

21st August 2020



HARTWELL PRIMARY SCHOOL NEWSLETTER

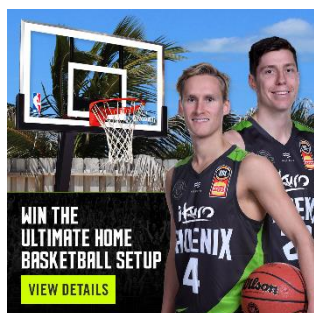
Dear Parents,

Another incredible week of remote learning 2.0, thank you all for the amazing job you are doing in managing the learning at home. This week I have had the pleasure of joining in with some of the live specialist classes in the afternoon and really enjoyed drawing my owl with Ms. Insole and cooking with Signora. This week I have taken the newsletter theme of **Celebrate – Learn – Laugh!**

Celebrate - SPECIAL EVENT and COMPETITION

Yesterday we welcomed our special guest Cam Gliddon, basketball player with South East Melbourne Phoenix to our virtual Hartwell world. Along with Jo Bayes and about 240 of our families Cam led us through some training exercises and answered questions led by our House Captains and very keen basketballer Will M from M3H. I would like to thank Liam Santa-Maria (dad of Lachlan in Year 1) for helping us to arrange this special event and to Jo and Emily Durham for their organisation. Well done to all our amazing families for keeping up with the ball skills, some of them were quite tricky!

We were also excited to be offered a great prize through a competition that SE Melbourne Phoenix are running, see details below. Again, a huge shout out to Cam for joining us, let's hope very soon some of our children and families will get the opportunity to see him play.



The South East Melbourne Phoenix are offering the chance to win a Spalding Beast portable basketball ring, a two-on-two game with two Phoenix stars in your backyard, \$250 Phoenix merch pack and an NBL20 game ball!

Enter here for your chance to transform your backyard into a ballers paradise:

<https://bit.ly/39mgWKA>

Learn - HEALTH AND WELLBEING

On **Tuesday 25 August**, the Department of Education and Training is presenting a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg, on building family resilience during coronavirus (COVID-19).

As we know parents and carers play a vital role in helping children feel safe through uncertain times.

Dr Carr-Gregg's webinar is aptly named 'Managing the Coronacoaster – Tips for building resilient families in the coronavirus era'.

In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning. Topics include:

- your supportive role
- setting the emotional tone
- focusing on what you can control
- how to deal with disappointment
- further resources and where to get help

I have heard Dr Michael Carr-Gregg many times and can highly recommend his presentations. He is a well known psychologist and very easy to listen to and offers practical ideas and resources. You can learn a little more from his website: <https://michaelcarrgregg.com/>

Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

Webinar details

When: Tuesday 25 August

Time: 7:30pm

Duration: 45-minute presentation followed by 15-minute questions and answers session

Format: online via Webex

Cost: free

How to register

To register and for more information visit the [Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page](https://www.eventbrite.com.au/e/managing-the-coronacoaster-tips-for-building-resilient-families-in-the-coronavirus-era-eventbrite-page).

<https://www.eventbrite.com.au/e/managing-the-coronacoaster-tips-for-building-resilient-families-registration-116837404823>

Laugh –

To finish the week and give you a little laugh, attached is a video that certainly made me chuckle!

<https://www.youtube.com/watch?v=6LIKniyWT7U>

I hope you enjoy this as much as I did!

Thank you again for your continued support,

Kind regards and stay safe,

Lisa

Lisa Banks

Principal

USEFUL LINKS

<https://www.education.vic.gov.au/parents/learning/Pages/home-learning.aspx>

<https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx>