19 Hotline: 1800 675 398

Remember to look after yourself

- This situation can be stressful – regardless of your age. To look after the people you love, you also need to look after yourself!
- If you notice that you are feeling anxious, take some time to calm down before having a conversation or answering your child's questions.
- If you are feeling worried, tell your child that you will find some information and talk to them soon.

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.

External Resources

The following external resources are also available to support your mental health and wellbeing:

- **KIDS HELP LINE** www.kidshelp.com.au
Info line **1800 551 800** (Free, private and confidential 24/7 phone & online counselling service for young people aged 5-25)
- **BEYOND BLUE** 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
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)
- **For Emergency Call 000**

Stay well everyone,

Amanda Breeden-Walton

breeden-walton.amanda.k@edumail.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 July are....

Vyom 6A
Ethan Ang 2C
Madi 2C
Hannah 3B
Mira 2A
Abigail 3B
Jos 6D
Penelope 1A
George 3B
Leon 2A

Phillipa 2A
Emily 3C
Maria 6D
Meave 6D
April 3A
Angelina 2A
Alexander 2A
Ellie 2A
Elizabeth 2B
Shayaan 3C
Sophia 5C

Madeline 2D
Sid 2C
Lali 2C
Syon 4B
Billie 4C
Iha 4D
Josh 5A
James 1D
Aiden 1B
Keaton 2A
Mariah 3C

Aidan 3C
Liesha 5C
Oliver 1A
Zoe 2A
Myra 3C
Mia 5B
Birdie 5A
Konstantinos 2C
Matthew 2C
Mason 4B
Nick 4C

Charlotte 1B
Leni 2B
Sienna 4A
Belle 5B
Jack 1A
Perry 6D
Lennox 1C
Frankie 1D
Larson 4B

Assistant Principal's Report

AMANDA SEACH

Curriculum and Pedagogy

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

In Term 2 all level 5 and 6 students were given the opportunity to apply for a position in a Mathematics Extension program that will be running this term. We had 33 wonderful submissions and they all gained a place in the 'Dizzying Spirals' course. Students will be designing eye-catching patterns using Spirographs and uncover the mathematics behind the spirals. I look forward to sharing some of this work with you as the term progresses and thank Elisha Park for facilitating this opportunity for our students.

Teacher Professional Learning

We welcomed the holiday extension for students so that staff could use the time onsite to manage yet another transition. We are much better prepared for this round of remote learning, and are focussing more on specific teaching strategies. We used the curriculum day time last week to look at the High Impact Teaching Strategies of setting goals, explicit teaching and differentiation with teams sharing how they are enhancing the opportunities for their cohorts during remote learning 2.0. We were able to send home learning materials and thank you for ensuring your child/children have all they need to participate in the learning opportunities.

The Respectful Relationships action team, ably led by Tom Margary, facilitated learning for staff last week which delved into Recommendation 189 from the Royal Commission into Family Violence 2016: that all Government schools are mandated to include Respectful Relationships education from Prep to Year 12. We increased our understanding of what Respectful Relationships is; the building and promotion of gender equity in



Indigenous Language Art Competition

ABC Education is running a competition and your child may like to enter. The details are:

Create an artwork featuring the Aboriginal or Torres Strait Islander language of your local area!

Find out what your local Indigenous language is, and then create an artwork inspired by the landscape, flora or fauna of the land where the language is spoken. Include the name of the language in the artwork.

This fantastic [interactive map](#) of Australia's first languages can help you find the local Aboriginal or Torres Strait Islander language.

DON'T write your name on your entry.

After you've created your entry, scan or take a photo or screenshot of your artwork and upload it. Enter the language name and describe your artwork in the Description box. E.g. "The local language where I live is Gubbi Gubbi. This is my picture of a beach near where I live in Queensland."

Closes: 31 July 2020, 5pm

To Enter [CLICK HERE](#)

I would love to see your entries also so please feel free to send me an email also!

relationships, and the challenging of gender stereotypes. Hughesdale Primary is committed to creating and maintaining a culture of respect, building students' personal resilience and supporting gender equality.

Kind regards

Amanda Seach

amanda.seach@education.vic.gov.au

OLSH COLLEGE
BENTLEIGH

Virtual Tour
Register now

Year 7 2022 applications
close August 2020

www.olsh.vic.edu.au



PSW RETAIL OPERATIONS UPDATE

Friday, July 17, 2020

Dear Valued Customer,

In response to the significant increase in community transmission of Coronavirus (COVID-19), we are currently assessing the recent statement from the Victorian Government around details on restrictions and how they will affect PSW retail operations.

The health and well-being of our employees and customers remains our highest priority, and we will continue to act thoughtfully despite the disruption and uncertainty this situation has once again brought to our daily lives. We have implemented strict procedures for customers which include the mandatory wearing of face masks, exclusion of physical contact with product and restricted numbers of patrons in store to 5 at any given time.

Our new retail store trading hours beginning Monday, July 20 will be:

ALL STORES except for Sunbury & Kingdford

TUESDAY - FRIDAY 10AM - 5PM & SATURDAY 10AM - 1PM

SUNBURY // WEDNESDAY, THURSDAY, FRIDAY 10AM - 4PM & SATURDAY 10AM - 1PM

KINGSFORD // WEDNESDAY, THURSDAY, FRIDAY 10AM - 5PM & SATURDAY 10AM - 1PM

We are also currently undertaking the implementation of our 'click & collect' service which we expect to have fully operational over the coming weeks.

Please refer to our website - www.psw.com.au - for updates which will be posted regularly and we will continue to process online orders without any interruption during this period.

As we work together through these difficult times, we remain committed to offering excellent customer service to our loyal partners and wish to thank you for your continued support.

