



Newsletter

Term 4 Edition 4

Wednesday 22nd November

Caring/Respecting/Learning

It's hard to believe that the 2023 school year is nearly over. Where has the time gone?

As I visit classrooms I'm seeing students thoroughly engaged in their learning and excited about successfully reaching their learning goals. Our students are excited about next year and the opportunities that a new year level brings.

We have many exciting events on offer before the end of the year so keep an eye out in the newsletter, on Sentral and our FaceBook page.



YEAR 5 Little Anglers Kit

The State Government is keen to get more children outside and active, connecting with nature and enjoying time in the great outdoors. Fishing is a great way to do that, and so, the State Government is committed to providing Little Angler Kits to Year 5 students across Victoria.

Little Angler Kits are the perfect way for primary school aged children to try fishing. They include a rod, reel with line, tackle box, some tackle (including hooks) and information on how to use them all. If parents/carers have not been in to



collect the kit from the school office for their Year 5 student by the end of this week we will send them home with the student.

Planning for 2024

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 Transitions towards the end of the term.

Please do not ask teachers to make special changes.

If you would like a special consideration for your child for 2024 then call our school office on 5979 1517 and make an appointment with the Principal.

Yard Supervision

With the weather improving we have had a number of student arriving at school very early.

Staff are not on duty to supervise students until 8:40am.

If your student needs to be at school earlier than 8:40 please enroll them in team kids before school care.

Sentral Parent Portal & End of Year Student Reports

Don't forget that Student Reports will only be published to the Sentral Parent Portal. If you need any assistance with access to the portal please contact the office on 5979 1517.

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



Internal Transition

Our internal 'step up' program has begun with our first internal transition session happening last

Tuesday 21st November

Transitions (whether they are from kinder to Prep, year level to year level or primary to secondary) can be a stressful and anxious time for many students. Research supports the notion that skills targeted in transition programs enhance student resilience, support relationship skills/development and build social skills that improve connection to peers and teachers.

Research also suggests that transition programs make a positive difference to students and increase visible teacher support, therefore promoting meaningful relationships between students and between staff and students. It promotes student self-efficacy provides information, opportunities for discussion, awareness of expectations. It also gives students a foundation of understanding prior to the school holidays beginning.



Updating Details with the School

If you are moving house, have a new contact number or email address. Please let the office know .

Internal 'step up' dates

Tuesday 21st November Students move up to their new area for next year.

Tuesday 28th November— Students move up to their new area for next year.

Tuesday 5th December – Students move up to their new area for next year.

Tuesday 12th December— Statewide Orientation Day—and final internal session

Friday 15th December— Students meet their 2024 teacher.

Year 6 W.P.S.C Transition Day

Next week on **Tuesday 28th November** our Year 6 students will be involved in a transition day at Westernport Secondary College.

They will participate in getting to know you activities, meet the year 7 team and have the chance to ask questions about next year.

The next transition is state-wide transition day on the **Tuesday 13th December**.

We are wishing all of our students the best of luck with their transition sessions.

TeamKids HOLIDAY Program

TeamKids have another amazing SUMMER Holiday program planned!

- ◆ Learn new skills and make new friends
- ◆ Qualified a REMARKABLE Educators
- ◆ Digital detox without no screens policy
- ◆ Delicious and nutritious morning and afternoon snacks
- ◆ CCS approved care

Head to teamkids.com.au to secure your spot!



Westernport Bike Education Challenge

Last week, Hastings PS took part in the annual Sir Hubert Opperman Bike Education challenge . The event is coordinated by the Mornington Peninsula Shire and Road Safe South East Inc.

The year, Hastings Primary School hosted the event.

The competition is an exciting bicycle skills competition aimed at Year 5 and 6 students which encourages students to showcase their bicycle skills and compete against other schools in a friendly environment.

The 2023 Bike Ed Challenge was a fun and exciting event for everyone involved, particularly the students. A number of prizes were on offer at the event:

- The winning school/team was presented with the coveted perpetual Trophy.
- Students in the teams who finish 1st to 4th place will each receive ribbon.
- Best sportsmanship vouchers for two students.

There were six teams from local schools. HPS finished in fourth position.

Well done to everyone involved and a huge thanks to Ms Munn for organising the day.



2024 Parent Payments

Dear parent/guardian,

Hastings Primary School is looking forward to another great year of teaching and learning and would like to advise you of *Hastings Primary School's* voluntary financial contributions for 2024.

Schools provide students with free instruction to fulfil the standard Victorian curriculum and we want to assure you that all contributions are voluntary. Nevertheless, the ongoing support of our families ensures that our school can offer the best possible education and support for our students. We want to thank you for all your support, whether that's through fundraising or volunteering your time. This has made a huge difference to our school and the programs we can offer.

Within our school this support has allowed us to provide special curriculum experiences, enhanced digital learning opportunities, upgrade of our library, upgrade of our playground, faster WIFI and internet.

Our school is committed to ensuring that parent payment requests are accurate, transparent, affordable, and aligned with our requirements as a Victorian Government school.

Thank you again for your continued support of our school. If you would like to discuss this matter further, please contact:

Barb Evans – Business Manager

Ph: 03 5979 1517

Email: hastings.ps@education.vic.gov.au

Please follow the Link to [2024 Parent Payments](#)

Yours sincerely

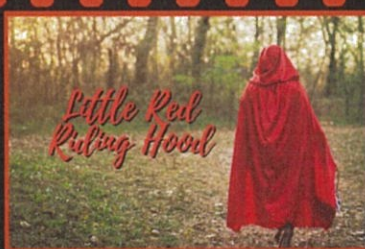
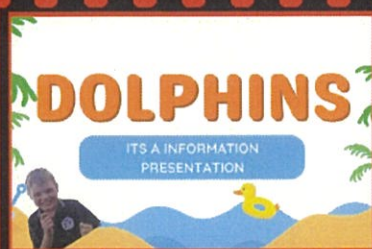
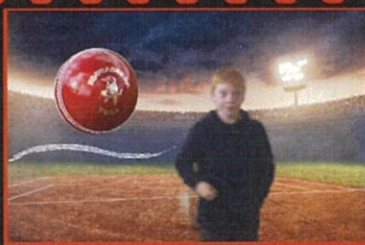
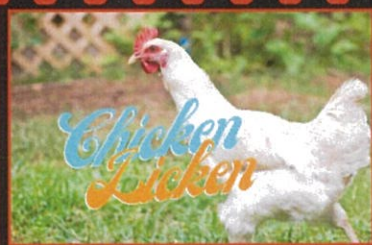
Simone McDonald
PRINCIPAL

Hannah Mendelson
SCHOOL COUNCIL PRESIDENT



★ YOU'RE INVITED TO THE ★
HASTINGS PRIMARY SCHOOL
SHORT
FILM Festival

Friday 24th November 2023



SHOWING AT

11:30am – 1:15pm in the Hall

Created by the Yr 3–6 students

Important 2024 Transition to School

Foundation 2024 Transition Sessions

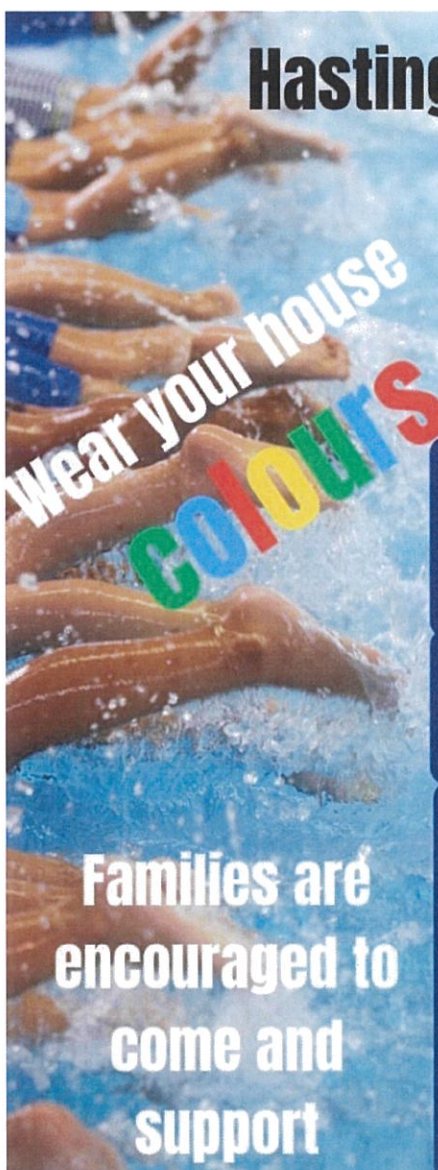
We understand the importance of a smooth transition into primary school and are excited to have commenced our transition to school program.

If you still have a student or know of anyone who will be joining us next year please ensure they are enrolled so they can attend the sessions.

State Wide Transition Day

- ♦ Tuesday 12th December 9:00am-10:30am





Hastings Primary School 2023

YR 3- 6


Swimming CARNIVAL

2023

Families are encouraged to come and support

What to bring:

- bathers
- goggles
- hat
- sunscreen
- drink bottle
- school bag with lunch



CRIB POINT POOL

Thursday 30th November

11.00am-2.00pm

From the Assistant Principal

Colour Explosion School Fun Run

Don't forget The Colour Explosion School Fun Run is **next Wednesday 29th November**, beginning at 2pm.



All students will need a white t-shirt to wear on the day to make the colour pop!

Make sure you have set up your online fundraising profile at www.plantadifference.com.au. This is an entirely online fundraiser; all cash donations must be converted to online donations. All students who raise \$50 or more go into the draw to slime a teacher of their choice.

To help provide a safe and smooth event, **we need volunteers** for numerous roles. If you're interested in volunteering, please call or email me.

We will also be hosting a BBQ from 3:30-4:30pm to raise money for the Fathering Project events in 2024 to ensure they stay free for our families. This will be cash only so make sure you bring your wallet!

Attendance – anxiety about going to school.

It is normal that, in some stage in life, that every individual will feel anxious when faced with a difficult situation. Each individual will cope with anxiety in different ways. During difficult times, you can support your child to cope with anxiety in effective ways and by doing so, enhance their resilience. Anxiety becomes a problem when it is persistent and prevents them from enjoying normal life experiences for a long period of time.

How can I tell if my child has anxiety?

- Having lots of worries and a strong need for reassurance
- Psychosomatic symptoms which occur before school (e.g. feeling nauseous, shortness of breath or headaches). When the threat (fear of going to school) is taken away, the symptoms will reduce.
- Crying, being clingy or fidgeting when nervous
- Sleep problems such as difficulty falling asleep, nightmares and trouble sleeping alone
- Fear and avoidance of a range of 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
 - Learning difficulties
 - Not having friends, not fitting in, friendship conflicts
 - Feeling lost at school
 - Fear of getting in trouble
 - Not getting along with a teacher

- New situations – whether facing the first day in a new class or the first day in a new school, it's normal to feel nervous in a new situation.
- Failure – worry that 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 you can do

Act early – 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.

- Listen to your child and encourage them to tell you about their feelings and fears
- Avoid telling your child to 'get over it'. Your child may perceive this as you not understanding or not caring about their concerns.
- Discuss various scenarios, possible outcomes and ways to handle the situation. This will help put things in perspective. Show your child how you cope positively when feeling anxious or stressed. Remain calm and positive when they are feeling anxious so that you can help them feel more confident.
- Avoid taking over or giving your child the impression you will fight their battles for them. Children with anxiety are usually very happy for someone else to do things for them. However, if adults take over for them, it stops them from learning how to cope for themselves as they begin to believe that someone else will rescue them.
- If your child is anxious about failure, remind your child that everyone makes mistakes and that you can learn from mistakes. Praise their best efforts.
- Talk with school staff to find out what assistance the school can provide.
- If your child has problems walking through the school front gate or getting on the bus, arrange for them to meet a friend before school so they can go to school together. Alternatively, check if there is another entrance to the school that your child feels more comfortable using.
- If your child delays getting ready for school so that they will be late, encourage them to still go to school and reassure them that you will contact the school to explain why they are late.
- Should your child find socialising before school a source of anxiety, arrange for them to arrive just before the bell.
- Be involved in your child's school (e.g. volunteer for events such as the Colour Explosion Fun Run, or join FOHPS).
- Support your child with homework and study, modelling skills for becoming more independent

If you need any assistance, please don't hesitate to reach out. If you would like your child to speak to Dave, our student counsellor, my details are: rebecca.legge@education.vic.gov.au or alternatively, you can call me at school: 5979 1517.

Rebecca Legge

Assistant Principal

HASTINGS HEROES

Congratulations, you have been recognised as a

HASTINGS HERO

In acknowledgement of your citizenship, commitment, enthusiasm, and outstanding contributions to school life.

You demonstrate the school values everyday by:

- ◆ *Having a caring attitude towards others,*
- ◆ *Showing respect to staff, students and community members and*
- ◆ *Aspiring towards personal growth in all areas of learning.*

**16TH NOVEMBER
2023**



HASTINGS HEROES



Student's of the Week—Specialists

Class	Week Ending	Friday 16th November
Art Award	Matilda Humble	You have shown amazing skills in the art room this week by always being engaged in your learning. Your artworks show creativity and unique ideas. Keep on being an inspirational artist.
Bike Ed	Everlee Weston	Displaying an improved attitude and effort in all Bike Ed lessons. You are now demonstrating good cycling skills, confidence and full participation. Keep up the new you Everlee.
Sportsperson	Gab Benitez	For consistently giving his best effort and being an excellent team member. Thank you for always keeping your cool Gab and being an excellent role model to
Sportsperson	Felix Tauhore	For working really hard on improving his throwing and catching skills. Thank you for being a supportive member of your class and always striving to improve.
Principal's Award	Class 1/2B	In acknowledgement of your display of the value of learning. Through their active participation in class discussions, they have not only enriched their own learning experiences but have also inspired their peers and contributed to each others learning. It was wonderful to experience the positive and collaborative atmosphere within the classroom.



DON'T MISS OUT!

BOOK

TEAMKIDS.COM.AU

Important Dates Term 4 2023

Thursday 23rd November	Prep to 2 Excursion—Melbourne Museum
Wednesday 29th November	HPS Colour Run
Thursday 30th November	Year 3—6 Swimming Carnival
Wednesday 6th December	Xmas Concert 2:30 pm
Thursday 14th Dec	Year 6 Graduation Yr.5 and Yr.6 Excursion
Mon 11th Dec - Fri 15th Dec	Prep to Year 2 swimming
Friday 15th December	Final Assembly
Wednesday 20th December	End of Term 4 1:30 Student Dismissal



YOU ARE INVITED TO
HASTINGS PRIMARY
SCHOOL'S

Christmas
CONCERT

The Foundation - Year 4 students will be
putting on a Christmas show!

DECEMBER

WEDNESDAY | **6** | FROM 2:30

Out the front of the art room
(weather permitted)

See you there!

The poster features a festive design with various Christmas ornaments (red, green, gold) hanging from the top. The Hastings Primary School logo is visible in the top corners and bottom center. The text is centered and uses a mix of fonts, including a cursive script for 'Christmas' and bold serif for 'CONCERT'. The date and time are highlighted in a gold banner. The bottom of the poster is decorated with pine branches, a red stocking, and a gift box.