

Term 3, 10th September 2020

Greenhills is **G.R.E.A.T.**  
Grit, Respect, Effort, Adventure, Teamwork

## Term 3 - Week 8, 2020

### FROM THE PRINCIPAL

Well it wasn't exactly the news we wanted, but the announcement last Sunday does provide us with a bit more clarity around what Term 4 will look like.

Here is a summary of what we know so far:

- **Last day of school for Term 3 is Friday 18<sup>th</sup> September.** The assembly will be posted by 2pm and school will officially finish at 2.30pm.
- **TERM 4 - First day is Monday 5<sup>th</sup> October and this will be a PUPIL FREE CURRICULUM DAY** as approved by School Council. On this day our staff will review and recap the remote learning program from Term 3 and use the key learnings from this to drive improvements into Term 4. Time is also required for teams to prepare and develop our curriculum program for Term 4. This includes reviewing the content covered and making decisions about what core concepts we need to ensure is covered by all students in preparation for 2021. OSHClub will provide a full day of care for those children of permitted workers.
- **Tuesday 6<sup>th</sup> October – Friday 9<sup>th</sup> October:** Remote & Flexible learning continues for all students Prep-Year 6. On-site delivery of remote learning will continue for those students of permitted workers.
- **Monday 12<sup>th</sup> October – return to face to face learning on-site for all Preps, Year 1's and Year 2's.** Specific details about this return to school process will be communicated shortly. Students in Years 3- 6 will continue with remote & flexible learning. I know this will be a difficult and challenging time for families, especially for those who will have siblings at school and also at home. It is hard not having all of our students back together at the same time. On-site delivery of remote learning will continue for those Year 3-6 students of permitted workers. We don't have a specific date for the full return to school of all students but we will proceed with initial planning for this to be at least a 4 week period.
- **CAMPS & EXCURSIONS will not run in Term 4.** This is very disappointing news, especially for our Year 4's. We will try to have a special activity for them and also look at options for a Year 5 camp in 2021. Refunds for camps, excursions and Interschool Sport will be processed early in Term 4.
- **GRADUATION:** With the different stages and timings as currently listed on the Road Map, larger style gatherings of over 50 people will potentially not be allowed this year. This means that our graduation ceremony will be very different to our normal event. A few weeks ago I asked for ideas and feedback around possible options for our graduation. We are looking at a range of these including only having students present and live streaming the event or having smaller class groups with one parent on-site over multiple times or dates. We will keep you updated once things have been finalised.
- **SCHOOL PHOTOS:** we have pushed back the date for school photos as much as possible. These are now scheduled for **Thursday 19<sup>th</sup> November**. Fingers and toes crossed all of our students are back onsite by then. It will be too difficult to take a whole class photo, so instead we plan to use the individual photos on a combined page as a class group memento.

One thing I have learnt during this time is the importance of having a plan but also understanding that things can change very quickly. As always, if there are any changes we will adapt our plan accordingly and communicate these with you.

Term 4 is always such a busy term with lots of focus on planning for 2021. However, our energy and effort will be directed to ensuring what time is left this year is centred on giving our students the very best finish to the school year possible. This means teaching focused on the most important curriculum and learning concepts at each level, ensuring our students are connected and engaged and able to enjoy and celebrate with pride the achievements made in 2020.

Now – speaking of enjoyment and celebration....I hand the newsletter over to our Year 6 leaders. In this week's edition they have included an Entertainment , Fun Challenge and Health and Wellbeing news section. Happy reading and thank you Masyn, Caelan, Rylee , Georgia and Zoe– GREAT work!

**James Penson**



## Entertainment

**This week the Junior School Councillors and House Captains are taking over the newsletter and each page has a different topic. This page's topic is Entertainment. If you're one of the people that want to watch a movie or TV shows but don't know what to watch, you should look at some of the reviews below for a helping hand so you don't have to scroll down an infinite page of movies and shows. Or if you're more of a book person there are also some reviews here too.**

### **School Of Rock (TV Show)**

School of Rock the TV Show is based off of the 2003 Hit movie School Of Rock, which is about how Dweezil Finn a washed up musician who becomes a fake substitute teacher who teaches a handful of students how to rock, the students of Mr Finn class have to keep the band a secret the students have to sneak out of the school to play at gigs but every time they go out there secret could be revealed. School Of Rock is appropriate for all ages in Primary School with no swearing and no inappropriate content. The show stars some Nickelodeon actors such as Breanna Yde, Ricardo Hurtado, Aiden Miner, Lance Lim, Jade Petty, John and Tony Cavalero. The show includes a lot of songs that are rock n roll but the kids change the rhythm to more of a school band type which is awesome I would highly suggest this to everyone who likes a good sing & dance.

### **Wonder (Book)**

Wonder the book by R.J Palacio is about Auggie, a 10 year old boy who has Treacher Collins syndrome which is a facial deformity. Auggie has been home-schooled for his whole life and his mother and father decide he can't be home-schooled forever, so the 10 year old experiences his first term at his new middle school. Auggie likes wearing his NASA Space helmet so that nobody knows his syndrome. Auggie gets teased which makes him want to go back to home-school, but he makes friends that he goes on camp with and stands up to all the bullies.

### **Escape From Mr Lemoncello's Library (Movie)**

For this movie I suggest the young ones watch this with a parent just in case they are scared easily. Escape From Mr Lemoncello's Library follows 12 students from a Middle School that have to write a SAT to get a place in the race to escape Mr Luigi L Lemoncello's Library they have to work together to escape but 1 person isn't that co-operative. Along the way there are different worlds for each genre. All characters from other books come to life and a mean boy tricks people to do the wrong thing so they get out on purpose. If the 5 kids left work as a team they could make it out of the Library.

Thanks for reading. I hope you enjoy the movie, show and book.

Written By Masyn L 5/6J JSC

# JSC FUN CHALLENGE

Brought to you by: Caelan, Georgia, Zoe and Masyn

Hi Greenhills, we JSC's have put together another spectacular Whole School Challenge for you!

The challenge for the second last week of term is... **Greenhills Got Talent!**

Hi everybody, as you may know the JSC's have put together a Greenhills Got Talent and all of you can enter right here click on this link <https://padlet.com> but before you enter you can read some of the rules, regulations and examples. You have to enter your talent video by the 5/10/20.

You can only enter once and your video can go for a maximum of 2 minutes (Don't stress if it's just over). Just remember this is for fun, and don't stress about making it perfect, just try your best!!!!

There is a wide range of talents across our school from: Master cooks to opera singers and everything in between. But whatever your talent is, we want to see it, and you never know, you might just win! Here are just a few of the options you can find in the example video are...

Sport skills

Cooking

Singing.

Dancing

Miming

Trick shots

Skateboarding

Gymnastics or Acrobat tricks

Remember this event is not compulsory, although we strongly encourage you to participate. Just remember to have fun and not to make it a competition, it's a challenge! Everyone has got talent, so don't be afraid to show it!

We hope you have a great time creating an entry for the *Greenhills' Got Talent*.



Have a great weekend and stay safe.

From your 2020 JSCs and House Captains.

# Health and wellbeing

By Caelan & Rylee

Do you or your family members really want to stay inside all day, not socialise and eat unhealthy food because of stress, being bored or just because it's there? We don't. Going on walks daily is really good for you. Humans need to be in the sun to get Vitamin D. No one likes staying inside. Even though we can't socialise going on walks right now and eating healthy is good for you. Here are some reasons to eat healthy, socialise and go on walks.:

Sometimes it can be hard to do enough exercise each day and stay consistent. But I can help you with some tips and tricks about exercising. On a sunny day, it's easy enough. Go out for a run, a walk, even a bike ride. On a rainy day it's a bit harder. But there are still many options of things you can do to stay fit and healthy. If you have a treadmill or an exercise bike you can use that or if you don't you can design your own workout or watch one online. If you're out of ideas, you can even check out Mr. Daley's Extra activities. So, I ask you to do the isofitness challenge with me and get 30-60 minutes of exercise each day!

As Well as staying fit and healthy another important thing to do is eat healthy and make sure we aren't mindlessly eating food. Some of the reasons you might be eating lots of food recently are stress/anxiety and giving you something to do. Well hopefully that changes after you read this. Exercising, mindfulness and reading all give you something to do other than eating whatever food you see. One way to make sure you're eating healthy is making sure you have a balanced diet. Which means most of the time your plate should look like this: 1/3 carbohydrates, a food that



gives you energy, 1/3 vegetables which give you all your vitamins and minerals, 2/15 protein which helps your body to grow and function properly, 2/15 dairy which helps your bones and teeth develop and 1/15 fats which if you eat the right amount of helps keep your body warm and helps cells develop. Another way is to ask your parents if they have a healthy recipe book to see if you can start eating more healthily.

In addition to mental health and emotional eating, a lot of people tend to go to unhealthy, high calorie food when they are stressed or emotional. Mental health can be caused by different things. It could be brought on by trauma, it could be genetic. A lot of people suffer from mental health, one in five (20%) Australians aged around 16-85 experience a mental illness in any year. The most common mental illnesses are depression, anxiety and substance use disorder. An increase from 17.5% (four million Australians) in 2014-15 and around One in five Australians (20.1%) reported a mental or behavioural condition in 2017-18.

In conclusion, mental illness can be helped by: getting outside for walks, exercising and eating healthy. Some mindfulness things you could do could be meditating, reading or doing some mindfulness colouring etc... With that being said you can still have some time doing other things, just try to get outside in the fresh air and enjoy the sunshine (If there is any!).



*HAPPY BIRTHDAY TO THE FOLLOWING  
STUDENTS CELEBRATING THEIR BIRTHDAYS*

*Lucia T, Andy J, Flynn L, Josie B,  
Phenix C, Poppy B, Mia B, Akane M,  
Theo N-H, Max G, London K, Allie E*

## Greening Greenhills

We are all aware that we “should” be reducing waste by recycling and re-using.

Sometimes that feels overwhelming.

Evidence shows that;

**“We don’t need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly”**

**Anne Marie Bonneau – Zero Waste Chief**

Here are a few little ways to make a difference this week!

Let’s focus on our kitchen.

- Could that leftover curry be stored in a jar or container with a lid, instead of using plastic wrap or a one-use plastic container?
- Avoid extra packaging in single portion packs. For example, buy yoghurt in bulk, and decant into small re-usable containers to transport snacks.
- Use silicon mats or reusable non-stick bbq mats instead of single use baking paper to line trays or tins for cooking in the oven.
- Consider collecting vegetable scraps for compost or a worm farm! (great Iso project!)

<https://www.edenproject.com/learn/for-everyone/how-to-make-a-compost-heap-10-top-tips>

*Remember; habit change takes an average of 66 days!  
Be patient and kind to yourself!*



## FROM THE OFFICE

Dear Parents/Guardians,

COVID-19 has affected many families financially and we are aware that this may apply to you. We want to reach out to say that if you require any financial assistance with school payments, please do not hesitate to call or email the Principal, James Penson.

If you would like a copy of your family statement outlining the status of your family school payments, this can be requested by contacting the office or sending an email to [greenhills.ps@education.vic.gov.au](mailto:greenhills.ps@education.vic.gov.au)

We are aware that some family school payments included events which have not or may not go ahead due to COVID-19. We would like to reassure those who have either paid family school payments upfront or in instalments that a credit will be made to their family account. Please note that this credit will not be processed until around the beginning of October 2020 once events have been confirmed.

If you have any queries, please contact the office.



**Anne Doolan Nicole Pearson Karen Heitzmann  
Administration Team**



We know that kids have a lot of clever ideas, that's why Origin Energy created the LittleBIGidea competition. Little Big Idea is a competition to find the big, innovative ideas that shape the future – from the little, creative kids who'll be living through it. The competition calls for kids from grades 3 to 8 to come up with a great idea, big or small.

The top 12 finalists will receive one-on-one mentoring developed by Engineers Without Borders Australia, and they'll each receive \$1,000 to help get their idea off the ground. Our three national winners will each receive \$10,000 towards their education or further developing their idea. Entry is simple. Students just need to head to the littleBIGidea website and describe their idea in 200 or words or less – they can even submit a short video, drawing or diagram to help bring their idea to life. Entries close Friday, 18 September 2020.

To find out more about Little Big Ideas, please visit: <https://www.littlebigidea.com.au/#/>

# PARENT PARTNERSHIPS

## Parent Partnerships Wellbeing and Mental Health by Michael Grose

The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

### Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

### Resilience bank account

During my conversations one person described living in this era as "always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass."

Our mental reserves are constantly been called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.

### Dealing with Remote Learning Under Lockdown

If it takes a village to raise a child, we've lost the village while we're confined to our homes. Some kids are thriving, some are coping, and some are struggling - and the same could be said of the parents.

Michael Grose joined the ABC Radio Melbourne's Conversation Hour to answer parents' questions about remote learning, missing milestones, and discussing coronavirus with children.

### [Listen to audio](#)

**Roslyn Mackie**  
**(Home-School Partnerships Leader)**



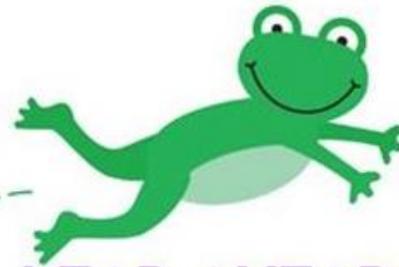
## STUDENT OF THE WEEK Term 3 Wk 7 PRESENTED AT ASSEMBLY 18th Sept 2020



### HERE ARE OUR SUPERSTARS for this week..

NAME	CLASS	REASON
Claudia C	Prep BH	Claudia, you are a Maths Superstar! I was blown away how you were able to count to 100 starting at different numbers and you were using the 'count on' strategy to solve your maths sums during our Maths Webex Conferences. Keep up the amazing work!
Sophie W	Prep BJ	For your incredible efforts in writing. Sophie, I am so impressed with the detail you are adding into all your writing pieces to paint a picture in the readers mind and make it more interesting. I always look forward to seeing your work on Seesaw, keep up the amazing work Superstar!
Elena F	Prep SM	Elena, your writing has blown me away! The adjectives and verbs you used to describe the 'science week picture prompt' were amazing! I love the detail you added to your writing to make it really interesting to read. Keep up the amazing effort, I am so proud of you!
Isabella Z	1KO	For all the wonderful work you are doing as our class JSC Leader. Bella you so organised and are always ready to share your ideas and help the Grade 1s. We really love your enthusiasm! You are an absolute Superstar!!
Jack M	1LO	For your enthusiasm and determination when you were learning about syllables. Jack, I was very impressed watching you try your hardest when splitting your spelling words into syllables and you did an incredible job. Keep up the awesome work, superstar!
Mia B	1ND	For being full of enthusiasm during our Webex groups. Whether it's literacy or numeracy, Mia never hesitates to share her ideas, ask questions and challenge herself. Well done Mia, I'm so impressed with your positive attitude towards your learning!
Chelsea B	1RM	For giving everything a go. Chelsea is displaying her creative flair in the work she presents. She made great efforts to create a fitness circuit for the Grade Ones to do so we could get physical and get fit! Congratulations Chelsea on your positive outlook and enthusiasm! I am super proud of you!
Luke P	2BR	For the enthusiasm and effort you put into your Maths each day. It is great to see how hard you have worked on your strategies and a highlight is always when you share your reasoning with me. You are doing such a great job Luke! (Go Lions!)
Dempsey T	2SH	For the enthusiasm you have shown towards our research activities and creating your information report. Dempsey, it has been wonderful reading your interesting facts and the detail you have been including is very pleasing to see. Well done superstar!
Heidi K-C	2TW	Heidi, you always impress me with the quality of your work. Well done on working so hard during remote learning and for keeping motivated with everything you do. Keep up the awesome work Super Star!
Stefan J	34B	I'm very impressed with your ability to take on board feedback and your contributions to our Webex groups, especially for Maths Games. I also love how you are continuing to stay connected socially and making 3/4B an awesome place to be!
Ivy B	34H	For your positive attitude and outstanding effort during Remote Learning. Your Seesaw videos, photos, and recorded responses and explanations have been wonderful! Your 'James and the Giant Peach' reading was expressive and a delight to listen to! You are a shiny superstar Ivy!
Sam S	34K	You are to be congratulated for your organisation and time management in attending Webex sessions. You have shown growth and maturity towards your learning. You are quick to ask and answer questions and contribute to our Webex discussions.
Grayson T	34S	Grayson, I am so proud of the way you are working and that you are getting onto the Webex and sharing your ideas. You are a super star. Keep up the great work and keep smiling.
Aya N	56E	Aya, I am proud of your work ethic during Remote Learning this term. You complete set tasks to the best of your ability and submit your work on time. I am particularly impressed with your understanding of the many fraction concepts taught this term. Keep up the great work Aya.
Wes M	56J	For the huge improvement in his maths and concentration. Your attitude towards work has been excellent and it really shows in the quality work you are producing!
Mia B	56M	Mia is going for 100% with her remote learning. She is always putting in a huge effort with her work and making it look amazing. Very well done Mia.
Ruby S	56S	For knowing that feedback is a crucial element of her learning. Ruby regularly seeks feedback on Seesaw and Webex and take great pride in applying it to her work. Keep it up!

[www.leapaheadlearning.com.au](http://www.leapaheadlearning.com.au)



Limited tours due to COVID-19

**LEAP AHEAD LEARNING**

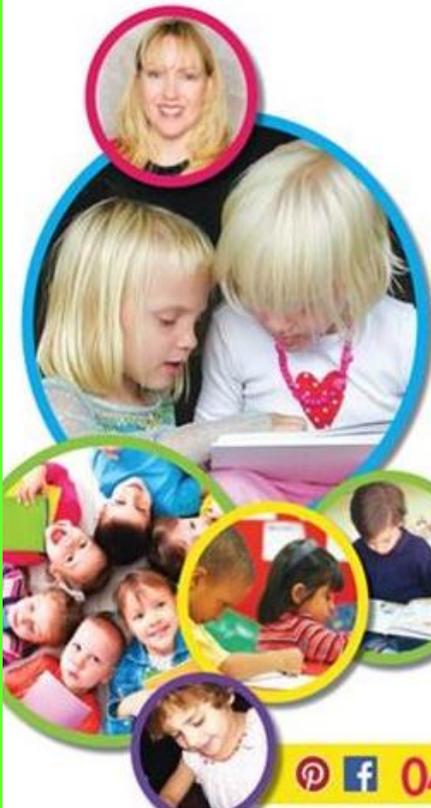
**PRE-PREP KINDER PROGRAM  
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Offering structured programs in literacy, numeracy, social skills, wellbeing/ mindfulness, Japanese, gross and fine motor, oral language and all areas of general school readiness.

**Government Approved & Funded  
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Tue, Wed and Fri or Monday**

**Especially suits children in their 2<sup>nd</sup> year of 4-year old kinder**

**Building Skills for Life!**



**0407 324 901** [keryn@leapaheadlearning.com.au](mailto:keryn@leapaheadlearning.com.au)

**WHAT CAN I DO IF I NEED HELP WITH SCHOOL COSTS?**

If you are struggling financially to provide for your child's education, we suggest you make an appointment with the school principal or welfare coordinator to discuss your situation and see if you are eligible for Kids Assist.

Families facing hardship may also be eligible for assistance through the **Camps, Sports and Excursions Fund** to attend school trips and other school organised activities, and assistance with uniforms and footwear through **State Schools' Relief**.

Please contact your school for more information or visit our website for other available supports



**DIAMOND VALLEY**  
community support

**Strengthening Our Community**



Shop 378a Level 3  
Greensborough Plaza  
Greensborough, Vic 3088



Phone: (03) 9435 8282 Fax: (03) 9432 4147  
Email: [info@dvsupport.org.au](mailto:info@dvsupport.org.au)  
Website: [www.dvsupport.org.au](http://www.dvsupport.org.au)

ABN: 236 239 032 321  
Registered No.: A0000694R



**Strengthening Opportunities  
for All Children  
in our community.**

Tel. 9435 8282  
Email: [kidsassist@dvsupport.org.au](mailto:kidsassist@dvsupport.org.au)



**DIAMOND VALLEY**  
community support

