

*Our mission is to create a safe, respectful evidence-based learning environment where a diversity of student learners feel: Valued, actively engaged, challenged and supported to achieve success and maximum independence post-school.*



## HAMLYN VIEWS SCHOOL NEWSLETTER | 17<sup>th</sup> December, 2020

PH: 5215 5700

[www.hamlynviews.vic.edu.au](http://www.hamlynviews.vic.edu.au)

School Council President – Jess Harriott

### KEY DATES

- **Friday 18<sup>th</sup> December**

Santa Visit

Last day of the year with early finish  
and staggered pick up:

1:10pm F/EY, 1:20pm MY/LY, 1:30pm

Bus

- **Wednesday 27<sup>th</sup> January**

Student Free Day

- **Thursday 28<sup>th</sup> January**

Student Free Day

School Office Open

- **Friday 29<sup>th</sup> January**

Students start school **9:00am – 3:00pm**

Foundation students start **9:00 – 12:15pm**

- **Monday 8<sup>th</sup> March**

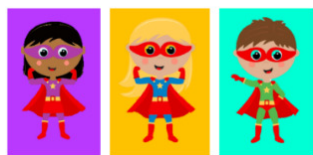
Labour Day Public Holiday

- **Thursday 1<sup>st</sup> April**

Last Day of Term 1 - 2:30 Finish

- **First Day of Term 2**

Monday 19<sup>th</sup> April



### Year 12 Graduation and

### Richard Marles Student Leadership Award



Yesterday a special ceremony was held to farewell our graduating student **Thaw Ku**. He was presented with a certificate and a new Year 12 top kindly donated by Bellarine Uniforms. We wish Thaw Ku all the very best as he moves onto post-school programs.

A presentation was also made to **Zulifiqar Zaman** chosen for the Richard Marles Student Leadership Award. This is an annual award provided by Richard Marles (MLA) to a student who shows **Courage, Kindness and Humility**. Along with a certificate he received a \$100 Office Max voucher. Well done Zulifiqar.

## Principal's Association of Specialist Schools Awards

Last Friday night a Virtual PASS Award Ceremony was held where the winners were announced in the various staff categories. Congratulations again to our 5 shortlisted educators and to Justin Bennett (Graduate Teacher) and Lacey Pietsch (Primary Teacher) who were named winners. This is a great achievement and an acknowledgement of the high quality staff we have at Hamlyn Views School.



### PRINCIPALS MESSAGE

Dear parents and carers,

We have only one more day until the end of the 2020 school year. What a unique journey it has been. I am so grateful to the whole school community that has supported each other through the many ups and downs across the year.

### School Year Book

Our 2020 Digital Year Book will be shared with families via SeeSaw

tomorrow. I hope you enjoy viewing the content that reflects on a year like no other and thank staff and students for their contributions.

### COVID-19

With State Government's recent changes to community restrictions for COVID-19 unless there are new changes prior to school returning in the new year, we will revert to our previous pick-up and drop-off arrangements. We will no longer temperature check daily and entry to the school grounds will be from 8:50am at the left side playground gate in Calvert Street, with the gate locked at 9:10am. Later arrivals will be through reception. In the afternoon the gate will be unlocked by 3:00pm and locked again at 3:10pm. **Masks only need to be worn where keeping a social distance is not possible.**

### Classes and Rooms

Next year we will have 12 classes – 1 Foundation, 1 Foundation/One, 4 Early Years, 4 Middle Years and 2 Later Years. Middle and Later Years groups will be located in the right Learning Community (LC) building, the other classes in the left LC building.

### Staffing News

At this time of the year we often have to say farewell to staff who are leaving us for a variety of reasons. We must say good-bye

and good luck to the following staff. We will miss you all:

- Justin who is moving to Melbourne to take up a new teaching position
- Jacinta who has gained a graduate nurse position at a local hospital
- Tyler who is taking 12 months leave to undertake other opportunities and
- Marnie who is staying with her other employment.

We will welcome Jackson Shell who will undertake an Education Support Traineeship with us.

We have also secured funding for several new roles next year including:

- Catch-Up Program Tutors
- Mental Health Practitioner
- School Chaplain

I will provide more information about these programs early next year.

### Building Names

Next year our three main buildings will be officially named with signage depicting a Waddarung and English bird name. The final approved names are:

- **Kuwarrk** – Kookaburra (Admin building)
- **Djirrap** – Sulphur-Crested Cockatoo (Left LC building)
- **Porrigil** – Rainbow Lorikeet (Right LC building)

## Parent Opinion Survey

The results of 2020 Parent Opinion Survey show our families remain positive overall with our school with 93% reporting general satisfaction. The lowest result was in the area of parent and community engagement which is understandable with parent participation and involvement so significantly impacted this year with COVID-19 restrictions. This area will certainly be a focus for improvement in 2020.

## School Crossing Friday PM

Please be aware that with the earlier finish for the last day of term tomorrow that our crossing supervisor John will not be in attendance in the afternoon. Please take care when crossing the road at the front of the school.

Finally, have a Merry Christmas and Happy New Year. See you in 2021!

*Suzanne Armtsrong* - Principal



*Hamlyn Views School is committed to the safety and wellbeing of all children and young people and has zero tolerance for any form of child abuse.*



# Bus Time Changes for Last Day of Term

This Friday the 18th of December is the last day of school and we will be finishing at 1:30PM. Please find the amended bus drop off times below.

## Blue Bus

Change to PM drop off times  
Friday 18th December

Time	Stop
1:50PM	54 Princess Rd, Corio
1:55PM	Bacchus Marsh Rd Service Rd, Corio
2:02PM	107 Princess Rd, Corio
2:12PM	680 Midland Hwy, Batesford
2:25PM	42 High St, Bannockburn
2:40PM	2714 Hamilton Hwy, Inverleigh



## Red Bus

Change to PM drop off times  
Friday 18th December

Time	Stop
1:50PM	82 Corinella St, Bell Post Hill
1:58PM	52 Donnybrook Rd, Norlane
2:04PM	22 Sparks Rd, Norlane
2:08PM	32 Swallow Cr, Norlane
2:24PM	62 Aberdeen St, Newtown
2:44PM	105 Wilsons Rd, Newcomb
2:55PM	749 Portarlinton Rd, Leopold
3:02PM	56 High St, Drysdale
3:12PM	100 Jetty Rd, Clifton Springs



## Yellow Bus

Change to PM drop off times  
Friday 18th December

Time	Stop
1:45PM	44 Church St, Geelong West
1:52PM	1 Lumeah Crt, Norlane
1:55PM	46 Forster St, Norlane
2:00PM	19 Erica Ave, Norlane
2:03PM	Cnr. Moreland Ave & Pelham Crt, Corio
2:08PM	98 Hendy Dt, Corio
2:12PM	60A Brodrick Rd, Corio
2:22PM	110 - 120 Forest Rd Sth, Lara
2:37PM	20 Young St, Lara





# Supporting your young person during the holidays



## Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

### 1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

### 2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

### 3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

### 4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

### 5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more veggies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

### 6. Encourage play!

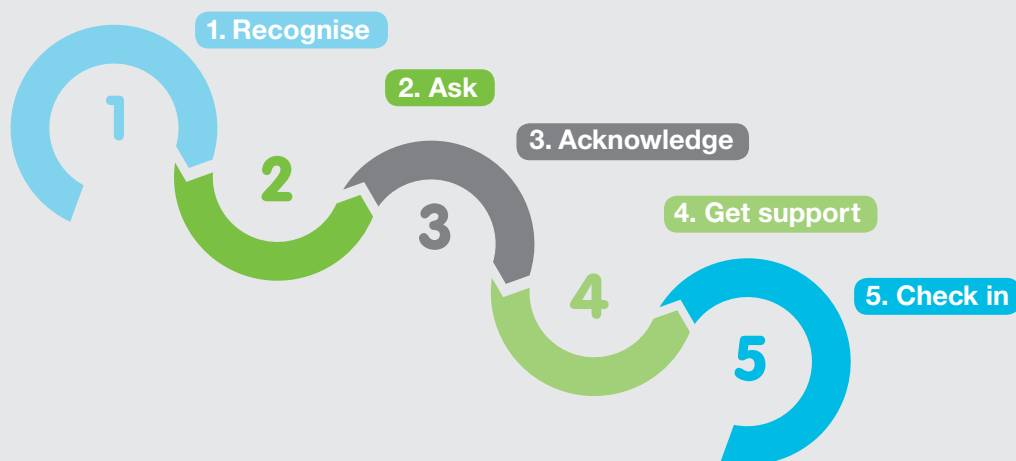
Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

# Supporting your young person during the holidays



## Tips to help you support your young person

- 1 Recognise** their distress or concerning behaviour
- 2 Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 Check in** a short time afterwards to see how they are going



## Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

## Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – [headspace.org.au](http://headspace.org.au)
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – [eheadspace.org.au](http://eheadspace.org.au) 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – [kidshelpline.com.au](http://kidshelpline.com.au) 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – [lifeline.org.au](http://lifeline.org.au) 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit [headspace.org.au/schoolsupport](http://headspace.org.au/schoolsupport) or [headspace.org.au](http://headspace.org.au)

Please refer to the **headspace** School Support *Suicide Postvention Toolkit – A Guide for Secondary Schools* for further guidance.