



Heatherwood News

Edition 03 | April 2020



Jasmine Hose - Learning at home

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Important Dates

5th June (Friday)	Curriculum Day *depending on circumstances
8th June (Monday)	Queen's Birthday
26th June (Friday)	Term 2 Ends
13th July (Monday)	Term 3 Starts

MESSAGE FROM THE PRINCIPAL



Welcome back to Term 2 (well nearly back).

While times are certainly different the things that underpin what Heatherwood strives for remain the same. The focus on student learning, personal growth and student wellbeing continue during these challenging times.

We greatly appreciate the work being done by all members of the community to support each other and I strongly believe that during these challenging times we become innovative and continue to find ways to improve the schools ability to support students and their families.

I was exceptionally grateful to the parents and carers who responded to the letter that was sent out earlier. It is important that we gain some insight into the challenges that families face in supporting their young adult with remote learning. The challenges around things such as organising family time so that students can be supported while juggling other family members needs, finding a space for students to do their work, students finding some of the school work too difficult to engage with, the challenge of digital technology, (equipment, devices and internet issues) and understanding platforms being used were all highlighted in the feedback I received. If you have concerns about any of the platforms being used, zoom, webex, google classrooms please let the school know.

I would like to both thank you for the support and co-operation that you as members of the community have provided the school and also to congratulate you on the work that you are carrying out supporting students learning remotely.

I also wanted to acknowledge that remote learning is providing significant challenges and through your feedback I am developing an understanding and an appreciation of the effort that it takes to support everyone in the family.

For everyone these times are about learning, being innovative, trying new things and while there are a few hiccups I am positive if we continue to work together we will achieve positive outcomes.

Paul Hills - Principal

SCHOOL COUNCIL

Dear Parents/Carers of all Heatherwood Students:

My name is Paul Dall'Oglio - father of Josh who is in Year 11. I have been on School Council since beginning of last year and aim to make a difference for all students at Heatherwood by being active member of the Council.

One of the initiatives I have suggested is that a small working group be formed of parents/carers of the students to look at Transition Opportunities for our kids post school. I think a group of 4 to 6 would be ideal.

Heatherwood recently held a Transition Information Night for the Senior School which was well attended and provided great information but also reminded us all just how quickly our kids grow up and it is never too early to start planning for life after school.

I have volunteered to lead this working group to explore what more we can do to assist Heatherwood to ensure our kids are given the maximum and best opportunities post school to continue to grow and become valuable members of our community.

I invite anyone who is interested to be part of this Transition Working Group to contact Kaye Shilcock at Heatherwood on 9842 8319. I am happy to follow up your call to explain further or if you have any questions answered.

I would like to hold the first meeting by end of May 2020 (virus permitting) so please contact us as soon as possible if you are interested.

Paul Dall'Oglio - School Council Member

SOCIAL WORKER INTRODUCTION

To the Heatherwood staff and student community,
I just wanted to send a brief email introducing myself as the new Social Worker at Heatherwood School.

I'll be working Tuesdays and Wednesdays alongside Paul Hills and the wider staffing team. My role will be primarily be focused on ensuring that families and carers are linked in with the local services and support that they require, including navigating the NDIS.

My background is in community mental health and disability support with adults across various regions of Melbourne and regional Victoria. I've also done some NDIS support coordination in Melbourne's Inner East.

I've already been hearing a lot about the dedication, flexibility and creativity of the staff, students, families and carers as I land in my role during this time.

Recognising that we are all doing the best we can and hope you're all finding ways to take care of yourselves and each other through these unusual and uncertain circumstances.

I look forward to connecting with all of you more in future as I settle into the school and wider community.

Warm Regards,

Bron Sherar - Social Worker

MESSAGE FROM ASSISTANT PRINCIPAL



Thank you to all parents/carers and families for taking this journey into Home Learning. We also appreciate the families who are able to keep their students at home, following Daniel Andrews message to stay safe and stay at home. We pay tribute to those families who are essential workers who are helping us all during this time, doing an exceptional service for each one of us and the community as a whole. We applaud you.

On behalf of all the teachers, we say thankyou for working with us in Google Classrooms and learning the skills to do so.

We recognise that technical approach through google classrooms has been difficult for some families and we are addressing these needs as soon as we can.

Most of all we want to say thankyou for doing an amazing job in home support. We recognise the workload and we applaud you for it. We have really enjoyed some of the pictures of your child's work and how you are trying to make the most of Home Learning. The class teachers are in contact and trying their best to meet your child's needs. We will all get better at this as we go along.

We are ever aware of the importance of your young person's health and well being and are doing our best to check in with all our students.

If you would like any further information or help, you can reach me on foster.lesley.a@edumail.vic.gov.au

Lesley Foster - Assistant Principal

ICT

We have been impressed with how students, teachers and families have adapted to using technology to participate in Heatherwood's programs remotely. Everyone has been learning numerous skills, many of which are outside their usual comfort zone. As we continue to move forward we have been refining the way that we can use the technology to provide learning experiences in an increasingly orderly and productive manner, especially **Google Classroom** and **Zoom**. To this end we have developed some Protocols for Students and Parents When Using Zoom for Class Meetings. Please look over these and discuss them with your child. The main purpose of these protocols are to ensure that class meetings held via **Zoom** are secure, respectful, orderly and productive.



Heatherwood School Protocols for **Students and Parents** When Using
Zoom for Class Meetings



DO

- Be ready to enter the meeting at the time set by your teacher
- Make sure you're dressed appropriately
- Always use appropriate language
- Check your background (what's behind you in the video?)
- Make sure there is minimal background noise.
- Raise your (real) hand to be speak, you'll be unmuted by the teacher when it's your turn.
- Respect others in the class
- Ensure your video is turned on and we can see your face.

DO NOT

- Change your name to something other than your real name.
- Send the link or meeting ID to people outside of your class.
- Enter meetings or click links sent to you by students or unknown people – only enter meetings set by Heatherwood Staff.
- Set up your own meeting and invite students or staff to join – only Heatherwood staff may set up meetings with students.
- Move your screen around during the class, this is distracting for others.

Your child's classroom teacher will also have established some expectations around using **Google Classroom** appropriately. Typical guidelines include:

- We respect all members of the class.
- We do not use inappropriate language.
- We only post questions or comments that relate to our learning and work.
- We do not post multiple distracting comments (like saying 'Hi' many times or sending strings of emojis)

Thank-you for supporting the school and your child as we navigate the challenges involved in remote learning.

Michael Benne - ICT Teacher

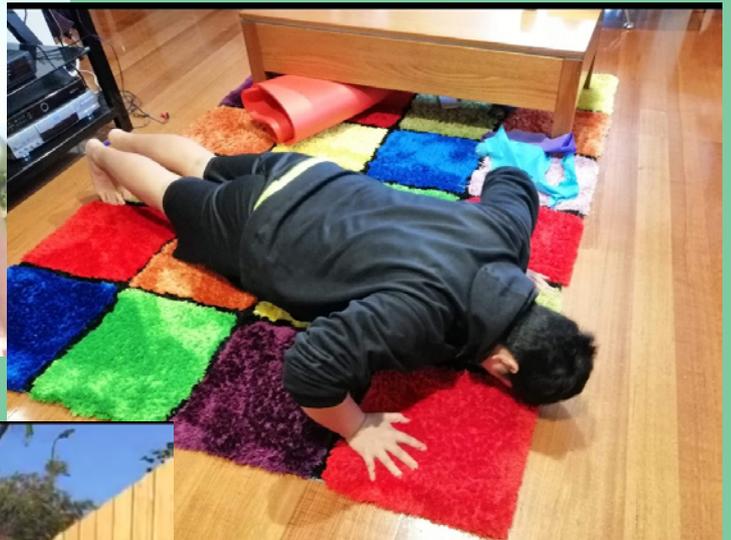
SENIOR 6 - SPORT AND REC CLASS

Congratulations Senior 6 on adapting extremely well to distance education and taking on the challenge of learning and keeping active.

Week 2 was our first class fitness challenge for the term of 5000 push-ups from Monday 9am to Friday 3pm. The students and their families took on the challenge sending video evidence of their push-ups. Staff heard of the challenge and joined in helping S6 to reach their target at 2.46pm Friday. Huge effort by everyone achieving 5000 push-ups in 5 days!

Senior 6 will be completing a physical challenge each week as a way to connecting with each other and a sensational way for our families to get active with us while in isolation.

Jo Larkin - Sports and Recreation Teacher



PE - PHYSICAL ACTIVITY

Please remember to keep up your physical activity over Term 2. Whilst some sports are temporarily closed for business at this time, there are still great opportunities for you and your family to participate in recreational or fitness related activities together in the surrounds of your own home. Give the following ideas a go, stay active and look after your body and mind.

With parents/carers supervision, the internet provides a great tool for fitness videos and physical activity ideas to try at home.

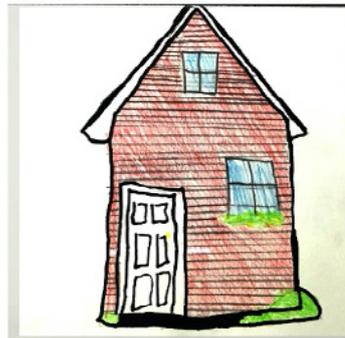
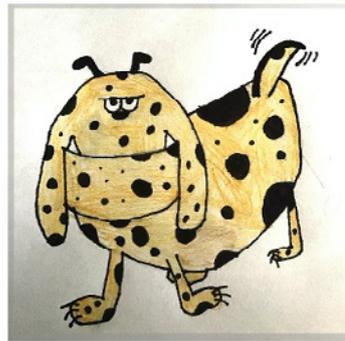
<p>Recreational</p> <ul style="list-style-type: none"> *Ten Pin Bowling with plastic bottles and a soft ball indoors at home *Wii Sports *Dancing *Table Tennis *Darts *Lawn Bowls *Frisbee *Mini Golf using cups on the side as the holes *Down Ball or 4 Square (Use masking tape/chalk to set up squares on concrete) *Hide and seek or 40-40 I found you! *Scooters and skateboarding *Bike riding *Gardening *Household tasks *Treasure hunt 	<p>Competitive/Team Sports</p> <ul style="list-style-type: none"> *Basketball-One on one in the backyard *Newspaper stick hockey *Tennis against a wall *Football score between the wheelie bins *Hacky sack-keep it up in the air *Keepings off ball sports *Balloon Volleyball *Backyard cricket *Totem tennis *Netball/Basketball ring-as many goals in one minute *Run & touch items in the backyard, first to the item. *Soccer-penalty shoot outs *Marks ups in football *Cricket-bowl to hit the stumps, knock the castle 
<p>Strength based fitness activities</p> <ul style="list-style-type: none"> *Home Body weight circuits 10 repetitions of the following exercises x 3 sets *Plank hold *Squats *Push Ups *Burpees *Reverse plank hold *Glute crunches *Ab crunches *Scissor kick *Holding various body stretches for 20secs at a time *Yoga exercises 	<p>Aerobic based fitness activities</p> <ul style="list-style-type: none"> *Home aerobic based circuits 10 repetitions of the following exercises x 3 sets *Star Jumps *Frog jumps *Mountain climbers *Skater or ski jumps *Short Sprints or run on the spot *Timed exercise- How many sit ups can you do in one minute? How many push ups in 30 secs? *Skipping rope- 45 seconds on, 15 seconds rest x10 sets *Shadow boxing *Walk/run with your dog  

ART - REMOTE ART ROOM

Students at Heatherwood have completed their first two weeks in the 'Remote Art Room'. During this time, they have followed YouTube tutorials designed by me to practise their drawing skills. They have also started an art piece based on Zart Art's theme 'Home Is Where the Art Is'. This piece, with approval from parents or carers, has the option of being entered into Zarts student competition, which could see the winner receiving \$250 of art supplies for themselves, as well as \$450 of art supplies for the school. I could not be more proud of the work Heatherwood students are producing. Their art skills continue to amaze and inspire me. Below is just a small sample of the quality of work currently being produced through remote learning.

For more information on the Zart Art student competition, please see their web page at www.zartart.com.au or go to your child's Google Classroom/ Classes/ Art Room/ Classwork/ Competition Assignment.

Julie Burbidge - Art Teacher



FOOD TECHNOLOGY

To Parents and Carers :

Thank you to all the families / carers who have been encouraging activity in the kitchen at home.

It must be stressed that the students work within their capabilities. We have rules in the kitchen at school which they follow and they will respect your kitchen rules at home.

We first asked them all to help with food preparation tasks and let us know what they have been doing. The feedback has been fantastic as the students share their experiences and pictures.

The next step will be posting tasks and worksheets on their Google Classroom pages and we will be communicating with each class on Wednesday afternoons - our allocated Timetable time. Students are welcome to email us at any time however.

To Students :

Keep practising your skills as you help with meal preparation and let us know if you are making food for yourself or sharing with others eg. "I made scrambled eggs" – was it just for you or did you make more than one serve?

Keep helping with any tasks you can in the kitchen and check your Google Classroom for tasks and worksheets.

We would be interested to know what cleaning tasks you are doing too.

Later this term we will start on our "Ready for Life" house program. It will be easy to work on this while you are at home. Watch for it on your Google Classroom.

Happy cooking.

Lynn Penrose, Liz McLean - Food Technology Teachers

TRADE KITCHEN

We have a fantastic video from Ruby Carbone. She has her own youtube channel "Ruby's Kitchen" and posted this video of herself on the Trade Kitchen Google Classroom.

<https://www.youtube.com/watch?v=9A7L-MqdYOM>

Elizabeth Reid - Trade Kitchen



HOSPITALITY

Hospitality has continued on albeit in a different format. Our thanks go out to their dedicated parents/carers who have continued on with taking up the challenge of letting their kids into the kitchen to produce the family dinner if not once a week but twice or more.

We applaud the students for managing zoom meetings and accessing our YouTube demonstration videos, which makes for interesting viewing, (we might have a second job in the making).

We are in full swing learning about a la carte table settings and sequence of service procedures in preparation for our restaurant night, which will be held later in the year.

Below are some of our wonderful students' re-creations of our YouTube clips.

Danielle DiCosmo - Hospitality



BLACKBERRIES MOCKTAIL

Recommended Equipment

Cocktail Shaker
Muddler

Ingredients

8 Fresh Blackberries plus more for Garnish
1/4 cup honey
a handful of fresh mint leaves (about 10)
Juice of 1 lemon
1/2 cup water
2 cups of soda water.

Method

1. In a cocktail shaker, muddle together the blackberries, honey & mint until well blended.
2. Add the lemon juice and water, cover and shake to mix.
3. Strain mixture into two glasses with ice.
4. Top up each glass with soda water.
5. Garnish with blackberries & mint leaves

Sit down and Enjoy!



MIDDLE SCHOOL MEETING IN PROGRESS



M5 REMOTE LEARNING

M5 design their own EMOJI describing how they feel about Remote Learning.

1. Ruby Carbone used face paint to create her happy EMOJI.
2. Eric Huang did a drawing of an EMOJI with it's tongue sticking out & wearing a green hat! (Eric is liking being able to see me & his friends on video chats!)
3. Emilia Bracci.... feels like screaming! She misses her friends.
4. This is what I am feeling about Remote Learning. Ha!

Louisa Hemsley - M5 Teacher



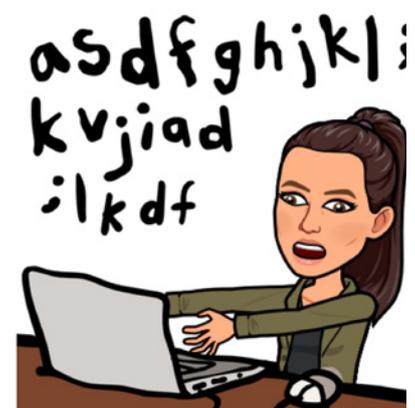
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