

Term 2, 7th May 2020

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

Grit, Respect, Effort, Adventure, Teamwork

Term 2 - Week 4, 2020

FROM THE PRINCIPAL

We are now 4 weeks into the term and this is a GREAT chance for me to re-affirm two key messages:

1 – WE ARE HERE FOR YOU

2 – THERE ARE LOTS OF POSITIVES TO FOCUS ON



"Today was a Difficult Day," said Pooh.

There was a pause.

"Do you want to talk about it?" asked Piglet.

"No," said Pooh after a bit. "No, I don't think I do."

"That's okay," said Piglet, and he came and sat beside his friend.

"What are you doing?" asked Pooh.

"Nothing, really," said Piglet. "Only, I know what Difficult Days are like. I quite often don't feel like talking about it on my Difficult Days either."

"But goodness," continued Piglet, "Difficult Days are so much easier when you know you've got someone there for you. And I'll always be here for you, Pooh."

And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs...he thought that his best friend had never been more right."

A.A. Milne

Our Greenhills Staff Team is sending out thoughts to those who may ever have a Difficult Day. We hope you have your own Piglet to sit beside you. If you don't, remember we are not far away and always here for you.

I really appreciate the effort everyone is making to keep students at home and support them with their learning. Whilst this has been very challenging, there has also been lots of positives. Just look at the price of petrol for example! A very big positive is the learning that our students are completing and uploading to Seesaw. For me, a day has been a success when a student completes one task that they are proud of or enjoyed. This is a celebration in itself!

Another positive is the way our staff, students and families have been able to adapt and achieve what has been done in such a short period.

I haven't been prouder of the work of our staff and school community. The willingness to engage and shift across to remote and flexible learning has been amazing.

Other positives include the fast tracking and expansion of our use of technology, being able to face a significant hurdle and challenge and overcoming it, a growing understanding that it is OK to make mistakes and learn through these, the increased collective empathy in that we are all in this together and of course a deeper appreciation for those frontline workers who work so hard to serve our community.

REMOTE & FLEXIBLE LEARNING SURVEY FEEDBACK

Thank you to those who completed our Remote & Flexible Learning Survey. We had 61 families who provided feedback from across all year levels. Overall the feedback was very positive and given our team at school a deeper insight into some of the issues and concerns parents and carers have. We have been able to address many of these, however if there is a particular issue you would like me to follow up, please contact me directly. This is also the case if you would like to discuss any of your responses with me. The survey results are anonymous which means I am unable to follow up any responses personally.

We are now looking forward to sustaining the program we have implemented with some smaller fine tuning each week. This will include simplifying as much as possible the information contained in the lesson plans, continuing teacher demonstrations and instructional videos and trying to keep our students engaged as the novelty wears off! Live Webex sessions will be held each Monday morning and Friday afternoon with small group teaching and conferencing during each week. I will continue with updates each week via email and keeping you informed via our assemblies which are also weekly at the moment.

AMAZING CUPCAKES

Well done to everyone who participated in the Cupcake Challenge organised by our Junior School Council! Seeing the photos was awesome and made me very hungry. Here are a few of my favourites by Bella, Daniel, Mia & Ella, Mitchell and Ella. You can find out who the winners are by reading further in this edition of Contact. Thank you to our JSC leaders for a GREAT idea and looking forward to the Lego Challenge!



PROFESSIONAL PRACTICE DAYS

Over the next two weeks, all of our staff will participate in a Professional Practice Day. This is a time where they are released from their face to face (or in this case screen to screen!) duties to complete a range of other tasks including professional learning and administration requirements. This will mean a slight change to our weekly timetable.

- All classroom staff have their PPD day scheduled for Wednesday 13th May and they will not deliver any classes or answer emails on that day, however specialists will be available to answer questions/emails on that day instead.
- Music and Italian classes will be posted on their usual planners on Monday and Tuesday.
- Art and PE will be posted on Wednesday.
- This will provide families with more flexibility and you can choose when you do specialists, especially on the Wednesday.
- You can do both Art and PE on Wednesday or fit it in another time when it suits.

Hopefully this also frees up some other time during the week and enables families the chance to take a breath! It might be a GREAT opportunity for students to complete some of the learning tasks that may not have been previously finished or try some of the other tasks on the blogs. You could also use the time for a family board-game, extra physical activity or of course the JSC weekly challenge.

ENROLMENT FOR 2021

There continues to be strong interest in our school for students enrolling in 2021. If you have a child starting school next year, please ensure that you fill out an enrolment form now.

I also take this opportunity to remind our families with students in Year 6 that Year 7 2021 Transition forms must be returned to our school office by Friday 29th May.

HAPPY MOTHERS DAY



I hope all of our mothers and special persons have a very special Mother's Day on Sunday. Thank you to our PA for organising some suggestions to help us celebrate Mother's Day at home. Mums are very good at looking after everyone else's needs before their own so this is a GREAT day for us to do something extra special for them. Let us all really show our appreciation for everything our mums, grandma's, aunties and special friends do for us!

James Penson

Principal





HAPPY BIRTHDAY TO THE FOLLOWING STUDENTS CELEBRATING THEIR BIRTHDAYS THIS WEEK:

**Jayden S, Logan T, Eva M, Elliott M, Tilly A,
Lucy J, Gabby L**

WHAT'S HAPPENING @ GREENHILLS Teaching and Learning

Don't forget to check out the Blogs

WHAT'S HAPPENING IN PREP?

<http://prepsatgreenhills.global2.vic.edu.au/>

WHAT'S HAPPENING IN GRADE 1

<http://greenhillsgrade1.global2.vic.edu.au>

WHAT'S HAPPENING IN GRADE 2

<http://greenhillsplevel2.global2.vic.edu.au/>

WHAT'S HAPPENING IN GRADE 3 & 4

<http://grade34ghps.global2.vic.edu.au>

WHAT'S HAPPENING IN GRADE 5 & 6

<http://grade56l.global2.vic.edu.au/>



FROM THE OFFICE.. 2020

We are very pleased to say that our school office is open for business to assist you in any possible way we can during these difficult times. If you are visiting the school office, you will notice COVID-19 health and safety measures have been taken to ensure social distancing. This may cause increased waiting times during peak periods and with this in mind, we kindly ask for your patience.

Office Updates:

Office hours are 8:45am – 4:00pm

Family payments:

Term two Acer Netbook lease payments (Grade 6) due **28th April 2020.**

Term two payment instalments are temporarily on hold due to COVID-19.

Please note:

Any payments received for activities cancelled, will be reimbursed.

If you are experiencing financial hardship, please contact James Penson.

The following events have been postponed:

School Photos (28th April 2020) – moved to 6th August 2020

GHPS Athletics Carnival (23rd March 2020) – new date TBC

Cross Country (16th April 2020) – new date TBC

Grade 3/4 Swimming Program (23rd April 2020 – new date TBC

SCHOLASTIC Book Club

BOOK CLUB IS COMING!

We're really excited to have **BOOK CLUB** running this Term! But, there are a couple of things we've had to do differently!

For this issue only it will be a virtual catalogue rather than the printed catalogues you're used to receiving.


To order from this issue go to:
Scholastic.com.au/Book-Club/virtual-catalogue-1/

You will still have access to the wide selection that Book Club has to offer.

Go to LOOP to place your order as normal by: **Friday 8 May**

Unfortunately as we are unable to receive the orders back to our school, you will need to have your order delivered to your home address for a fee of \$5.99.

If you have any questions or queries, please contact: ghps.bookclub@gmail.com



Even though this is a virtual catalogue, we will still receive 10% of your order value back in Scholastic Rewards to use to purchase additional books and resources for our school!

SCHOLASTIC



Kate Reade, Nicole Pearson, Anne Doolan & Karen Heitzmann
School Administration Team

GHPS Cupcake Decorating Cook Off

Proudly organised by your 2020 JSC Representatives

Congratulations to the winners below:



1. Ava B 5/6S - OREO Insects & Animals



2. Ethan O 3/4K - COVID-19 Inspired



3. Ella B 3/4H - Cactus Practice

STUDENT OF THE WEEK Term 2 Wk 4-PRESENTED AT ASSEMBLY on 15th May 2020



HERE ARE OUR SUPERSTARS for this week..

NAME	CLASS	REASON
Jayla B	Prep BH	For all your amazing work during remote learning. Jayla, have been trying so hard and I am so proud of you. Keep trying to sound out those words. You are doing an amazing job SUPERSTAR!
Evy M	Prep BJ	For pointing to the words when she reads like an absolute superstar! Evy, I am SO proud of the way you read the story "That's Not My Fairy" to your mum. You even went back and fixed up your mistakes! WOW! Keep up the wonderful work!
Jed O	Prep SM	For his incredible retell with his reading activities! Jed, you have been amazing at predicting, retelling and thinking about your thinking with the books you have been reading. I love how you shared that the book 'In a car' made you feel happy because you love cars too. Keep up the awesome work buddy, I'm so proud of you!!
Alexis A	1KO	For trying so hard to continue to improve her writing. Lexi, I love the way you always think of a fantastic start to hook your readers at the beginning. Keep up your creative ideas and persisting with your stories. You are a superstar!
Cahira H	1LO	For the outstanding effort you are putting into practising counting fluently! Cahira, I love the way you give everything a go and you always keep a smile on your face. You have come so far with your counting. Keep up the awesome work!!
Addisyn L	1ND	Addisyn is using lots of strategies to make her writing interesting, like using adjectives, having a sizzling start and including dialogue. Keep up the fantastic work Addy!
Spencer L	1RM	For his magnificent descriptive writing! Spencer's writing included onomatopoeia, strong verbs and adjectives and a variety of punctuation. His writing is engaging and hooks the reader right from the start. Keep up this great effort, Spencer.
Clara W	1RM	For her using many powerful writing devices to make her writing engaging and a delight to read. Clara is very creative and has a way with words. I wouldn't be at all surprised if she becomes a celebrated author and we have her books in our bookcases!
Nyah I	2BR	For the attitude she is showing towards all of her learning. You are making great progress with everything you have been doing and I am really impressed with the improvements you are making in your reading. The connections you made in your Reader's Notebook were amazing!
Oliver M	2SH	For the outstanding effort you are putting into everything you do each and every day and for taking on and applying feedback to your work. Ollie, it is so great to see you always putting your best effort in and then using the feedback you are given to make your work even better. All of this done with a big beaming smile and positive attitude! Well done Ollie!
Hayley H	2TW	For being a reading super star. Awesome job Hayley completing the Premier's Reading Challenge. Keep on reading and enjoying what you read.
Grace G	34B	For being such a positive influence during remote learning. I love how you are taking on board feedback, setting yourself goals and approaching each day with a positive attitude! Your video messages are also one of the highlights of my day. You may prefer to be at Hogwarts, but we are certainly very lucky to have you at Greenhills!
Amalie N	34D	I am so impressed with Amalie's perseverance with her remote learning. She is giving her best effort, even when she is unsure of the task. I commend you for trusting yourself, Amalie!
Arjunaa K	34H	For your outstanding video reflections, and recorded responses and explanations, of your Remote Learning tasks on Seesaw. The effort that you are putting into your school work is highly commendable. Well done Arjunaa!
Cooper C	34K	Cooper, well done for your enthusiasm towards your online learning. You complete your tasks in such a positive and thoughtful manner. This is evident through your self-reflections, accepting and responding to feedback along with your personalised messages to me, which are dearly appreciated.
Alanah V	34R	Alanah, well done on your extra effort in adapting to remote and flexible learning and always doing your best. You show responsibility and you're a great role model for other students.
Owen G	34S	You are a remote and flexible learning super star! I love seeing all of your work, comments and voice overs. You are doing an amazing job and I am so proud of you. Keep up the awesome work!
Issy B	56E	For you positive attitude to all your learning this term. I really love the thought and effort you are putting into planning your own narrative, I can't wait to read the finished product. Keep up the amazing work Issy.
Olivia M	56F	For adapting to the remote learning so well. Olivia I am so proud of the effort you are putting towards your school work. I am especially excited to read your narrative about Nova the corgi.
Ethan D	56J	You have been doing some amazing remote and flexible learning! I am always so impressed by the way you choose the extension option to challenge yourself! Way to go!
Finn M	56M	Finn has been doing some really great work at home during remote learning. It's very hard to keep motivated and Finn has done a really good job. Every piece of work he turns in has been well thought out. Amazing work Finn, you're inspiring us all.
Dante B	56S	For the amazing effort you have put into communicating your work on Seesaw. Dante, your handwriting is always neat, your photos are clear, and your voice descriptions are detailed. Keep it up!

GHPS Family LEGO Challenge

Proudly assembled by your 2020 House Captains and JSC members

The Challenge

With Lego Master hitting our TV screens on Sundays at 7pm and Mondays at 7:30pm for inspiration, our family challenge this week is to create a LEGO mansion.

Criteria

Families can use LEGO or Duplo to create their masterpiece. You could challenge yourself further by adding as much color as possible which identifies you to the school house you belong to, if your lego collection allows this.

The mansion needs to be multiple stories and have a roof. The rest is up to your imagination.

Upload your pictures here: <https://tinyurl.com/yc783qeq>

BE CREATIVE AND UNIQUE WITH YOUR MANSION!

HERE ARE EXAMPLES OF MERUKA
HOUSES SPLASHED WITH YELLOW



Judging

The House Captains will be deciding on a winner. The family who has made the most creative and interesting lego mansion will be announced in week 6's newsletter. Post your entries here **Entries close Tues 12th May at 9pm.**

Parents Partnerships - Maintaining kids' mental health during the coronavirus pandemic

(Advice from Michael Grose)

In these challenging times, kids' mental health needs to be a high priority. Any anxiety and fear that children experience creases by isolation from friends, lack of access to their usual sports and leisure activities and a lack of certainty about the future. The following plan shows how to lay a solid foundation for good mental health, and outlines key behaviours that will help build the resilience and psychological strength that kids need in these difficult times.

Build the foundations for good health

A healthy diet, plenty of exercise and good sleep patterns are basic to good physical and mental health. Get the foundations right and you establish optimum conditions for your child to flourish even in difficult circumstances.

Eat a healthy diet

The 'healthy body, healthy mind' mantra that we grew up with needs to be updated to 'healthy gut, healthy brain'. Recent research has revealed the links between a child's gut health and good mental health. Kids who experience anxiety and depression typically have imbalances of adrenaline (which keeps the brain alert) and GABA (which calms the brain down), that good gut health can rectify.

A framework for healthy eating includes eating real rather than processed foods, consuming small and regular meals, starting each day with protein and complex carbs, drinking plenty of water and keeping kids away from caffeinated drinks.

Get plenty of exercise

Exercise not only promotes good mental health but also helps to manage mental states. Exercise and movement send endorphins through children's bodies improving mood and relieving tension and stress. Exercise and movement relaxes the muscles and reduces feelings of anxiety that build up over time.

A framework for exercise includes starting the day with some movement, taking regular movement and game breaks, finishing the school day with movement that gets their limbs moving and hearts pumping.

Maintain good sleep patterns

The benefits of good sleep patterns are immense and far-reaching, influencing kids' learning, memory and emotional stability. Sleep restores the brain to optimum conditions and rejuvenates the body, allowing hormone levels elevated during the day to return to normal. Consequently, sleep-deprived children experience greater anxiety doing routine tasks and have a propensity for pessimistic thinking, which is associated with anxiety and depression.

A framework for good sleep patterns includes finding an optimum bedtime; creating a regular, relaxing routine, eating and exercising at the right time, creating a sleep sanctuary and getting up at regular times each day.

Add the pillars of good mental health

Mental health is complex and affected by many factors including a child's social and emotional wellbeing. The following four pillars have an insulating effect on your child's mental health, acting as circuit breakers when life becomes difficult and complex.

Maintain social connection

As social beings, we long for connection to others and a sense of belonging to groups. While time alone can be restorative, sharing experiences, thoughts and stories with others is essential to your child's happiness and wellbeing.

A framework for social connection includes one-on-one time with family members and other loved ones, having shared family experiences to confirm a sense of belonging, having shared time and experiences with peers from school and the neighbourhood, and a connection with the broader community through shared experience, cause or goal.

Stay in the present

The human mind is restless, taking us all over the place. It can make us feel happy recalling memories of loved ones or happy times and it can also drive insecurity connecting us to events in the past or future that fill us with dread, and make us feel anxious. Children's wandering minds need to take a rest and settle in the present, stopping their mental chatter, giving them the chance to relax.

Mindfulness is an essential mental health tool that enables children to keep their minds in the present moment, allowing them to feel safe and secure.

A mindfulness framework includes regular mindfulness exercises, doing one thing at a time, using mindfulness during an anxious moment, practising self-kindness and forgiveness.

Enjoy yourself at play

Play is critical to our happiness and wellbeing. Borrowing from the work of Dr. Brene Brown, play is defined as any activity that is fun (therefore highly anticipated), free (that is, self-directed) and involves flow (we do not want it to stop). Play helps kids manage anxiety and depression as it lifts their mood and is therapeutic by nature.

A play framework includes space and time for play, child-initiated activities, a mix of lone play and group activity and some social or physical risk may be involved.

Spend time in nature

Recent studies highlight what we already knew – that time spent in natural environments benefits our happiness, our sense of wellbeing and reduces stress and tension. The rejuvenating benefits of time spent in the bush or by the sea may be difficult to acquire during times of physical isolation but walks to the park, spending time under a favourite tree or even bringing some green shrubs inside have proven to be just as beneficial to children's mental health.

A time in nature framework includes management and reduction of screen time, exposure to natural environments in the neighbourhood, bringing the outdoors inside, and spending some time each day outdoors.

Practise protective behaviours

Our daily habits contribute to our wellbeing and mental health. Some habits such as spending too much time in front of a screen may be detrimental. There are a number of behaviours, when practised continuously, build our resilience and resistance to daily difficulties. These include:

Keep foundation behaviours

Routine behaviours such as waking at the same time, having breakfast, exercising, showering and dressing get us ready for the day ahead. They underpin productivity, learning and wellbeing. Remove the structure provided by these foundation behaviours and many children struggle, particularly those who are prone to anxiety and depression.

A foundation behaviour framework includes morning routines and rituals to prepare for the day, after school and evening wind down routines, and routines that prepare children for sleep.

Practise deep breathing

Recognition of the benefits of deep breathing dates back to ancient Roman and Greek times when deep belly breathing was used to rid the body of impurities. Modern science informs us that deep breathing instantly engages our capacity to relax and stay calm. When a child becomes anxious or fearful their breathing becomes shallow. Taking deep, slow breaths, when they become overwhelmed by anxiety is the quickest way to return to a calm state. Deep breathing has great preventative powers helping the mind stay in a state of focus and calm.

A deep breathing framework includes practising deep breathing spontaneously throughout the day, combining deep breathing with mindfulness practice, using deep breathing to restore energy when tired, and breathing deeply during an anxious moment.

Check in on feelings

If children are not tuning into their emotions they are missing a rich vein of information that will assist decision-making, learning and importantly, their wellbeing. It is relatively easy to tune to into behaviour and our thoughts, but much harder to detect our emotions. The skill of emotionally checking in helps children and young people to identify how they are feeling at any given time. It requires kids to stand still, close their eyes, take some deep breaths, identify and give a name to their feeling. This simple habit of checking, once practised and learned is a wonderful life skill to acquire.

Looking after your child's mental health may seem like a mystery at times. However, we can do a great deal. By laying a foundation for good general health and then working at maintaining the pillars of mental health and teaching children, the protective mental health behaviours you provide them with a solid framework for maintenance of good mental health that they can take into adulthood.



Roslyn Mackie
(Home-School Partnerships Leader)

Community Support and Information

HEALTH

Emergency - 000 Police, Fire, Ambulance.

Coronavirus Hotline 1800 675 398

Nurse on Call (24 hours) 1300 606 024

Banyule Community Health Service
9450 2000 - <https://bchs.org.au/>

ASK IZZY

askizzy.org.au

Ask Izzy can help you to find the services you need. It is free and anonymous, and you can search over 360,000 services

YOUNG PEOPLE

Banyule Youth Service
9457 9855

banyuleyouth.com/banyule-youth-portal

FOOD AND HOUSEHOLD RELIEF

Banyule Support and Information (BANSIC)
9459 5959 - <http://www.bansic.org.au/>

Diamond Valley Community Support (DVCS)
9435 8282 - <https://www.dvcsupport.org.au/>

Banyule City Council Delivered Meal Services
9490 4222

Asylum Seeker Resources Centre
9326 6066 - <https://www.asrc.org.au/>
For people who do not hold Australian Citizenship/Residence

MENTAL HEALTH & WELLBEING

Beyond Blue
1300 22 4636 - <https://www.beyondblue.org.au/>

Lifeline
13 11 14 - <https://www.lifeline.org.au/>

Kids Helpline
1800 55 1800 - <https://kidshelpline.com.au/>
(5 – 25 year olds)

Headspace
1800 650 890 - <https://headspace.org.au/headspace/>
(12 – 25 year olds)

Gamblers Help Northern
1300 133 445

DOMESTIC ABUSE

The government's COVID-19 restrictions don't stop you from leaving your home for emergency purposes. If you are leaving a dangerous situation you will not be fined for leaving your home. If you are in immediate danger call 000

1800Respect
1800 737 732 - 1800respect.org.au
A service for you or someone you know who might be experiencing family violence.

Safe Steps Family Violence Crisis Response Centre
1800 015 188 - <https://www.safesteps.org.au/>
Victoria's 24/7 family violence support service

Orange Door
1800 319 355 <https://orangedoor.vic.gov.au/>

Aboriginal Family Domestic Violence
1800 105 303 - <https://djirra.org.au/what-we-do/legal-services/>

inTouch Multicultural Centre Against Family Violence
1800 755 988 - <https://intouch.org.au/>
Help and assistance in non-English languages.

With Respect
1800 542 847 - <https://www.withrespect.org.au/>
Specialist LGBTIQ family violence service.

Men's Referral Service
1300 766 491 - <https://www.mrv.org.au/>
Confidential help for men wanting to stop abuse.

MensLine
1300 78 99 78 - <https://mensline.org.au/>

Seniors Right Helpline
1300 368 821 - <https://seniorsrights.org.au/>

ALCOHOL & DRUG SERVICES

Banyule Community Health Service
9450 2000 - <https://bchs.org.au/>

DirectLine
1800 888 236 - <https://www.directline.org.au/>

Counselling Online
<https://www.counsellingonline.org.au/>

HOUSING

DHHS Housing
1300 664 977
<https://www.dhhs.vic.gov.au/preston-office>

Haven; Home, Safe
9479 0700 - <https://havenhomemade.org.au/>
The housing access point for the northern suburbs.

FINANCIAL/LEGAL SERVICES

Centrelink
136 240

National Debt Help Line
1800 007 007

DVCS Financial Counselling Service
9435 8282

Banyule Community Health Service
9450 2000

West Heidelberg Legal Service
9450 2002

Greensborough College is committed to being a school for our community. Our College is dedicated to preparing all students for success and to create meaningful citizenship by encouraging students to strive for excellence. All individuals are treated with care and respect. The College provides a welcoming and friendly environment for all members of the community.

A CONFIDENT START

Greensborough College believes that the transition from primary school to secondary school is a very important factor in a child's social, emotional and academic success in secondary school. Our Year 7 Program is designed specifically with transition in mind. Each Home Group has their own Home Group teacher and room.

The College also offers an Orientation Camp, and a Year 7 Student Management Team with a strong Pastoral Care Program to ensure Year 7 students quickly form new friendships and develop positive relationships with staff.

Parents are always welcome at our College. We encourage communication between parents and staff utilising the COMPASS system.

INFORMATION PACKS

At Greensborough College we are trying to reduce our ecological footprint by moving our primary school packs to a digital format.

Information on the following programs and documents can be found on our website at:

<https://www.greensc.vic.edu.au> > Discover Us
> Primary School Packs

- Forging Futures Program (Grade 5/6) / Application
- Introducing Greensborough College
- Explore Night (Open Night) Invitation
- Athletic Development Program / Application
- BYOD Netbook Program
- English Skills Reading Program / Application
- High Achievers Program / Application
- Scholarship Program / Application
- Music Program
- School Tour information

