



Newsletter

Edition 19— 27th November 2019

Message from the Principal

I can hardly believe that the term is nearly over. Of course that doesn't mean we are slowing down, in fact if you ask any of the staff they'll say that we are actually getting busier. It is an especially exciting time of the year as we prepare to celebrate the learning of our students and the important transitions they are about to make both within our school, into our school and beyond as they move to Secondary school.

Have you noticed how fantastic our school is looking?

We have been incredibly busy making sure our school is well maintained and an inviting place to come to learn every single day. The trees have been given a 'haircut', buildings are being painted and the courts and line markings are almost complete. Not only that, our students finish off the 'look' with their school uniform. It is wonderful to see such pride in our surroundings.

Treating Each Other with Respect

Respect is such an important part of 'getting along' in the broader community. Unfortunately I have had to speak to a number of students [and their parents] recently about some disrespectful language that is being used in our school yard and even in our classrooms!

I feel it is important to remind you all, that here at Hastings Primary School we expect everyone to treat each other with respect and that includes using appropriate language at all times.

Inappropriate language will not be tolerated and I will be contacting parents of any students who are reported being disrespectful and using vulgar language.

Bush Fire Preparedness

This week we conducted our Bush Fire Shelter In-Place EVACUATION DRILL. The alarm was sounded during recess and all of our students made their way quickly and sensibly to the meeting point and into the school hall, which is our shelter in-place venue.



Along with a Flexibuzz notification, you should have also received an SMS message. The SMS was a test/drill for our communication system as it is another way of contacting families. Thank you to everyone who checked in when they received the SMS.

We are always looking to improve our procedures and if you have any feedback please contact the office.

Transition

It is always an exciting time of the year when we begin to prepare our children for the following year, this includes our new 2020 preps.

Our new preps have had four visits so far and we look forward to seeing them again at the state wide transition day on Tuesday 10th of December. This is the day that our Year 6's visit their prospective secondary colleges. Our Year 5's have already started their transition into next year with an inquiry unit around leadership which involves a number of leadership workshops where they learn about public speaking, organisation, team work and responsibility.

We are also about to begin the process of selecting our Year 6 student leaders for next year.

Our Year 5 students are currently writing letters or speeches to apply for positions that are available. We are going to have a very difficult task ahead as there are many worthy students.

State-wide transition is coming soon

State Wide Transition Day

Tuesday 10th December

9:00am -10:30am

In order for our students to have a smoother transition into 2020 we will once again be running three internal sessions in December for all students to meet their new teacher and have some time with their new learning spaces. These transition sessions will take place in the final two weeks of the school term. The aim of these sessions is to meet the teacher and students and learn more about the year ahead.

- ♦ 10/12—Step—Up day
- ♦ 17/12—Step—Up day
- ♦ 19/12—Meet your 2019 teacher

Books In Homes



Next Friday, 6th December we will be having our Book Giving Ceremony. On this day, all of our students will be bringing home two books [of their own selection] as part of an initiative to provide children with books. Blue Scope Steel have partnered with Books in Homes and Hastings Primary School to ensure all of our students receive this wonderful gift.

NAPLAN Results

The NAPLAN Individual Student Report [ISR] have been delivered to school. These are confidential documents and are available for collection from the front office by a parent/guardian.

Any ISR not collected before the final week of Term 4 will be sent out with Semester Two reports.

Policies

Earlier this month our School Council reviewed our **Student Uniform & Dress Code Policy**. This policy has been uploaded to the school website for you to access. [Click here to view policy](#)

The purpose of the Student Dress Code is to outline Hastings Primary School's requirements for student dress and appearance and to provide information about uniform purchase and support, dress code implementation and exemption process.

Our other new policy is, **Mobile Phones – Student Use Policy**. This policy has been uploaded to the school website for you to access. [Click here to view policy](#)

The purpose of this policy is to explain to our community the Department and Hastings Primary School's policy requirements and expectations relating to students using mobile phones [and other personal mobile devices] during school hours.

In accordance with the Department's policy, issued by the Minister of Education students **MUST** hand their devices in to the School Administration office at the beginning of the school day to be placed into safe storage. Students will then retrieve their devices at the completion of the school day.

Please take the time to read through these policies and if you have any concerns make an appointment through the office to come and talk with Mrs. McDonald.

Volunteers Morning Tea

This morning we held our annual Volunteers Celebration hosted by our students. We would like to thank all student involved in the day who assisted with ensure the morning ran smoothly.



Just last week I was asked if we had many volunteers at Hastings Primary School. My answer... a resounding YES! After that conversation I spend some time reflecting on our volunteers and all that they do for our students and our school.

Amongst you we have people providing amazing opportunities for our students throughout a wide variety of activities and services at Hastings Primary School.

We have Reading 4 Life, Classroom Reading, Kids Hope Mentoring, Story Dogs, Canine Comprehension, Fresh Fruit Fridays, Meal Deals, Thursday Hot Lunches, Classroom Helpers, Friends of Hastings Primary School, School Council, Reading Villages, Overnight Campers, Excursions, Transportation, Gardeners, Shed11, Bounce Back, WPSC Mentors and Drum Beat Program.

Together we have built many productive

partnerships that support our students to be the best they can be. The work that we do together lifts our community. I know our students look forward to the time they spend with our Volunteers and I know our families are grateful for your time, your energy and your passion. Staff are also grateful for the time you dedicate to our students.

I am proud to be a part of a community that links together to support students in such a positive way.

On behalf of Hastings Primary School I would like to extend our thanks to you for everything you have done and continue to do.

We look forward to continuing to partner with you all in 2020.

***Tu Toa, Kia Kaha –
Stand Strong, Have Strength***
Regards, **Simone McDonald** *Principal*



10 strategies to try to support anxious children and young people

1. Slow down

Encourage the student to take some slow, deep breaths to calm the physical effects of anxiety before discussing what's worrying them.

2. Make time to worry

Setting aside some designated time to deal with worries can stop anxious thoughts from taking over. Try creating a daily ritual called 'worry time', and encourage student to draw or write and then discard whatever's bothering them.

3. Climb that ladder

Instead of skirting the scary situation, you could try a technique called 'laddering' – breaking down worries into manageable chunks and gradually working towards a goal.

4. Encourage positive thinking

Students with anxiety often get stuck on the worst-case scenario or 'what ifs' in any situation. You can help them shift these thinking patterns by reminding them of times they've dealt successfully with similar issues in the past; helping them to challenge the scary thought with facts and evidence; and make a plan for how they'll respond if things don't go as they'd like.

5. Have a go

Anxious students often worry about making mistakes or not having things perfect. This can lead to them avoiding situations or activities. Emphasise giving new things a try and having fun over whether something's a success or failure.

6. Model helpful coping

Don't just tell your child how to overcome emotions – show them. When you get anxious or stressed, verbalise how you're coping with the situation.

7. Empower

Think about what you can do to help the child/young person feel like they have some control over the scary situation and can take some action.

8. Be up front about scary stuff

Lots of kids have worries about death, war, terrorism or things they see on the news. This is normal. As appropriate for your role, talk through their fears and answer any questions truthfully. Try to explain what's happening in a way that puts their fears in perspective.

9. Be BRAVE Program

Check out BRAVE, a free online program to help kids cope with worries and anxiety. There's a tailored version for younger kids (8-12), one for teens (12-17) and an accompanying program for parents. brave4you.psy.uq.edu.au

10. Check your own behaviour

Students pick up all sorts of signals from the adults in their lives, so have a think about the messages you're sending. Try not to be too quick to help – try taking a step back and waiting next time before you jump in. This is an important step in building resilience.

These were originally developed for parents but have been adapted below for educators. See expanded versions of these points for parents at healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies-to-support-anxious-children

Classroom News

Shoe Lace Tying Lesson

On Friday the 15th November Chris from Athletics Foot dropped by to host FREE shoe lace tying lessons for all the students from Foundation to Year Two. Following the simple steps most students experienced success on the very first try. Each child received a little show bag too, with a special certificate and practice shoelace! Thanks Chris!



step 1

LACES READY!



step 2

CROSS AND FALL



step 3

UP AND UNDER



step 4

PULL TIGHT



step 5

MAKE YOUR TREE



step 6

GRAB THE KNOT



step 7

RUN AROUND THE TREE



step 8

POKE THE KNOT THROUGH



step 9

PULL TIGHT



Shoe lace tying in 9 easy steps

Principals Award

Abby Dudas-Fleetwood

Thank you Abby, for consistently embracing the concept of 'kindness' and sprinkling it everywhere you go! What a wonderful role model you are to everyone. Every day you bring a smile to the world.

Ethan Jackson

Thank you Ethan, for consistently treating everyone you meet with respect. You make everyone feel safe, valued and cared about. What a wonderful role model you to everyone.



Student of the Week

Class	Week Ending	Friday 15th November 2019
PA	Ava Ford	This week you have spoken up and shared your learning with new confidence. Your classmates always enjoy hearing your interesting ideas. Keep it up!
PT	Rhys Rothwell	You have continued to demonstrate enthusiasm in all areas of your learning this term. The excitement you show when learning something new encourages your classmates to feel the same. Keep up the positive attitude and excellent work ethic!
1/2B	William Breeze-Masters	William, what a sensational display of being a team member on camp. There was no beating around the bush, you joined in everything and showed others great choices. Way to go William!
	Josh Weeks	Josh, your reading progress this year has left us and Mr Hewitt Thunderstruck!! You have kept a stiff upper lip and reading fluency is like a rock and roll train. Way to go Josh!
1/2D	Luka Kornacki	It has been fabulous to watch you develop your confidence and your leadership. Well done in being a role model for the Year 2 camp!
	Alex Ralston	It has been fabulous to watch you develop your confidence grow and improve on your learning. Great effort!
3K	Chloe Wolfenden	Congratulations Chloe, I love your enthusiasm with your narrative writing. It is so great to see your confidence grow. Well done!
3/4H	Cooper Gray	An excellent commitment to learning displayed this week with both your knowledge of fossil's and powering through multiple Mathletics tasks.
4/5J	Patrick Large	Patrick you have really stepped up this week, showing a mature and caring attitude towards everyone. Your dance moves were amazing, even after a sleepless night at the Level One celebration. Congratulations!
5/6C	Kahu Tate	You are always willing to help out others without a fuss. Thank you for your generous spirit and lovely manners!
5/6M	Ashton Bitters	You have been willing to help out in your class and step in as a dance partner. Your co-operation and positive attitude are appreciated by your peers and teachers.



Class	Week Ending	Friday 8th November 2019
PA	Kai Bradshaw	Way to go Kai! You have faced challenges with a smile and a 'can do' attitude this week. Keep up the great work!
PT	Blake Gray	It has been wonderful to see the persistence you have demonstrated with your reading this term. When learning new and challenging words, instead of giving up you kept on trying and worked them out. Way to go!
1/2D	Krystal Clark	A quiet achiever in class. You lead by example in your determination to improve in your learning. Well done Krystal!
3K	Serenity Guertner	Congratulations Serenity, your confidence in your reading has taken a step forward which has been pleasing to see. Well done on your persistence throughout the year!
3/4H	Sara Northern	Your enthusiasm for learning new concepts and the satisfaction you get from learning is a credit to your desire to improve yourself.
4/5J	<i>Jackson Dimmock</i>	Well done on a fabulous week Jackson. Your Zoo Expo presentation was outstanding and you made a great contribution in all aspects of swimming and life saving. Well Done Jackson.
5/6C	Sarah Ford	You displayed patience and resilience at the Dance Achievement, adapting to a new partner and maintaining a positive attitude. Well done!
5/6M	Blayne Gallagher	You approach all school activities with a positive attitude. A great effort at swimming this week. Well done!



Term 4 Important Dates

Thursday 28th November	Crib Point District Duathlon
Monday 2nd– Friday 6th December	Foundation– Year 2 Swimming and Water Safety Lessons
Tuesday 3rd December	Christmas Concert 5-8pm
Monday 9th December	A touch of Christmas (All students to wear a touch of Christmas and bring a donation for the Christmas Raffle)
Tuesday 10th December	State Wide Orientation Day
Wednesday 11th December	Book Collection Day
Thursday 12th December	Year 6 Enchanted Maze Excursion
Thursday 12th December	Year 6 Graduation Dance
Friday 13th December	Xmas Raffle Drawn
Friday 13th December	Christmas Party
Monday 16th December	Foundation Arts Centre Excursion
Wednesday 18th December	Foundation and Year 1 Puffing Billy Excursion
Thursday 19th December	Final Assembly for 2019 9am
Friday 20th December	Last Day of Term 1:30 dismissal

Touch of Christmas Reminder

That time of year is here again where we ask all our wonderful families to help towards our Christmas Raffle.

On Monday 9th December we are having a 'Touch of Christmas' day.

Students are able to wear a touch of Christmas, eg. Tinsel, Baubles or a Christmas T-shirt, in exchange for a donation towards our raffle, this could include chocolates, Christmas decorations etc. Please drop donations off at your classrooms.

Happy Birthday



Carols ON The Bay

7-9pm

LED BY THE

WESTERN PORT REGIONAL BAND

WITH PERFORMANCES BY LOCAL

STUDENTS & MUSICIANS

AND SPECIAL GUEST

Santa



FREE COMMUNITY EVENT

Friday 6th
December 2019

Market 5-7pm
Carols 7-9pm

Hastings Foreshore Reserve
Marine Parade Hastings

BYO picnic & chairs
*This is a drug & alcohol
free event*

5-7pm

CHRISTMAS MARKET

FOOD STALLS & FREE *kids* ACTIVITIES



WCCII

This free community event is presented by the Westernport Chamber of Commerce & Industry Inc.