



Newsletter

Term 1 Edition 5

Wednesday 29th March

End of term one!

Thank you, students, parents and teachers, for a successful start to the 2023 school year. Although I think we are all feeling a bit tired as the term ends, it has been wonderful to watch students focus on their learning goals and enjoying connecting with their friends.



What a fabulous term of exciting learning opportunities, programs, and extra-curricular experiences.

Everyone has been incredibly ACTIVE with our amazing PE Teacher, Mrs. Sendekyj. Students have participated in Yr. 5/6 Beach Safety activities, Yr. 3-6 swimming lessons, Soccer clinics and Summer Lightning Premiership. F-2 students had House Athletics and Yr. 3-6 participated in House Cross Country. Of course, our junior students also have weekly PMP sessions and Yr. 1/2 now have an extra weekly sport session.

Our whole school participated in National Ride 2 School Day, and we were all treated to a display of excellent Bike Education skills from a group of Yr. 3/4 students and our Bike Ed teacher, Ms. Munn.

We partnered with The Fathering Project and our launch of Pizza & Paper Planes was a huge success with so many people attending.

Our Student Representative Council have been an active group and supported Harmony Week activities across the school. Our Yr. 6 student leaders went to Melbourne for a GRIP Leadership Conference. We also participated in Koorie Kids Day out at Willum Warrain.

We also did a lot of learning in our classrooms and outdoor learning spaces, setting goals and working hard to achieve them. The Yr. 3 and Yr. 5

students completed NAPLAN. Our parents/carers participated in our 'Meet the Teacher' open classrooms and afternoon information sessions.

Our FoHPS, Friends of Hastings Primary School group have been busy behind the scenes and have supported three delicious Meal Deals this term and I know they have a lot planned for next term.

Our middle school students were involved in a Media Arts incursion "Fairytale Cookbook" and our junior school are about to embark on a local excursion to the local library and have an Easter Bonnet parade.

We have also had Equine Therapy, Canine Comprehension and Drum Beat groups.

I'd like to extend an enormous thanks to our students, teachers, and education support staff, parents and families for such a positive start to the school year. I know we are all looking forward to an exciting Term 2.

I wish all of you a very restful and enjoyable school holiday.

Last Day of Term

Thursday 6th April is the last day of Term 1. Students will finish at 2:30pm.





ANZAC Day 25th April

The school leaders, along with many other students and staff will have the opportunity to represent Hastings Primary School at the ANZAC Day service in Hastings.

Our school leaders will lay a wreath on our behalf.

ANZAC Day is an important national occasion and a time to remember the anniversary of the first major military action fought by Australian and New Zealand forces during WWI.

ANZAC Day marks the anniversary of the Gallipoli Campaign of WWI. ANZAC is an acronym for Australia and New Zealand Army Corps.

At dawn on the 25th of April 1915, soldiers rowed ashore in boats called 'lighters' during the Gallipoli landings, under fire and without outboards motors

Traditionally, Rosemary is worn on ANZAC Day. Rosemary is found growing wild on the Gallipoli Peninsula.

2024 Hastings Transition to School

We conducted our first enrolment tour today and still have one more coming up on:

♦ **Wednesday 24th May**

Tours start from the school office at 9:30 am. Please contact the office to book in a time. Enrolment packs are available at the office.

Visitors and Volunteer Policy

At Hastings Primary School we love to have visitors and volunteers attend our site. In accordance with the Department of Education we have policies around Visitors and Volunteers. If you need further information please click on each policy to read more.

[Visitors Policy](#)

[Volunteer Policy](#)

If you are interested in volunteering at Hastings Primary School you will need to provide us with a valid Working with Childrens Check



The Ode

They shall grow not old, as we that are
left grow old;
Age shall not weary them, nor the
years condemn.

At the going down of the sun and in the morning,
we will remember them.

ANZAC Day March

Anzac Day will be celebrated at the end of the holidays on Tuesday 25th April.

Hastings Primary School will be involved in the March down High Street Hastings at 10:45am and place a wreath down at Hastings Foreshore for the service at 11:00am.

Students are invited to join in the March and need to be dressed in full school uniform. Students will need to be collected after the service by an adult.

Meeting Point: Hastings RSL
26 King Street Hastings
10:30am

March: 10:45am

Service: 11:00am

ANZAC appeal items are available this week.

Student Representative Council Members will be visiting classrooms daily to sell items to students. Items range for \$2- \$5 each.

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



From the Assistant Principal

F.O.H.P.S

Thank you to those families who have sent in a donation for our EASTER RAFFLE! If you haven't sent a donation in please do so this week! The raffle will be drawn on the last day of school with winners announced at the final assembly. If you would like to help put the prizes together and have a hot cross bun and a tea/coffee with our F.O.H.P.S Team, please meet in the staffroom on Monday 3rd March from 2:30pm.

Our last meal deal for the term is a hot dog, drink and Easter treat on the last day of school. Thank you to the team for organizing this for our students!



Ride 2 School – last Friday

Wow what a fabulous day! Thank you so much to all of the families who participated. We were also joined by members of the Hastings and Somerville Police Unit who rode with us, helped us cross the road and assisted at school on the morning. At school we were treated to a bike ed display from our 'demo team' under the guidance of Ms Munn. Thanks also goes to our staff who rode, walked or cooked pancakes and chopped the fruit for the students to eat for brekky on arrival!

Koorie Kids Day Out

On Friday 17th March our Koorie students were invited to Willum Warrain for 'Koorie Kids Day Out' where they gathered to meet with students from 10 other schools. The day began with a smoking ceremony and a water blessing. The students learnt about possum skin cloaks, totems and listened to stories. They also had a visit by the Funky Farm and got to touch a python and pat a wombat. After lunch they made bracelets and painted with ochre. Thank you to Willum Warrain for hosting such a deadly day!

Attendance – 'Did you know?'

Did you know that being late regularly can affect academic performance? If 1 a student is late for 10 minutes a day that equals missing 13 weeks of learning over their 13 years of school (Prep- Year 12) Did you know that if your child misses 1 day per fortnight they will miss a 1½ years of schooling? Missing School = Missing Out

If your child is sick or absent, you are required to notify us as soon as possible **on the day of absence** using one of the following methods:

Online: log onto the Sentral Parent Portal.

Telephone: the school office absence line and leave a message with your child's name, class, date of absences and reason.

Notifying the school of your child's absence either prior to, or on the day that they will be away, helps ensure the safety and wellbeing of children and will fulfil your legal responsibility.

Mindfulness and Meditation

Mindfulness can add to the quality of our lives in numerous ways, from nurturing a sense of inner peace to improving the quality of a workout, from enhancing self-confidence to facilitating deeper and more meaningful relationships with others.

In children specifically, mindfulness has been found to:

mitigate the effects of **bullying** (Zhou, Liu, Niu, Sun, & Fan, 2016)

enhance **focus** in children with ADHD (Zhang et al., 2016)

reduce **attention problems** (Crescentini, Capurso, Furlan, & Fabbro, 2016).

improving **mental health** and wellbeing

improve **social skills** when well taught and practiced in children and adolescents.

In each newsletter I will give you a new activity to try with your child/ren.

Focus on Breathing

Breathing exercises are a powerful tool that can be taught to children to empower them to self-regulate their emotions. Encouraging children to sit quietly and focus on their breathing is a quick and easy way to calm your children.

Here are some breathing exercises:

Flower Breath: Imagine smelling a beautiful flower, breath in through the nose and out the mouth, releasing any tension. Stop and smell the roses, daffodils, daisies or any other flower they like. This is a simple way to connect kids to their breath and how it helps them to feel.

Bunny Breath: Just 3 quick sniffs in the nose and one long exhale out the nose. Invite kids to pretend to be bunnies, sniffing the air for other bunnies, carrots to eat, or safety. It can be a lovely cleansing breath when you use it in this way.

Have a safe and happy Easter break, I hope the Easter Bunny visits you all!

Rebecca Legge

Assistant Principal



Important Dates Term 1 2023

Thursday 30th March	Summer Lightning Premiership Sports
Thursday 30th March	1/2A & 1/2B Hastings Library Visit
Monday 3rd April—Thursday 6th April	Year 3-6 Swimming
Thursday 6th April	Easter Raffle Drawn 9am Winners announced in Assembly
Thursday 6th April	Final Assembly for Term 1 9:15am
Thursday 6th April	Last Day Term 1 2:30 departure
Friday 7th April	Good Friday



HASTINGS *Blue Light*
BLUE LIGHT DISCO

21ST APRIL
FRIDAY
COSTUME PARTY!

\$7 ENTRY | 6 - 8PM | PRIMARY AGE
HASTINGS COMMUNITY HALL,
3 HIGH ST, HASTINGS
CONTACT PETER 0410 105 542

COME DRESSED IN YOUR FAVOURITE COSTUME
PARENTS NOT ALLOWED IN HALL | REGISTERED VOLUNTEERS ONLY

HASTINGS BLUE LIGHT DISCO | BLUELIGHT_VIC



PLAYERS WANTED

U9 BOYS/GIRLS
U10 BOYS/GIRLS
U13 GIRLS

New Members
HALF price
Girls U13 FREE

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0418 387 818



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Important Dates Term 2 2023

Monday 24th April	Curriculum Day
Tuesday 25th April	ANZAC Day Public Holiday
Wednesday 26th April	First Day Term 2
Wednesday 24th May	2024 Foundation Tours

Student of The Week

Class	Week Ending	Friday 17th March
PA	Elijah Gaviolo	Way to go Elijah! It has been fantastic to see you joining in with our lessons in class including playing Bingo and our number games. You also gave PMP your best effort, taking turns with your peers. Keep it up!
P1B	Tayden Allen	Congratulations Tayden! What a fantastic start you have made to the school year. You tackle all talks with enthusiasm and are willing to give everything a go! Your kindness to your peers has really shone. P/1B appreciate all of your positive comments and encouragement. Keep up the great work.
12A	Landen Munro-Batson	What an amazing term you have had so far Landen. You have shown a huge growth of confidence in all aspects of your school life. You are supportive of your classmates, exploring new opportunities, and having a lot of fun. Keep up the self-belief Landen.
12B	Leeroy Cousins	Leeroy, you have been trying so hard with your reading this year and it has been great to see you have been rewarded for all your hard work. Keep going and as Dr Seuss says: "The more you read, the more things you will know. The more that you learn, the more places you will go!"
34A	Tai Bahnert	Tai, congratulations on another week of consistent achievement and positive attitude to your school work. You have consistently contributed to class discussions, group activities and put in your best effort in at all times. Tai, this week has been full of changes to our usual schedule yet you have retained your unwavering positive attitude! Congratulations and keep it up.
34B	Toby Humble	Toby you have only been with us for eight weeks now, but you have settled in nicely in your new environment. I have been enjoying having you in my class and seeing what you are capable of, both academically and socially. Your story writing is very imaginative and your narratives are punctuated with great descriptive language that bring your stories to life. They are the literary version of "Night at the Museum".
4/5A	Amelia Cacek	Amelia you are growing in confidence and showing more independence as a learner. You show kindness towards your classmates by including others and you are a keen member of the senior library club. Keep up the great work.
56A	Gab Benitez	Gab, you have demonstrated resilience and respect throughout the week. It has been fantastic to see you overcome challenges with a positive mindset.
56B	Lilly Elliott	Lilly, your efforts in and out of the classroom this week have shone bright like a diamond Rihanna would be so inspired by you, she could make a song out of it. Keep up your positive "get stuff done" approach to life. Way to go Lilly!

Student of The Week

		Friday 17th March
PE Award	Jason Pollock	For having a positive attitude, always playing by rules and being a great teammate. Keep up the great work Jason!
Art Award	Chevelle Knight	You have shown amazing skills in the art room this week by always being engaged in your learning. Your art work using Monochromatic colours used intricate paint skills and was displayed beautifully. Keep on being an inspirational artist.
Auslan Award	Harper Stuart	Well done on your fantastic effort in the Auslan classroom this week, Harper. You signed your favourite colour in Auslan without speaking and you could also understand the signing of others. Keep up the great work.
Media Award	Lucy Hermanek and Ruby Smith	Thank you for showing the values of learning towards your Media Arts studies. Giving up your lunch-time to help your group catch- up on their movie making. Keep up the great work!
Principals Award	Acacia Wyatt	For demonstrating our school values of Caring, Respecting and Learning! Acacia, you start every day with a beautiful smile and greet those you meet. Thank you for being so welcoming to everyone at Hastings Primary School.

		Friday 24th March
PE Award	Harper Denham	For improving her growth mindset and increasing her participation in PE. Great job this week Harper.
Art Award	Alvin Dang	You have shown amazing skills in the art room this week by always being engaged in your learning. Your skills and knowledge around Monochromatic and Monochrome colour have enabled you to produce a fantastic artwork. Keep on being an inspirational artist.
Media Award	Jack Churcher & Hailey Rogers	For your amazing teamwork and determination to infer and locate the individual scenes in your story. The Tortoise and the Hare. You are on your way to making a great movie.
Principals Award	Nahleah Churcher P1B & Polly Hand 12B	For demonstrating our school values of Caring, Respecting and Learning. Thank you for being a wonderful helper in our school yard this morning and making sure it was tidy. You were super helpful! Thank you for being an amazing role model at Hastings Primary School.

Student of The Week

Class	Week Ending	Friday 24th March
PA	Felix Cao	Well done Felix! You have started to demonstrate more confidence when joining in with learning. You are giving new challenges a go and starting to add your ideas during class discussion. Keep it up!
P1B	Teddy Macrae	Well done Teddy! You have had a fantastic week! I have loved watching you work and gain confidence with the letters of the alphabet. You also demonstrated a great understanding of collecting data and displaying this on a graph! Way to go Teddy!
12A	Tyrone Goodacre	Tyrone, our class greatly appreciates the effort you have put in this past week in helping us celebrate the special days on our calendar. With your unique skill of interpreting our lessons with huge drawings, you have not only decorated our room, but also helped teach us the message in Close the Gap Day and Harmony Day. Thank you for sharing your artistry Tyrone.
12B	Isabella Oaks	Isabella, it was most impressive to see the way in which you worked through our open-ended maths task this week. You demonstrated a deeper level of mathematical thinking and problem solving. Great work!
34A	Acacia Wyatt	Acacia what an amazing start you have made to your imaginative narrative this week. Your use of language, including your choice of verbs and adjectives, was impressive. You have created the beginning of a story that I am looking forward to reading when finished. Congratulations and keep it up.
3/4B	Indy-Rose Matherson	Indy-Rose you have had a wonderful week with your learning this week in particular with Numeracy. You have been displaying much greater independence when doing online programs and getting excellent results. By taking your time and using the learning tools available, you are scaffolding your understanding and building a great knowledge base.
4/5A	Alvin Dang	Alvin you have made a great start to the year. You demonstrate independence as a learner by actively getting involved in discussions and working consistently in class. You always try your best and have responded to feedback. Keep up the great work!
56A	Lacey Spiegel	Lacey, you have had a brilliant week at HPS! In particular, your careful attention to detail in your writing was exceptional. Keep up the great work!
56B	Primrose Canham	Primrose, your efforts in addition this week are adding up to great learning. None of your strategies have subtracted from your improving skills with operations. Way to go Prim!



HASTINGS PRIMARY

7:00AM START
6:00PM END

PLEASE
ARRIVE BY 9AM
ON EXCURSION DAYS



IN-HOUSE



INCURSION



EXCURSION

10 th APRIL - MON	11 th APRIL - TUE	12 th APRIL - WED	13 th APRIL - THU	14 th APRIL - FRI
 PUBLIC HOLIDAY	 NATIONAL PET DAY	 PIZZA PARTY	 FUNKY FARM TOUR	 AFL
	It's National Pet Day! A day to celebrate our loveable fluffy and scaly four legged friends! Bring a photo of your pet and get ready for some PAW-some craft! We'll make paper bag pet puppets and take home a squishy pet friend!	Let's roll up our sleeves & let our tastebuds go wild with Rolling In Dough Pizzas! We'll get to choose our own toppings to enjoy! *Allergy Alert. *GF & Vegan options available. Please select when booking.	Today TeamKids is off to Funky Farm! A fully immersive farm visit where we will meet and feed AWESOME Australian animals such as wombats & kangaroos, as well as visit dingoes, reptiles, emus & birds!	Drop punt, handball and specy your way through this awesome AFL clinic! We'll put our talents to the test as we learn basic skills before playing an epic game! We'll be kicking goals like Buddy in no time!
	Base Fee \$75.00 Exp Fee** \$8.00 Daily Total \$83.00	Base Fee \$75.00 Exp Fee** \$20.00 Daily Total \$95.00	Base Fee \$75.00 Exp Fee** \$38.00 Daily Total \$113.00	Base Fee \$75.00 Exp Fee** \$16.00 Daily Total \$91.00
	After Max CCS* \$12.45	After Max CCS* \$14.25	After Max CCS* \$16.95	After Max CCS* \$13.65

17 th APRIL - MON	18 th APRIL - TUE	19 th APRIL - WED	20 th APRIL - THU	21 st APRIL - FRI
 DISCO PARTY	 SCIENCE OF TOYS	 MOVIE - ARGONUTS	 BOWLING	 CRACKIN' CATAPULTS
You say Disco, we say PARTY! Get your dancing shoes ready! TeamKids is going to Bop till we Drop, it's disco time! There'll be singing on the microphone, funky dance moves and games! Prizes for best groover!	Calling all talented Toy Makers! Today we'll be learning all about toys, exploring gravity and energy changes! We'll make some seriously fun pom pom launchers and space-ship spinners, all yours to take home!	Lights down, popcorn ready! TeamKids is off to the movies to watch Argonuts! A young mouse and the cat who adopted her will help old Jason and his Argonauts to save the city of Yolcos by facing menacing mythical creatures.	There's no time to spare! TeamKids is hosting our very own bowling tournament & we need your help to knock down as many pins as possible! Are you & your friends up for the challenge? *Socks reqd.	Is that a bird? A plane? Watch out Superman! Today we will see how high we can make objects fly as we construct real catapults designed by real engineers before heading outside to launch projectiles up to 100m high!
Base Fee \$75.00 Exp Fee** \$17.00 Daily Total \$92.00	Base Fee \$75.00 Exp Fee** \$21.00 Daily Total \$96.00	Base Fee \$75.00 Exp Fee** \$30.00 Daily Total \$105.00	Base Fee \$75.00 Exp Fee** \$37.00 Daily Total \$112.00	Base Fee \$75.00 Exp Fee** \$17.00 Daily Total \$92.00
After Max CCS* \$13.80	After Max CCS* \$14.40	After Max CCS* \$15.75	After Max CCS* \$16.80	After Max CCS* \$13.80

24 th APRIL - MON	FARMHOUSE FUN
	What's a scarecrow's favourite fruit? Strawberries! Today is a farm day! We'll get our arty crafty on making farm animal masks and corn on the cob then we'll YeeHaa! as we play Round up the Sheep!
	Base Fee \$75.00 Exp Fee** \$8.00 Daily Total \$83.00
	After Max CCS* \$12.45

*Child Care Subsidies may apply. \$5 Admin Fee per family. \$5 Late Fees apply within 7 days per child. Payment plans available.

**Experience/Activity Fee. Programs may be subject to change. Third Party Payment Fees apply. See Terms and Conditions for cancellation policy



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