

*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.*



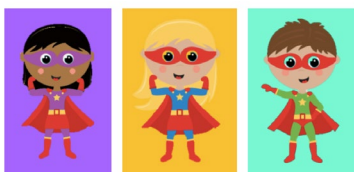
## HAMLYN VIEWS SCHOOL NEWSLETTER | 15<sup>th</sup> September 2022

### 2022 KEY DATES

- **Thursday 15<sup>th</sup> September 2022**  
Sporting Colours Day  
Last Day of Term 3 for students –  
3pm finish
- **Friday 16<sup>th</sup> September 2022**  
Staff Professional Practice Day –  
no school for students

### TERM 4

- **Monday 3<sup>rd</sup> October 2022**  
First day of Term 4
- **Wednesday 5<sup>th</sup> October 2022**  
World Teacher's Day  
Blackwood Camp – Senior Students
- **Monday 10<sup>th</sup> October 2022**  
National Carer's Week
- **Wednesday 12<sup>th</sup> October 2022**  
Healthy Heroes
- **Monday 17<sup>th</sup> October 2022**  
National Water Week  
National Bird Week
- **Wednesday 19<sup>th</sup> October 2022**  
Geelong Cup Public Holiday – no  
school for staff or students
- **Thursday 20<sup>th</sup> October 2022**  
Hamlyn Views School Concert



PH: 5215 5700

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

Principal – Suzanne Armstrong

School Council President – Ingrid Jennings

HAMLYN VIEWS SCHOOL

THURSDAY  
OCTOBER  
20

6PM  
TO  
7PM

PRESENTS...

**Out of this World!**  
2022 School Concert

📍 **Clonard College, 225 Church St, Herne Hill**

**Students arrive at 5:30pm**

**Tickets on-sale Week 1 of Term 4**

\*Due to seating capacity, tickets will be limited initially to 2 tickets per family.  
Please contact the office to be added to a waitlist for additional tickets.



## PRINCIPALS MESSAGE



### Principal News

Dear parents and carers,

We have come to the end of a busy and productive term at school for our students. Despite the ongoing challenges of the covid pandemic we have managed to conduct several onsite events and return to some sort of normality hosting school activities with families and conducting several off-site excursions. We have a senior secondary class currently planning our first ever school camp to Blackwood in October, something they are very excited about.

### Diversity Dash

Our Diversity Dash fundraising event last week was a huge success. Students thoroughly enjoyed being splashed with coloured paint whilst the support from our school community to raise funds was amazing. It was great to have parents and family members attend to see the event in action and for families avail themselves of a cuppa and chat with our Chaplain Paul and myself during the morning.

Our next whole school event is a

School Concert on 20<sup>th</sup> October. Annie Malesic, our Performing Arts teacher, is coordinator the concert this year and we are grateful to Clonard College for the use of their hall.

### New Assistant Principal

Congratulations to Ashley Kalkandis on her recent appointment to the principal class team. She will officially commence her role from term four. I appreciate her support during my recent period of long service leave. We are currently finalising several staff positions for next term, and establishing our workforce needs for 2023. A range of staff roles will be advertised over the next few months.

### Professional Practice Day

Tomorrow is a Common Professional Practice Day (PPD) for teachers. Again, this semester the Department of Education and Training, due to the impact of the covid-19 pandemic, has enabled schools to combine one of the two teacher remaining PP Days (Teaching Service Agreement) on the one day to support schools with the associated cost for Casual Replacement teacher (CRT) staff and the short supply of available CRTs many schools are experiencing. Education Support staff will complete First Aid/CPR training. In term four, one PP Day will be taken by each teacher on a date where they will be replaced by a CRT, not on a set day for all.

### PASS Awards

We have nominated three staff this

[LEARNING](#) | [RESPECT](#) | [SAFETY](#)



year in the annual Principals of Specialist School's (PASS) Awards program – Angie Prime (Education Support), Rachel D'Cruz (Graduate Teacher) and Ashley Kalkandis (Middle Leader) for their outstanding work in 2022. Congratulations and best wishes to these staff in this prestigious awards program. Shortlisted nominees are notified in October.

Wishing you well for the holiday break and a big shout out to supporters with teams still in the AFL finals. We had fun dressing up in our sporting colours today. Go CATS!

Yours in educational partnership,

**Suzanne Armstrong**  
Principal

## Wellbeing Supports for Students During the School Holidays

Actions that support positive mental health:

- Encourage your young person to:
- Exercise and eat healthy, to boost their mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk, and remind them they are not alone
- Seek professional help if needed

## Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health. Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low,' unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating

## Teens and Beyond Workshops



**Teens and Beyond**  
Free workshop series

**Are you the parent or carer of a teenager 13+ with disability?**  
If the answer is yes, then this online workshop is for you!  
You'll get information to help build your skills and confidence to navigate the teenage years.

**Topics include:**  
 >> Getting the right NDIS support for your teen  
 >> What school and post-school options are available  
 >> How to start planning for the future

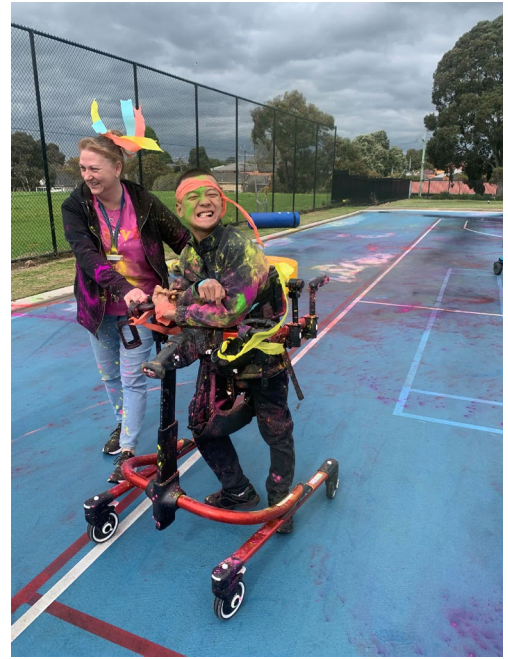
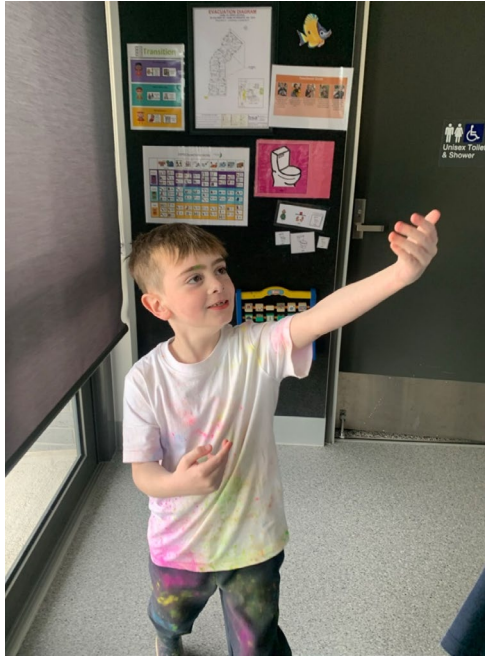
**More information:**  
 >> Workshops run over three sessions in October  
 >> This is a workshop for parents and carers of children with disability aged 13+  
 >> Bookings are essential  
 >> We strongly recommend parents attend all sessions  
 >> Our professional workshop facilitators are all parents or carers of children with disability

**Read more and register now:**  
  
 For more information contact:  
[educate@acd.org.au](mailto:educate@acd.org.au)  
 03 9880 7000 or 1800 654 013 (regional callers)  
[www.acd.org.au](http://www.acd.org.au)

**Book now**  
[bit.ly/TeensBeyondOCT](http://bit.ly/TeensBeyondOCT)







## DIVERSITY DASH

On Thursday the 8th of September, students participated in the Diversity Dash. As you can see from the photos, the event was a great success with everyone involved having a fun and colourful time. Thank you to everyone who attended to support the students and for everyone's donation efforts. We still have donations coming in, with the total amount currently sitting at \$3,134.

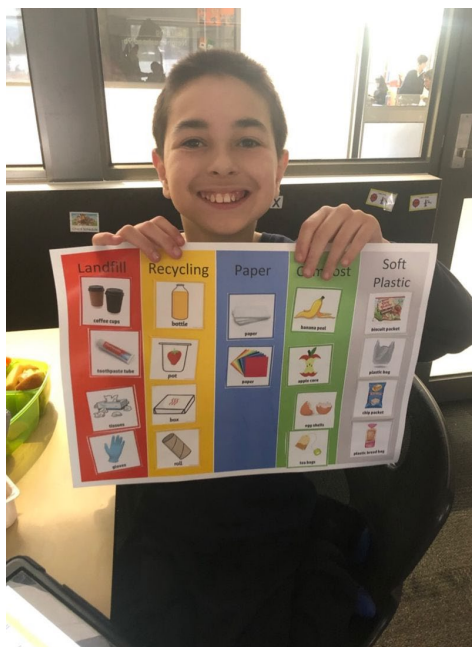
What an amazing result!





## Allied Health Update

World Physiotherapy Day was on Thursday 8th September. We would like to acknowledge the important work our physiotherapists and allied health assistants do to support our students' physical development and movement goals. At Hamlyn Views School, our physiotherapists run a range of programs including Balloon Football, Walking, Standing and Stretching Programs and Aquatic Physiotherapy, as well as training teachers and education support staff in manual handling and safety. Happy (belated) Physiotherapy Day!



## Planet Ark

Planet Ark were so happy to hear about our schools' efforts in our recent Green Team fundraiser. We sent through our donation and shared with them about how students and staff participated on the day and received a thank you email from Planet Ark. Stay tuned for more from the Green Team in Term 4!



*"To the wonderful students of Hamlyn Views School and a notable mention to the Green Team,*

*A big thank you on behalf of all of us at Planet Ark! The funds you raised for our organisation are greatly appreciated. We wouldn't be able to do the work we do to help our environment thrive without the support of eco-warriors like yourselves. We hope you had fun wearing your pyjamas or something green to school and even planting a pot plant! Keep up the great work and hope to see you engage with Planet Ark's Schools Recycle Right Challenge this November."*

*Yours sincerely,*

*Rebecca Gilling,*

**Co-CEO and Executive Director  
Planet Ark**



## PARENT EDUCATION EVENTS

GEELONG & BARWON SOUTH WEST REGION – TERM 4, 2022



All Regional Parenting Service programs are free and will be offered face to face or Online via Zoom. Bookings are Essential. [www.geelongaustralia.com.au/parenting](http://www.geelongaustralia.com.au/parenting) or Ph: 5272 4741

### GEELONG REGION

Programs provided by  
City of Greater Geelong  
Regional Parenting Service

#### FLOURISHING FAMILIES

Dates: Thursday 10 November – 8 December  
Time: 7.00pm – 9.00pm (Online via Zoom)  
A 5-week program for parents with children of all ages to discover how you can help your family to flourish.  
Learn about:  
• How you can promote resilience;  
• Increase awareness of your family's strengths;  
• Create and nurture positive family relationships;  
• Give feedback to support individual growth.

#### TUNING IN TO KIDS

Dates: Tuesday 8 November – 13 December  
Time: 7.00pm – 9.00pm (Online via Zoom)  
Dates: Wednesday 26 October – 30 November  
Time: 7.00pm – 9.00pm  
Leopold Library, Kensington Rd, Leopold  
Tuning in to Kids is a 6-week supportive program for parents of children aged 4 to 10 yrs.  
The program aims to:  
• Help parents teach and support their children to understand and manage their emotions;  
• Support parents in encouraging children to express emotions appropriately;  
• Maximise children's social, behavioural and learning outcomes.

#### CIRCLE OF SECURITY

Dates: Monday 17 October – 12 December  
Time: 7.00pm – 9.00pm  
Belmont Library, 163 High St, Belmont  
Circle of Security is an 8-week program for parents of children aged up to 8 years wanting to learn about the experiences of their child and how the parent and child relationship can be strengthened.

#### THE DAD WORKSHOP

Dates: Monday 9 November – 12 December  
Time: 7.30pm – 9.00pm (Online via Zoom)  
This 6-week program will focus on giving you the tools you need to create a better life for your entire family. We will look at simple things you can do to improve:  
• Your relationship with yourself;  
• Your relationship with your partner;  
• Your relationship with your kids.

#### TUNING IN TO TEENS

Dates: Wednesday 26 October – 30 November  
Time: 7.00pm – 9.00pm (Online via Zoom)  
Tuning into Teens is a 6-week supportive program for parents of teens aged 12 to 18 years.  
The program aims to:  
• Support parents to connect and communicate with their teens;  
• Assist parents with understanding adolescent development;  
• Help parents to assist their teen to develop emotional intelligence;  
• Remain empathetic and stay connected.

#### BRINGING UP GREAT KIDS

Dates: Monday 10 October – 21 November  
Time: 7.00pm – 9.00pm (Online via Zoom)  
Dates: Thursday 20 October – 24 November  
Time: 7.00pm – 9.00pm  
Warrnambool Library, 230 Pioneer Rd, Grovedale  
Bringing Up Great Kids is a 6-week supportive program for parents of children aged 12 months to 9 yrs.  
The program aims to:  
• Develop parents' skills to enhance communication with their children;  
• Promote positive interactions between parents and their children;  
• Encourage the development of a child's positive self-identity.

## Parent Education Events Geelong & Barwon South West Region Term 4, 2022

### FREE PARENTING FORUM

How to Build Courage and Resilience in Children and Teens - presented by Karen Young

Date: Thursday 6 October  
Time: 7.00pm – 8.30pm  
OneHope Centre, 4-32 Province Boulevard, Highton

The City of Greater Geelong, together with Barwon Child and Family Services Alliance, present this session to help children and teens build courage and resilience assisting them to thrive. Presenting Karen Young, founder of "Hey Sigmund" and author of the Hey Sigmund series.

Anxiety is a very normal part of being human, but for as many as one in five children & can reach intrusive levels, interfering with family life, friendships and school performance. Karen will explore - a new empowering way to understand anxiety - what to do when anxiety hits, how to build courage and resilience, why anxiety might look like anger or tantrums and what to do, how social media, friendships and the changes in the adolescent brain might contribute to anxiety and what to do.

Bookings can be made via [Eventbrite](https://www.eventbrite.com) or scan the QR code.

Expressions of Interest are being taken for the following three programs

#### BRINGING UP GREAT KIDS

##### The First 1000 Days

The first 1,000 days of life is a program for parents with children aged under 2 years and designed to nurture parents as they embark on their journey. It provides parents with a knowledge about brain development and an understanding of how children grow and what they need. The centrality of family relationships and opportunities for parents to reflect on their own childhood and how to connect with their children are all explored.

#### STEPPING STONES

Stepping Stones is a 5-week program for families with a child who has a disability. The program aims to help parents use Positive Parenting to acquire new skills and knowledge. Skills are practiced and parents receive constructive feedback about their use of skills.

#### NO MORE SCARED? CATS

Reducing Anxiety & Building Resilience in Children  
A 4 week program for parents of children 5 – 12 years to gain an understanding of the increasing levels of anxiety in their child and strategies to help manage the "trips and tumbles" with strengthening sayings, questioning strategies and mindful exercises.

#### POSITIVE PARENTING PROGRAM

Available online via the Triple P website  
<https://www.triplep-parenting.net.au/vic-ukn/triple-p/>

### Programs provided by Barwon Child Youth & Family (BCYF)

Contact BCYF regarding program delivery  
Ph: 5226 8900 or [www.bcyf.org.au](http://www.bcyf.org.au)

#### BUMPS TO BUBS

Dates: Wednesday 5 October – 14 December  
Time: 1.30pm – 3.00pm

Northern Bay Family Learning Centre  
Goldsworthy Rd, Corio

Bumps to Bubs is a 10-week program and brings young mothers and mothers-to-be (up to 25 years) with babies 0-1 year, together to support the journey of parenting.

#### BUMPS TO TOTS

Dates: Thursday 6 October 15 December  
Time: 9.30am – 11.00am

Northern Bay Family Learning Centre  
Goldsworthy Rd, Corio

The Bubs to Tots Group Program brings mothers (up to 24 years) and toddlers together to support parents with knowledge and skills to enhance children's development in the 1-2 year age group.

#### TUNING IN TO KIDS

Dates: Thursday 20 October – 24 November  
Time: 12.30pm – 2.30pm

Kurrambeek Myaring Community Centre  
12 Merrig Drive, Torquay

Tuning in to Kids is a 6-week supportive program for parents of children aged 3 years – 12 years. The program aims to:  
• Encourage parents to effectively tune in to their children's emotions;  
• Support parents to teach their children how to understand and regulate their emotions;  
• Help parents respond to and foster their child's individual needs.

#### CIRCLE OF SECURITY

Dates: Tuesday 18 October – 22 November  
Time: 12.30pm – 2.30pm

Northern Bay Family Learning Centre, Goldsworthy Rd, Corio  
Circle of Security is an 8-week supportive program for parents of children 18 months – 5 years.

#### The program aims to:

- Help parents understand how to build feelings of security for children in their early years;
- Assist parents with skills to build on the positive relationship with their child;
- Develop confidence in parents to respond to their child in a way which builds a secure foundation for children.

## Parent Education Events Geelong & Barwon South West Region Term 4, 2022

### TUNING IN TO TEENS

Dates: Tuesday 25 October – 29 November  
Time: 10.00am – 12.00pm (Online via Zoom)

Tuning in to Teens is a 6-week supportive program for parents of adolescents aged 10 years to 18 years.

#### The program aims to:

- Support parents to connect and communicate with their teen;
- Assist parents with understanding adolescent development;
- Help parents to assist their teen to manage emotions and develop emotional intelligence.

#### BRINGING UP GREAT KIDS

Date: Tuesday 25 October – 29 November  
Time: 10.00am – 12noon

BCYF, 222 Malpas St, Geelong

Bringing Up Great Kids is a 6-week supportive program for parents of children aged 12 months – 12 years.

#### The program aims to:

- Support parents with the skills to enhance their communication with their children;
- Promote positive interactions between parent and child;
- Encourage the development of children's positive self-identity.

#### DADS TUNING IN TO KIDS

Date: Thursday 20 October – 24 November  
Time: 5.30pm – 7.30pm

Northern Bay College, Hendy St Campus  
Hendy St, Corio

Dads Tuning in to Kids is a 6-week supportive program specifically for Dads of children aged 3 years – 12 years.

#### The program aims to:

- Help dads to effectively tune in to their child's emotions;
- Encourage dads to strengthen their emotional connection with their child;
- Support dads to build skills in emotion coaching to assist their child's individual needs.

#### Programs provided by Family Relationship Centre

Contact the Parenting Orders Program at the Family Relationship Centre - Ph: 5246 5600

#### OUR KIDS – Parenting After Separation

Dates: Tuesday 11 October – 22 November, 6.00pm – 8.00pm  
Thursday 13 October 17 November, 6.00pm – 8.00pm

Our Kids is a 6-week course on parenting after separation and the impact of parental conflict on children. The course encourages parents to focus on the needs of their children and develop helpful communication strategies following separation. Courses run during school terms. Evening in-person sessions are available. Cost: \$60 - \$150 (concession available).

### Programs provided by Drummond St Services

For information on Drummond St seminars and groups [www.ds.org.au/events/](http://www.ds.org.au/events/)  
Drummond Street Services provide services for People, Families & Community.  
For further information about our programs please follow this link: [www.ds.org.au](http://www.ds.org.au) or call 03 9603 6735.

### BARWON SOUTH WEST REGION

Programs provided by CatholicCare Victoria in partnership with Warrnambool City Council & Moyne Shire

Registrations are compulsory to attend  
Email: [Andrea.clarke@catholiccareballarat.org.au](mailto:Andrea.clarke@catholiccareballarat.org.au)  
Ph: 5337 8943

#### LIVING WITH TEENS

Dates: Tuesdays 18 & 25 October and 8 November  
Time: 6.30pm – 8.30pm (Online via Zoom)

A model for building strong, secure connections. Living with Teens is a 3-week program.

#### The program covers:

- What parents need to be able to meet teen's needs;
- What teens need from parents;
- Adolescent development.

#### CIRCLE OF SECURITY

Expressions of Interest are being taken for this program  
Circle of Security is an 8-week relationship-based parenting program.

#### The program aims to:

- Understand your child's emotional world by learning to read emotional needs;
- Honour the innate wisdom and desire for your child to be secure;
- Support your child's ability to successfully manage emotions;
- Enhance the development of your child's self-esteem.

# Victorian Child Safe Standards

**Child Safe Standard 1** – Establish a culturally safe environment in which the diverse and unique identities and experiences of Aboriginal children and young people are respected and valued.

**Child Safe Standard 2** – Ensure that child safety and wellbeing are embedded in school leadership, governance and culture.

**Child Safe Standard 3** – Children and young people are empowered about their rights, participate in decisions affecting them and are taken seriously.

**Child Safe Standard 4** – Families and communities are informed and involved in promoting child safety and wellbeing.

**Child Safe Standard 5** – Equity is upheld and diverse needs are respected in policy and practice.

**Child Safe Standard 6** – People working with children and young people are suitable and supported to reflect child safety and wellbeing values in practice

**Child Safe Standard 7** – Ensure that processes for complaints and concerns are child focused.

**Child Safe Standard 8** – Staff and volunteers are equipped with the knowledge, skills and awareness to keep children and young people safe through ongoing education and training.

**Child Safe Standard 9** – Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed.

**Child Safe Standard 10** – Implementation of the Child Safe Standards is regularly reviewed and improved.

**Child Safe Standard 11** – Policies and procedures that document how schools are safe for children, young people and students.

**Ministerial Order 1359 provides the framework for child safety in schools.**



**PROTECT**  
Protecting children & young people from abuse is our responsibility

We would like to acknowledge the traditional owners of the land and waterways where we come to school to learn and play.  
Together we touch the land of the Waddawurrung people.  
Together we reach for the sky of the Waddawurrung people.  
Together we hold our hearts for the care of the Waddawurrung land.



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.

**PROTECT**  
Protecting children & young people from abuse is our responsibility



# Respectful school communities start with respectful behaviour

Parents, carers, staff and students can help keep our school community safe, supportive and respectful.

Good relationships are based on:



Open and honest communication



Trust and respect



Working together



Fair and reasonable expectations by all

These behaviours are **not** okay in our school community:

- ⊗ Threats
- ⊗ Violence
- ⊗ Rudeness
- ⊗ Harassment
- ⊗ Discriminatory and derogatory comments
- ⊗ Aggression
- ⊗ Intimidation
- ⊗ Threatening gestures

This includes in-person, over-the-phone, email, text message, social media and online.

For more information ask your school about the **Respectful Behaviours within the School Community Policy**.