

The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Thursday, October 16th, 2025
Newsletter No. 16

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

OCTOBER		
Tuesday 21 st	2:30pm	Writers Workshop- selected students (Incursion)
Wednesday 22 nd	All day	Grade 2 Kyabram Fauna Park (Excursion)
Friday 24 th	9:00am	Issue #7 Book Club orders due to the office
Monday 27 th	9:00am	Mango Order Forms due to the office
Wednesday 29 th	All day	Bendigo Cup Public Holiday
NOVEMBER		
Wednesday 5 th - Wednesday 12 th	8:30am-9:00am 3:00pm-3:45pm	Book Fair Open
Thursday 6 th	Various times	2026 Prep Transition
Friday 7 th	All day	Blast Cricket- selected students (Excursion)
Tuesday 11 th	Various times	P-6 Stomp Dance Co. Incursion
Wednesday 12 th	9:00am-12:00pm 5:00pm-7:00pm	5/6 STEM (Incursion) Spring Picnic in the Bushland
Thursday 13 th	All day	Curriculum Day (no students at school- OSHC OPEN- bookings required)
Friday 14 th	All day	Professional Practice Day (no students at school- OSHC OPEN- bookings required)
Wednesday 19 th	Various times	2026 Prep Transition
Thursday 27 th	Various times	2026 Prep Transition
DECEMBER		
Thursday 4 th	2:30-3:30pm 3:30-4:45pm	Junior School Disco (P-2) Senior School Disco (3-6)

Reminders:

- 'No hat, no play'
 - Spare hats available at the office for \$12.
- Grade 2 Kyabram Fauna Park Excursion (Wednesday 22nd October):
 - Students need to arrive at school at 8:10am for an **8:15am departure**.
 - Students will be back at school for normal pick up time at 3:30pm.

SUBWAY ORDERS- CHANGE OF CUT OFF TIME FOR ORDERS

Please note that the cut-off time for Subway orders has changed to **8:00am on Friday mornings**.

Please ensure your orders are placed through www.canteenhub.com.au by this time.



ENROLMENTS & CLASS PLACEMENTS 2026

If your child will not be attending Quarry Hill Primary School in 2026, we would appreciate you letting us know as soon as possible. If there are any considerations for placements for student classes in 2026, please discuss with Anne Rochford or your child's teacher and then send in writing by **Friday Nov 14th**, to

Anne.Rochford@education.vic.gov.au

Please note that it is not possible for parents to request specific teachers.

2026 BOOKLISTS

2026 Booklists have been sent home with each student. Orders for booklists need to be completed online, with all instructions included on the sheet. Booklists completed online by Friday 12th December will be delivered to the school before the end of term. Booklists submitted after this date will be delivered to the school in January. Further details regarding collection will be communicated through Compass and the Newsletter. Any questions regarding the booklist, please do not hesitate to contact the office.

KEEPING CHILDREN SAFE TOGETHER

Held annually on the **last Friday of October, Day for Daniel** is Australia's largest child safety education and awareness event. The purpose is to reinforce the vital message that **keeping kids safe** is a responsibility we all share—**parents, carers, educators, businesses...the entire community**.

The focus for schools this year is creating safe spaces in physical and online environments for children and young people. There will be more information coming home from your child's teacher closer to Oct 31st.

ANAPHYLAXIS AND ASTHMA

We have several children enrolled who suffer from severe allergies to a variety of things including nuts and nut products, dairy & wheat, which can result in them going into anaphylactic shock. Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

At Quarry Hill, several strategies are in place to deal with this. We are an Allergy Aware school. Students are encouraged to wash hands before and after eating to minimise the risk of contamination. Often boxes and packages are sent to school for art construction activities and are very useful. However, do not send any packages for use at school that have contained dairy, wheat, nuts, or nut products, so that we can minimise the risk of children with allergies coming into contact with products that may cause a reaction.

Action Plans for Anaphylaxis and also for Asthma are required for all children who suffer from either and must be obtained from the family doctor. Please ensure that your child has an updated plan if they suffer from Asthma or are at risk of experiencing Anaphylaxis. A copy of this plan must be provided to the school immediately.

THUNDERSTORM ASTHMA- BE PREPARED THIS POLLEN SEASON

Grass pollen season, which typically runs from October to December each year in Victoria, brings an increase in asthma and hay fever symptoms. It also increases the risk of [thunderstorm asthma](#). For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious, and even life threatening.

Quarry Hill Primary School will implement a range of measures to keep our school community safe as the risk of thunderstorm asthma increases. Many of our staff are trained in asthma first aid. We will monitor the VicEmergency app to receive thunderstorm warnings and, where appropriate, keep students indoors when weather forecasts identify greater risk.

During the season, there are some things you can do to prepare and protect yourself and your family:

- If your child has ever had asthma, talk to your doctor about what you can do to help protect them from the risk of thunderstorm asthma this pollen season, including updating your asthma action plan. Taking an asthma preventer properly and regularly is key to preventing asthma, including thunderstorm asthma.
- If your child has hay fever, see your pharmacist or doctor for a hay fever treatment plan and check if you should have an asthma reliever puffer. These are available from a pharmacy without a prescription.
- If your child has hay fever and experiences wheezing and coughing, it is important to make sure they don't also have asthma. Speak to your doctor about an asthma action plan.

- Where possible, avoid being outside during thunderstorms from October to December, especially during the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it to 'recirculate'.

Even if your child has mild Asthma, it is essential that their medication and spacer (and a compatible face mask if under 5 years old) are always available to school staff. Please ensure your child's puffer and spacer are in their bag each day.

Protect yourself this pollen season – managing asthma and allergies matters.

For more information, speak to your doctor. You can also refer to the [Better Health Channel](#) website.

PARKING AROUND THE SCHOOL

Parents are reminded that it is essential to comply with parking restrictions when dropping off and collecting children from school. Motorists must not stop in no stopping areas, even briefly, with or without the motor running. They must not stop next to a continuous yellow edge line, on nature strips, too close to school crossings, park over driveways double park. At our school, we have short term time restricted areas, the 2-minute parks. These parking areas are in place to allow for ease of access close to schools and these restrictions must be adhered to. Drivers should also be aware that they cannot perform a U-turn over an unbroken or continuous dividing line and please watch out and slow down for children crossing the road and around school buses, a reminder that the speed limit around schools is 40. With regard to children's crossings, the law requires that a driver approaching a children's crossing must drive at a speed at which the driver can, if necessary, stop safely before the crossing.

Please slow down and take extra care when driving in school zones. City of Greater Bendigo Parking Officers and Bendigo Police do conduct random patrols throughout the school year at various locations to ensure that motorists are adhering to the Road Rules.

COMPASS

Please ensure you are logging on to Compass, our Parent Portal, regularly to check for unexplained absences and approvals needing to be made. If you are having any issues logging onto Compass, please contact the office.



SCHOLASTIC BOOK CLUB

Issue 7 of Scholastic Book Club is due to the office by 9:00am on Friday 24th October. 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 room number and/or teacher on the top of the form and return to office with correct payment by due date.

SCHOOL PHOTOS- SECOND CHANCE ORDERS

School photos are still available to be ordered. See details below. Contact the office if you require your access key.

When you place any order in our second chance offering we will include a Hi Res download and a gift pack for special occasions **COMPLETELY FREE!**



*Includes 4 pack of special occasion of your choosing

To order your school photos, simply scan the QR code or visit leadingimage.com.au. Here you can enter your unique child access key, select and purchase your preferred package and we will send it directly to you!

Jump in and don't miss out on this second chance special offer!



1800 750 586
leadingimage.com.au



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

P.F.A News

MANGO ORDERS

The PFA is once again running The Mango Fundraiser this year. Our delicious mangoes are grown in sunny north QLD, just south of Townsville.

Our Mango Fundraiser proudly features Bowen Special Mangoes, more formally known as Kensington Pride Mangoes. Each tray is carefully packed in a single layer, weighing around 7kg and holding 12-23 mangoes, depending on the fruit size.

- Mangoes are not only delicious, they're also nutritious.
- One whole mango can provide your full daily Vitamin C needs.
- A natural source of beta-carotene (Vitamin A), Vitamin E, K, and B vitamins
- Contain potassium
- Low in fat and cholesterol-free
- Packed with natural antioxidants to help keep you healthy

Best of all, when you buy through our Mango Fundraiser, you're getting fruit that comes directly from the farm to you. That means no long storage times or artificial ripening rooms – just fresh, delicious mangoes at their best.

Order forms have been sent home and are available from the office. **Orders, along with payment, are due back to the office by Monday 27th October.**

The cost is \$30 for a 7kg tray, and the Mangoes will be delivered to school sometime in the week starting December 8th. More accurate delivery details will be communicated via Compass and the Newsletter closer to delivery.

Thank you for supporting this PFA fundraiser.

SAVE THE DATE- SCHOOL DISCO

Our School Disco this year will be held on Thursday December 4th.

Junior Disco (P-2): 2:30-3:30pm

Senior Disco (3-6): 3:30pm-4:45pm

Gold coin donation at entry (Multi-Purpose Building). Students are permitted to wear casual clothes for the day.



DOGS IN SCHOOLS

Just a friendly reminder that dogs are not allowed on school grounds without prior arrangement. Dogs are welcome at any time outside of school hours but must remain on a leash.

As we have school wellbeing dogs, we need to ensure we have consistent practices in place for the safety of our students, staff and our dogs.

FERDI

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KITCHEN GARDEN

Harvesting from our garden and making: Pea Fritters with Coconut Dipping Sauce



Wellbeing spotlight



In our classrooms, the first few minutes of the day are devoted to our morning circle. We gather together, seated in a way that allows everyone to see each other and feel included. This is more than just a friendly chat; it's an important part of our wellbeing and learning routine.

Morning circles are a core strategy from the Berry Street Education Model (BSEM), which focuses on building strong, safe, and supportive classroom communities. They help us start the day with connection, predictability, and a calm, positive mindset; key ingredients for effective learning.

During a morning circle, we might:

- Share a greeting to acknowledge each person.
- Check in on how we're feeling that day.
- Play a short, energising or calming activity.
- Talk about what's ahead and set shared goals.

These moments aren't just nice—they serve an important purpose. By slowing down to connect before diving into lessons, students can regulate their emotions, strengthen relationships with classmates and teachers, and build trust in the learning environment.

The BSEM reminds us that connection comes before curriculum—and morning circles are one way we make that happen every single day.

Social media age restrictions

What you need to know

From 10 December 2025 Australian young people under 16 will not be allowed to create or hold accounts on certain social media platforms.

Delaying account access allows more time for young people to build digital literacy and greater resilience.



How will it work?

Under the law, the responsibility lies with the age-restricted platforms to find and deactivate existing accounts held by under-16s and to prevent under-16s from creating new accounts.

There are no penalties for under-16s who access an age-restricted social media platform, or for their parents or carers.

Social media platforms

Online services are constantly evolving but at this stage the restrictions are likely to apply to **Facebook, Instagram, Snapchat, TikTok, X (formerly Twitter) and YouTube**, among other platforms.

Online gaming and standalone messaging apps are among a number of types of services that have been excluded under the legislative rules.

Teens will still have online access

Under-16s will still be able to see publicly available social media content that doesn't require being logged into an account. For example, most content is currently available to view on YouTube without holding an account.

Having an account increases the likelihood that they'll be exposed to pressures and risks stemming from design features which encourage children to spend more time on screens, while serving up content that can harm their health and wellbeing.



For more information and resources to help you prepare, visit [eSafety.gov.au](https://www.esafety.gov.au)



eSafety
Commissioner



Term 4, 2025

eSafety parents and carers webinars

Social media age restrictions explained – a guide for parents

From 10 December 2025, certain social media platforms won't be allowed to let Australian children under 16 create or keep an account. Join our 30-minute information session to understand the changes. [Learn more about this webinar.](#)

AI-assisted image-based abuse: Navigating the deepfake threat

AI tools are evolving fast – and some are being misused in ways that can harm or exploit children and young people, including through the creation of deepfakes and digitally altered images. This 45-minute webinar covers how these technologies are being used, their impact and how to support and protect your child. It's suitable for parents and carers of upper primary and high school students. [Learn more about this webinar.](#)

TERM 4 (AEDT): 21 October, 12:00pm

Algorithms & adolescents: The rewards & risks of recommender systems for young people

Algorithms and AI are influencing how young people experience the online world. This 45-minute webinar explores both the benefits and risks of recommender algorithms, including how they affect the content young people see and what you can do to protect your child from the potential harms. It's suitable for parents and carers of young people in upper primary and secondary school. Learn more about this webinar.

Term 4 (AEDT): 15 October, 3:30pm

The changing face of cyberbullying: Protecting your child

Cyberbullying is evolving, with the use of AI-powered tactics, coded emoji language, and the covert manipulation that many adults may miss. This 45-minute webinar helps parents spot the signs, build support at home and guide children on how to respond and stay safe. It's suitable for parents and carers of primary and high school students. [Learn more about this webinar.](#)

Term 4 (AEDT): 29 October, 12:30pm

Supporting healthy tech use as your child transitions into secondary school

This 45-minute webinar explores the social pressures, peer influences, and technological challenges young people face as they transition into secondary school. It also offers practical strategies for navigating online friendships and connections to help minimise negative experiences. It's suitable for parents and carers of children in upper primary school (ages 11 to 12) and Year 7. [Learn more about this webinar.](#)

Term 4 (AEDT): 18 November, 12:30pm

Understanding and using parental controls to help protect your child online

Parental controls can be a useful addition to the strategies you use to help protect your child online. This 45-minute webinar covers the types of controls available, and how to use them alongside other online safety measures. It's suitable for parents and carers of primary and high school students. [Learn more about this webinar.](#)

Term 4 (AEDT): 6 November, 12:30pm

For more information or to register for FREE webinars visit

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

OCTOBER 15TH - 17TH

3 DAYS ONLY

20% OFF

INCLUDING
SCHOOLWEAR



*T&C's apply. Not in conjunction with any other offer. Excludes mark downs & gift cards. No rainchecks! Discount applies to original prices, not markdown prices.

INSTORE & ONLINE SALE - OCT 15TH - 17TH

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extra 5% OFF



Schoolwear when you pay using your Zero Card.

Don't have a Zero Card?

You can apply in-store or online and start using it on the same day, pending approval.

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NO
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yoga

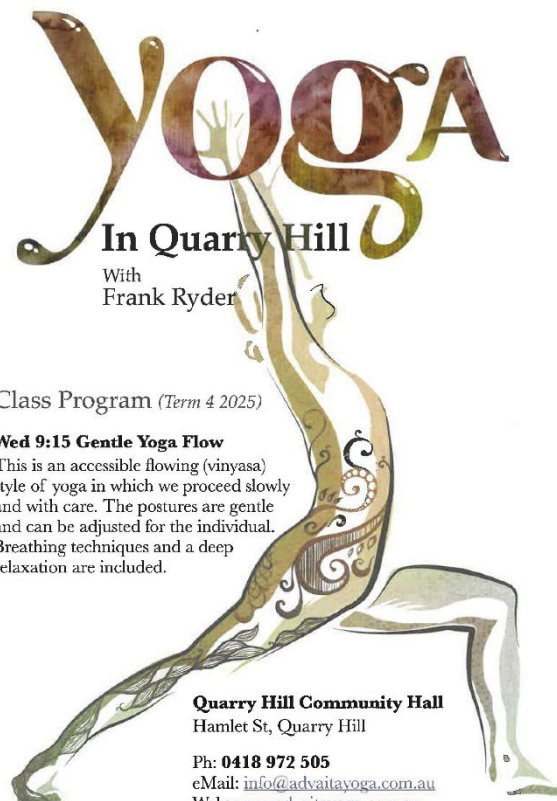
In Quarry Hill

With
Frank Ryder

Class Program (Term 4 2025)

Wed 9:15 Gentle Yoga Flow

This is an accessible flowing (vinyasa) style of yoga in which we proceed slowly and with care. The postures are gentle and can be adjusted for the individual. Breathing techniques and a deep relaxation are included.



Quarry Hill Community Hall
Hamlet St, Quarry Hill

Ph: 0418 972 505
eMail: info@advaitayoga.com.au
Web: www.advaitayoga.com.au

Lael Stone is coming to Bendigo

Creating cooperation and connection

parenting workshop

Tuesday 28th October 2025
@ 7.00pm-8.30pm, \$10/ticket

The Capital Theatre, Bendigo

Brought to you by



Book your seat
boxoffice.gotix.com.au



BENDIGO AUSKICK AND SUPERKICK TERM 4 PROGRAM

AFL PLAY

EPSOM HUNTLY REC RESERVE - MONDAYS FOR 5 WEEKS
STARTING 20th OF OCTOBER - \$55 INCLUDES A FOOTBALL



5-6 year olds

Come find your awesome at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.



7-12 year olds

Level up your footy with skills and modified match play in weekly sessions. NAB AFL Superkick is tackle-free and great for Auskick grads and newbies alike.



VISIT PLAY.AFL

Beginner Junior Summer Track Cycle Program



Bendigo
and District
Cycling Club



COME & TRY DAY
SUNDAY OCT 19th 9:30-11:00
Tom Floods Sports Centre

- * Safely learn track cycling.
- * Accredited coaches.

**Get fitted with a club track bike to
use FREE all summer season!**



Registrations

Noel Sens

J - Cycles Coach

0488 435 130

bendigocyclingclub@gmail.com

**4 Week FREE trial
Membership.**



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ကုမ္ပဏိယာ

Welcome

欢迎

Wominjeka

FREE

FUNLOONG FUN DAY!

Child Safe
event

FREE COMMUNITY EVENT

Saturday October 18, 11am to 2pm
Hargreaves Mall and Williamson Street

Live entertainment

Animals and reptiles

Laser Tag Spaceship

Face painting

Airbrush tattoos

Jurassic Adventure jumping castle

Cultural activities and performances

\$2 sausages and vegie burgers

...and much more!

Join us to celebrate Children's Week with a range of **FREE** fun activities and live entertainment for children and families to enjoy!

Scan the QR code for more information about this inclusive event.



Smoke and vape free event

This event is proudly sponsored by:



Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
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