



LION MILL MERCURY OFFICIAL NEWSLETTER OF MOUNT HELENA PRIMARY SCHOOL

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TERM 3

28 July 2022

The purpose of Mount Helena Primary School is to develop the intellectual, physical, emotional and creative growth of each student.

From the Principal



It has been a fantastic start to the term with lots of beaming faces around the school! We are set for a busy term with whole school assemblies resuming, dance performances, incursions, Year 6 Leadership camp, athletics carnival and pre-kindy cafes beginning, just to name a few! Unfortunately, we have had some staff illness over the last few weeks. We have endeavoured to maintain continuity in learning by restructuring our programs to have minimal changes in each classroom. We ask that families continue to monitor their children and keep them home if symptomatic. Please notify the school if your child tests positive to COVID-19, so we can continue to closely track the classes. We look forward to a wonderful term.



Pyjama Day

What a wonderful snuggly day everyone had on Wednesday 27 July whilst being dressed in their comfortable pyjamas! Thank you to those who chose to participate in this fundraiser event. All money raised will go to the P&C fund to assist supporting our Year 6 Leadership camp. A total of \$200 was raised!



Litter Legends

Mrs Slater has implemented 'Litter Legends' this term. This program runs on a voluntary basis and encourages our students to keep our school grounds clear of rubbish. The students have access to 'grabbers', gloves and bin bags to pick up stray rubbish around our school. What a great way to promote citizenship and encourage sustainable habits. Thank you, Mrs Slater and our wonderful 'Litter Legends'!



HECSA Interschool Cross Country - postponed

Unfortunately, due to unfavourable weather conditions forecasted for this Friday (29 July), we have made the difficult decision to postpone this event until Friday 5 August. We wish our competitors all the best for this event and look forward to seeing them represent our school with pride and outstanding sportsmanship.

Author/Illustrator visit from Kylie Howarth

This year, Mrs Noble was successful in obtaining a position for her class to be shadow judges as part of the CBCA Picture Book category for 2022. This is part of the CBCA Sun Shadow Project which involves the students expressing their opinion and sharing their responses as judges 'shadowing' the CBCA judges. They will use the same criteria to reflect on literary values and to champion their choices. Within their groups they will collaborate and develop their own creative response to a chosen book and share this with the community. As part of this project, Mrs Noble secured a voucher to the value of \$120 to purchase the 6 shortlisted picture books for our school and a \$600 voucher to invite an author/illustrator for school visit



Enrolments for 2023 for Kindergarten to Year 6

If your child is turning four years old before 30 June 2023, please complete your application for Kindy 2023 now. Students who are currently enrolled in kindergarten will also need to complete an Application form ready for Pre Primary 2022, as this marks their first year in compulsory education. All other students are automatically enrolled for 2023.



From Mrs Noble: On the Tuesday 26 July the Year 3/4s had a workshop with Kylie Howarth. She entertained the students for 2 hours with information about how she became an author/illustrator. Kylie likes to scuba dive in exotic places, and she gets a lot of her inspiration from travelling and through nature. The students had lots of opportunities to engage in the drawing process and she even read them her new book which is due to be released at the end of September. They even had a chance to come up with new illustrations for the sequel to the new book! It was an amazing experience, and we all had a great time.

Book Week is back!

This term we are celebrating Book Week. Students are invited to dress up as

character from their favourite book for our annual parade. The theme for this year is 'Dreaming with eyes open'. This is a wonderful opportunity for our school to come together, celebrate books and highlight the importance and joy of reading. Details of the parade are as follows:

Date: **Wednesday, 17 August** (week 5)

Location: **Undercover area**

Dance Performance

Our dance performance is just around the corner and Mrs Gow and the students have been eagerly rehearsing! Families are invited to attend the Dance Performance to be held at the Music Auditorium at Eastern Hills Senior Highschool on **Wednesday 10 August at 9am**. Students are encouraged to wear their dance clothing to school, with their uniform to change into later, should this be required. For more information, please reach out to your child's teacher.

Mrs Megan Howe Deputy Principal

The Red Cross Pillowcase Project – Room 9 Year 3/4 Recounts with Ms Watson

A few examples of recounts from Ms Watson's class.



The Red Cross Pillowcase Project

Are you prepared for an emergency? Today I will tell you all about emergencies so you will be calm and ready to evacuate or get to safe ground.

On the 20th of June 2022, Emma and Lauren from "The Red Cross" and Rod from "Emergency Services", visited Mt Helena P.S., to teach years 3 and 4 about how to act and what to do during an emergency.



You might wonder, what is an emergency? Some examples include bushfires, floods, cyclones, hurricanes or earthquakes. All of these are natural disasters, but disasters are not always natural. We concentrated on how we could prepare to evacuate our homes, if a natural disaster occurred in our area.

We watched an important and informational video, which explained how "The Red Cross Pillowcase Project" started after Hurricane Katrina in 2005. Three of the most valuable things you would need in an emergency kit would be water, food and some sort of medicine or a medical kit. You can carry all of this in a pillowcase like university students did in 2005, when Hurricane Katrina hit the east coast of America.



After we watched the video, Emma instructed us to close our eyes and deep breathe in and out. This technique is used to calm yourself down and relax. You might see your parents, teachers or even friends using this technique.

Finally, we each received a special labelled pillowcase. We had to draw what we would take and need, if we had to evacuate our homes in a hurry!

Thank you so much Red Cross ladies and Rod, for teaching us about emergencies and giving us the pillowcases. I learnt so much.

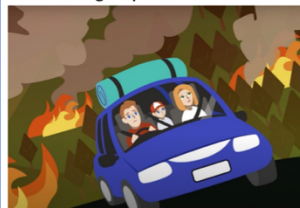
By Emma L. Year 4



The Red Cross Pillowcase Project

Have you ever been like me and had to evacuate your house?

On the 20th of June 2022, Emma and Lauren from "The Red Cross" and Rod from "Emergency Services", visited Mt Helena P.S., to teach years 3 and 4 about how to stay calm and prepare for an emergency.



An emergency is a dangerous event like a cyclone, flood or bushfire, that could kill you. That's why you should evacuate to somewhere safe.

We watched an essential video, which explained how to stay calm and what to take if you have to evacuate. Two of the most important things to pack in an emergency are a First Aid Kit and water.

The people who first used a pillowcase to carry their belongings in an emergency were university students during Hurricane Katrina in the U.S.A. in 2005. After this, "The Red Cross" people started to give pillowcases to children all around the world to use in emergencies. They call it "The Pillowcase Project".

After the video, we sorted cards that had pictures on them and we had to sort them into groups of what we "need" and what we "want". Items included pet food, torches, batteries and lots more.

After that, we did a breathing activity, where we thought of our favourite colour when we breathe in and least favourite colour when we breathe out.

Finally, we each received a special pillowcase and we got to draw on them with special markers. After school, we can go home with our pillowcases and fill them up with the items we drew on them, like a First Aid Kit, water, torch, phone, charger and lots of other things.



This activity is important because it teaches us how to prepare for an emergency and to stay calm. Thank you, Red Cross ladies and Rod, for teaching us important emergency plans.

By Carlee C. Year 4

