



Hughesdale HAPPENINGS

Every Child, Every Chance, Every Day



Principal's Report

Week 6 Term 3 2021 Issue 13

Thank you to the many children and families that joined us for "Bedtime Stories" on Wednesday evening. We were all very surprised that Mary Poppins was able to stop by (!) and the children looked fabulous in their zoom meetings, celebrating book week that morning. We did struggle with onsite supervision of children that day as two of our staff members were dressed as "Where's Wally", lucky the children were attuned to Wally's trickery and kept a close eye on him!



I would also like to warmly thank the many students and parents who contributed to a video presented to Miss Seach, Mrs Breeden-Walton and I last Friday as a "Principal's Day" gift. I watched it three times that night and a number of times since. Please know that it is a film I will treasure always. I am struck daily by how incredibly lucky I am to be your Principal. Thank you for having me!

Save The Date

Portable electronic devices and the internet have undoubtedly transformed the way we learn, create, connect and are entertained. Whilst there are many benefits for our children being online (can you imagine remote learning without device access), there are also risks. As the trusted adults in our children's lives we can support them to maximise the benefits and minimise the risks.

Given the learning environment we find ourselves currently navigating, parents, carers and educators are all hyper aware of keeping children safe while benefiting from the advantages of digital connectivity and screens. Guidance, education and protection have the potential to empower children to use technology respectfully, responsibly, critically and creatively. To access this guidance, education and protection, Hughesdale Primary School is holding a parent education workshop/webinar.

We have booked Kayelene Kerr, expert from eSafeKids <https://www.esafekids.com.au/> to deliver a 2 hour workshop for our Hughesdale PS families. Kayelene comes highly recommended and will be able to personalise content to answer our specific questions.

Date; Monday 30th August 2021

Time; 6:30pm to 8:30pm

Mode; Webinar (online)

Further Details will be circulated through COMPASS on Friday 20th August

This parent/carer workshop will educate and equip you to talk with your child about cyber safety, digital wellness and so much more. You will leave this workshop with conversation starters, practical strategies, resources and book recommendations to support you.

Workshop Overview

- Developing bodies, brains and behaviour
- Screen time and healthy boundaries
- Explicit content and pornography
- Predators and online grooming
- Youth produced sexual content and image based abuse
- Parental controls – safer devices and homes

NB. This workshop is not suitable for children to listen to. There will be no charge for parents and carers that have students enrolled at our school. This is a different session to the one shared in Mrs Breeden-Walton's Newsletter article.

HOW TO CONTACT THE SCHOOL

SCHOOL 9570 4808 OSHC 0423 940 728

www.hughesdaleps.vic.edu.au email: hughesdale.ps@education.vic.gov.au

Past *Hughesdale Happenings* can be found on COMPASS in Community under School Documentation

Our family is there for your family



www.listedsold.com.au



Maintaining Motivation In Lockdown

As we come to the end of another week of lockdown, any novelty of staying home has long passed for everyone. Many adults and children across our community are struggling to maintain motivation for online meetings and their remote work or learning. I consulted Mr Google to see if I could provide us all with some succinct but new inspiration when it comes to motivating children.

[iMOM offers us "10 Ways to Motivate Your Child"](#)

1. Set Goals.

Have children make a list of short-term goals and one for the long-term goals. Make sure the goals are reachable but require effort to obtain.

2. Make a Plan.

Help your children create a strategy for reaching their goals. Make a step-by-step plan to reach them. Consider printable goals charts to help you get started.

3. Make Things Competitive.

Encourage healthy competition. Make competition about positivity and strength in regards to your child and never about negativity and weakness towards the competitor.

4. Take Interest.

Learn about your child's interests. Talk to your child about them and listen. It will show your children that you care and that they are free to talk to you about their interests.

5. Celebrate Accomplishments.

Celebrate successes together. Reward your children for their hard work and let them know you are proud. Remember a sense of accomplishment is the best reward.

6. Discover Passion.

Support your child on the journey toward passion and urge him or her to keep going until he or she finds out what it is.

7. Encourage Them.

Let your children know you believe in them. Tell them how great they are going to do. Dismiss any self-doubt or fears they may have.

8. Remain Positive.

If children see fear or doubt in your eyes, they likely will lose self-confidence. Having a positive approach will brighten their outlook on a situation.

9. Peer Pressure.

Occasionally, a little peer pressure is not a bad thing. However, watch for when the stress of peer pressure starts to become too much.

10. Excite Them.

Excite your children about their goals and ambitions. The positive energy and adrenaline will push them to continue their hard work and be happy with their efforts.

<https://www.imom.com/10-ways-to-motivate-your-child/>

I decided to dig more deeply! I think we all need some additional positive energy and motivation ourselves, so I decided to google self-motivation for kids. In response, [Empowering Parents.com](#) can offer us six tips to help "inspire your kids to motivate themselves" (Yes please I hear you say!?!);

1. Don't Let Your Anxiety Push Them To Get Motivated

You will only motivate them to resist you or to comply to calm you down because they want you to leave them alone. It then becomes about reacting to you instead of focusing on themselves and finding some internal motivation. Your anxiety and need for them to care will just create a power struggle between you and your child.

2. Be Inspiring

The only way to motivate is to stop trying to motivate. Instead, work towards inspiring your child. Understand that your kids will want to run the other way if you're too controlling. Remember, the only thing you'll motivate if you're pushing your child is the motivation to resist you.

3. Let Your Child Make Their Own Choices—and Face the Consequences

Let your child make their own choices. When it's a poor choice, hold them accountable by letting them face the natural consequences that come with it. If the consequence of not doing homework is that the computer is taken away, put the need to get that computer time back in their hands. If they finish the homework, they get the time on the computer you've agreed upon.

4. Learn What Makes Your Child Tick

- What motivates my child?
- What does s/he really want?
- What questions can I ask that will help him/her discover and explore his/her interests?
- What are her/his goals and ambitions?

5. Get Your Child to *Want* to Do the Right Thing

Parents want their kids to be self-motivated. They want to influence their child to work toward the things they're interested in. To not only do the right thing, but to want to do the right things. Rather than, "Did you get your homework done?" you might say, "Why did you decide to do your homework today and not yesterday? I noticed you chose not to do geometry yesterday, but you're doing your history homework today. What's the difference?" Be an investigator, exploring and uncovering, helping your child discover their own motivations and sticking points.

6. Your Child's Behaviour is Not Your Fault

Remember, your child's lack of motivation is not your fault, so don't personalize it. When you do this, you may actually contribute to the underachieving by creating more resistance. Sometimes we're just so close to our child/ren, so enmeshed, that we just can't see them as separate from us. But if you can stand back far enough, you can actually start to see your child as their own person and start to find out what makes them tick—and then you'll be able to help them to understand themselves as well. When you step back and observe, you'll know what works for your child, why they reach for certain things and what really gets them moving.

There will be things they're never going to be motivated to do but are still required of them. They may hate doing chores and try to get out of it, and that's when you give them consequences.

The goal is to influence your child when they have to do something they don't want to do, and get to know them well enough to figure out what their own desires might be. As a parent, you want to strengthen their skills in defining what's important to them. You want to help your child define for themselves who they are, what's important to them and what they're going to do to make those things happen. Our responsibility is to help our kids do that, not to do it for them. <https://www.empoweringparents.com/article/unmotivated-child-6-ways-get-child-going/>

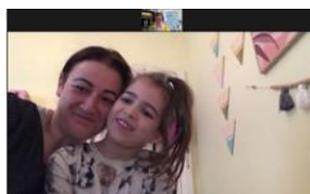
Strategies for Motivation

It is very different building student motivation as an educator, than with your own children as a parent. Some of the strategies we use in the classroom and through remote learning do share similarities with the strategies listed above, and if even one sentence helps you for one moment on one day, then I am delighted.

Lists like these may provide seeds or ideas, supporting us to think differently, but they can also increase individual anxieties. We all question ourselves at different times and wonder "am I doing a good enough job?". May I please remind families that the power of hugging your child/ren, reminding each other that "We've got each other's backs in this house" and turning your face into the sunshine could well outweigh the cumulative advice in these two lists.

Principal's Learning Awards

- The parents and carers supporting children during remote learning - you are incredible.
- The teachers who are doing everything they can to support students with learning and wellbeing in a digital environment (many while parenting their own children through remote learning!)
- The students, for being their amazing selves.
- Skye from 2A for the amazing reading she shared with me this week



Bravery Commendation from the Governor General

Congratulations to Mr Angus LAING, a member of the Hughesdale Primary School community, who was this week announced as a recipient of this bravery commendation. Angus' children may have now moved on to Secondary College but many current families may remember him for his work on our School Council, and leadership of the Buildings & Grounds sub-committee.

"Mr Angus Laing is commended for brave conduct for his actions in the rescue of a woman from a burning apartment in Port Melbourne, Victoria on 11 November 2016. Mr Angus Laing was passing an apartment in Port Melbourne when he smelt smoke and heard a fire alarm. He looked into the apartment and noticed an elderly woman whose clothes were on fire. The elderly woman, who was legally blind, had lit a candle but didn't immediately realise that her clothes had also caught alight. With significant effort, he broke through the security door and smothered the flames on the woman and applied cooling water to her burns and doused the other items on fire. Mr Laing remained in the apartment and worked to contain the fire before emergency services arrived and took the elderly woman to hospital." - Governor General's Office

A deserving recipient, congratulations Angus from your Hughesdale Primary School family.

A Final Word

I do wish that I had great words of wisdom to impart, normalising what we are all experiencing and taking additional load from your shoulders to make lockdown easier for each and everyone one of you. Please know that you are all held by the team here in such high regard and that we are sending as much positive energy to you as we can muster.

Warmest Regards,

Lisa Gough

lisa.gough@education.vic.gov.au



Assistant Principal's Report

AMANDA BREEDEN-WALTON

Wellbeing and Daily Organisation

Congratulations to everyone. We are all currently doing our very best to stay positive and keep our families and friends buoyant in these ever changing times. A task which is nothing less than exhausting, so thank you and congratulations, we will get through this and celebrate the joys of face to face connections again soon.

Many students (and adults too) hoped that Covid-19 would be a thing of the past by now, but alas, no, we in Victoria are still experiencing lockdowns and restrictions along with many other states around our wonderful Country.

This week I came across a new resource to assist when speaking to kids about COVID, and ways to reduce anxiety relating to this, the link is below:

<https://www.redcross.org.au/stories/covid-19/talking-to-kids-about-covid-19>

Speaking to one family this week, they shared with me the difference music and mindfulness activities have made to their loves this week.

Why not share your favourite songs from when you were younger, have a karaoke night, put on your own version of the 'Voice' at home, play music loud (or quietly) and bob along. Enjoy some drawing, mindful colouring or meditation.

There are some great mindfulness apps such as Smiling Mind, Calm and iBreathe which can be easily downloaded and listened to, removing the need to be on a screen.

eSafety's parent guide to popular apps

Learn how to help young people safely use popular apps including TikTok, Instagram, Snapchat and YouTube.

This webinar is designed for parents and carers of young people aged 8-13.

It will cover:

- an explanation of the popular apps used by young people
- case studies, research, and targeted advice
- ways you can support the young people in your life to have safe, enjoyable online experiences.

Dates

Tuesday 31 August 7.30 to 8.30 pm

Monday 6 September 12.30 to 1.30pm

Friday 10 September 12.30 to 1.30pm

[REGISTER NOW](#)

Take care,

Amanda Breeden-Walton (she/her)

amanda.breeden-walton@education.vic.gov.au



Inclusion and Diversity

Inclusion is defined as *the state of being included or being made a part of something.*

We are presented with diversity and inclusion aspects in our daily lives, when a book covers many different ideas and subjects, it is an example of the inclusion of many ideas.

When multiple people are all invited to be part of a group, this is an example of the inclusion of many different people.

Inclusion is part of our everyday lives.

To me, embracing difference is what diversity and inclusion is all about.

Happy Birthday to the wonderful staff and students at Hughesdale who celebrate their birthdays in August.



Ethan 6B

Skye 6C

Xavier 6C

Lachlan 6C

Maksim 6A

Ruby 6B

Acacia 5A

Annabel 5B

Lachlan 5B

Lachlan 5C

Sofia 5C

Aaron 5B

Alyssa 5B

Callum 5B

Sofia 5A

Nicholas 5A

Chloe 5B

Zoe 4C

Jorge 4A

Nickolas 4C

Maggie 4A

Lewis 4A

Violet 3D

Maia 3A

Isaac 3C

Chrissie 3C

Darby 3A

Benjamin 2C

Patrick 2C

Remy 2C

Rikker 2B

Vincent 1B

Maddox 1C

Zachary 1C

Harvey 1C

Alyssa 1D

Mahiinn FC

Lachlan FD

Constantine FB

Christian FB

And our

wonderful staff:

Helen

Mrs Anglim

Mr Irvine

Mr Bleeker

Me Cooper

Ms Seach



Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
For webchat, visit: headspace.org.au/eheadspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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Assistant Principal's Report

AMANDA SEACH

Curriculum and Pedagogy

Lockdown rolls on

Some children are self-motivated, while others need the influence of peers around them to focus.

Some children have found their voice in their home environment, while others have gone into their shells.

Some thrive on spending uninterrupted time on a task, while others find focus a challenge.

Some extend upon their learning, while others hand in the bare minimum.

Some mostly self-manage their learning, while others have support from family.

Some log into all optional Zooms, while others attend only compulsory ones.

Some pose questions to their teachers and peers, while others do not.

Teachers have always catered for students in the classroom who learn in slightly different ways but during remote learning those differences can seem stark. Our teachers are doing their best to deliver programs that need to suit many varied and different circumstances, while also managing their own family situations. Please know that they are most aware of the impact remote learning has on your children and adjust their learning plans accordingly, both remotely and when we return onsite.

You, parents, are your children's first teacher, but you are not their school teacher, and we are trying to provide a learning program that acknowledges this. As we have differences in our learners so too with parents and families.

For some parents the opportunity to be more involved with school work is exciting, for others it is daunting.

For some parents scheduling their children's schooling tasks is manageable, for others it is not.

Some feel like they now have three jobs- their work, their children's schooling, and the usual tasks of parenting.

I understand that we are all navigating the same storm in differently equipped boats. Often routine and predictability mesh together to provide security. At this time, we have little control over many things but in our own lives we may try to build in routines and predictability to create our own bubble of safety. If today is difficult for you I dearly wish tomorrow to be better.

Kind regards

Amanda Seach

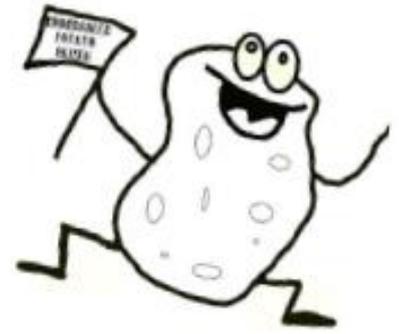
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3B

The Potato Olympics

Week 4 – 2nd – 6th August



In 3B and Level 3 this term we have been learning about the Olympic Games. We have explored past Olympics, the Ancient Olympics and famous athletes from Australia & around the world.

This has also involved researching and celebrating the performance of athletes at the Tokyo 2020 Olympics. We have enjoyed watching people like Ariarne Titmus, Patty Mills, Jess Fox and Keegan Palmer.



In Level 3, we have an event that matches the Olympics in terms of excitement and worldwide interest; the Potato Games. In small groups, students researched a country that they were given, ranging from Kenya to Chile to the Philippines. They found out about their country's culture, population, currency and climate, among other things.



On Thursday of Week 4, our potatoes competed in five different events; Bowling, Diving, Weightlifting, Gymnastics and Shot Put, with all members of 3B coaching their potato to great performances representing their countries.

Unfortunately due to Lockdown we have had to postpone our closing ceremony and medal presentation, but we are really looking forward to this once we are back at school!

All Level 3 students did a fantastic job at showing the HPS values while taking part in the Potato Olympics this term!



LEVEL SIX CAMP

On the 2nd of August 2021, Level Six of HPS drove to Camp Marysville. We had our own apartment sized cabins with our friends. The boys and girls of Grade 6 would eat delicious meals everyday as they switched between the excellent activities.

The activities would vary from making pizza in a pizza oven, hiking to a beautiful waterfall and cycling around town. There would be Campfire singing, Trivia, Movies and Minute to Win It at night! I learnt a lot from it, like how to make a catapult.

Skye 6C



Camp was extremely fun! I could tell that everyone enjoyed each and every activity that we did. My favourite activities were cycling and visiting Stevenson's Falls. The other activities were fun as well such as bush skill, low ropes, bouldering, canoeing and way more. Rock climbing was one of the scariest activities I did!

The canoeing was fun, we played some games and some of the teachers even splashed us! Some advice I would give for those of you who are thinking of going to Camp Marysville is to enjoy every moment there because it is the best camp I have ever been on and I bet that it will be the best camp for you too.

Irene 6C



Something that will stick with me forever from year 6 camp was definitely the bike ride/cycling. It was really fun. We went down hills really fast and we went through all these puddles. Even through this knee deep puddle called: "The challenge puddle". Throughout the bike ride, everyone helped one another. We pushed each other onwards and had so much fun!

We did the same on the hike as well, but since there were so many of us, 3 or 4 of us had radios so we could check on the front, back middle parts of the group etc. People at the front told the middle and the back if there were puddles ahead or to be careful because it was downhill and slippery. In any activity on camp when it started to rain or get cold, I feel as though it just got even more fun!

Amber 6C



Newsletter

A message from your Coordinator

Hello everyone,

Last two weeks were full of excitement and surprise. We created and organized a lot of interesting programs and activities to encourage children to participate and engage as a part of the community.

Children enjoyed some indoor activities such as jewelry design, role play restaurant and Lego challenge. We also had pancakes and pizza party! Some outdoor programs have been designed such as soccer and treasure hunt to encourage children to enjoy some warm winter sunlight.

This week is our science week. Every day, an entertaining and educational science experiment is organized to give children an opportunity to engage and enjoy.

I look forward to seeing you all soon!

Kind regards,

Stuart and Navjot

Activities coming up

- Oil and water experiment
- Self-inflating balloons
- Falling up with static electricity
- Lifting fingerprints with forensics
- Science of baking

What's on the menu

- Sandwiches
- Pizza
- Pancakes
- Fruits and veggies
- Rice crackers
- Baked beans

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campastralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Visit our blog

New articles are added each week for parents and cover various topics to help families.