



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday February 6<sup>th</sup> 2019  
Newsletter No. 1

## Our Vision:

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

## 2019 TERM DATES

Term 1 January 30 – April 5  
Term 2 April 23 – June 28  
Term 3 July 15 – September 20  
Term 4 October 7 – December 20

**Principal:** Jo Menzel  
**School Council President:** Tim Shanahan  
**PFA President:** Clive Enever

## ~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

	Time	Details
<b>FEBRUARY</b>		
Monday 4 <sup>th</sup> -Friday 8 <sup>th</sup>	Various	Life Education Van incursion
Wednesday 6 <sup>th</sup>	All Day	Prep testing
Friday 8 <sup>th</sup>	3.00pm	Assembly-New School Values Launch
Tuesday 26 <sup>th</sup> Wednesday 27 <sup>th</sup> Thursday 28 <sup>th</sup>	Various	Teeth On Wheels dental visit
<b>MARCH</b>		
Friday 1 <sup>st</sup>	Various	Teeth On Wheels dental visit
Wednesday 6 <sup>th</sup>	All Day	Pupil Free day
Monday 11 <sup>th</sup>	All Day	Labour day public holiday
<b>APRIL</b>		
Tuesday 2 <sup>nd</sup> -Wednesday 3 <sup>rd</sup>		Grade 3/4 Swan Hill Camp Rooms 15A & 15B
Wednesday 3 <sup>rd</sup> -Thursday 4 <sup>th</sup>		Grade 3/4 Swan Hill Camp Rooms 4, 14A, 14B

**This Friday February 8<sup>th</sup>  
we will be launching our  
new school values.  
Assembly will be at  
3.00pm.**



**Kind**



**Curious**



**Brave**

Dear Parents and Carers,

Welcome to the 2019 school year! A special mention to our new families joining us for the first time. I hope that you managed to find some 'cool' activities to do over the holidays to get some relief from the relentless heat. Speaking with a number of students, it seems that the beach was a popular holiday destination. It looks as though the warm weather will continue for a while yet, so it is a perfect time to remind all of our families about the importance of children wearing broad brimmed hats and sunscreen. If you need to purchase a new school hat, they are available from the office for \$10.00. Families are required to provide their own sunscreen and students are to re-apply this themselves if required during the day. Many thanks for your support with this.

### **NEW VISION AND SCHOOL VALUES**

A lot of work was done by students, parents and staff around developing a new vision and set of core values for our school. This vision and the three values, Kind, Curious and Brave, will underpin much of the work that we do as we work through our new School Strategic Plan. Today you will notice that the newsletter template looks a little bit different as we start the rebranding process around the school.

A very big thank you to one of our parents, Erin Henderson, for the amazing work she has done with the design of our values. A lot of careful consideration went into this process, from the artwork through to the colour choice. The many hours are certainly appreciated and the result is fantastic. Students will do activities this week to familiarise themselves with the values and the actions that reinforce them. We will do a special launch at this week's assembly on Friday. All family and friends are cordially invited to attend.

### **SCHOOL COMMUNITY PARTNERSHIP – DATES FOR YOUR DIARIES**

Part of the work with our new School Strategic Plan is to focus on building our parent and community engagement. Consultant, John Sloan, will be working as our critical friend on this project. He will facilitate opportunities for parents to give feedback and share ideas in small group settings. Times will be made available on Tuesday February 26<sup>th</sup>, Wednesday February 27<sup>th</sup> and Thursday February 28<sup>th</sup>. A letter will be sent home in the coming week with further information about the project. Please put the dates in your diaries as we would like you to be involved.

### **OUR NEW PREPS FOR 2019**

Monday was the first full day of school for our Prep students this year. I love this day. The excitement and anticipation of the children is amazing to witness. For the most part, they settled really well and quickly set about making new friends. Most parents seemed to cope quite well too! An extra hug was required for some, but everyone left fairly composed. It's a big day for everyone involved. A special thank you to our PFA group for organising the annual Tea and Tissues session. This gave parents and grandparents the opportunity to have a cuppa and a scone and a chance to draw breath after the hectic start to the day.

### **WORK DONE OVER THE HOLIDAYS**

As you wander around the school, you may notice that there are a couple of changes that have occurred over the holidays. Craig Harrop has been very busy setting up garden beds in preparation for the new Kitchen Garden. These are near the chicken coop and along the toilet wall. Once the weather cools, planting will begin. Initially we will outsource our produce for the Kitchen Garden program until we are in a position to harvest our own. The multipurpose room and the kitchen area have been painted. The multipurpose room has also been carpeted. Now that Music classes will be held in Room 3, it is hoped that the space will be used for more group activities. The carpeting makes it a much more inviting space. A pony wall (half wall) has been built outside Kerryn Phillips' office in the old school building. This wall makes the space more defined and provides an extra area for quiet time and meetings.

### **CUPPA AND CAKE THURSDAY MORNING CATCH UP**

All families are cordially invited to come along to the multipurpose room at 9.00am on a Thursday morning for an informal catch up with other parents. Rachele Bertuch and Renee Selkrig will welcome you with a warm beverage and tempt you with something delicious to eat. It is a wonderful way to start your Thursday. The second hand uniform shop will also be open **Thursday morning before school at 8:45am** and during the cuppa until 10:00am.

### BOOKLIST COLLECTION DAY

I would like to thank parents for their positive co-operation in collecting books on the Booklist Collection Day. I would also like to acknowledge the work undertaken by Administration and Education Support Staff in making this process so seamless. A lot of work goes into the organisation of this process. Please contact the office if you have any further questions about school supplies.

### FRIDAY AFTERNOON ASSEMBLY

Parents/carers and family members are welcome to attend our whole school assemblies on Friday afternoon at 3.10pm.

### CURRICULUM DAY – WEDNESDAY MARCH 6<sup>TH</sup> – PUPIL FREE DAY

A Curriculum Day has been approved by School Council for Wednesday, March 6<sup>th</sup>. The school will use the day to undertake staff professional development around the implementation of a whole school benchmarking system for reading.

### STAFFING FOR 2019

NAME	ROOM	GRADE
<i>Teaching Staff</i>		
BRAD SHEPHERD	7	PREP/1
JANE ST CLAIR	8	PREP
LORRAINE BERIMAN	9	PREP
ALEXIA BOYD	1	1/2
TOVA PENNO (M, T)	2	1/2
REBEKAH FRY (W, Th, F)	2	1/2
HAYLEY COATES	5	1/2
MARIA TZAROS	6	1/2
SARAH HARTE	6	1/2
ERICA DEMPSTER (M,T)	14A	3/4
TONYA VAN DEURSE (W, Th, F)	14A	3/4
TESS DAVIES	14B	3/4
SHERYL SOMERVILLE (M, T, W, Th)	4	3/4
ROSS TURNER (F)	4	3/4
SARAH EDWARDS	15A	3/4
TAMIEKA MCERVALE	15B	3/4
MERRYN WALKER	10A	5/6
CRAIG HARROP	10B	5/6
JESS TELFORD	12A	5/6
SAM MCCLOUD	12B	5/6

### SPECIALIST TEACHERS

Art	Ms Brooke Wilson
Music	Mr Jeremie Collard
PE	Mr Ross Turner
Chinese	Ms Shengjie Chiu/Ms Yuling Wu
Chinese & Education Support	Mrs Judy Garwood
Intervention	Mrs Sarah Harte

### PRINCIPAL CLASS

Principal	Ms Jo Menzel
Assistant Principal	Mrs Anne Rochford

### NON-TEACHING STAFF

Business Manager	Mrs Narelle Jones
Administration	Mrs Luci Hauke
Admin/Education Support	Mrs Amanda Dole
Education Support	Mr Tim Murphy

Education Support  
Education Support  
Education Support  
Welfare  
Maintenance

Mrs Sonia Rodgers  
Ms Simone Fordham  
Mr Tyryne Jones  
Ms Kerry Phillips  
Mr Phil Ward

### **SCHOOL CAPTAINS AND VICE CAPTAINS FOR 2019**

Abbie G and Ewen M will be the Quarry Hill School Captains this year. They will be ably assisted by Xanthe T and Jack D who will take on the Vice-Captain roles. Congratulations to these four young people. It is a big commitment to take on leadership roles, and I feel confident that they will do a wonderful job.

### **HOUSE CAPTAINS**

Congratulations are also extended to the following students for obtaining the role of House Captain for 2019:

Milly S	Peel House
Charlotte C	Amer House
Sienna R	Malcolm House
Amelia G	Harkness House

The House Captain role requires the leaders to not only demonstrate enthusiasm for their House but to encourage students to get involved in a range of school activities. I look forward to working with these young leaders as well. Our School Captains and House Captains will have their badges presented by Jacinta Allan MP at the assembly of Friday, February 22<sup>nd</sup>.

Other student leadership roles are currently being decided. They will have their badges presented at a later assembly on a date still to be confirmed. I am hoping that we will be able to have the Mayor, Margaret O'Rourke present these to the students.

### **SUPERVISION RESPONSIBILITIES BEFORE AND AFTER SCHOOL**

At Quarry Hill Primary School, the school grounds are supervised by staff from 8.45 am before school and until 3.45pm after school.

There may be staff in attendance at the school before and after those times but those staff may be involved in tasks such as meetings or lesson preparation. This means that these staff members will not be supervising students. I know that a number of parents accompany their children to school and wait to see that they are settled, or stay to help in the classrooms. This practice is fine, and is certainly encouraged, as parents are supervising their own children.

Formal before and after school care is available within the school grounds and is operated by Camp Australia. Information regarding this program is available from the office, or can be accessed online at <https://www.campaustralia.com.au/Schools/QuarryHillPrimarySchool/3550/B294>

### **REGISTERING FOR OUT OF HOURS SCHOOL CARE – CAMP AUSTRALIA**

To help families prepare for the new school year, bookings for Outside School Hours Care are now open for 2019. It is recommend families register an account with Camp Australia and always book in advance.

Parents/guardians must register their child by completing an online enrolment form via the parent portal. It's important that parents/guardians fill out all compulsory enrolment documentation for their child and notify of any medical conditions, illnesses etc., to ensure the health and safety of all children in the program.

Families can register for free at <https://pp.campaustralia.com.au/account/register-contacts>

### **ANAPHYLAXIS AND ASTHMA**

We have several children enrolled who suffer from severe allergies to a variety of things including nuts and nut products 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 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.

### **ASTHMA ALERT - SPACER USE IN SCHOOLS**

Schools are no longer able to wash, sterilise and re-use spacers and face masks from their asthma emergency kits when assisting students and children with asthma symptoms. All students must have their own spacer & puffer in their bags at all times.

Spacers should always be used when administering reliever 'puffer' medication because:

- Using a spacer with a 'puffer' ensures that more medication reaches the airways
- Spacers are much easier for children to use than a 'puffer' alone, and allows school staff to help students/children during an asthma attack, often in an emergency situation.
- Spacers are an essential part of the Asthma First Aid procedure that Victorian schools are instructed to follow.

Asthma first aid kits should only ever be used as a back-up for when a child with asthma does not have their own spacer available, or if it is a first asthma attack or the cause of breathing difficulty is unknown. If your child requires medication & does not have their own spacer, a cost of \$10.00 will be charged to cover the purchase of the spacer. 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) is always available to school staff. To ensure that a spacer is not left at home, we would recommend that parents/carers purchase a second spacer for their child to have with them at school at all times if possible.

*For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email [schools@asthma.org.au](mailto:schools@asthma.org.au)*

### **STUDENT ACCIDENT INSURANCE ARRANGEMENTS**

The Education Department does not provide personal accident insurance for students. Parents and guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs, unless the injury is caused by the negligence (carelessness) of a Department or school council employee or volunteer. Students' accident insurance policies are available from the private insurance market. These cover a range of medical expenses not covered by Medicare. They can be obtained by parents for individual students. Parents of students at Quarry Hill Primary School are reminded that Quarry Hill Primary School does not have a whole of school policy.

### **GIRLS IN STEM – REPORT**

STEM stands for Science, Technology, Engineering and Mathematics. 84% of people working in these areas are men. 16% are women, so they are trying to get more young girls interested.

When we got there we met Alyssa, who is our mentor, and she told us to put on our lab coats. We looked professional!

Our first activity was making slime. Our first lot of slime was made with psyllium husks and warm water. The next lot we used water and cornflour to make Oobleck which we played catch with. The last lot of slime was made with borax, water and glue, so this was normal slime. Next we blew up balloons and made balloon dogs. Alyssa got out liquid nitrogen and she dipped the balloon dog in and it shrivelled and wrinkled. Then she took the balloon out and it inflated again! It was amazing. Alyssa then told us to cover our ears. She poured liquid nitrogen into a plastic flask and pulled the balloon's neck over the flask's top. The balloon grew and grew until it was huge, and then BOOM! It was like a gunshot! Someone screamed and everyone started laughing! With the left-over liquid nitrogen, she poured a small amount on the ground. It snaked along the ground in miniature ice shards. It lifted the Oobleck and burnt it because it was so cold.



The Girls in STEM was an amazing experience. We are glad we got the opportunity and can't wait to go back next term.

Keira and Megan – Girls in STEM

### PREP REST DAYS IN FEBRUARY PLUS MARCH 6<sup>TH</sup>

Parents of Prep children are reminded that for the month of February Prep children do not attend school on a Wednesday. Also, with the Curriculum Day scheduled for Wednesday, March 6<sup>th</sup> Prep children (along with all students) will have a further rest day on March 6<sup>th</sup>.

### NEWSLETTER ELECTRONICALLY

A reminder to all parents and carers that the newsletter is made available through Compass. The newsletter is also available on our school website. <http://www.quarryhillps.vic.edu.au/>

Have a great week.

Jo Menzel

Principal

### STUDENT ACHIEVEMENT AWARDS

#### KIND

Remy G (Room 10A)	for settling into the routines and expectations of Grade 6 so well.
Mietta W (Room 14B)	for helping others in our classroom!
Zac B (Room 12A)	for showing understanding and kindness towards his buddy.
Billy B (Room 14A)	for helping a friend with his Maths.
Reid S (Room 5)	for working with all of his new classmates in a kind way in his first week back at school.
Ashreyaa D (Room 2)	for showing kindness by helping out in the classroom.
Ehli R (Room 4)	for helping a new child to settle into Q.H.P.S.



Kind

#### CURIOUS

Jemima W (Room 15B)	for asking a lot of questions to consolidate her understanding and knowledge of contractions and how to use them within her writing.
Olivia L (Room 12B)	for your wonderful questioning in our classroom.
Riley T (Room 15A))	for exploring and creating wonderings about new ideas after reading a story.



Curious

#### BRAVE

Cooper B (Room 10B)	for making an excellent start to Year 6, 2019.
Katie G (Room 1)	for demonstrating resilience.
Zoe D (Room 9)	for starting her first week of prep confidently and having a go at all activities.
Amelia C (Room 6)	for keeping on task and completing activities.



Brave

### BOOK CLUB

Issue 1 of Scholastic Book Club is due **Friday February 15<sup>th</sup>**. No late orders will be accepted.

To celebrate the start of the New Year, any family ordering from issue 1 will also receive a free 'All About Me' activity Journal when you spend \$10 or more on your first order.

One of the features of Book Club is you can order the books online and pay with your credit card via the LOOP facility (visit <https://mybookclubs.scholastic.com.au/Parent/Login.aspx> for more information).

The LOOP facility eliminates the need to put your credit card number on the order form and/or handover 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.

Thanks

Jane



## **GRADE 3/4 CAMP TO SWAN HILL**

Grade 3/4 camp this year will be to Swan Hill Pioneer Settlement.

This is an overnight camp where the children will undertake activities to develop their understanding of the life of Australia's early pioneers.

Camp dates: Rooms 15A & 15B Tuesday 2<sup>nd</sup> - Wednesday 3<sup>rd</sup> April 2019  
Rooms 4, 14A & 14B Wednesday 3<sup>rd</sup> – Thursday 4<sup>th</sup> April 2019



## **NEXT MEETING**

The first PFA meeting for 2019 will be **Thursday 21<sup>st</sup> February at 7.30pm** in the multipurpose building. This is also the AGM & all positions will be vacated.

Any families that are new to Quarry Hill are most welcome to attend and new members are always welcome.

## **PFA EVENTS AND FUNDRAISING POLL RESULTS**

Last year the PFA asked Quarry Hill Primary School families to answer 3 questions in a simple poll which would allow us to gather information about what the school community thought about PFA events and fundraisers.

81 families responded to the poll which is roughly one third of all the families enrolled at the school.

The first question asked what PFA events families considered to be the most important.

The PFA event voted most important by the school community was the Mother's Day Stall, closely followed by the School Disco, and then the Father's Day Stall.

The second question asked what PFA Fundraiser is considered most important by our school community. Proving most popular was the Easter Raffle, with the School Fair coming a very close second.

The third most popular fundraiser was the Pizza Lunch.

Our last question asked which PFA events and fundraisers would parents be prepared to help with.

The School Fair proved to be the most popular with 28% of respondents indicating that they would be prepared to help out with this event.

Other percentages were as follows:

Pizza Lunch – 17.8%

Trivia Night – 16%

Mother's Day Stall – 12.5%

Art Exhibition-5.35%

Father's Day Stall – 5.35%

Mango Drive- 5.35%

Pie Drive-5.35%

Easter Raffle – 3.57%

There was an opportunity at the end of the poll, for respondents to leave a comment. Many comments stated how hard it is for parents to be committed to being a part of the PFA due to working commitments. Some commented that they found it difficult to attend meetings and others encountered a culture within the PFA that wasn't particularly appealing.

Thank you to everyone who took the time to respond to the poll. Our school will endeavor to meet the needs of our community and we can't do so without truthful and honest feedback from all our families.

**Fiona Shanahan**  
**Vice President**

## SECOND HAND UNIFORM SHOP

The second hand uniform shop will be open this **Friday February 8<sup>th</sup> from 3:45pm** and also **Monday 11<sup>th</sup> from 8:45am** for any new and returning parents/carers to purchase uniform for their student for the beginning of the year.

## TEETH ON WHEELS

On the 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup> of February & 1<sup>st</sup> March 2019, Quarry Hill Primary will be having Teeth On Wheels dental truck visit the school. Consent forms have been sent home, so if you wish your child to participate, please fill in the forms correctly and drop them into the office **by this Monday 11<sup>th</sup> February**.

## HEAD LICE CHECK VOLUNTEERS

Over the years, QHPS has participated in weekly classroom head lice checks. We are seeking any parent/carer volunteers with a valid Working with Children's check to assist in keeping this very valuable program running. Days and times are flexible, so if you could spare one hour a week to volunteer please see the office for more information. We really appreciate the support we receive from the QHPS community.

## PERMISSION FORMS

It is very important that your child's Update forms including Student Permission, Parent Guardian Privacy Consent & Computer Acceptable Use are all filled out and returned to the office. If you have not completed these please do so by **this Friday 8<sup>th</sup> February**.



### Quarry Hill Junior Football Club Registration Day

We welcome both current and new players as well as their families to join our club for the 2019 Season including Boys and Girls Under 9's, 10's and 12's age groups.

We invite you to come along to our Registration Day and enjoy a  
**\*\*FREE SAUSAGE SIZZLE\*\***

Friday 15<sup>th</sup> of February 2019  
4pm – 5.30pm  
Ken Wust Oval  
Houston Street Quarry Hill

Club Apparel available to order  
EFTPOS/Cash Facilities Available

**For further enquiries please contact our:**  
President – Mick Kealy on 0438 026 661  
Secretary – Lauren Kilcullen on 0409 952 840  
Registrar – Kristin McManus on 0420 933 191  
Vice President- Nektı Tzouroutis 0412242321



**Great news!  
Teeth On Wheels  
are coming to  
your school**

Teeth On Wheels are a highly qualified dental team who will be coming out to our facility. They press their focus on diminishing dental anxiety by practicing pain free dental treatment. Their mobile clinics are designed to be child friendly, making a fun and enjoyable atmosphere.

The onsite dental clinic is able to provide all treatments listed below:

- ✓ Examination
- ✓ Scale and Clean
- ✓ X-rays
- ✓ Fluoride treatment
- ✓ Preventative Fissure Sealants
- ✓ Minor Fillings

We highly recommend signing up with this special program to ensure your child's Oral Health needs are met.

 **Don't forget to complete and sign a consent form for your child to be seen!**



**TeethOnWheels™**  
a positive dental experience

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

 TeethOnWheelsAustralia  #teethonwheels

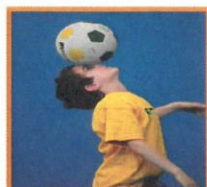




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W [www.kellysports.com.au](http://www.kellysports.com.au)



## QUARRY HILL PRIMARY SCHOOL



### MEGA MULTI-SPORTS

#### TENNIS – CRICKET – T-BALL – ATHLETICS

This program is a fantastic way to challenge and improve your child's motor and coordination skills. Our experienced coaches aim to develop and enhance the wide range of sporting skills of your child, including catching, kicking & throwing. While also improving strength, flexibility, hand-eye co-ordination, spatial awareness, co-operative skills and teamwork, all within a FUN and very SAFE environment

**WHEN:** Thursday  
**WHERE:** Quarry Hill PS Astro  
Turf/basketball courts  
**COMMENCING:** 14/02/19  
**CONCLUDING:** 4/04/19  
**DURATION:** 8 weeks  
**TIME:** 3:40pm – 4:40pm  
**YEAR LEVELS:** P – 6  
**COST:** \$112 inc GST

**GET IN QUICK FOR TERM 1 AS PLACES ARE FILLING FAST!!**

**\*\*EARLY BIRD SPECIAL OFFER\*\* If you enrol your child in any program before  
Sunday 10<sup>th</sup> February you'll receive 1 session FREE!!**



#### NEW & IMPROVED ONLINE BOOKING SYSTEM!!

SIMPLY GO TO [WWW.KELLYSPORTS.COM.AU](http://WWW.KELLYSPORTS.COM.AU) ENTER YOUR POSTCODE AND ENROL FROM THERE OR  
FILL OUT THE BELOW ENROLMENT FORM & SEND WITH A CHEQUE OR CREDIT CARD DETAILS TO:  
12 METROPOLITAN DRIVE, EAGLEHAWK VIC 3556  
PAYMENT OPTIONS AVAILABLE!

### ENROLMENT FORM

☐ Mega Multi Sports

School: \_\_\_\_\_ Year Level: \_\_\_\_\_ DOB: \_\_\_\_\_

Name: \_\_\_\_\_ Room No: \_\_\_\_\_

Address: \_\_\_\_\_ Post Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile/Work: \_\_\_\_\_

Email: \_\_\_\_\_ Medical Conditions: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

At the completion of after school clinics, does your child? ☐ Go to after care ☐ Get collected Photo consent ☐

**Parents' consent:** I hereby authorise Kelly Sports to act on my behalf should my child require medical attention, and release  
Kelly Sports Bendigo from any liability for injury incurred by my child at Kelly Sports programs.

Parent/Caregiver name: \_\_\_\_\_ Signature: \_\_\_\_\_

Amount Paid: \$ \_\_\_\_\_ Credit card payment: ☐ Visa ☐ Master card

Card Number:                 Expiry Date:   /   CVV:

#### THINGS TO KNOW

Kelly Sports is a Registered Child Care provider  
Don't leave forms at the School Office  
Spaces are limited so please make sure you enrol online or return form to Kelly Sports



## TENNIS COACHING

*for all ages and standards*

**TERM 1  
STARTS  
29 JAN**

AIDAN FITZGERALD  
0422 150 911  
AIDAN@GIANTTENNIS.COM.AU

BRANDT FLEMING  
0409 518 510  
BRANDT@GIANTTENNIS.COM.AU

SOUTH BENDIGO TC  
STRATHFIELDSAYE TC  
MAIDEN GULLY TC  
CASTLEMAINE LTC

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



UNLIMITED  
classes only  
\$17 a WEEK

## Fun fitness & multi-sport after school classes

Our 45min after-school classes are sports science designed for primary school kids (aged 5-13), structured for maximum fun and real results!

Attend unlimited classes weekly for only \$17 a week.  
**Get fit. Get Gecko fit.**

**Youngsters (5-8yo):** Monday & Thursday, 4.15-5pm

**Midsters (9-13yo):** Monday & Thursday, 4.15-5pm

Bendigo Major League Multisports  
Waterson Court, Golden Square

BOOK YOUR **FREE TRIAL** ONLINE NOW  
at [geckosports.com.au](http://geckosports.com.au)



Franchise opportunities available | 1300 432 565

★ 2019 ★

cakes & produce  
Fun for the kids  
Face Painting  
Arts & Craft  
Bouncy Castle

# HOLY TRINITY FAIR

FOOD - FAMILY FUN - ENTERTAINMENT  
Holy Trinity - Keck St Bendigo

BBQ & various Food stalls  
Plant Sale  
book stall  
Bric-a-Brac

**FRIDAY  
FEB 22nd  
5pm-8pm**

Come along for a great evening of fun!

south east bendigo  
anglican parish

**FRESH FRUIT FRIDAY**

Benefiting the health and wellbeing of our Bendigo school children

Proudly funded and supported by:





## EPSOM FC'S FAMILY FUN DAY

### FEBRUARY 23<sup>rd</sup> 3:30PM – 5:30PM

- For all present, past and future players, aged 5 years to 16 years.
- Come to Epsom FC's family fun day at Epsom Huntly Recreation Reserve.
- PLENTY OF SOCCER ACTIVITIES FOR THE KIDS!
- Meet our Junior coordinators; get all the information you need, for the upcoming 2019 season.
- Our sponsor Sportspower will have samples for players to view and order.
- Epsom FC merchandise will be available.

Email the coordinators [juniors@epsomfc.com.au](mailto:juniors@epsomfc.com.au) for more information.





ARE YOUR KIDS INTERESTED IN PLAYING SOCCER?  
COME TO OUR FAMILY FUN DAY!  
MEET OUR JUNIOR COORDINATORS  
FIND OUT ALL INFORMATION FOR THE 2019 SEASON  
PLENTY OF SOCCER ACTIVITIES FOR THE KIDS!  
EPSOM FC MERCHANDISE AVAILABLE

EPSOM FC  
353 Midland Hwy, Huntly, VIC, 3551  
[www.epsomfc.com.au](http://www.epsomfc.com.au)  
Email: [juniors@epsomfc.com.au](mailto:juniors@epsomfc.com.au)  
[www.facebook.com/epsomsoccer](https://www.facebook.com/epsomsoccer)

## SOUTH BENDIGO JNR FNC

### FEB 10<sup>TH</sup>

Brennan Park pool

## All Welcome

bring the Whole Family

## All New and Prospective Jnr Players INFORMATION SESSION

available at 'Family Day' pool party  
Sunday 10<sup>th</sup> Feb 4pm - 6pm  
BRENNAN PARK POOL  
Houlahan St, KENNINGTON VIC 3550

For more information check out our website [www.southbendigofnc.com.au](http://www.southbendigofnc.com.au)  
Contact Garath (Jnr President) 0418 482 342  
Also find us on FB or South Bendigo Junior FNC on Team App

### JNR FOOTBALL PLAYERS

Register & Pay BEFORE 15<sup>th</sup> March  
get a **FREE** training top

This offer ONLY applies to Jnr Football players  
Strict Conditions apply

## Empowering, equipping & enabling all girls to flourish, now & into the future.

[girlsbrigade.org.au](http://girlsbrigade.org.au)  
0429 397 557



1983 - 2018  
125 years

**GIRLS' BRIGADE**  
Victoria  
BENDIGO

**Mondays\***  
5:30-7pm &  
7-8:45pm  
\* During school terms  
757 McIvor Hwy  
Junortoun

**BENDIGO BAPTIST CHURCH**

## Are you looking for a safe, fun after school activity for your daughter?

The Girls' Brigade can provide the ideal environment for your daughter to grow. GB offers fun, exciting and age appropriate programs for girls aged 5-18. Your daughter will enjoy being part of GB and will make new friends on the way. Activities include games, crafts, cooking, camping, outings, Christian teaching and, for the older girls, GB offers a leadership training program that is second to none!

For more info call  
Jenny McWilliam on 0429 397 557  
[vicbendigo@girlsbrigadeaustralia.org.au](mailto:vicbendigo@girlsbrigadeaustralia.org.au)  
<https://girlsbrigade.org.au/>

Monday nights during school terms:  
P - yr. 5: 5:30 - 7pm  
Yr. 6 - 12: 7 - 8:45pm  
Bendigo Baptist Church  
757 McIvor Road Junortoun 3551

*Girls' lives transformed*

**GIRLS' BRIGADE**  
Victoria  
BENDIGO

## End of Summer Kangaroo Flat MARKET

MARKET STALLS	CAR-BOOT SALES	GIANT GARAGE SALE	TRASH & TREASURE	SAUSAGE SIZZLE	DEVONSHIRE TEAS	LIVE MUSIC
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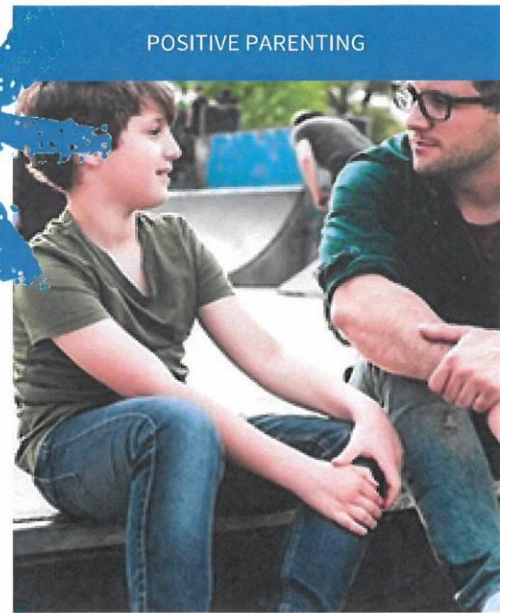


@ Kangaroo Flat Uniting Church, High St, (opposite ALDI)  
on Saturday 23<sup>rd</sup> February from 8am - 1pm  
Enquiries & Site bookings: Max 54431809 / [blume\\_m@bigpond.com](mailto:blume_m@bigpond.com)

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550  
Email: [quarry.hill.ps@edumail.vic.gov.au](mailto:quarry.hill.ps@edumail.vic.gov.au)  
Website: [www.quarryhillps.vic.edu.au](http://www.quarryhillps.vic.edu.au)  
Phone: 5443 3537



# insights



## Top five strategies to improve your parenting this year

by Michael Grose

The start of the year is a great time for making changes and improvements to the way you raise kids. But it's difficult to know where to begin.

To assist with the change process we've carefully selected five practical strategies that will have a positive impact if acted upon. We've organised webinars in the first half of the year to assist you to implement each strategy.

### 1. Switch on your child's strengths

Most of us have been conditioned to focus on what kids can't do. There is a better way. The Positive Psychology movement led by US-based psychologist Dr. Martin Seligman showed that when we can unearth kids' strengths we are, in effect, unlocking their true potential for success and happiness. Three elements come together to make a strength and parents need to be mindful of all three: performance (being good at something); energy (feeling good doing it); and high use (choosing to do it).

Professor Lea Waters, author of the wonderful new book *The Strength Switch* and current President of the International Positive Psychology Association will show you how to focus on kids' strengths in her webinar 'Switching on your child's strengths'.

### 2. Balance kids' extra-curriculum activities

Alongside social media and news events, being busy is now recognised as a major stressor for many children and young people. The choice of activities to keep kids busy after school hours is mind-boggling.

Having so many options is wonderful but it does place a new set of pressures on parents and kids. The cost of loading kids up with scheduled activities is that many don't get the chance for free play, or simply 'vegging out' on the couch.

Parenting Ideas expert Dr. Jodi Richardson will help you find the right balance of activity for your family in her webinar 'Balancing extra-curricular activities'.

### 3. Focus on friendships

Friendships are an important part of the road to adulthood for a child or young person. Friendships can also be

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[parentingideas.com.au/schools](http://parentingideas.com.au/schools)

problematic. Not every child is naturally outgoing and makes friends easily. If your child has difficulty forming friendships and is worried by that, then there are many ways to approach this including: encouraging kids to spend one-on-one time with others, making extra-curricular activities fit their interests, and coaching kids to develop friendly behaviours.

The wonderful [Sharon Witt](#) will conduct a webinar '[Teach girls to build each other up](#)', focusing on friendship skills especially for parents of girls.

## 4. Give kids tools to manage anxious moments

Currently we have a childhood anxiety problem. A big one! And it's mostly undetected as community understanding of anxiety is low. It's our experience at Parenting Ideas that many parents are anxious and they don't know it, and many children routinely experience anxiety, which goes unrecognised.

Parenting Ideas founder Michael Grose is conducting a webinar '[Managing your child's anxiety](#)' to help parents on this challenging but important topic.

## 5. Develop rights of passage

Community changes have largely eradicated many traditional rights of passage, making it harder for a young person to know when they've become an adult.

Fortunately, many families are now creating their own to mark events such as the end of primary school, the move into the teenage years, and mark different stages of adolescence. These traditions are now becoming legitimate rights of passage for young people.

Internationally recognised expert on rites of passage Arne Rubenstein will outline practical ways you can recognise a young person's important life markers in his webinar '[Creating 21st century rites of passage](#)'.

## Will anything be different this year?

Change and improvement in anything worthwhile generally comes incrementally rather than in one giant leap. We've pointed you in the right parenting to take this year. With our webinars we've made it easy to take that vital first step. Have a great parenting year.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.