



## SWIMMING PROGRAM

Please note that due to a Public Holiday, Swimming Program dates have changed.

Grade 3-6 Swimming will be held in the week of Monday April 27<sup>th</sup>-Friday May 1<sup>st</sup>.

Grade P-2 Swimming will be from Tuesday 9<sup>th</sup> June-Friday 12<sup>th</sup> June, and then on Tuesday 16<sup>th</sup> June.

Each session will be 45 minutes long (five sessions in total over five days).

Students will need to bring their swimming attire, towel, goggles and slip on shoes each day. Students will get changed at school and travel on the bus to and from swimming in their swimming attire.

**To ensure your child can go to Swimming, please do the following:**

- Complete approval/payment through the Compass event
- Complete the Google form (available [here](#) and on the Compass event)
- Fill out and return the hardcopy medical form to your child's classroom teacher

## SCHOLASTIC BOOKCLUB

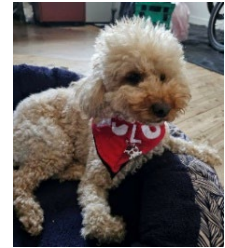
Orders for Issue 2 of Scholastic Book Club are due by 9:00am Wednesday 18<sup>th</sup> March. No late orders will be accepted. To order the books online and pay with your credit card via the LOOP facility visit

<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 remember to please include your child's name and classroom number and/or teacher on the top of the form and return to office with correct payment by due date.

## LULU'S NEW BANDANA

Thank you to Frankie M for sewing Lulu a cool new bandana. She tried it on this week and has enjoyed wearing it. Thank you, Frankie!



# STUDENT ACHIEVEMENT AWARDS



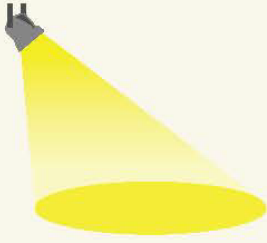
KIND		
Charlotte D	Room 17	For being this weeks 'Library Legend' by helping Miss Mac and Room 17 with the library borrowing cards.
Rayan M-A	Room 8	For being a thoughtful and caring member of our class, always looking for ways to help others. Well done Rayan!
Elsie P	Room 5	For being a friendly and responsible member of our classroom and always trying her personal best.
CURIOUS		
Sienna H	Room 2	For being curious and learning and telling the rest of the class what a 'phoneme' is.
Evie J	Room 13	For having high expectations, seeking and applying feedback, and adding value to classroom discussions.
Evie L	Room 9	For doing a fantastic job sorting pictures into their initial sounds. Well done!
Ollie L	Room 16	For being an engaged and curious learner during our Vikings unit.
Mack S	Room 14	For asking and answering questions during class time.
Ayva T	Room 17	For always being organised for learning and having your table ready.
Isla W	Room 12	For seeking clarification and asking questions on a range of topics.
BRAVE		
Aurora B	Room 11	For being resilient when presenting her Viking presentation. Room 11 are proud of you Aurora!
Tabby C	Room 1	For being brave and sharing an item that made you happy (Fluff) in front of our whole class.
Harry G	Room 10	For building his confidence in managing his learning and taking responsibility for his work. Great effort Harry.
Summer M	Room 7	For the wonderful presentation she made during our Speak, Listen, Learn session. It was so interesting to learn about the violin.
Wolfie S	Room 6	For taking on constructive feedback with his descriptive paragraphs on Kookaburras!

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550

Email: [quarry.hill.ps@education.vic.gov.au](mailto:quarry.hill.ps@education.vic.gov.au)

Website: [www.quarryhillps.vic.edu.au](http://www.quarryhillps.vic.edu.au)

Phone: 5443 3537



# Spotlight on Teaching and Learning:

## Entry Routines

This week we continue our Spotlight on Teaching and Learning, where we will share the importance of solid entry routines.

### Entry Routines

**An entry routine is a clear, consistent set of steps students follow as they enter the classroom and begin learning.**

It might include things such as:

- Greeting the teacher
- Unpacking bags and organising materials
- Handing in notes or homework
- Sitting in their learning spot
- Beginning a short, independent task straight away

The routine is practised regularly so students know exactly what to do without needing reminders. It becomes automatic, calm and purposeful.

### Why Do Entry Routines Matter?

**Research-informed classroom practice highlights that predictable routines are essential for learning.**

1. Maximise learning time
2. Reduce cognitive load (help the brain to focus on what matters by limiting overload)
3. Create psychological safety
4. Support behaviour and regulation
5. Develop independence

### What do we do at QHPS?

**At QHPS, all students begin their learning time with a silent entry into the classroom or learning space.**

This means that when students arrive, they enter calmly and quietly, follow their established routine and prepare themselves for learning without conversation.

A silent entry helps to:

- Create a calm and settled atmosphere
- Support focus and concentration from the very beginning
- Reduce distractions
- Ensure every student is ready to learn

This consistent approach across the school builds strong habits of self-regulation and respect for others' learning. By starting the day in a purposeful and peaceful way, students are set up for success.



# Cyber Safety News

## Factsheet

### Five things to understand: Children playing online games

- 1. So Many Games:** There are so many online games designed for specific audiences and purposes (including entertainment, education, and commercial gain).
- 2. Suitability of Games:** Games are classified and regulated based on perceived risks and age appropriateness, primarily due to concerns about exposure to violence and adult content. Adults should evaluate the suitability of games for children by reviewing recommendations, accessing reviews, examining data collection practices, and using privacy settings.
- 3. Game Environments:** Games can be played solo, against computer-generated players, within controlled networks with known players, or in uncontrolled networks with unknown players. Know and be comfortable with how children are playing.
- 4. Online Safety:** Children should be as cautious online as they are with strangers in the physical world. Young children may lack the awareness to identify safe and unsafe situations online. Talk with your child about who they're playing with.
- 5. Digital Identity:** Children's gameplay contributes to their digital identity. Children should be aware of how identities can be constructed online, how to verify the authenticity of invitations, and what personal information is okay to share.



#### Consider:

- Do you know what games your child is playing online?
- Do you know which friends your child is playing with online?
- Can you play online games with your child to help them learn about online safety?

**Digital Child.**

### **Webinars:**

#### **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 1**

- 5 March, 12.30pm

#### **Recognising online coercive control in young people's lives**

It's not always easy to spot when a relationship becomes controlling, especially for young people. This 45-minute webinar will explore how tech-based coercive control impacts young people, the red flags to watch for and practical ways to support those experiencing it. [Learn more about this webinar.](#)

- 11 March, 1:00 pm

**For more information or to register for webinars visit**

[https://www.esafety.gov.au/parents/webinars.](https://www.esafety.gov.au/parents/webinars)

## Supporting Students with Bedwetting at School Camp

By Bedwetting Australia Physiotherapist, Lisa Moffatt

School camp is exciting. It helps children build confidence, independence, and friendships.

But for some families, camp brings worries about bedwetting.

Bedwetting is common. Around 1 in 20 children are still wetting the bed at age 10, and it can continue into the teenage years. Many children feel embarrassed and worry about others finding out. Because of this, some avoid school camp. The good news is that with planning and support, most children can attend camp with confidence. Here are our top tips.

### Practical Strategies for School Camp

#### 1. Pack smart

Night-time absorbent underwear is widely available and looks similar to regular underwear. Packing dark-coloured pyjamas, spare underwear and a plastic or zip-lock bag for wet clothes can help children feel more in control.

#### 2. Toilet time

Encourage your child to use the toilet right before bed, even if they say they don't need to go.

#### 3. Healthy drinking

Many children stop drinking water because they are scared of wetting the bed. This can make the bladder more irritated and actually make bedwetting worse. Encourage regular drinking during the day. If needed, reduce fluids only in the hours before bed, not all day.

#### 4. Check bowel habits

Constipation is closely linked to bedwetting. Make sure your child is opening their bowels most days. A healthy bowel supports a healthy bladder.

#### 5. Let the school know

If you feel comfortable, tell a trusted teacher or camp coordinator in advance. Schools are usually very supportive and experienced in helping students discreetly.

#### 6. When to seek professional advice

If your child is over 6–7 years old and still wetting the bed, or if they also have daytime accidents, strong urgency, or constipation, it is important to get professional support.

Early advice before camp season can make a big difference to your child's confidence.

Bedwetting Australia is a specialist paediatric pelvic health service. We provide evidence-based support for bedwetting, daytime wetting, bladder urgency, constipation, and bowel concerns across Australia.

To learn more about bedwetting and how to manage it at school camp, connect with us at

[www.bedwettingaustralia.com.au](http://www.bedwettingaustralia.com.au)

or join our free Facebook community, **Bedwetting Support Australia – Parents Group**



**F** **COME & TRY**  
**BASEBALL**

**FREE**

**AGES 5 - 15**  
**NO EXPERIENCE NEEDED**  
**EQUIPMENT PROVIDED**

**FALCONS BASEBALL CLUB**  
📍 **ALBERT ROY RESERVE**  
**146 VICTORIA ST. EAGLEHAWK, 3556**

**19 FEB - 25 MAR 2026**  
**THURSDAYS - 5:30 PM - 7 PM**

**CONTACT: SEB SMITH - 0468 968 490**

The poster features illustrations of a baseball player in mid-swing, a catcher in full gear, a pitcher in a blue cap, and a batter in a white uniform swinging a bat. A large, stylized baseball is shown in the background.



# Does My Child Need an Assessment?

Understanding signs of ADHD, Autism, Anxiety, and Learning Difficulties

Many primary school children take time to settle, but sometimes, concerns persist. If you have been wondering whether your child's challenges are typical or worth exploring further, this free parent workshop will help you know what to look for and what to do next.

### This workshop is for parents of primary school children who:

- Have ongoing worries about attention and focus
- Experiencing big emotions or increasing anxiety
- Have academic or learning difficulties
- Have social or communication differences
- Have concerns raised by school

### A simple question many parents find helpful:

"Are things improving or quietly getting worse?"

### In this free workshop, you will learn:

- Common signs of ADHD, autism, anxiety and learning difficulties
- How to identify when it might be a phase, and when it might be a possible concern
- When an assessment might be helpful (or when it might not be needed)
- Practical ways to support your child now
- What the assessment process involves

### FREE Parent Workshop

17 March (7pm) or  
18 March (9:30am)

Online via Zoom

Register via the enquiry box on our website



**Presented by  
Denise Lim**

Registered Psychologist  
Master of Psychology  
(Educational and Developmental),  
University of Melbourne

### Why families choose Advanced Psychology

- Provides clear practical guidance
- Warm and experienced clinicians
- Evidence-based approach



Advanced Psychology  
Suite 201, 22 St Kilda Road,  
St Kilda 3182



03 7002 8006



admin@advancedpsychology.net



**KYABRAM FAUNA PARK  
IS CELEBRATING**

# 50 WILD YEARS

**Saturday 14 & Sunday 15 March**

Join us for a birthday celebration packed with:

**KIDS' ACTIVITIES**

**LIVE ENTERTAINMENT**

**FREE KEEPER TALKS**

Plus, cool off in the **NEW SPLASH PARK** and take a look back at the park's wild history.

Celebrations run 10am to 3pm each day, park closes at 5pm.

Kids visit free on weekends, public holidays and Victorian school holidays!

VICTORIA



**KYABRAM  
FAUNA PARK**



# OSHClub

Term 1, Week 5

# Newsletter



www.oshclub.com.au



## QUARRY HILL OSHCLUB UPDATES



Hello families,

What a fun month February was! Please see photos below for things we got up to the last month.

We are looking for some feedback from parents on how we could improve the service or let us know what you like about the program! There are slips for feedback in the parent area where you sign in and out. There should also be a link on your parent portal for feedback.

Could everyone please remember to sign your child in for Before School Care and sign out for After School Care. This is an important safeguarding practice so we have a record of who has picked each child up.

Please remember to pack a hat for your child as we are running low on spare hats and would also like to stop the potential spread of nits.

Cheers!

-Eva and the Quarry Hill OSHClub Team

## REMINDERS

- Names on children's items - our lost property is overflowing and many do not come with names. If you are missing something please come and check in our room.
- Please ensure if your child is attending OSHClub this term that they have a hat in their bag.

## LEGENDS OF THE WEEK

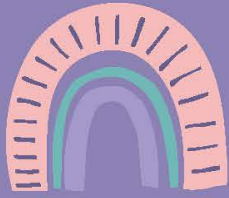


March		2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes	
1 Clean Up Australia Day	2	3	4	5	6	7		
8 International Women's Day	9	10	11	12	13	14		
15 Harmware Week	16	17 St Patrick's Day	18	19 National Clean the Gap Day	20	21		
22	23	24	25	26	27	28		
29	30	31						

Service Times: Morning 6:45am-9am / Afternoon 3-6pm  
Holiday Program 6:45am-6pm

Service Phone Number: 0429 534 694  
Service Email: quarryhill@oshclub.com.au

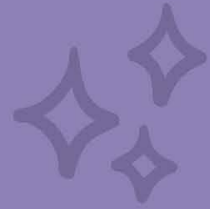
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# OSHClub

Term 1, Week 5

# Newsletter



[www.oshclub.com.au](http://www.oshclub.com.au)



## QUARRY HILL OSHCLUB GALLERY



Service Times: Morning 6:45am-9am / Afternoon 3-6pm  
Holiday Program 6:45am-6pm

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