

4th September 2020



HARTWELL PRIMARY SCHOOL NEWSLETTER

Dear Parents,

Thank you for another fantastic week of learning, it is hard to believe we have only two weeks left of this term. Today the teachers have been planning and preparing for Term 4 and completing some professional learning activities. It has also been exciting to see our very own Hartwell 'Spoonville' community take shape. I have really enjoyed welcoming so many new faces to their new home! If you would like to add any more member please drop them in next week and of course, come and visit 'Spoonville' which is situated near the main gate on the corner of Milverton Street and Oberwyl Road.

eSmart and R U Okay Day

Next week we will be promoting supportive practices both online and in person. 'R U Okay Day' will be acknowledged on Wednesday, with the members of the Principal Action Team promoting strategies to address sadness/anxiety and throughout the week our students will be involved in a range of learning activities from eSmart (see below information from Adrian O'Connor). As we have traversed through this year, I have been reminded of the importance of acknowledging our own range of diverse emotions and seeking support when needed. Both of these activities will provide our students with strategies and tips to support their friends and family as well as themselves. Thank you to Adrian and my Action Team for the work they have done to contribute to this important area of Health and Wellbeing.

'HARTWELLNESS WEEK' – Our exciting last week of Term!

As a celebration of the work we have done remotely we have organised an exciting week of activities for our last week of school. Whilst it is still a little bit 'top secret' we can't wait to share this with you! The only clue I can give you is that you need to be ready for some virtual adventures! We hope that this will bring a smile each day and provide a well-deserved week of fun for our last week of Term 3.

Health and Wellbeing

As you are aware our school is a foundation member with The Resilience Project. Please see below an opportunity to join a webinar provided by Boroondara Council. Martin is a particularly engaging speaker and this will be a fantastic event should you wish to register.

Staffing

This week we have welcomed Erin Daniher to our staff as a teacher in J1K. Elysia Grant will begin her family leave next Friday and we wish Elysia and her husband all the best as they grow their family.

This term we will also be farewelling Lynn Jack, who will begin her retirement adventures. Lynn has been a very valued member of the Hartwell team over the years and has taught many of our students as a relieving teacher, covering teacher's long service and supporting professional learning days. Lynn will be very much missed by our students and staff. If you or your child wish to send in a card for Lynn we will happily pass them along. Congratulations to Lynn, who has been an outstanding teacher over the years.

Thank you again for your continued support,
Kind regards,

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>

eSMART

Our school has registered to take part in National eSmart Week. eSmart is an initiative of the Alannah & Madeline Foundation and is all about building supportive and connected social environments both on and offline.



An initiative of

The Alannah
and Madeline
Foundation

Keeping children safe from violence



At the start of this year, who would have thought that students would be in remote learning, and spending more time online than ever before? Our school community has done an amazing job at adapting throughout this year.

This year's National eSmart Week theme is Connecting Safely. The week from 6-12 September celebrates the work schools have done to connect safely.

Throughout the week students across the school will be participating in a range of lessons and activities to promote Connecting Safely.

On Wednesday 9 September, the Alannah & Madeline Foundation 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).

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

The first wave of the coronavirus turned our lives upside down and forced us to navigate a new and unwanted reality of remote learning, working from home and financial hardship. The second wave has elicited even more anxiety, disruption and disappointment in both young people and families.

This webinar seeks to give participants the skills, knowledge and strategies to manage family wellbeing and build resilience.

Webinar details

- When: Wednesday 9 September
- Time: 7:00pm
- Duration: 30-minute presentation
- Format: online via Zoom
- Cost: free

How to join this LIVE webinar:

[Use this link to join this live session from 7.00pm](#) (using passcode 607251)

Please note that this event will be delivered live only and won't be recorded.

In the meantime, we'd like to thank you for all that you have done to ensure that our school has kept Connecting Safely in 2020!

Adrian O'Connor



Join us for this free webinar that explores practical and evidence-based strategies to manage wellbeing and build resilience.

In the lead-up to Community Safety Month, the City of Boroondara is hosting a free webinar from The Resilience Project to help support our community through this challenging time.

Presented by Martin Heppell, this online event will explore evidence-based approaches to building resilience and happiness, in order to develop and sustain positive mental health.

Martin is a renowned and inspiring speaker and former-Assistant Principal at Auburn Primary School. He also works with the Hawthorn Football Club.

The Resilience Project's programs are based on:

- Gratitude - Appreciating what you have, not begrudging what you don't.
 - Empathy - Thinking of the needs of others/kindness.
 - Mindfulness - Being present in the moment, not becoming distracted by
-

unhelpful or negative thoughts.

During this presentation, Martin will share his experiences and combine them with practical strategies that can be implemented every day to improve your overall wellbeing.

Date and time:

Thursday 24 September 2020, 6.00pm - 7.15pm

[Register Now](#)



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