



Hughesdale HAPPENINGS

Every Child, Every Chance, Every Day

Principal's Report

Week 1 Term 4 2019 Issue 15

Welcome to Term 4!

I hope that everyone found a way to spend time reconnecting with family over the school holidays. There is a great deal written about quality time spent with children, but I personally also highly valued the 'quantity' time that was made possible when my children were younger, during the term break. There was always something lovely about not having to race to school. I know that many families still juggle work at this time, with an increased commitment to manage child care options. What an amazing job all parents do, keeping all the 'cogs' running smoothly for your children.

Ministerial Visit

Last Tuesday, we were privy to a visit from the Education Minister Mr James Merlino MP. He wanted to see for himself the new learning spaces we are now enjoying, and it was an opportunity for us to share how much the Hughesdale Community means to us. Steve Dimopoulos returned also, and the symbolic red ribbon was cut with our student leaders. Sarah, Oscar and Matilda independently prepared a few words thanking the minister for his visit, and I was incredibly proud of how capably they spoke. As mentioned to the Mr Merlino, we do have the most incredible students here at Hughesdale.



Term 4

Friday 11th October	<ul style="list-style-type: none"> • L5-6 Summer Interschool Sport begins • Whole School Assembly
Tuesday 15th October	<ul style="list-style-type: none"> • Foundation Firefighters Visit
Friday 18th October	<ul style="list-style-type: none"> • Senior School Assembly
Monday 21st October	<ul style="list-style-type: none"> • School Council Meeting
Friday 25th October	<ul style="list-style-type: none"> • Foundation Myuna Farm Excursion • L3 Werribee Zoo Excursion • L2 Sleepover
Tuesday 29th October	<ul style="list-style-type: none"> • L2 MCG & Shrine Excursion
Friday 1st November	<ul style="list-style-type: none"> • Junior School Assembly
Tuesday 5th November	<ul style="list-style-type: none"> • Public Holiday - Melbourne Cup
Friday 8th November	<ul style="list-style-type: none"> • Whole School Assembly
Wednesday 20th-Friday 22nd November	<ul style="list-style-type: none"> • L3 Camp- Arribri Lodge
Friday 15th November	<ul style="list-style-type: none"> • The Greatest Carnival
Monday 18th November	<ul style="list-style-type: none"> • School Council Meeting
Friday 22nd November	<ul style="list-style-type: none"> • Senior School Assembly
Monday 28th November	<ul style="list-style-type: none"> • L6 Biological Science Incursion
Wednesday 27th-Friday 29th November	<ul style="list-style-type: none"> • L4 Camp—Camp Weekaway
Friday 29th November	<ul style="list-style-type: none"> • Junior School Assembly

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

HOW TO CONTACT THE SCHOOL

SCHOOL 9570 4808 OSHC 0423 940 728

www.hughesdaleps.vic.edu.au

email: hughesdale.ps@edumail.vic.gov.au

Our family is there for your family



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Earn & Learn

Over the holidays, a large delivery of classroom equipment arrived, made entirely possible through the support of our community collecting “Earn and Learn” tokens. Pictured below, you can see how significant this is for our school, and the staff join me in expressing sincerest gratitude for your support with this initiative.



Learning Shared With Me This Week

- Jett from 4C shared the growing maturity he is demonstrating in his writing.
- Myra and Isabel from 4B both shared their achievement of reading goals.
- Congratulations to the ‘Hurricane Heroes’ - James Rashio, Liam Shan, Ben Muyemba, James Antoniou, Perry C.King, Alex Lazos, Campbell Brown and Ross Zois who won their Soccer final over the school holidays.
- Thank you to Nicholas and Angus for using their initiative to tidy the school grounds at the end of Term 4.

kindest Regards,

Lisa Gough

gough.lisa.n@edumail.vic.gov.au



Have you checked the lost property shelves lately?

A huge amount of uniform items have made their way to this area. Jackets, hats and lunch boxes especially. Please remember to clearly name your child’s clothing.



Assistant Principal's Report

Welcome Back!

I hope all of our students are feeling refreshed and parents were able to enjoy some extended family time over the past two weeks. Term 4 is always an exciting and jam packed term, a bittersweet term where we meet our Foundation students for the following year as well as say goodbye to our oldest learners our level 6's.

Recognising our Volunteers

This week I would like to recognise and thank the following people who came to speak to the Level 3's about their time at Hughesdale for our HPS history unit.

Alison Puryer (Sammy – 3B and Jessie's mum), Steve Dimopoulos and Andrew Gikas.

With our school carnival only 5 weeks away, I would like to thank our amazing Carnival Committee who have been working hard behind the scenes to plan the Greatest Carnival yet! With class baskets coming together, stalls, entertainment and rides being organised we are all in for a fantastic night.

Internship Opportunity

Beginning on Monday 21st October, I shall be embarking on an internship at Noble Park Primary School where I shall be shadowing the Principal in order to experience working in another school which is quite different from Hughesdale. Although I shall miss you all at Hughesdale, I am excited to be part of this program. This internship follows a week of Long Service Leave for me so I shall be away from Hughesdale for 4 weeks in total.

Mandy Schmidt, level 6 leader will be the Acting Assistant

Principal during this time.

I look forward to seeing you all when I am back on Monday 11th November.

Tik Tok App

This week, I have been made aware of an app called TikTok. Tik Tok is a free social media app designed for creating and sharing short music videos. It replaces the Musical.ly app. This app was developed in China, Tik Tok is used for creating, sharing and discovering music videos. It is like Karaoke for the digital age.

Users can watch videos of others or even create their own short video clips. Young people tend to use this app to record videos of themselves lip-synching to the latest music. The videos are recorded in 15-second clips and users can add special effects before sharing them on this platform. Tik Tok also enables live streaming of videos via Live.Me and interaction with the audience via a chat function.

While this sounds like a lot of fun, I would also like to make families aware that Tik Tok requires users to be at least **13 years old** to access its platform yet parental consent does not need to be obtained and that it can collect people's data including names, emails, phone numbers, biographies, and photos

Further information can be found at - <https://kidsnclicks.com/tiktok-app/>

See you all in 4 weeks,

Amanda Breeden-Walton

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ISSUE 7 BOOK CLUB HAS ARRIVED

Orders must be submitted by **Wednesday 23rd October**



SCHOLASTIC Book Club

Three **Easy** Ways To Pay

- 1 CREDIT CARD** Your School is in the **LOOP!** When you order and pay by **LOOP**, do not fill in the order form or return anything to school. Your order will be electronically linked to the rest of your school's order. Visit [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) OR download the app:  
- 2 CASH** If your school accepts cash payments, please enclose cash with completed order form and return to school.
- 3 CHEQUE OR CREDIT VOUCHER** If paying by cheque, please make cheques payable to **Scholastic Australia**. Attach cheque or voucher to completed order form and return to school.

The Importance of Sleep



We spend around a third of our lives asleep; it's a time when our bodies do lots of growing, repairing and restoring. The early years of life are a peak period for growth and development, and quality sleep is essential.

Supporting kids to get the amount of sleep and the sort of quality sleep they need can help them to be healthier and happier.

Helping your child to get the sleep they need

As a parent, you will know that when your child hasn't had a good sleep they can be moody, irritable and cranky. When your child is moody and grumpy, it can make you pretty grumpy too!

A lack of sleep can also affect your child at school. A tired child will struggle to concentrate or follow instructions, and might behave in a restless and disruptive way or just doze off in the middle of the day.

Not getting enough sleep also impacts on your child's ability to remember, pay attention, react in a timely way, make decisions and act creatively – all essential parts of life and learning.

Supporting your child to get the amount of sleep and the sort of quality sleep they need can help them to be healthier, happier and better learners.

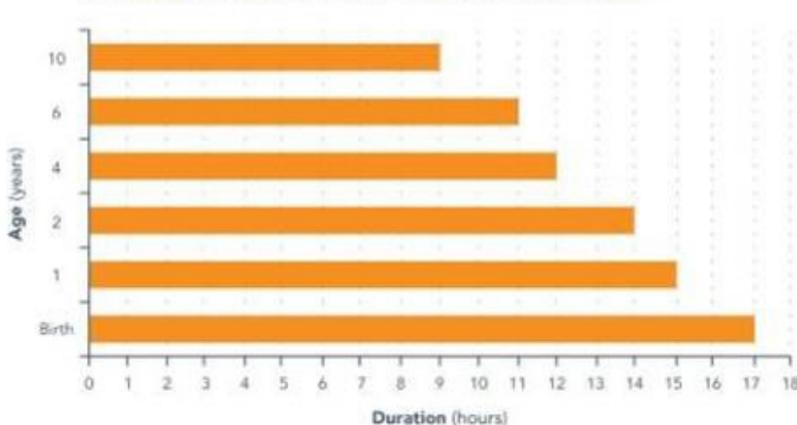
Getting good quality sleep

Lots of different things can make sleep difficult: children can feel anxiety and worry, or they might only fall asleep with a particular person nearby, or with the television on.

Establishing a good bedtime routine and sleep habits is known as sleep hygiene. For children to get the quality sleep they need for learning and development. Some ways we can help establish and maintain good sleep habits include:

- Having a regular bedtime: for 5 and 6-year-old children, 7.30pm is a good bedtime
- Having a regular wake-up time: having the same or similar bedtime and wake-up time on school days and weekends is important. You can help this time to become part of your child's routine.
- Avoiding caffeine, especially after 3pm. Not many children drink tea and coffee, but cola drinks, Milo and chocolate also contain caffeine and can have a big effect on your child's ability to go to sleep and stay asleep.
- Ensuring your child's bedroom is cool, quiet and relatively dark
- Avoiding all stimulating activities for the hour before bed, such as TV and computer games – both console and handheld devices. It's a good idea to keep TV and computer games out of the bedroom too.

Average sleep duration at different ages



How much sleep do kids need?

At different ages, we need different amounts of sleep. Take a look at the graph on this page. You might be surprised by how much sleep the average child needs for healthy development. Some children will have sleep problems that go beyond putting a good sleep routine in place. If you have particular concerns about your child, there are resources available on the Raising Children Network to help you to start to manage your child's sleep problems, or you can talk with your GP.

For more information, see the RCH website <https://www.rch.org.au/ccch/growthrive/sleep/>

Jump Rope for Heart *raising funds to fight heart disease*



Wear your skipping shoes!
Friday 18th October
Gold coin donation



**BOOK NOW!
LIMITED PLACES!**

is back at
Hughesdale Primary
in **TERM 4!**



**TUESDAYS
& FRIDAYS**
3.30pm to 4.30pm
Prep to Grade 6

Please note that children will be grouped according to age / ability / friends.

For **BOOKINGS** contact **SPORTWISE AUSTRALIA**
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Murrumbeena Kinder Garage Sale

1A Blythe Street, Murrumbeena
**Saturday 19th October -
9am - 2pm**

Come on down to Murrumbeena Kinder to find lots of quality pre-loved toys, clothes, books and more! Buy a yummy treat from our cake stall and enter our raffle for a chance to win a great community prize!

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