



Thursday February 13th 2020

601 Chisholm St. Ballarat
Telephone: 03 5332 4544
Email: black.hill.ps@edumail.vic.gov.au
www.blackhillps.vic.edu.au
Office Hours: Monday—Thursday 8.30-4.30pm
Friday: 8.30—4.00pm



Welcome Family Picnic Tonight

We invite our families to bring their own chairs, blankets and picnic at our annual family welcome night to be held tonight. This is a wonderful opportunity for our new parents to meet our current families, teachers and our school councillors. The evening kicks off with the Prep "Seven Steps to Success" information session which will outline how best to support your child's transition, reading bags, diaries, take home words and all the information you will need to make a smooth Prep year. This is to be held in Steph's room, 1/2B. We will also have a **welcome table for new families** to come to so we can introduce you to other families. Teachers wearing their badges will be there to help anyone. We have Il Piccolo gelato and the Steam coffee van on site. The coffee van will also be selling slushies, milkshakes and other drinks. Kelly Sports will also be offering some fun activities on the basketball courts. It will be a fun event and I hope to see you all there.

Please be aware this is a no alcohol event and smoking is not permitted on school grounds.

School Council Elections

I would sincerely like to thank all members of our school council for their work over 2019. We have 5 of vacancies for school Council for 2020. I would particularly like to thank those school councillors whose term is coming to an end for their commitment and support of the school.

Please note that nominations for the 5 School Council parent representatives is now open and **closes at 4.00pm next Monday 17 February 2020**. Nomination forms can be collected from the office. School Council terms of office are for two years. The five parent positions that are open for nomination are due to the end of their tenure. We welcome nominations from our school community. School Councillors attend eight School Council meetings per year, held on the second Wednesday of each month during term time. There is

training available for new School Councillors.

The timeline for school council elections can be found on page 6 of this Newsletter.

Google Apps and Office 365

At Black Hill Primary School we provide learning experiences in line with the Digital Technologies Domain of the Victorian Curriculum. The teachers and students utilise Google Apps including Google Classroom and Office 365 to deliver the curriculum within the teaching and learning program.

One of the necessary steps we need to take is to offer parents an "opt-out" option. This enables us to be in line with Department of Education Policy. Please be assured that we have taken the necessary steps in completing the Privacy Impact Assessments within our Department. The Google Classroom and Office 365 – **information sheets, are available on our website**

<http://www.blackhillps.vic.edu.au/byod.php> Students will have access to these platforms unless an opt-out form is signed by parents. Please advise us by contacting Mandy Rhook if you do **NOT** wish your child to use these platforms.

Easter Fair

Planning is well underway for our second biennial Easter Fair, which will be held from 5:00 – 9:00pm on Friday 20th March. The Easter Fair is our major fundraising event for 2020, and we are looking forward to a fantastic evening. There will be two stages, with a variety of different entertainment acts for your enjoyment. We will be offering a number of craft stalls, food vans, activities and of course our hugely successful Easter Egg Hunt in "The Burrow". Such an event takes a huge amount of planning and requires a large number of volunteers to run it successfully. If you are happy to offer your help before or on the night, please contact Madeleine Jones on madsljones@gmail.com, with your name and contact details, or alternatively, contact the school office.

Cont on page 4.....

Dates for the family diary...

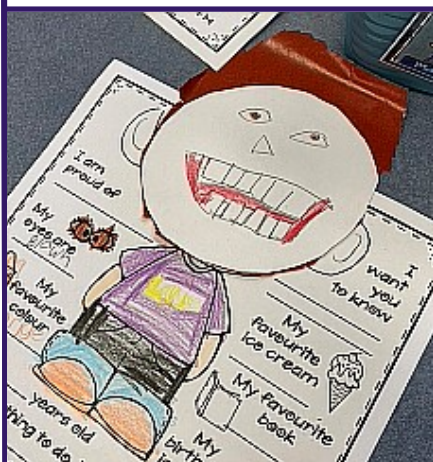
Thursday	13th February	Welcome Family Picnic 5:00-7:00pm
Monday	17th February	3-6 Swimming Mondays at Aquatic Centre until end of term
Wednesday	26th February	Year 1-6 Athletic Sports—Llanberris
Monday	2nd March	Preps start full time
Tuesday	3rd March	Emergency Drill—Evacuation to Oval.
Thursday	5th March	Curriculum Day—Student Free.

Green excursion notes to be returned:

- Years 1-6 Athletic Sports

Team News

Prep/1/2 Team



We have had a great start to our term. Many thanks to our parents for making sure our students are ready with book boxes, diaries, tissues, paper towel, art smocks, library bags and hats. We are exploring new learning spaces, friends and teachers and negotiating new classroom agreements. In Maths we have been looking at number patterns when we skip count by 2s, 5s and 10s. We are reassessing our most used words in Word Study - watch this space for more information.

Please remember to return book bags and diaries every day as we will be completing the tasks for each date together. We currently have a green excursion note out for our Athletics Sports Day (Year 1-2)- please return this as soon as possible.

A friendly reminder that starting on Monday the 17th of February Prep students will be falling into line with the rest of the school and only entering their classrooms when the bell goes at 8:45. Once they are in their classroom they will follow the classroom routine of sitting down with their blue home reading bag, re-reading the take home book from the night before. Thank you for your cooperation with this. This routine plus much more will be spoken about in depth at tonight's 'Seven Steps to Success' night starting at 5pm in Prep B. Look forward to seeing you there.



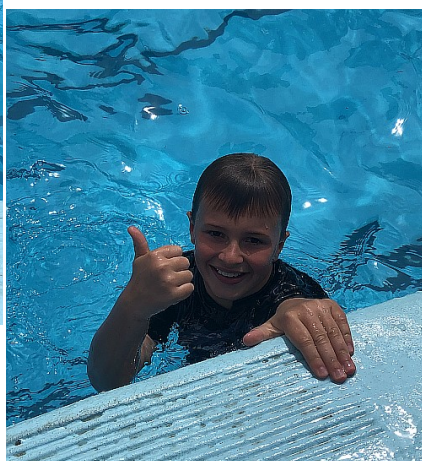
3/4 Team



The 3/4 Team would firstly like to congratulate the students on a great first week back at school. It has been very busy, and the students have taken it in their stride and have shown some amazing initiative and hard work through the first week.

We have been completing swimming lessons at the Black Hill pool this week and the students have thoroughly enjoyed their time learning about pool safety as well as their swimming skills. We will continue lessons at the Ballarat Aquatic Centre weekly from the 17th February up until the end of term.

A reminder that students need to return the Digital Technologies agreement form and the Grade 3 students are also required to return the BYOD form. Have a great week.



Team News

5/6 Team



Week two has been busy in Year 5/6. We have begun establishing classroom routines and agreements in preparation for a successful year ahead. There have been opportunities to collaborate and get to know our peers and teachers, participating in some team-based activities as well as creating some masterpieces for our classrooms. The school diaries are being utilised every day, with an emphasis on taking the time to be mindful and build independence and resilience. We would encourage everyone to ask the question 'What went well today?' to continue to develop our positive mindsets.



Our swimming program will begin again next week. All students need to bring their swimming gear on Monday. The green Athletics Day notices went home yesterday, we would appreciate those being returned as soon as possible.

Thank you for your support in creating a smooth and successful start to our 2020 year.



Sports Captains



Codie:

Hi I'm Codie and I am the Taylor Sports Captain for 2020. I currently play outdoor soccer for Daylesford and Ballarat and I play Futsal for the Panthers at Ballarat East. If you are ever looking for me you will likely find me with a Soccer ball under my foot up on the oval. I am looking forward to sports day in a few weeks and being able to lead my house in sport throughout the year.

Grace:

Hi I'm Grace and I am the Geil Sports Captain for 2020. I currently play cricket for Ballarat East and Netball for Dela. I love all sport and am looking forward to Sports Day in a few weeks time. I am excited to lead Geil House.



Luka:

Hi I am Luka and I am the Hunter Sports Captain for 2020. I currently play Basketball for the Saints and have been a member of the Ballarat Rep team for the last year and half. This involves quite a few early morning training sessions and plenty of commitment. This year I am looking forward to sports day and being able to run sporting clinics throughout the year.

Cooper:

Hi I am Cooper and I am the Johnson Sports Captain for 2020. I currently spend 4 nights a week honing my Karate skills and am already a black belt. This year I am looking forward to sports day and being a positive role model for my house.



ASSEMBLY

Assembly is held at 2:40pm each Friday. This week, student leadership badges for Capitani Italiani, Canteen Monitors, Library Monitors, Visual Arts Monitors and Performing Arts Monitors will be awarded. All welcome.

Cont from Page 1.....

Athletic Sports

On Wednesday 26th February our Year 1-6 Students will participate in the annual Athletic Sports at Llanberris Reserve. This is a fun day for all concerned and always a colourful spectacle with children dressed in their team colours. We welcome parents and family members to watch the sports on the day. If you would like to volunteer to help on the day, please see Chloe.

School Colour Explosion

On the last day of Term 1, our students will take part in the School Colour Explosion! This event will be held at Russell Square.

The School Colour Explosion is a traditional run with a fun and colourful twist! It's all about participation, raising money for our school which ends with students being drenched in coloured powder by the time they reach the finish line! The colour powder used is non toxic, biodegradable, environmentally friendly and skin safe. Look out for more information in the coming weeks about this exciting event.

Three Way Conferences

Students, teachers and parents will take part in Three Way Conferences on Monday 23rd and Tuesday 24th March. Students will be dismissed at 1:30pm on Tuesday 24th March, to accommodate the Conferences.

Camp Australia will run from 1:30pm on this day for those who require it. Please contact them to book your child/ren in.

Three Way Conferences are part of Black Hill's reporting cycle and are held at the end of Term 1 and Term 3. They are designed to complement the formal semester reports at the end of Term 2 and 4. Your child will be able to discuss their learning goals and achievements with you during these conferences. Booking will be via the Compass Parent portal, and you will be advised when bookings are open.

Donna Bishop,
Principal



PLATINUM SUPPORTERS

IN & OUT

Custom Blind Solutions

(03) 5335 7073
Shop 3 Number 2
Albert Street
Sebastopol VIC 3356

www.inoutblinds.com.au
Find us on Facebook

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richardburrows
PLUMBING & GAS FITTING

0418 508 487

PO Box 280 BK
Black Hill VIC 3350

E richardburrowsplumbing@live.com

Vicky Vermeend

Sales Consultant

M 0439 965 311

E vickyvermeend@jellisraig.com.au



Jellis Craig Ballarat
1211 Sturt Street
5329 2500

jellisraig.com.au

**Jellis
Craig**

Message from Fiona

Hi all,

I hope you have had a wonderful break and are back in the swing of the school year and enjoying what is 2020 so far. I just wanted to let you know what I am up to.

Very late last year I was approached with a job opportunity teaching at Beaufort Secondary College. As a result I accepted a 12 month placement at Beaufort Secondary College teaching Year 7 English & Humanities, Year 11 and 12 VCAL English and Personal Development and VCAL Coordinator. I am really excited about this change but equally sad about leaving Black Hill for now. I am enjoying the new challenges and change as I have been at Black Hill and in the Primary system for 15 years.

I know our paths will cross in some way or another and I wish all of the Black Hill Community a safe, productive and healthy 2020.

Regards,

Fiona Plews.



A message from our Sports Captains:

On Sports Day there will be a House Relay. The House Captains will be holding trials to find the fastest runners from each house to represent them in the race. If you would like trial to be in the House Relay you need to add your name to your house sign-up sheet in the gym foyer. The House Captains will then hold time trials to select who will be in the team.

Looking for second hand school uniforms?

St. Johns Op Shop, 607 Lydiard St. Nth, Ballarat has a range of second hand Black Hill school uniforms.

They are open from 10am—2pm Wednesdays to Fridays..



Entertainment books are back!

Get your new Entertainment Membership today to support Black Hill Primary School and receive these early bird bonus offers.

<https://www.entertainment.com.au/orderbooks/113q005>

Up to 4 months EXTRA MEMBERSHIP + SPEND & SAVE + \$20 BONUS WISH eGift Card when you purchase our NEW Multi City or Multi Plus Membership. Hurry offers end 29th February!

Entertainment Memberships can start anytime and are packed with thousands of substantial savings on dining, travel and fun family activities. The digital membership is easy to download to start using instantly. New offers are added weekly for ongoing value all year round.



The early bird catches more savings!

School council election process and timetable 2020

I would sincerely like to thank all members of our school council for their work over 2019. **We have 5 parent representative and 2 Department employee vacancies** on school Council for 2020. I would like to thank those school councillors whose term is coming to an end and to encourage them to nominate for the position again. We hope that many of you will consider nominating for school council. You can self-nominate or be nominated by another.

All nominees will be requested to supply a snapshot of **no more than 150 words** describing themselves and what they can offer as representative of the school parent community.

A statement from a candidate may include information about his/her:

- work experience including voluntary work;
- academic and professional qualifications if applicable
- skills and abilities including those that may be useful for the council (previous and current involvement with the school, and school council including sub- committees of school council;
- reasons for standing for election; and
- interests and hobbies.

Name of the School: Black Hill Primary School

Event	Date
a) Notice of election and call for nominations	Monday 10 February 2020
b) Closing date for nominations	Monday 17 February 2020
c) Date by which the list of candidates and nominators will be posted	Wednesday 19 February 2020
d) Date by which ballot papers will be prepared and distributed	On or before Monday 24 February 2020
e) Close of ballot	Monday 2 March 2020
f) Vote count (Insert a date after the close of ballot)	Wednesday 4 th March.2020
g) Declaration of poll (Insert the vote count date or a date after the count)	Wednesday 4 th March 2020
h) Special council meeting to co-opt Community members (the principal will preside)	Wednesday 11 th March 2020
i) First council meeting to elect office bearers (the principal will preside)	Wednesday 11 th March 2020

Kelly Sports is back in Term 1!

Black Hill PS

Multi-Sport Program

(Soccer, B-Ball, Tennis & T-Ball)

Thursdays (Starting 6th Feb)

3:35pm-4:35pm

Preps to Grade 4s

8 week program (\$105.60)

www.kellysports.com.au to enrol

Call Dom 0417 967 621 for queries

DAILY REFLECTIONS

Introduction to Daily Reflections

The Resilience Project Daily Reflections are embedded in your school diaries. They are short, simple activities that provide an opportunity to practise “GEM” for 5 minutes each day.



What is GEM?

GEM stands for **GRATITUDE**, **EMPATHY** and **MINDFULNESS**. These are evidence-based strategies that are shown to build resilience and positive mental health. With regular practise, GEM increases learning capacity, emotional literacy, physical health and happiness.

GRATITUDE is paying attention to what you have – as opposed to focusing on a lack of something. It's about being thankful for the little things in life and acknowledging what went well for you. ¹

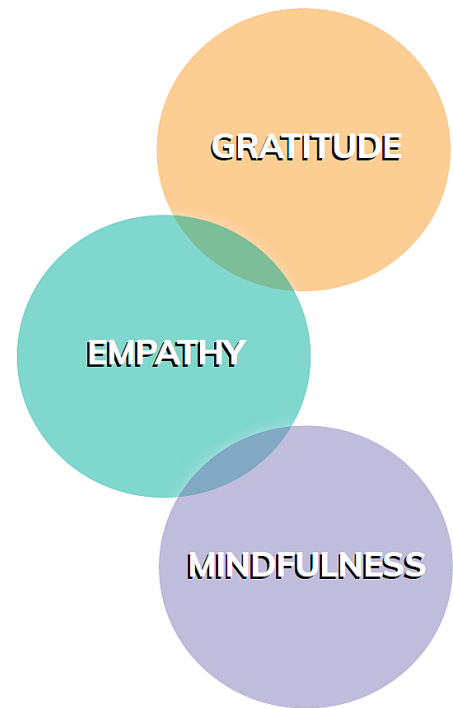
EMPATHY is the ability to understand another person's thoughts and feelings from their perspective. Closely linked with kindness, empathy is about actively looking for opportunities to be there for other people. ²

MINDFULNESS is about being in the present moment. It builds a sense of clarity and calm, and can be practised through breathing exercises, meditation and paying attention to feelings and senses. ³

¹ [Psychology Today, Gratitude](#)

² [Psychology Today, Empathy](#)

³ [UC Berkeley, Greater Good Science, Mindfulness](#)



Watch this video from Martin

To help guide you and your students through the reflections we encourage you to show this clip from The Resilience Project Presenter Martin Heppell.

Select the picture to be redirected or [click here](#)

We suggest you:

- Identify 5-minute-intervals in the timetable for students to complete the Daily Reflections. For example: roll call, pastoral care or homeroom periods.
- Ideally, practise the same time every day to build routine and behaviour change.

About The Resilience Project

The Resilience Project provides evidence-based positive mental health programs to build resilience and happiness.

Through public talks, school curriculum, app and community programs, we've reached hundreds of thousands of people Australia wide including: 700 schools, NRL and AFL clubs, and a research partnership with Melbourne University. Find out more at theresilienceproject.com.au

THE RESILIENCE PROJECT | theresilienceproject.com.au | enquiries@theresilienceproject.com.au | (03) 9113 9302

Links from article above:

Gratitude: <https://www.psychologytoday.com/au/basics/gratitude> Empathy: <https://www.psychologytoday.com/au/basics/empathy>

Mindfulness: <https://greatergood.berkeley.edu/topic/mindfulness/definition>

Video: https://www.youtube.com/watch?v=iOBQll_tIGY&lc=z23awzbi5xzfsthfeacd433y3mtayg15rxwuweuhcxw03c010c



Black Hill
Primary School

SNACK SHACK



Black Hill
Primary School

SPECIALS

TUESDAY

- Four 'n' Twenty Lite Sausage Roll plus Milk \$5.00
- Four 'n' Twenty Lite sausage Roll (Tomato or BBQ Sauce) 20c \$3.00

WEDNESDAY

- Chicken Sushi Roll *\$3.50
- Vegetable sushi Roll **\$3.50

THURSDAY

- Hot Dogs \$3.00
- With cheese (L) \$3.50
- (Tomato or BBQ Sauce) 20c

FRIDAY

- Four 'n' Twenty Lite Pies \$3.00
- (Tomato or BBQ Sauce) 20c

HOT FOOD

- Vegie Burger (L) **\$4.00
- Cheese Burger (L) \$3.50
- Warm Chicken Wrap (L) \$4.00
- Pizza Hawaiian \$2.00
- Pizza Cheese & Bacon \$2.00

OTHER

- Fried Rice (HM) *\$3.50
- Lasagne \$3.50
- Mac 'n' Cheese (HM) **\$3.50
- Spaghetti Bolognaise (HM) \$3.50
- Baked Spud Skins Cheese(L) **\$3.00
- Ham & Cheese(L) *\$3.50
- Slaw& Cheese **\$3.50
- LOT(L) *\$4.00
- Chicken noodles in a cup \$2.00
- Vegetable Spring Rolls *\$2.00

SANDWICHES

- Vegemite/Cheese **\$2.00
- Egg 'n' Lettuce **\$3.00
- Ham & Cheese (L) \$2.40
- Cheese & Tomato (L) **\$2.40
- Ham, Cheese & Tomato (L) \$2.80
- Salad (L) **\$3.50
- Ham & Salad (L) \$4.00
- Chicken & Salad (L) \$4.00
- Egg add 20c
- Wrap add 20c
- Toasted add 20c
- Salad Tubs **\$3.50
- *lettuce, tom, carrot, cucumber & cheese (L)
- Ham or Chicken *\$4.00

LEGEND:

Gluten Free *

Vegetarian **

Light dairy (L)

Homemade (HM)

Light milk, cheese, butter and ham are used when preparing items.

For further information refer to policy on website.



Every Day



Sometimes

DRINKS

- Orange Juice 350ml \$2.50
- Apple & Blackcurrant Juice 350ml \$2.50
- Chocolate, Strawberry & vanilla(300ml) \$2.50
- Chocolate, Strawberry, Vanilla Up 'n' Go \$2.00
- Large Water \$2.00

FROZEN YOGHURT

- Strawberry \$2.00*
- Mango \$2.00*

MORNING TEA

- Raisin Toast ** 80c
- Slinky Apple ** 80c
- Carrot, Celery, Hummus tub **\$2.00
- Carrot, Celery, Cheese tub **\$2.00
- Yoghurt pouches(L) **\$2.00
- Strawberry, Banana

TERM 1 & 4

- Fruit / Vegetable Kebab **\$1.00

TERM 2 & 3

- Warm Milo (L) *\$1.00

OVER THE COUNTER ITEMS

All over the counter items are either 99% fat free and/or gluten free

- Tiny Teddies .70c
- Zooper Dooper *.50c
- Red Rock Deli Chips *\$1 00
- Flavoured popcorn *\$1.00
- Cheese Cornitos *.80c
- B,B,Q Cornitos * 80c
- Slushies **\$1.50

Lunch orders are available Tuesday, Wednesday, Thursday & Friday.

Order via Qkr! OR Print your child's name, grade and order clearly on a paper bag.



WE ARE LOOKING FOR

EASTER FAIR PERFORMERS

SINGING, DANCING, POETRY,
MAGIC.....

IF YOU HAVE A TALENT, WE WANT
TO SEE IT!!

SUBMIT A VIDEO OF YOU OR A GROUP
PERFORMING YOUR TALENT TO VANESSA BY:

**FRIDAY, FEBRUARY 28th,
2020**

CALL BACKS AND SELECTIONS
WILL BE MADE IN THE FIRST
WEEK OF MARCH

ALL PERFORMANCES ARE AFTER
SCHOOL BETWEEN 5:30 and 8PM



Do you have a child aged from birth to five?

Contact for more information

Family and Children's Services
ballarat.vic.gov.au
5320 5720

The City of Ballarat respectfully acknowledges the Wadawurrung and Dja Dja Wurrung people - traditional custodians of the land on which we live and work.



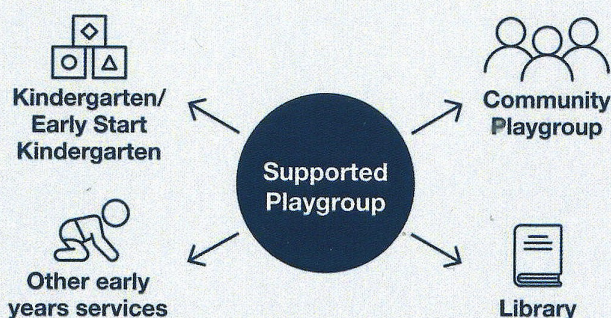
Smalltalk is a free supported playgroup—it may be for you!*

City of Ballarat Supported Playgroups are run by a professional facilitator who implements a fun and engaging weekly two-hour playgroup session during school term.

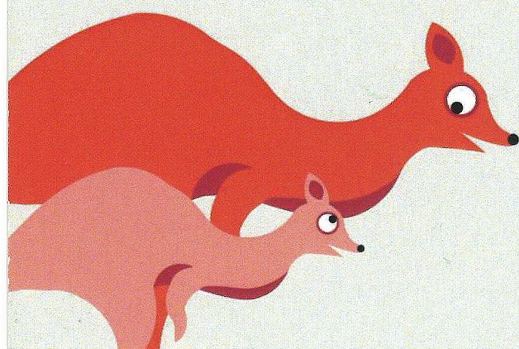
You can learn about play and children's development and meet other families.

In-home support is also available for eligible families.

*Subject to eligibility



Are you looking to join your local community playgroup?



Ballarat is home to a range of wonderful groups that run weekly activities and get-togethers. Or, you can always start a playgroup of your own!

A community playgroup is parent-led. Parents and carers who attend the playgroup manage and organise it.

Contact your local Playgroup Development Consultants for assistance: southwest@playgroup.org.au



Join our Group! Search Wonderful World of Playgroup on Facebook

f /playgroupvic
@playgroupvicofficial

Visit our website to find a playgroup near you.

1800 171 882
www.playgroup.org.au



MOUNT CLEAR COLLEGE

OPEN EVENING: Thursday 13 February, 2020

Tours commence from 6.00pm until 7.15pm (no need to book)

Come along to experience the exceptional and unique opportunities offered for Years 7–12. Our Open Evening will showcase our specialty areas and provide an insight into the quality education students are provided at our College.

During your College tour, you will have the opportunity to visit our state-of-the-art Technology Wing, see first-hand our recently refurbished Theatre and experience the incredible facilities enjoyed by all students at Mount Clear College.



SPECIALIST SCIENCE PROGRAM



OUTSTANDING INTERNATIONAL PROGRAM



EXCEPTIONAL PERFORMING ARTS & MUSIC



EXTENSIVE SPORTING OPPORTUNITIES



MOUNT CLEAR COLLEGE
59 Olympic Ave
Mount Clear VIC 3350

Phone: (03) 5330 1500

Website:

www.mountclearcollege.vic.edu.au



Emotionally Intelligent Parenting: Learn how to better understand and interact with your child.

Backed by evidence-based research, this program focuses on developing key skills to recognise and respond to your child's emotions, manage conflict and help your child develop emotional intelligence.

Do you:

- have difficulty managing your child's behaviour?
- want to strengthen your parenting skills?
- want to learn ways to better connect with your child?
- feel concerned about the level of conflict in your home?

This course teaches parents:

- to be aware and to regulate your own emotions
- to be aware of your child's emotions
- to use your child's emotional experiences as opportunities for closeness and teaching
- skills to help your child verbally name their emotions
- skills to help your child to problem solve
- to guide your child's behaviour with appropriate limits.

When

12:30-2:30pm on Thursdays
in 2020. Six sessions per course.

- February 13, 20, 27;
March 5, 12, 19.

Where

Buninyong MCH Centre
208 Learmonth St, Buninyong

Cost

Free of charge.

Bookings

Bookings are essential as places are limited.
To register your place or for more information email
earlymatters@rav.org.au or call (03) 5337 9222.

Tuning in to Kids is provided by Relationships Australia Victoria's *early matters* program, which is funded by the Australian Government Department of Social Services.

Visit www.rav.org.au/earlymatters to learn more.

Relationships Australia[®]
VICTORIA

CONDITIONS OF ENTRY AVAILABLE BLUELIGHT.ORG.AU CONDITIONS OF ENTRY

**FRIDAY
FEB 21ST**

Blue Light

PROUDLY RUN BY LOCAL
POLICE AND VOLUNTEERS

**Ballarat Blue Light
BEACH PARTY**

7-9PM | PRIMARY AGE | \$7 ENTRY

SEBASTOPOL RSL HALL
CNR BEVERIN & BIRDWOOD AVE, SEBASTOPOL
CONTACT DES HUDSON 0409 865 093

 BALLARAT BLUE LIGHT DISCO
PLEASE ASK YOUR PARENTS TO LIKE THE PAGE IF YOU ARE UNDER 13

 BALLARATBLUELIGHTDISCO

DOES YOUR CHILD LOVE TO DANCE?
COME ALONG & TRY!

STUDIO ARC DANCE SCHOOL BALLARAT

ACRO - DANCE - JAZZ - SINGING - CALISTHENICS

CALL JANE - 0431 327 583