

Greenhills is G.R.E.A.T.
Grit, Respect, Effort, Adventure, Teamwork
Term 2 - Week 9, 17 June 2021

FROM THE PRINCIPAL

Welcome to Contact for this week. It has been a very interesting Term 2 to say the least and I can't quite believe that there is only just over a week left. Thank you to all of our staff, students and families who have done everything in their power to keep things as normal and on track as possible. We are still waiting for final confirmation around what the latest changes to our restrictions means for our school, but most things each school day have returned to what we normally do at Greenhills. Fingers and toes crossed that things keep getting better and that our full Greenhills education experience and environment can be unleashed again next term...especially our parent helpers in classrooms.

WORLD'S GREATEST SHAVE – SHOUT OUT TO JOSH DAVIS



We love to share examples of students stepping up and demonstrating what our Greenhills is GREAT really means. This is a shout out to Josh Davies who showed outstanding leadership and commitment by participating in the Leukaemia Foundations World's Greatest Shave. Josh set the very lofty target of trying to raise \$1,500 during the challenge and I am very pleased to announce that he well and truly surpassed this goal.

Josh had planned to shave his head in front of the whole school (very brave!), but with the restrictions in place last week, we had a smaller "shaving ceremony" in front of his classmates. The GREAT news is that we recorded it and here is the link: <https://online.clickview.com.au/share?sharecode=38b5ca17>

Well done Josh on a GREAT effort and result for such an important cause.

PARENT FEEDBACK FROM ZOO EXCURSION

It is always GREAT to receive positive feedback about our school from general members of the public. This actually happens pretty regularly which is not only amazing but a wonderful testament to our staff, students and whole school community. Here is one example I received a few weeks ago:

“Dear staff of Greenhills Primary School,

Today my son spent the morning at the Royal Children’s Hospital, after it, we took him to Melbourne Zoo for being brave and strong.

This is where the wonderful people of Greenhills need to be acknowledged. Whenever my son approached an enclosure (he’s only 2 years old) the kind students of Greenhills moved so he could get a great view. We never asked them to move and they weren’t instructed to either (not that I heard). The kindness of these students truly made my son have a wonderful day at the zoo. This attitude / behaviour showed my wife that these kids are in great hands and on the path to being amazing people in our communities. When we got to the car at the end of a long day my wife turned and said “how lovely were those students for always moving”.

There’s a lot not right in this world but I wanted to thank you all for showing me that there is kindness out there. Thank you to the staff who held opened doors for us, thank you to the staff who smiled at us and thank you to the students who gave up great spots for my son. You did not go unnoticed. Thank you for showing me what great teachers looks like.

WE NEED YOUR HELP – STUDENTS WITH LIFE THREATENING ALLERGIES

I was recently made aware of some discussion and questions on the Parents of Greenhills Facebook page around whether the school is “nut free” or not.

It is very important for all or our school community to know that we have a number of students across all levels of our school with potential life-threatening allergies. These anaphylactic reactions are often triggered by coming into contact with nuts.

In helping our school to manage this we follow the best practice advice as provided by Allergy & Anaphylaxis Australia. This advice is very clear around schools not labelling themselves as “nut free”. This is because there have been cases where “nut free” schools have still had incidents where students have come into contact with nuts which resulted in emergency treatment and hospitalisation.

Being “nut free” can lull parents and staff into a false sense of security believing that the risk is removed or minimal because the food is banned. Even when food is banned, it is in schools. It is important there is greater emphasis on the many strategies to manage risk than a belief that a food is successfully banned.

At Greenhills this means that:

- Staff complete training specific to allergy and anaphylaxis which also includes practice with adrenaline autoinjector training devices regularly.
- Parents need to disclose allergy to school and provide an in date adrenaline autoinjector and ASCIA Action Plan for Anaphylaxis completed by their doctor.
- The whole school community needs to be aware of food and insect allergy and know what manageable procedures are in place to reduce risk of an allergic reaction. These strategies need to be implemented and not just on paper.

Other examples of strategies we use at Greenhills to help reduce the risk of anaphylaxis:

- No food sharing
- Hand washing after eating
- Class discussion on how children without allergy can support people with allergy.
- Education of child with food allergy and teaching them how to manage when the allergen is around (at an age appropriate level of course).
- All children knowing which classmates have food allergy, telling a teacher quickly if your classmate with food allergy looks sick or says they are sick.

Whilst we can never say we are Nut Free, we do ask all members of our school community to help keep our students safe by not bringing nuts and nut related products e.g. Nutella to school at anytime. We appreciate your support and assistance with this request.

As always, if there is anything that you are unsure about, especially something as serious and important as nut allergies please contact the school directly.

James Penson
Principal



**HAPPY BIRTHDAY
TO THE FOLLOWING STUDENTS CELEBRATING THEIR BIRTHDAYS THIS WEEK:**

**Caden H, Ryan L, Abby L, Thomas C, Dean G, Ryan B,
Ryan Br, Indie L, Zoe P, Alannah G**

FROM THE OFFICE

School Office Hours
Monday to Friday 8.00am – 4.30pm

Due to COVID restrictions PHOTO Day will be re-scheduled at a date to be determined. - if you haven't already ordered please do so via Compass. All existing orders will be transferred.

Statements have been sent out so we would appreciate you making prompt payment should you have an outstanding balance owing. If you are on a payment plan we will continue to deduct instalments in Term 3 & 4.

Please contact Anne in the office should you have any queries or James if you require any financial assistance.

The Camps, Sports and Excursions Fund's closing date of 25 June 2021 is approaching quickly, which means all applications need to be in before this date.

If you hold a current Health care card and wish to apply, please complete this form
https://www.education.vic.gov.au/Documents/about/programs/health/CSEF_application_form.pdf and return to the office.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students



Anne, Karen, Nicole & Victoria

Administration Team

CANTEEN

Sushi Day is on Friday 18th June 2021. NO OTHER ORDERS will be accepted for that day.



Miriam
Canteen Manager



STUDENT OF THE WEEK Term 2 Wk. 9 PRESENTED AT ASSEMBLY on
24th June 2021 HERE ARE OUR SUPERSTARS for this week..



NAME	CLASS	REASON
Charlie M	Prep BH	For always trying her absolute best and putting in 100 per cent effort with every task she completes. Charlie, I also love the way you always offer to help other people. I am so proud of you and I love having you in Prep BH. You are amazing!
Chelsea E	Prep ND	For the amazing effort she puts into everything she does in Prep ND. Chelsea is a great listener, a careful counter and a wonderful reader. I love the way you approach your time in the classroom Chelsea, keep it up!
Callum Y	Prep SM	For challenging yourself during writing by adding extra detail to your sentences. I loved that you used the adjectives 'soft' 'cuddly' 'big' 'blue' 'soft' and 'squishy' to describe your Tommy toy. Well done Callum, your effort is amazing!
Alexia P	1LO	For taking on all our Remote Learning tasks with such a positive attitude and being so motivated to always do your best. Alexia, you have blown me away with your hard work at school during Remote Learning, keep it up superstar!
Tina D	1TS	For how much effort you have been putting into your writing. It is so great to see you come up with some really amazing and different ideas. Keep up the amazing work Tina!
Ruby L	2BR	For the amazing description she is putting into her writing and the excitement she is adding to the problems in her story. Ruby, your writing is entertaining and you are able to paint a picture in your reader's head so clearly. Amazing work Ruby!
Lana N	2SM	For the outstanding demonstration of our school value effort. You bring a positive attitude to every learning task and consistently show resilience when you seek out feedback and look for a challenge. Keep up the amazing work and displaying your growth mindset!
Olivia M	2SH	For your positive attitude and resilience during lockdown. Olivia, even though there were some technical computer issues along the way, you never failed to complete your work, always with a positive "I can do" attitude. It was great to see you on screen when you were able to, your bubbly smile and enthusiasm helping to brighten everyone's day. Well done Liv, a positive attitude is such a wonderful thing to have!
Hannah G	2TW	Well done Hannah on completing the Premier's Reading Challenge. You are doing so well with your reading and really improving your fluency and expression. Keep trying hard!
Ivy B	34B	Ivy, your determination and positive approach to learning is inspiring! I love how you take on board feedback and work hard to achieve your goals. Keep up the amazing work Ivy, the world is your oyster!
Nyah I	34D	Nyah has displayed grit and effort in maths when working on her goals. She can confidently use doubles and near doubles when solving addition and subtraction problems. Well done Nyah, keep up the great work!
Jasper U	34K	Jasper, we are grateful for your patience, assistance and guidance during class tasks, especially supporting your classmates and teachers in setting up and navigating the apps and resources on our iPads. You are AMAZING. Thank you! Keep on displaying all the 'G.R.E.A.T' school values and positive attitude.
Amber M	34M	For your passion for descriptive writing. Amber is enthusiastic to write in her free time and her stories include powerful writing devices and interesting vocabulary. Great work Amber. I look forward to reading more of your entertaining writing!
Milla B	56E	For your fantastic writing during Writer's Notebook sessions. You plan, think and develop your seeds thoroughly and revise and edit your work. I especially loved your writing and video about how to do a backwards walkover. Keep up the fantastic work Milla.
Olivia C	56F	For her exceptional narrative writing. Olivia I am so impressed with your ability to create creatively and apply what we are learning about in class to your work. The twist at the end of your shipwrecked piece had me on the edge of my seat! keep it up legend.
Ella V	56T	For her fantastic development in her narrative writing. Ella, you have worked so hard on the different writing skills we have learnt about this term and seeing them applied in your story is so wonderful to see! Keep up the great work!
Elouise P (3/4K)	ART	For your exceptional artistic work during Remote Learning. I was so proud of the way you engaged with the activities, and your video montages of you working were a joy to watch. Keep up the wonderful enthusiasm Elouise!
Oliver B (2SH)	MUSIC	For the wonderful drum set you made at home during Remote Learning. I loved your choice of objects and how they represented the different parts of the drum set. You did an awesome job playing the drum accompaniment for the song 'We Will Rock You.' Excellent Oli.
56E	ADMIN	Thank you for being so polite when you answer the telephone. The student that answers the phone always says who is speaking and what classroom is being called. A great example of good phone manners!!

Connected Schools – Establishing Digital Boundaries For A Good Night’s Sleep

by Dr Kristy Goodwin

It’s well established that sleep is vital for children and adolescents’ learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren’t meeting the national sleep guidelines according to a recent study*.

There are many reasons for young people’s poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people’s digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child’s sleep

Parents can have a positive influence on their child and teens’ digital habits and doing so will yield positive results for their child’s sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a ‘landing zone’ such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Parents need to also be good role models by switching off before bed too.

Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they’ll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of ‘greentime’

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child is exposed to bright, natural, daytime light preferably before midday each day.

Use blue light filters

Most devices include options for ‘night mode’ or ‘dark mode’ that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years).

(Source: <https://aifs.gov.au/sites/default/files/publication-documents/lsac-asr-2018-chap4-sleep.pdf>)



James Penson, Janine Hough, Roslyn Mackie and Betty Hajichristou
Connected Schools Team

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ORTHODONTICS

Career Networking for Young People

An interactive career expo for school students

Interactive stalls will be hosted by representatives from universities, TAFEs, RTOs, apprenticeship & traineeship groups, Australian Defence Force, local government etc, with opportunities for practical engagement in a range of vocational areas.

July 29th 2021 from 10.00am- 3.30pm
Uni Hill Conference Centre
30 Graduate Road, Bundoora

**RSVP for school groups essential-
please contact Helen:
helen.m@hwllen.com.au / 0434 231 987**





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OSHCLUB NEWS

Dear Parents and Guardians,

New Greenhills Staff Member!

A few weeks ago we welcomed Jorja Sullivan to our team. Jorja is another new educator, making our team four members strong. She is currently studying toward her Certificate III in Early Childhood Education and is really looking forward to getting to know everyone who comes to OSHClub. She is passionate about watching children learn through play-based learning experiences, and create an environment where they could feel a sense of belonging. Jorja has enjoyed meeting everyone so far, so please drop by and say hi!

Moov Games!



Bring on the Moov Games! Over the next few weeks, on Tuesday and Thursday afternoons, we will be running the "Moov Games" which involves a number of different games designed to support children's athletic ability including strength, speed and agility.

For each session children complete, they earn stars on a participation award toward a lanyard and medal. We've already been having great time playing multiple different games, and several children are already well on their way to earning the medal; book today to join the fun!



Winter Vacation Care

It's hard to imagine that the school holidays are just around the corner! We've got lots of fun activities planned, as well as incursions and excursions (provided that COVID restrictions don't affect our plans)! All going well, we will be going on excursions to Inflatable World and Latitude and having "HEAT for Kids Firefighter Challenge", circus skills, "Coles Healthy Kicks", and a cartooning workshop for incursions. We're also really excited about many of the activities we have planned, some of the things we will be getting up to include ice-cream in a bag, frogs in a pond, origami, homemade bird feeder, pass the parcel, a murder mystery, and so much more! If you'd like our full plan, please email and we will happily send it through to you.



If you need to make a booking, please do so through the iParent Portal. Greenhills OSHClub is open 6:45-9:00am for Before-School Care, 3:00-6:30pm for After-School Care and 6:45am-6:30pm for Vacation Care/Pupil Free Days. If you need to make a late booking, please contact the service on 0437 928 183 or greenhills@oshclub.com.au.

Please note, children require a hat at when OSHClub After-School Care from September 1st to April 30th if they wish to go outside. We only have a few spare hats, so please remember to bring one!!

OSHClub Service Phone: 0437 928 183

OSHClub Service Email: greenhills@oshclub.com.au

Coordinator: Megan Statham-Danckert

Educators: Jordan Martin, Madhumita, Jorja Sullivan

OSHClub Head Office: 1300 395 735 or oshaccounts@junioradventuresgroup.com.au

All families must be enrolled to attend the service, remember this is FREE!! Please create an account online at www.oshclub.com.au.

All bookings and cancellations can also be managed via the iParent Portal.