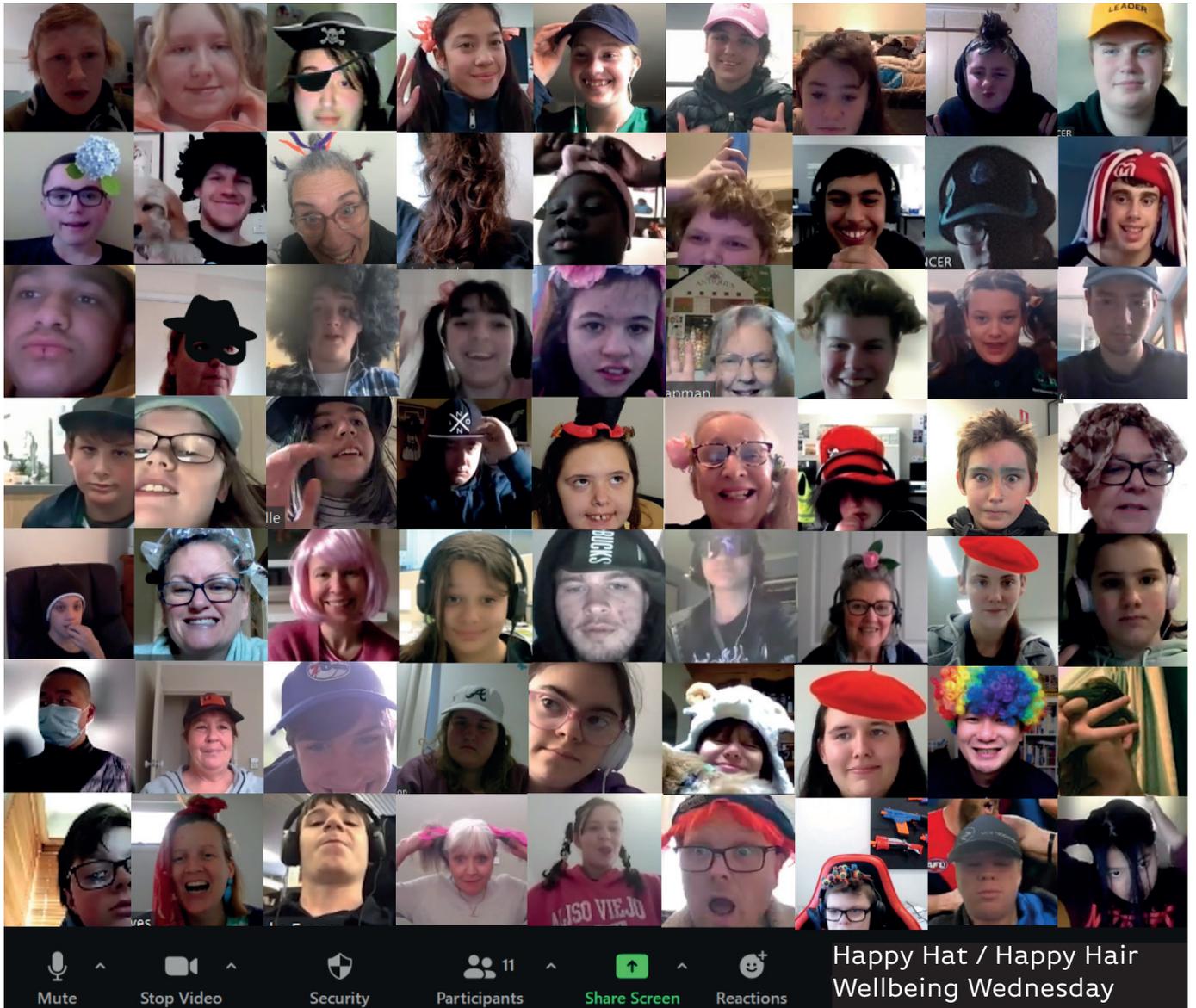


# Heatherwood News

August 2021

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## IMPORTANT DATES

- 6-10 SEP (MON-FRI) \*OUTDOOR-ED CAMP-BOGONG CANCELLED
- 13-15 SEP (MON-WED) \*SENIOR CAMP-PORTSEA TBC
- 17 SEP (FRI) LAST DAY OF TERM 3  
\*Student dismissed at 1:45pm  
  
\*Students can therefore be expected home one hour earlier
- 4 OCT (MON) \*FIRST DAY OF TERM 4
- 27 OCT (WED) \*DEBUTANTE BALL

# Message from the Principal



Many would say Term Three is a term to forget BUT there have been many things that have occurred that we should celebrate and build upon. There is the increased resilience and adaptability of all members of the school community. There have been the fun activities including the crazy hair day and the extraordinary efforts being put in by everyone to be positive and look after each other.

I acknowledge it is a frustrating time with having to cancel or postpone camps and other special events including the Debutant Ball, but we need to continue looking forward and seeing what we are achieving rather than looking back at things we have lost.

The school will continue to have as its highest priority the wellbeing of its community and the focus on "every student every day".

With the support and involvement of Aspen Medical we are working to set up a vaccination clinic at the school week beginning Monday 13th September. While I am sure that there are many questions you will have, we will send further details as soon as possible. DO NOT cancel any appointments you may have until we are able to confirm appointment details.

Please take time each day to do something you enjoy.

Paul Hills – Principal

## Heatherwood School Council

With just under three weeks left of Term 3 we reflect on a term spent mostly in lock down. The whole school community from parents, to carers, teachers, assistants, leaders, and other staff, have all responded flexibly and with utmost consideration for the wellbeing and development of our students. I want to give a shout out to all our parents and carers who juggle work and in all its forms and many large and small things they do to support the young people in their care. And a super special acknowledgement to all our students for their strength and perseverance.

The Heatherwood School Council met on 21st July and will meet again on Sept 9th. The most talked about and considered topic is the upcoming rebuild of our school, which at the time of writing is still in planning stages. In these conversations we consider the impact on learning, teaching, participation, and access down the track. We also consider the interim impacts of having a construction site on the same site as an education facility. We especially consider how to ensure the safety of our students and staff during the build. One of the keys to ensuring safety is communication, so to this end, please look out for communication from Heatherwood about the build towards the end of term 4 and as the build commences in Term 1 2022.

The Heatherwood School Council has set up 4 new subcommittees, which are tasked with exploring improvements, tracking performance, and reporting on several topics. These topics include information and communication technology at Heatherwood, post school transitions, Heatherwood strategic plan and the building works. If you are interested or experienced in one of these areas, we would love your involvement. Commitment of time is not onerous, and so far, most subcommittee meetings are held via zoom, and outside of work hours where possible. Please contact Tammy or Kaye to enquire about participation.

I very much hope that students can return to school in Term 4 when it is deemed safe enough for Melbourne to exit restrictions. I know that many of our senior students will be looking forward to the Ball now slated for October, and other end of year activities. In the meantime, be kind to yourself and others.

Rosanna Cimino - President, Heatherwood School Council

# Our Amazing Students



I have had the pleasure of working with students each day using Zoom classes. Students attended on time at the beginning of each day, ready to meet their classmates and learn. Not only did the students meet together, but also brought along their pets, cats dogs all became part of the classroom too. We loved that and were able to get to know each other more, our pets, interests and physical surroundings. This deepens our relationship with students and will have long term positive effects. We checked in with our health and well being every day and looked at ways to support each other. Our class music composer would often share a short composition he has been working on.

Appreciation for small things by students became a mark of our daily routine. We completed a range of activities for Science Week ' Food by Design', watched informative videos from around the world, read about food we have never tried and wrote a report. We caught up with another class using Zoom and were able to learn with them. We went into Break Out Rooms and were helped in learning with other teachers and education support staff, one to one or in small groups. Each day students would log onto online learning for personal literacy and reading at their level, the same occurred for Athletics. These tools have provided valuable practice for students, especially during home learning. Each student's level is different and it means that the work is challenging, but not too hard or too easy. The school provides a Wrap Around Team for every classroom so students can receive more attention and support in literacy and numeracy. Specialist teachers have posted lessons and videos onto Google Classrooms for extra activities for students, Health and Physical Education, Art, Food Technology, Horticulture and more.

We know the importance of having some fun and the School Representative Council have organised activities each week for the whole school. These have been well received – Happy Hat Day, Happy Hair Day and so on.

In the background, we know you as parents and carers are there with us as we teach and connect with your children. Thankyou for all you do. It is a privilege to be able to enter your homes and we know that you are behind the scenes working hard with us as well. The students have become adept at using the media platforms, even to the extent of assisting staff when technology fails to respond or staff expertise is less than students' knowledge and skill. They have learnt the protocols of media, respectful of one speaker at a time, many know how to share a screen and use the digital whiteboard for sharing ideas. For many, the self discipline of working from home is a test to students' commitment and willingness to learn in a different way.

We are trying our best, all of us in the Heatherwood Community, to make the most of the extreme conditions we are now in. We know that we all long for a return to school and until that happens we will try our hardest to continue quality learning experiences for every student.

Finally, our Student Support Group (SSG) meetings have been carried out this week with families, once again using media channels. I hope that you have been able to meet with your child's class teacher to discuss your child and his/her progress this year. Our motto, Every Kid Every Day, means we try as hard as we can to connect with every student, whether it is by zoom, google classrooms, telephone. We invite you to contact us if you need any extra support.

Lesley Foster – Assistant Principal

# Building your children's Resilience: Ideas for families



Parents can build children's resilience by providing opportunities to develop skills, habits and attitudes that support this.

These include:

- Coping skills
- Positive thinking
- Self-confidence

Families can support children dealing with adversity.

Let children experience their emotions - acknowledge how they feel; help them put words to feelings.

Take time to listen attentively when children speak about what worries them. When children experience a difficult situation, ask them how they would like you to support them.

Help children develop strategies to deal with difficult situations and encourage them to come up with their own solutions.

Let them experience failure, it can help them put things in perspective.

Suggest helpful positive self-talk to reframe negative thoughts.

**Be a Role model**

Try to role model healthy thinking when faced with challenges.

Ask for help and support when you need it.

Model calm and rational problem solving with other adults- talk it out.

Your children are more likely to feel positive if they can see that difficult times are part of life, they will pass and things can improve, talking about things with them can help.

Use role plays and have discussions on how to handle difficult situations.

Have positive conversations with each other. Ask for positive things that happen.

**Have a go**

Encourage a have a go attitude, by listening and validating children's concerns while encouraging problem solving and help seeking behaviours.

Allow an age and intellectual appropriate level of risk taking and experimentation by children.

**Keep things on track**

Set up and stick to family routines. These can relate to eating, sleeping, technology down times, family activities and rituals. Routines help things flow more smoothly from one to the next.

Encourage healthy exercise and activities.

**Connect**

Do things together that you enjoy.

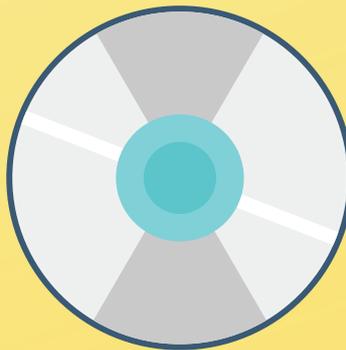
Help children connect to the people around them through history and stories from the past

Encourage children to connect to community and do things for others, giving is good for everyone.

# Old worlds, New worlds, Other worlds.

## 2021 BOOK WEEK

Week starting 11th October, Dress up day on 15th  
October!



Stay tuned for more details

# Heatherwood SRC

Term 3 has been a busy time for the SRC during the prolonged lockdown. Our representatives continue to serve the school community by attending regular zoom meetings and discussing events via google classroom.

Madi Coulson, Maddison & Katie Spencer have been in contact with Ryan Smith (local parliamentarian) to keep him informed of how things are going during lockdown and any upcoming events. Ryan greatly appreciates this feedback and has responded to these students.

Our big initiative this term has been celebrating Wellness Wednesday with “Happy Hat” and “Happy Hair” days being enjoyed by students and staff alike. A big thank you to everyone for participating in their own way which have made these days such a success. We still have a couple more events to celebrate before the end of term including Sports Colours Day”.



Heatherwood SRC

## Victorian Institute of Sport (VIS) Nutrient Session

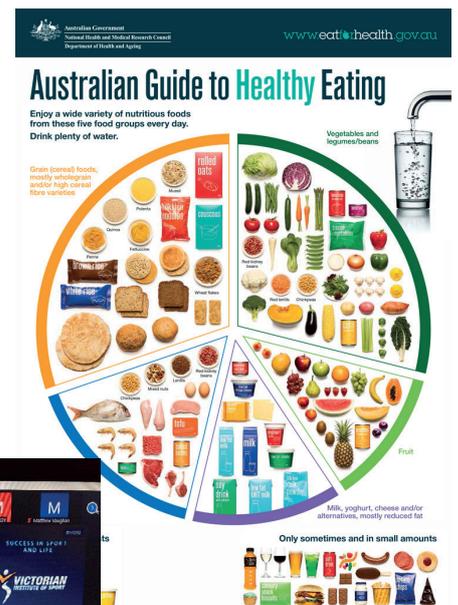
The Sport and Recreation class had the honour of hosting a zoom meeting with the coordinator of Nutrition at the VIS, Kylie Andrew.

Kylie is a dietician that works with elite sports teams such as the Richmond Tigers in the AFL and athletes that recently competed at the Tokyo Olympics.

We enjoyed learning what elite athletes eat, the best food for recovery, to improve energy levels through correct food choices and post workout food to boost performance. Students then had the opportunity to ask questions and discuss their personal diets and nutritional needs for their active lives.

Thanks Kylie and to the VIS for engaging Heatherwood students in a very informative session.

Joanne Larkin – S6 Class Teacher



# Zoom with Australian Olympian



## The Power of Gratitude



### Proven Benefits

- Experience more positive emotions
- Lowers stress
- Sleep better
- Express more compassion and kindness
- Boosts immune system
- Improves your relationships



## Life in the Village



During remote learning, the students of S6 and S3 were lucky enough to have a meet and greet on zoom with Australian Olympian, Georgia Griffiths.

Georgia competed in the 1500m event in Tokyo last month. She gave the students an informative and visual talk about what it is like being an Olympian.

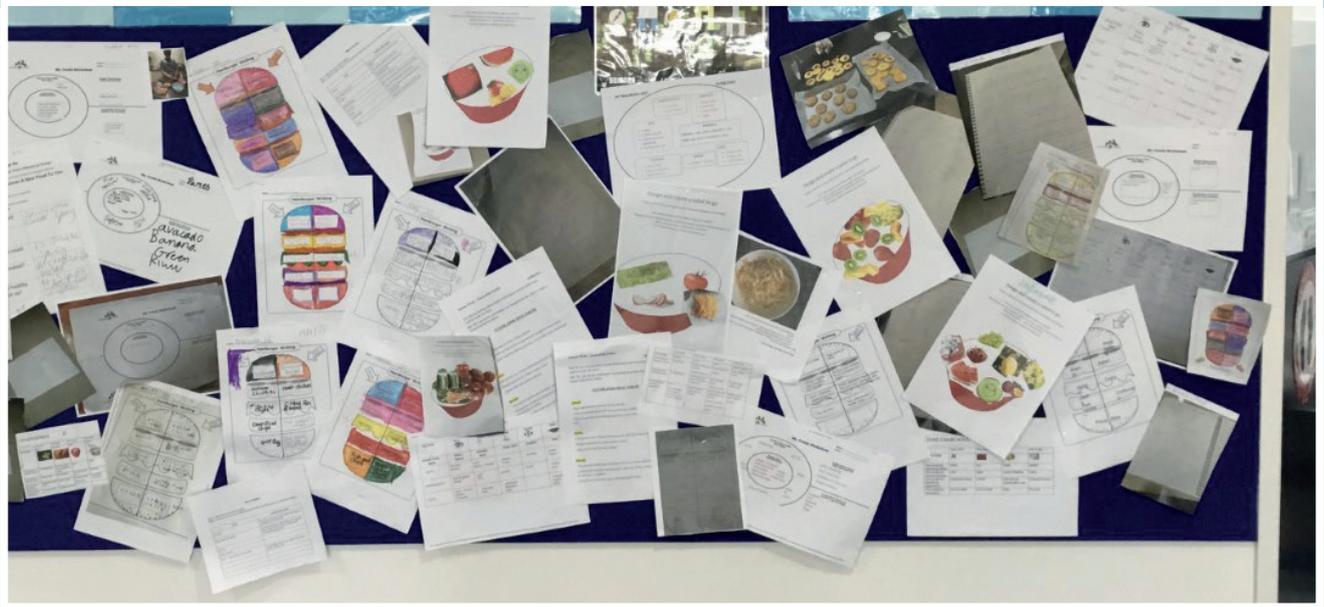
Heatherwood students learnt about her time at the Olympic village, her training schedule, her previous injuries, setbacks and how important it is to have a positive and focused mindset. Not only if you are an athlete but with everyday life as well.

The session was finished off with question time. Our students were able to ask Georgia a question and it was fantastic to hear their well thought out questions and how beautifully they spoke.

Congratulations also to Jo Larkin for organising the meet an Olympian on zoom. It was a terrific presentation and such a benefit to our students.

Emma Collins - S4 Class Teacher

# Science Week



This term during the 16th and 20th of August, Heatherwood celebrated National Science Week. Just like last year, this year's Science Week was an online/remote learning event. Once again the support of all our Heatherwood Community made this event successful. The theme this year was Food Different By Design.

The Year 7 topic was “**What’s that smell?**” They used their imagination to recall the smell of their favourite and not so favourite foods. They were required to name foods with a stinky smell, a sweet smell, a spicy smell and a floral smell. Added to this, they had to pick a herb, pick a spice, pick a fruit and pick a dairy and describe its unique smell, taste, appearance and how it is prepared to be eaten.

The Year 8 topic was “**What?! Healthy Junk Food.**” Their challenge was to list some of the fast foods, which are not always a healthy choice, but that are readily available. They were then required to list some healthy alternatives when it comes to quick and easy fast foods. For example baked vegetables instead of fried, or yougurt fruit pops instead of ice cream.

Year 9s were to “**Discover A New Food To You**”. They had to find a food source which was not part of their usual diet. But it had to be healthy. They had to provide an image of the food, a description of its smell, how it is cooked and served and why it is healthy for us. Some examples that year 9s were given included Witchetty grubs, worms, snails and honey ants.

Year 10s were required to “**Taste Like a Chef**”. They began by considering the foods they have tried and enjoyed and how they use their five senses to identify these foods. They were then required to create their own menu for a special event. Their menu needed to include an entrée, a main, a dessert and refreshments.

Year 11s and 12s commenced their “**Busy Bees**” topic as part of their VCAL project. They looked at the life and lifecycle of honey bees and how they contribute to the health and wellbeing of our ecosystem. They will complete this project later in the year by making some Bee Wax Wraps.

Overall, a very successful Science Week – thank you everyone for your support and contribution.

Patrizia Sendekyj, Suzanne King - STEAM