



# Newsletter

## Term 4 Edition 2

28th October 2020

### Message from the Principal

Welcome back to you all. It's been wonderful to see our students back onsite.

### Staffing news

#### Rebecca Klimeck

Rebecca will be leaving us in December to go on maternity leave. We wish Rebecca and her partner Chris all the best at this exciting time. Watch this space for baby news!



#### Michelle Aldridge

Michelle will be stepping into the Acting Assistant Principal position whilst Ms Klimeck is in maternity leave.



### School Photos

School photos will be on **Wednesday 18th November**. Please contact the office if you need your student access code or a family photo envelope.

You can place your orders online otherwise you need to ensure the correct change is in the envelope.

### Virtual Assembly

We are excited to announce that we will be running virtual assemblies weekly on **Fridays at 1pm**.

Our first assembly will take place on Friday 30th

October and will be run by our school leaders.

Next week we will send a link out for you to join us.

### World Teacher's Day #brightfuture

On Friday 30 October, Hastings Primary School will celebrate World teachers' Day and say a big thank you to teachers and celebrate the bright future of teaching.

This is a chance for our students and the community to thank our wonderful teachers for everything they do to help our students be their personal best.

Teachers (with support from parents and carers) have ensured education continues across the country this year, despite major challenges. It's reinforced the significant role teachers' play in the lives of children and students, their families and communities.

Our teachers are enthusiastic, hard working and committed to doing their best. It is an absolute pleasure to work with such a dedicated team of staff.

I feel incredibly fortunate to have such a dedicated team of professionals who genuinely love their jobs and the community within which they work.

Don't forget to say a BIG thank you to our amazing teachers this Friday!





## 2020 Parent Opinion Survey - We want to hear from YOU!

Each year the school conducts an opinion survey amongst a sample of the school community. This year, all parents are invited to participate. Results will be used to inform and direct our future school planning and improvement.

You will have recently received an email with instructions on how to complete the survey. I ask you to please take the time to complete the survey as your opinions are important to us and will contribute to the future management and organisation of our school.

- ◆ The survey will be conducted **online** and should take **20 minutes** to complete.
- ◆ The survey can be completed on any internet enabled device (iPad, Desktop or Laptop, Smartphone) and is compatible with most browsers.

The survey will be open from **Monday 12 October to Friday 13 November 2020**.

Please be assured that your responses are completely confidential. The survey is conducted anonymously, and it is important to us that you complete the survey as honestly as possible.

Please do not hesitate to contact me if you have any general queries about the survey. For specific technical or participation-related queries, you may also contact the Department or the supplier administering the survey, ORIMA Research.

Should you have any technical queries regarding the Parent Opinion Survey, please do not hesitate to contact ORIMA Research on 1800 654 585 (toll free), or by email: [pos@orima.com](mailto:pos@orima.com)

Should you have any participation or survey-related queries, please contact the School, or the Department by email: [parentopinion.survey@education.vic.gov.au](mailto:parentopinion.survey@education.vic.gov.au).

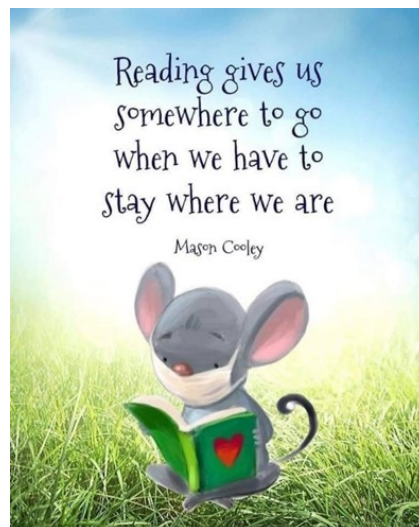
## World Mental Health Month – October 2020

Did you know? 1 in 5 Australians are affected by mental illness annually, yet many don't seek help because of stigma. During the COVID-19 pandemic, prioritising mental health and wellbeing has been more important than ever. During World Mental Health Month – October 2020 – the message is simple: "Look after your mental health, Australia."

### Books in Home is BACK!

Books in Homes along with Blue Scope Steel have come together with Hastings Primary School to once again supply our Foundation to Year 6 students with two books of their choice.

We are thrilled to be able to continue work with our community partners; Books in Homes Australia and BlueScope to provide such wonderful resources for our students. The books will be sent home later this term.



### Planning for 2021

Believe it or not this is already happening! Part of our planning is to ensure a smooth transition for students into the next year level.

Our staff give careful consideration to grade structures and this information will be released to students and families during our internal

transition in December.

Please do not ask teachers to make special changes. Special circumstances will only be considered after an appointment with the Principal.

We also need to know if there are any more enrolments for 2021. If you haven't already, please let us know if you have a Foundation student starting school in 2021 as these transition visits are under way.

### **CURRICULUM DAY & Public Holiday this Term**

We will have our final curriculum next Monday followed by Melbourne Cup Public Holiday on Tuesday. The teaching staff will continue to focus on developing our writing curriculum.

***Students will not need to attend on Monday 2nd November & Tuesday 3rd November***

### **Remembrance Day**

Remembrance Day will be observed on Wednesday 11 November 2019.

Remembrance Day marks anniversary of the Armistice which ended the First World War (1914–18).

### **Student Survey**

This year we have invited Year 4-6 students to be involved in our annual Student Attitudes to School Survey.

The survey is offered by the Department of Education and Training to assist schools in gaining an understanding of students' perceptions and experiences at school.

This year, the survey will also include some questions around student health and wellbeing and the students perception of COVID-19.

This year the survey will be conducted between the 21st October—13th November 2020.

### **Foundation Transition Sessions**

We are excited to announce that we have received the good news that we can start onsite transitions with small groups of children.

We will be commencing our first 2021 face-to-face transition on **Wednesday 11th November**.

We are also currently looking at providing families with one additional face-to-face transition session prior to the end of the year.

This will mean that all of our 2021 Foundation students will complete a total of 3 face-to-face sessions before joining us next year. Our Foundation teacher Ms Thorne will be in contact with families to schedule a date and time as there are still restrictions around the number of people onsite at one time.

In conjunction with the face-to-face sessions we will continue running a weekly story time session.

We will be running these sessions via Webex on **Wednesday's at 2pm** with Ms Thorne.

These will run every Wednesday until the state wide transition session in December.

### **Transition Day**

**Wednesday 11th November**

- ◆ ***Ms Melissa Thorne will email enrolled students families with details.***

Parents will have the choice of one more additional face to face session days outlined below. Details to be confirmed via correspondence with Ms Thorne.

**Wednesday 25th November**

**Wednesday 2nd December**

**Wednesday 9th December**

## State Wide Transition Day

**Tuesday 8th December**

**9:00-10:30am**

### Kinder Visits



Ms Thorne has started visiting the local Kindergartens this week. She has visited First Early Learning, Wallaroo Preschool, Hastings Child Care and Hastings Preschool.

It has been a great opportunity to meet some of the 2021 Foundation students face to face. We are very excited to welcome them into our classrooms at our transition days this year.

She will be visiting Westernport Child Care and Tyabb Pre School next week.

### School Fees & Booklists 2021

Forms and \$50.00 deposits are due tomorrow **Thursday 29th October**. The balance must be paid in full on collection day.

You are able to pay online or come into the office to pay via cash or EFTPOS.

Payment Options are outlined below:

#### **Option 1:** (Per Student)

29th October     \$50  
9th December    \$100

#### **Option 2:**

Payment Plan (Per student)

29th October     \$50  
18th November   \$50  
9th December    \$50

#### **Option 3:**

29th October     \$150

## Year 3/4 & Year 5/6 Camp Update

We are in the process of making some alternative arrangements for both the Yr 3/4 and Yr 5/6 camp this year. Once we have official Department updates we will inform you.

### DRILLS this term

This term we will conduct an Evacuation DRILL to prepare for a Shelter In-Place Bush fire scenario.

As the bush fire season 'heats up' we conduct an emergency **evacuation drill** to ensure staff know their roles and responsibilities in accordance with our plans and procedures, and to test the workforce response to an emergency.

It is also important that our students know what to do in times of crisis. It is always unexpected when a crisis scenario occurs, so it is important to know what steps are to be taken in an emergency situation.

Staff will be preparing the students for the DRILL that will take place later this term.

### Foundation—Year 2 Swimming Lessons

We have been able to secure swimming lessons for our Foundation to Year 2 students at Crib Point Pool. This will take place the week **Monday 16th November— Friday 20th November**.

Permission forms were distributed last week and need to be returned by **Tuesday November 10th**. Please note no late forms or payments will be accepted.

***Tu Toa, Kia Kaha –***

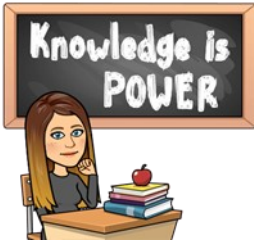
***Stand Strong, Have Strength***

Regards, *Simone McDonald*

***Principal***



# From the Assistant Principals Office



It has been a great two weeks back onsite with all of the students, I am still blown away by how much some of them have grown during online learning! Everyone has enjoyed reconnecting with

friends, classmates and teachers. Thank you to all of our families for preparing your children so well to return to school. We are aware that for some students it may take a little longer to adjust after a long period away from school. If you believe your child is struggling to cope please contact myself or Carla Chalmers (school counsellor).

## NAIDOC WEEK 8-15<sup>th</sup> November

NAIDOC Week is coming soon. The theme for this year is 'Always Was, Always Will Be' which recognises *that First Nations people have occupied and cared for this continent for over 65,000 years.*

Aboriginal and Torres Strait Islander people were Australia's first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers and first artists. The very first footprints on this continent were those belonging to First Nations peoples.

Australia has the world's oldest oral stories. The First Peoples engraved the world's first maps, made the earliest paintings of ceremony and invented unique technologies. We built and engineered structures - structures on Earth - predating well-known sites such as the Egyptian Pyramids and Stonehenge.

## 2020 Attitudes to School Survey

This week I have begun to spend time with the Year 4-6 students to complete the student attitude to school survey. Information regarding this survey was sent to families via FlexiSchools on Friday 16<sup>th</sup> October. This is an annual survey used to improved student engagement, wellbeing and

quality instruction via the student voice. All answers are confidential and the results are aggregated and sent back to the school later this term for us to interpret use the information to move forward.

## Attendance - 'Every Day Counts'

Attending school all day, every day helps students to build their learning and maintain strong social connections with their friends and teachers. If your child is going to be away for the day, please call the school (03) 5979 1517 to let us know why.

Going to school is usually an exciting and enjoyable event for children and adolescents. However most children are occasionally reluctant to go to school or have some anxiety about certain activities, it is also normal that at some stage in life most of us will feel anxious when faced with a difficult situation. Anxiety becomes a problem when it is persistent and prevents a person from enjoying normal life experiences for a long period of time.

You can help your child to cope with anxiety in effective ways and, in doing so, help them develop self-confidence and resilience.

## How can I tell if my child has anxiety?

Signs of anxiety include:

- ◆ Having lots of worries and a strong need for reassurance
- ◆ Psychosomatic symptoms which occur before school (e.g. nausea, stomach aches, headaches or shortness of breath). These symptoms will reduce when the threat (fear of going to school) is removed
- ◆ Crying, being clingy or fidgeting when nervous
- ◆ Sleep problems such as difficulty falling asleep, nightmares or trouble sleeping alone
- ◆ Fear and avoidance of a range of different issues and situations.

## Why are some children anxious about going to school?

Anxiety may affect children at any age. The causes of anxiety may be different for young children than for teenagers:

- ◆ Separation anxiety (being afraid to be away from parents)
- ◆ Problems at school such as:
- ◆ Being bullied and/or cyberbullied
- ◆ Learning difficulties
- ◆ Social isolation, not fitting in, friendship conflicts
- ◆ Feeling lost at school
- ◆ Fear of getting into trouble
- ◆ Not getting along with a teacher
- ◆ New situations like the first day in a new class or the first day in a new school
- ◆ Failure – worry their schoolwork will be too hard, they won't be able to keep up, or they won't know the correct answer when called on in class
- ◆ Fear of losing a parent. They may think something bad will happen to a parent due to:
  - A parent being ill
  - Family problems and fighting
  - Parents separating
  - Knowing another child who has lost a parent or whose family has broken up

## What can you do?

It is important not to dismiss your child's anxiety but to help them see that the situations they are worried about may not be as bad as they think.

- ◆ **Remain calm:** you will be better placed to make them feel more confident. Try not to let your child see that you are worried or frustrated
- ◆ **Listen to your child:** encourage him/her to share their feelings and fears
- ◆ **Don't dismiss your child's feelings:** everyone feels afraid sometimes and your child might perceive this as you not understanding or not caring about their concerns
- ◆ **Talk it through:** discuss various scenarios, possible outcomes and ways to handle situations to help your child develop problem solving strategies
- ◆ **Let them have a go:** avoid taking over or giving your child the impression you will fight their battles for them. Some children with anxiety are happy for others to do things for them and if you take over, it might stop them learning how to cope for themselves. It also reinforces a perception that they are helpless and that someone will rescue them.
- ◆ **Remind your child:** everyone makes mistakes and that this is where the best learning comes from
- ◆ **Be punctual:** Avoid being late when picking up or dropping off your child up from school
- ◆ **Problem solve:** with your child about what is causing the anxiety. For instance, if your child has problems walking through the front gate, arrange for them to meet a friend or use another entrance. If they find socialising in the yard before school starts a source of anxiety, arrange for them to arrive just before the bell.
- ◆ **Encourage & reassure:** even if they will be late encourage your child to go to school; reassure them that you will contact the school to explain.
- ◆ **See the GP:** arrange for a visit to the GP if your child reports persistent physical complaints
- ◆ **Be consistent:** have a clear agreement between parents (even if separated) that school attendance is not optional and communicate this in a clear and calm manner to your child
- ◆ **Reward:** provide rewards for appropriate behaviour and avoid unintentionally rewarding school avoidance
- ◆ **Be clear:** be clear with instructions and requests and consistent with consequences
- ◆ **Be involved:** if possible, be active in your child's school through things like the school council or the canteen.

- ◆ **Support:** model skills for becoming more independent and how to manage appointments, multiple homework tasks and competing demands
- ◆ **Seek assistance:** there is assistance and support available. The sooner you talk to your child's school about concerns, the better.

- ◆ **Get support:** for yourself if things are feeling overwhelming and distressing

If you need support, please contact me.  
We are all in this together.

Rebecca Klimeck  
(Assistant Principal)

## HPS Footy Day 2020



Footy Day was an awesome day for all of our AFL and NRL fans! Almost all of the AFL teams were represented by our students who went to great effort to wear their favourite team's colours. The fierce rivalry between the Tigers and Cats fans was obvious with loads of supporters wearing the yellow and black, and almost as many wearing blue and white! The Foundation - Year 2 students rotated around fun footy activities with the help of our school leadership team between 12.30pm - 1.30pm.

After lunch, the Years 3 - 6 students rotated around a variety of activities that focused on handball, kicking and running skills. Thanks to all of our families for dressing your children in bright footy colours! Thanks, too to our school leaders for helping with the day. With a win for the Tigers on Saturday, the Richmond Football club will recruit more supporters for 2021. The same will go for NRL's Storm after their convincing win on Sunday night! Go Blues! Ms. Jones.







  
**Westernport Little Athletics**

*Local, region and state completions to suit novices  
 through to budding champions*

- Who:** Under 6-16 all standards
- Where:** Behind Westerport Secondary College, High Street Hastings
- When:** 9am-11am Saturdays
- Facilities** 400m grass track, competition equipment, pavilion and canteen

**Session starts 7th November. Finishes March**

Register at [www.westernportlac.com.au](http://www.westernportlac.com.au)

**Contact us for more information**

**E:** [westernport@lavic.com.au](mailto:westernport@lavic.com.au)

**M:** 0400 094 142

**W:** [www.westernportlac.com.au](http://www.westernportlac.com.au)

let's play  
cricket!

HASTINGS CRICKET CLUB IS LOOKING  
FOR NEW JUNIOR PLAYERS

BOYS AND GIRLS ARE WELCOME TO  
PLAY & NO EXPERIENCE IS NEEDED!!

JUNIOR BLAST PROGRAM: 7-9 YEARS  
AND AGES: U10, U12 & U14

CONTACT CLUB PRESIDENT  
AARON WILSON  
0458 348 074




# Important Dates 2020

Thursday 29th October	2021 School Fee form Due with Deposit \$50.00
Friday 30th October	World Teachers Day
Monday 2nd November	Curriculum Day— <b>No students to attend school</b>
Tuesday 3rd November	Cup Day Public Holiday— <b>No students to attend school</b>
Wednesday 4th November	Foundation 2021 Weekly Reading Session 2pm
Sunday 8th November — 15th November	NAIDOC Week
Tuesday 10th November	2021 Foundation Information Evening
Wednesday 11th November	2021 Foundation Face to Face Transition Session 1
Friday 13th November	Parent Opinion Survey closes
Monday 16th November— 20th November	Foundation—Year 2 Swimming Lessons
Wednesday 18th November	School Photos
Wednesday 18th November	School Fee Payment Due Option 2: \$50.00
Wednesday 25th November	Option 1: 2021 Face to Face Foundation Transition Session 2
Wednesday 25th November	Foundation 2021 Weekly Reading Session 2pm
Wednesday 2nd December	Option 2: 2021 Face to Face Foundation Transition Session 2
Wednesday 2nd December	Foundation 2021 Weekly Reading Session 2pm
Tuesday 8th December	State wide Transition Day
Wednesday 9th December	Option 3: 2021 Face to Face Foundation Transition Session 2
Wednesday 9th December	Book Collection Day & Final Payment of school fees
Friday 18th December	Last Day of Term 4— 1:30 pm dismissal

## Happy Birthday

