



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Thursday, August 21st, 2025
Newsletter No. 13

Our Vision:

QHPS students are empowered to be engaged learners. Our community fosters a culture of respect and belonging.

2025 TERM DATES

Term 1: 29th January - 4th April
Term 2: 22nd April - 4th July
Term 3: 21st July - 19th September
Term 4: 6th October - 19th December

Principal: Anne Rochford

School Council President: Andrew Ellis

PFA President: Michelle Kennedy

PFA Vice President: Rhayven Milliner

~OUR VALUES~

Kind

I understand that everyone is different.
I co-operate.
I respect myself, others, and the environment.
I am community minded.
I belong.

Curious

I am a learner.
I seek knowledge.
I ask questions.
I explore and wonder.
I Create.

Brave

I am honest.
I am independent.
I have high expectations.
I am resilient.
I am open to feedback.

IMPORTANT DATES

AUGUST		
Friday 22 nd	Before school 9:10am 9:40am 12:00pm 3:00pm	<u>NO ASSEMBLY</u> PFA Community Cuppa Book Week Parade Multi-Age Activities Grade 3/4 Art Workshop (Incursion) P-2 Parents/Carers Classroom Reading
Thursday 28 th	All day	Grade 3/4 Art Gallery Visit (Excursion)
Friday 29 th	12:00pm 2:30pm	3-6 Book Week Performance (Incursion) P-2 Book Week Performance (Incursion)
SEPTEMBER		
Tuesday 2 nd	2:30pm	Writers Workshop- selected students (Incursion)
Thursday 4 th	9:00am	Issue 6 Book Club Orders due
Friday 5 th	All day	Division Basketball- selected students (Excursion) Grade 3/4 Art Workshop (Incursion) Father's Day Stall
Monday 8 th -Wednesday 10 th	All day	Grade 6 Urban Camp
Friday 12 th	All day	Grade 3/4 Art Workshop (Incursion)
Monday 15 th	All day	Division Athletics- selected students (Excursion)
Friday 19 th	9:00am-2:30pm	Last day of Term 3- Early finish
OCTOBER		
Monday 6 th	All day	First day of Term 4
Tuesday 21 st	2:30pm	Writers Workshop- selected students (Incursion)
Wednesday 22 nd	All day	Grade 2 Kyabram Fauna Park (Excursion)
Wednesday 29 th	All day	Bendigo Cup Public Holiday

☀️ Supervision Reminder for Families

Hi everyone! Just a quick reminder that our school grounds are supervised from 8:45am before school and until 3:45pm after school. Outside of these times, supervision is only provided for students attending OSHClub or other organised activities.

If you're staying after school for a play and a catch-up with other parents (which we love to see!), please make sure your child is being actively supervised by you during that time.

We also kindly ask that families vacate the junior astro turf and playgrounds by 4:00pm, as these areas are part of OSHClub's licensed program and need to be available for their use.

Thanks so much for helping us keep our school a safe, respectful, and welcoming place for everyone! 😊

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
Email: quarry.hill.ps@education.vic.gov.au
Website: www.quarryhillps.vic.edu.au
Phone: 03 5443 3537



FATHERS DAY STALL DONATIONS

We are still accepting Father's Day stall donations in the office.

Gift ideas include: socks, small games or puzzles, plants, gardening supplies, chocolate, lollies, tea, mugs, books, sporting, and camping accessories.

SMILE SQUAD

A reminder that Smile Squad are visiting our school soon.

For your child to be able to access this free service, please visit <https://bit.ly/smilesquadvic> and provide your consent.

Paper copies of the consent form are also available at the office.



Issue 6 of Scholastic Book Club is due by **Thursday September 4th**.

No late orders will be accepted.

To order the books online and pay with your credit card via the LOOP facility visit

<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

The LOOP facility eliminates the need to put your credit card number on the order form and/or hand over cash. For paper copy book orders, please include your child's name and classroom number on the top of the form and return to office with correct payment by the due date.

Food Drive for Foodshare

QHPS Junior School Council are collecting non-perishable food donations to support Bendigo Foodshare's Winter Food Drive. **A collection point has been set up at our front office.**

Top 5 most needed items:

- Pasta
- Rice
- UHT Milk
- Canned Food
- Breakfast Cereal

Other shelf-stable pantry food items that can be donated:

- Grains
- Flour and sugar
- Coffee, tea and Milo
- Sauces and seasonings
- Jam, Peanut Butter and Vegemite
- Cooking Oil
- Ready-made meal bases



WRITERS FESTIVAL

We had a great time at the Writer's Festival.

We met Matt Stanton, Steven Herrick, Pip Harry, and Robbie Coburn.

They let us get all four autographs and we went to the Ulumbarra Theatre and the Capital theatre. We learnt about verse novels and what they are. We also learnt about poetry.

We had lunch at the Ulumbarra theatre, then we went to the oval. We played for 10 minutes then we went to the Capital Theatre, and they told us how they got their ideas for their books.

We wrote in our notebooks about their ideas then we snuck out early to the bus.

We had a great time at the Festival.

By Orson S and Aedan F



Wellbeing spotlight



At our school, our dog Lulu plays a key role in enriching the daily experiences of students and staff. But what do we mean by enrichment?

Enrichment refers to the environments and practices we create that foster curiosity, calm, connection, and wellbeing. Our dog supports this through:

🐶 Emotional Regulation – Lulu’s calming presence helps students manage emotions.

🧑 Social Development – She encourages respectful interaction, kindness, and communication.

🧠 Mindful Breaks – Spending time with her provides screen-free, grounding moments.

🐕 Learning Engagement – Lulu inspires creative lessons, from writing tasks to learning about animal care.

🐾 Lulu’s Enrichment Matters Too

Just like our students, Lulu needs enrichment to stay happy and healthy. This includes daily walks, quiet rest, positive relationships, and playful brain boosters. We teach students that Lulu is not a toy, but a living being who needs care, choice, and respect. In turn, they learn empathy, responsibility, and shared wellbeing.



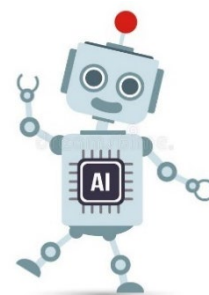


Navigating AI companions and deepfakes

AI is changing the way young people connect - and not always for the better. From deepfake technology like photos, videos or sound files that can damage reputations to AI chatbots that are powered by artificial intelligence and mimic real relationships, it's more important than ever for parents and carers to stay informed and empowered.

Here's how you can help your child stay safe and resilient:

1. **Talk early, talk often** – Keep conversations open, calm and judgment-free so your child feels safe coming to you.
2. **Explain the risks** – Help your child understand the risks (whether emotional, legal, or psychological). Chat about the difference between real and artificial relationships.
3. **Set boundaries** – Use parental controls, app usage limits and guide your child with healthy online habits.
4. **Encourage real-life connections** – Hobbies, exercise, friendships, and mindfulness matter.
5. **Know where to get help** – If something goes wrong, stay calm, help collect evidence (without saving explicit content) and reach out for support. See [The eSafety Guide](#) for more information. Reach out to services like [Kids Helpline](#), [Headspace](#), or [Lifeline](#) for extra support if needed.
6. **Register for an [eSafety webinar](#)** - for more practical tools to support your child's relationships in the digital world



New eSafety resources for First Nations families

First Nations children and young people are using the internet in powerful, positive, and creative ways. However, research shows they're also more likely to encounter online harms, like hate speech and cyberbullying. These negative online experiences can have deep impacts that lead to impaired mental health, perceived reputational damage and lower grades at school.

New resources from eSafety are designed to support parents and carers yarn with their kids and young people about online safety, tackling things like cyberbullying, protecting personal information, safe gaming, digital wellbeing. Check out the guides and fact sheets, yarning cards, and videos available for free at

<https://www.esafety.gov.au/first-nations>

SAFER TOGETHER!

Guides for First Nations kids, their families, carers and support networks to help keep kids safe online

[eSafety.gov.au/first-nations](https://www.esafety.gov.au/first-nations)

Free Webinars:

Understanding AI Companions: What parents and carers need to know

In this 45-minute webinar, we'll explore the basics of AI companions, their role in online interactions, and concerning behaviours to look out for. You'll walk away with practical tools to support your child's relationships in a digital world.

Thursday 28 August, 12:30pm to 1:15pm (AEST)

Thursday 11 September, 1:00pm to 1:45pm (AEST)

AI assisted image-based abuse: Navigating the deepfake threat

AI, emojis, and hidden tactics - cyberbullying is changing, and often in ways that is hidden to parents. This session is ideal for parents and carers of children in both primary and secondary school and includes practical steps you can take to increase awareness and support your child.

For more information or to register for free webinars visit

<https://www.esafety.gov.au/parents>



SCHOOL CAN'T

WHEN:
SATURDAY 13TH
SEPTEMBER 2025

TIME:
11AM-12PM
Followed by a
Light Lunch

WHERE:
LAKESIDE
HOTEL
286 Napier Street
Bendigo

**IS YOUR CHILD OR YOUNG
PERSON STRUGGLING WITH
SCHOOL ATTENDANCE?**

Come along to this event and hear Tiffany Westphal, Director, School Can't Australia, talk about the experience of school can't.

Learn about tools, support, and resources to help you feel empowered and confident to advocate for your child.

REGISTER YOUR ATTENDANCE



www.trybooking.com/DEJNP



BEHIND THE STRUGGLE: COULD IT BE DYSLLEXIA OR DYSCALCULIA?

Join our workshop to find out when to seek help

A free one hour online session for parents, carers and educators to understand, identify and act on identifying and supporting learning struggles.

Recognise common signs in children, teens and adults.

Difference between learning difficulties and learning disorders.

Different types of learning disorders.

Common misconceptions and strengths about specific learning disorders.

Strategies to support learning in school, work and at home.

**Thursday,
4th September
4:30pm**

Online

**Register now -
Limited Spaces**

Presented by:
Sanara Manamperi
Registered Psychologist
Master of Educational
Psychology, University
of Melbourne

**FREE WORKSHOP
1 HOUR WORKSHOP**

Register via our contact form on our website
www.advancedpsychology.net

Advanced Psychology
Suite 1.04 71 Queens Rd
Melbourne 3004

www.advancedpsychology.net
admin@advancedpsychology.net
03 7002 8006

AUGUST 27TH, 28TH, 29TH & 30TH

4 DAYS ONLY

20% OFF

SCHOOLWEAR

PLUS EVERYTHING INSTORE!*



**ZERO MEMBERS GET
AN EXTRA 5% OFF!**



ZERO CARD BENEFITS

**NO
INTEREST
EVER**

**5%
INSTANT
SAVINGS**

**SHOP NOW
PAY LATER**

**DON'T HAVE A ZERO
CARD?**

Apply instore or online today and
start enjoying the benefits!



APPLY NOW

SUMMER JUNIOR NETBALL

0428 471 077
admin@bendigomajorleague.com.au

AGE GROUPS

11 AND UNDER
13 AND UNDER
15 AND UNDER
17 AND UNDER

THURSDAY
NIGHT
COMPETITION
LEAGUE

WHERE: 1-3 WATERSON CRT GOLDEN SQUARE

WHEN: 6/10/2025 TILL 2/4/2026

COST: \$105 PER TEAM PER GAME

INSURANCE: \$70 PER TEAM

REGISTRATIONS CLOSE: 26/9/2025



SUMMER JUNIOR FUTSAL

0428 471 077
admin@bendigomajorleague.com.au

AGE GROUPS

7 AND UNDER
9 AND UNDER
11 AND UNDER
13 AND UNDER
15 AND UNDER
17 AND UNDER

MONDAY
COMPETITION
LEAGUE

WEDNESDAY
BEGINNERS
LEAGUE

WHERE: 1-3 WATERSON CRT GOLDEN SQUARE

WHEN: 6/10/2025 TILL 2/4/2026

COST: \$75 PER TEAM PER GAME

INSURANCE: \$50 PER TEAM

REGISTRATIONS CLOSE: 26/9/2025



KANGAROO FLAT CRICKET CLUB

2025-2026 JUNIOR SEASON

REGISTER NOW BY SCANNING THE QR CODE
OR VISIT PLAY.CRICKET.COM.AU

U11—U18

CRICKET BLASTER

ALL GIRLS CRICKET

NEW PLAYERS WELCOME.
ALL NEW PLAYERS RECEIVE A FREE PLAYING SHIRT AND BUCKET HAT.

All Inquires can be made via our JNR COORDINATOR:
Rob Gallagher 0409357287
rgbobbygallagher@gmail.com

BUILDPRO