



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday February 27th 2019
Newsletter No. 4

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 |
|--|--------------------|--|
| FEBRUARY | | |
| Wednesday 27 th & Thursday 28 th | Various Various | Teeth On Wheels dental visit continues Parent/Community feedback interviews |
| Thursday 28 th | All day | School Census Day |
| MARCH | | |
| Friday 1 st | Various 4.00pm | Teeth On Wheels dental visit School Council Parent member nominations due |
| Monday 4 th | Various | Grade 3/4 Nutrition Workshop incursion |
| Wednesday 6 th | All Day | Pupil Free Day |
| Monday 11 th | All Day | Labour Day public holiday |
| Friday 22 nd | 3.00pm | Assembly-Margaret O'Rourke badge presentation |
| Sunday 31 st | All Day | Bushland-Large working bee |
| APRIL | | |
| Tuesday 2 nd -Wednesday 3 rd | | Grade 3/4 Swan Hill Camp Rooms 15A & 15B |
| Wednesday 3 rd -Thursday 4 th | | Grade 3/4 Swan Hill Camp Rooms 4, 14A, 14B |
| Friday 5 th | 2.00pm 2:30pm | Assembly Last day of Term 1- early dismissal |
| MAY | | |
| Monday 23 rd | 9.00am | First day of Term 2 |

Reminder:

Unfortunately due to extreme weather the Welcome Back Picnic has been cancelled.
Next Wednesday 6th March is a Pupil Free Day



Kind



Curious



Brave

Dear Parents and Carers,

VALUES IN ACTION – STUDENT LEADERSHIP

On Friday Jacinta Allan MP, presented Abbie G, Ewen M, Xanthe T and Jack D with their School Captain badges and Charlotte C, Sienna R, Milly S and Amelia G with their House Captain badges. It was fantastic to witness the happiness of these students and the pride of their families and friends as they eagerly took photos of the occasion.

As a school leader I am extremely proud of these young people. It is a wonderful achievement and very well deserved. I am looking forward to working with all of them throughout the year.

I am also extremely proud of all of the students that put in applications for leadership positions. You have to be brave to try! Trying involves taking risks. Trying means being vulnerable by putting yourself forward and being seen. It's tough to do that when you might be scared about what people might say or think. It takes courage to fail and it takes courage to pick yourself up after a set back and try again. Being brave is interlinked with failing well and building grit and determination. As parents and teachers, let's focus on this critical skill to help our children be the best version of themselves they can be.



Brave

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



A FINAL BURST OF SUMMER - NO WELCOME BACK PICNIC!

The Bureau of Meteorology has forecast weather in the high 30s through until next week with no relief in sight at this stage. Due to the predicted extreme heat and high UV factor, we have made a call to cancel the Welcome Back Picnic scheduled for tomorrow night. Apologies for any inconvenience caused.

KITCHEN GARDEN REQUEST

Yesterday, Mr Harrop's grade 5 and 6 students had their first Kitchen Garden session. The students will share their experiences with you further in the newsletter, so I won't spoil their recounts! I do want to give a huge thank you to Amanda Dole, Craig Harrop, Kasslea Shaw and Renee Selkrig for making this possible. Without their collective efforts, this session would not have been so successful. Thank you!

I am hoping that our community may be able to help with some donations of equipment. If you have a pasta maker sitting at the back of your cupboard that you no longer require, we would love to have it. Any mortar and pestles would also be greatly appreciated.

SCHOOL CENSUS DAY

Tomorrow, Thursday February 28th is School Census Day. If your child is absent on this day it is very important that we are provided with a note explaining the absence. Our budget is determined by the number of children who attend on Census Day and enrolment numbers and information will be subject to audit. We thank you in anticipation for your cooperation with this matter.

CURRICULUM DAY – WEDNESDAY MARCH 6TH – PUPIL FREE DAY

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

Wednesday, March 6th will be a Pupil Free Day.

SCHOOL COUNCIL ELECTIONS – NOMINATIONS BY FRIDAY PLEASE

The Annual General Meeting for Quarry Hill Primary School Council will be held on Monday March 18th 2019 at 7:00pm. This meeting will precede the Annual Reporting Meeting, when the School's Annual Report will be presented. There are three parent vacancies, a community member and one DET vacancy by rotation for a two year term, and any interested parents are urged to nominate for School Council. The whole school benefits from a variety and diversity of opinion on Council, and the value of fresh ideas and enthusiasm should not be underestimated.

The current School Council is as follows:

Retiring this election

Parent Members

Tim Shanahan, Sheree Yates & Joan O'Brien

DET Member

Tamieka McErvale

Retiring next election (2020)

Parent Members

Carleen Egan, Justin Clark, Michelle Grose, Scott Langan

DET Members

Narelle Jones & Anne Rochford

We thank retiring members who have made valuable contributions to School Council. Retiring councillors, who meet eligibility criteria, are welcome to nominate for further tenure on School Council. Nomination forms are available from the office. Nominations are to be lodged at school by 4:00pm on Friday March 1st 2019. A ballot (if required) will be held on Wednesday March 6th 2019.

PREP REST DAYS IN FEBRUARY PLUS MARCH 6TH

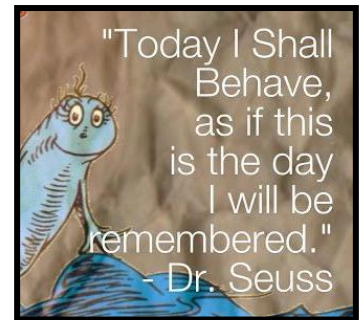
Parents of Prep children are reminded that for the month of February Prep children do not attend school on a Wednesday. Also, with the Curriculum Day scheduled for Wednesday, March 6th (see above) Prep children (along with all students) will have a further rest day on March 6th.

PUBLIC HOLIDAY

A reminder that Monday March 11th is the Labour Day Public Holiday. Students do not attend school on this day.

RESPECTFUL EXCHANGES

As Principal, it is my role to ensure the safety, security, health and wellbeing of all the staff and students at Quarry Hill Primary School. As educators, we encourage you to communicate any concerns about your child's education, safety, health and wellbeing, however, I request that you follow Department and school procedures and engage respectfully and constructively with staff. Aggressive communication, whilst expressing personal needs and desires, does not take into account the welfare of others. Let's work together in a positive way to get a great result.



CHINESE IMMERSION PROGRAM 2019 – CALL FOR HOST FAMILIES

Quarry Hill Primary School will again be hosting students as part of the school's on-going Chinese Cultural Exchange Program. The Chinese students from Suzhou Industrial Park usually arrive in week 2 of Term 4 (mid-October) and leave in the first week of December. Bendigo Team China schools are currently collecting information to determine the number of Chinese students we are able to host.

I am seeking expressions of interest from families to host a Chinese student for four or eight weeks during their visit. The Chinese students are usually 10-11 years old and have just entered Grade 5 (Chinese school year begins in September).

Families are paid a weekly payment to cover costs associated with the Chinese student. Last year the payment was \$280.00 per week.

If you are interested please complete the slip below and return it to school or reply by email to menzel.jo.j@edumail.vic.gov.au If you would like more information or would like to speak with a family who hosted last year, please feel free to contact the school.

Please return below:

Our family is interested in hosting a:

(Please tick)

- ☐ Chinese student
☐ Teacher
☐ Happy to host either

For:

- ☐ Four weeks
☐ Eight weeks

Child's name: _____ Grade: _____ Room: _____

Your name: _____

Family members living at home: _____

Have a wonderful week.

Jo Menzel

Principal

KITCHEN GARDEN

Kitchen Garden No. 1 26/2/2019 Tuesday

Today was our first Kitchen Garden! There were three groups which will probably stay the same for the whole term. I had Charlotte in my group which was great. Charlotte and I were in group 1.

Our first group was cooking. We got to choose 1 of 3 things to cook. I chose the eggplant dip. It was called Baba ghanoush (pronounced buba ganush). I crushed the garlic.

Our second group was doing place mats. It had to be something to do with veggies but other than that, we could do whatever we wanted! I said "I love tacos, I love food, I love cup cakes (a bit of a lie) and Abbie! The rest of it had veggies and fruit on it. We are going to laminate it.

Our third group was outside work. First, I did turning the compost with Esther and Jordy L. I switched to sweeping with River because Louie didn't do it.

After recess, we got to eat what we cooked. I loved the flat bread with hummus and Baba ghanoush. I loved the garlic bread with tomatoes too. They were all delicious!

Written by Abbie.



STUDENT ACHIEVEMENT AWARDS

KIND

| | |
|-------------------|---|
| Zavier S (Room 9) | for respecting our classroom environment and making sure our classroom is always neat and tidy. |
| Kobi R (Room 4) | for being a kind friend to other class members. |
| Lily H (Room 15B) | for always using her manners and treating her classmates with respect. |



CURIOUS

| | |
|-------------------|---|
| Gabe N (Room 6) | for helping his class learn about what 'infinite kindness' means. |
| Demi M (Room 14B) | for asking clarifying questions during spelling! |
| Ella B (Room 10A) | for exemplary homework and always trying her very best with her learning. |
| Will H (Room 12B) | for offering excellent insights and asking valuable questions during class discussions. |
| Amelia W (Room 2) | for always asking questions to improve in her learning. |



BRAVE

| | |
|----------------------|--|
| Leni F (Room 7) | for mastering the counting strategy, counting on from the largest number. |
| Aleirah H (Room 15A) | for working independently during writing activities. |
| Dyson S (Room 8) | for being brave when attempting to compose two sentences in his weekend recount. |
| George T (Room 14A) | for accepting and acting on feedback to improve his writing. |
| Tom N (Room 10B) | for being brave and working hard during our first Kitchen Garden session. |



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. The cost of the camp is \$135.00 (\$85.00 if you have already paid the deposit) and payments are being accepted now in the office.

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

CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)

A reminder that families or temporary foster parents holding a valid means-tested concession card are eligible to apply for CSEF. Eligible concession holders are entitled to \$125 per year for primary school students. Payments are made directly to the school and are tied to the student. Please see the office with your card now.

NEWS FROM THE GREATER CITY OF BENDIGO

The Council is putting together the All Ages All Ability (AAAA) Plan.

Currently they are in the community consultation phase of the plan and are keen to survey a broad range of people. Families and households come in all shapes and sizes: grandparents, families, people with disability, carers, children and young people. There is a lot of crossover in health and wellbeing needs so the GCOB is developing an action plan for all. The following is a link to a short survey to collect valuable opinions from the community, as well as taking the time to complete yourself if it could be distributed through your networks it would be much appreciated - www.surveymonkey.com/r/allagesallabilities.



P.F.A News

NEXT MEETING

The next PFA meeting will be Friday 22nd March in the multipurpose building at 9.00am.
New members welcome we will be discussing upcoming calendar events for 2019.

What's coming up courtesy of the PFA?

Easter Raffle

Friday 5th April

Last day of Term 1 - 2.00pm assembly

I would like to thank all present at our PFA AGM last Thursday where our new PFA team was appointed as follows:

President: Renee Selkrig

Vice President: Kasslea Shaw

Treasurer: Karen O'Toole

Secretary: Virginia Jones and Fiona Shanahan

I congratulate all on their positions and look forward to what an exciting year we have ahead as Parents and Friends at Quarry Hill Primary School.

I would also like to take a moment to recognise all PFA members of the past years. All of these members take time out of their busy schedules to plan, organize and oversee all of the events through the year. Their work and energy are making a difference to our school community. The Parents and Friends Association last year accomplished provisions to aid in our wonderful school and this can be seen in our newly carpeted Multipurpose room, Basketball courts and padding, works in the new Sensory Garden and Bushland as well as Literacy and Numeracy kits for our classrooms.

Easter Raffle: Planning for one of our most popular fundraising events is underway. This year all funds raised will go towards purchasing a shade sail for a sandpit. Prizes will be drawn on Friday April 5th, the last day of Term 1. If you are able to assist in any way please advise Rachele Bertuch or Renee Selkrig so the event can be organised and delivered smoothly and quickly.

Helpers will be needed to put together raffle books, the collecting and wrapping of Easter goodies into prizes and on the day of draw. Wrapping dates and times will be posted on the PFA noticeboard located outside Room 5 in the week to come.

Become a Member: The PFA would like to extend an invitation to all members of our school community to join, Mums, Dads, Brothers, Sisters, Aunties, Uncles, Grandparents and Carers are all eligible and welcome. Your involvement can be small or large, but together we can create an amazing community for our children. Come along to our next meeting or in the meantime see the office for a membership form, it is just 50 cents to join. Membership provides members the opportunity to assist and contribute to the life of the school and education of their children. We actively encourage your input and look forward to contributing to the wellbeing of the school community together.

Renee Selkrig.
PFA President.

SECOND HAND UNIFORM

The second hand uniform shop will be open on **Fridays from 3.30pm-3.45pm** and again during the cake and cuppa catch up on **Thursday mornings from 8.45am-10.00am**. The cost of each item is 50 cents and the location is in the multipurpose building near the junior astro turf. All new and returning families are welcome to come down at these times to purchase any needed uniform. All donations welcome.

The QHPS PFA is for all friends & family of QHPS students.

We hope to enrich the school experience for QHPS kids, fundraise for items to complement the curriculum (previous purchases have been the rock climbing wall, new reader books, BeeBots and Bushland programs), and create a community of support for the families of our QHPS students.

*We'd love to meet you at our Thursday Cuppas, at one of our meetings,
or helping out at one of our events.*

Even one extra person helping for one activity when you can, helps to share the load.

Meet more of our PFA members!



Name: Jane

Connection to QHPS: I first joined PFA in 2009 when my eldest child started Prep. The president at the time

was Rose Vincent (of Old Church on the Hill fame) and I had a FOMO moment which has kept me (loosely) involved on and off for the last 10 years while my 3 kids have been at QHPS. Charlotte is about to finish – she's in Grade 6.

What PFA activities do you get involved in?

I work Mon- Thurs so my involvement is a bit limited, but the PFA group is happy to have your involvement in whatever capacity you can give.

(Side note: Jane also collates every Scholastic Bookclub order for the school, we love her for it)

What do you enjoy about being a PFA member?

IN 2009, I hadn't long been living Bendigo and PFA was a great way to meet new people, be involved with the school and your own children, and also get an insight in to the plans for the school via the Principal's involvement with the PFA. Fundraising usually sends a shiver down my spine, but when you do it with a great group of people the focus is more about being involved with the community rather than making money.

Why should parents & friends join PFA in 2019?

Come along and give it a go – you will be surprised from the enjoyment you can get from attending meetings, serving pizza slices and wrapping gifts!



Name: Kasslea

Connection to QHPS:

My oldest son Rory started prep in 2011, after we moved from Deniliquin to Bendigo.

He's now in Year 8! I also have Archie in Grade 5 and Scarlett in Grade 1.

Best memory from when you were at school?

Meeting my best friend Samantha in Prep, we are still besties to this day.

What PFA activities do you get involved in?

I've been a member of the PFA for 9 years now and have been involved in many events. My favourites have been the Spring Fairs, Trivia Nights, Mother's and Father's Day stalls and Mango tray fundraiser, but I must say I love the School Disco. It's a great way to finish off the school year and I get to show off my awesome dance moves!

What do you enjoy about being a PFA member?

I enjoy being a PFA member and the sense of community it brings. I love volunteering, helping out where needed and making a difference. I have made great friendships, raised a lot of money for the school & students and have been able to see the benefits.

(Side note: To discover Kasslea's Facebook alias, you'll have to join the PFA to find out!)

What can we expect from the PFA in 2019?

To see what's coming up from the PFA, please check out the newsletters & announcements at assembly. Also, you can expect some awesome dance moves at the disco in December!

2019 Bendigo Writers Festival

The Vox Bendigo Book 2019 - Young Writers Anthology. **ENTER NOW!!**

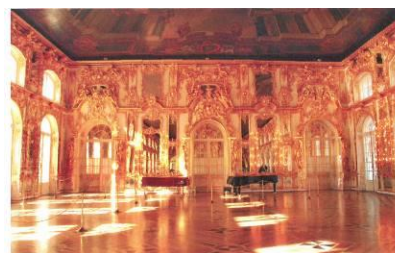
Bendigo Writers Festival and the Rotary Club of Bendigo are delighted to once again announce that submissions for the 2019 *Vox Bendigo Book Young Writers Anthology* are now open.

For the fourth year running, *The Vox Bendigo Book* will be launched as part of Bendigo Writers Festival (August 9-11). Students in years **3-7** and **8-11** are invited to enter one piece of writing relating to 2019's theme of **GOLD**. Attached is a helpful list of writing prompts.

Entries close C.O.B 3 May 2019. It is FREE to enter. There is a recommended word length of no more than 1000 words. **Enter poetry, prose, fiction, non-fiction – there are no rules!**

Conditions and details:

1. All entries must be original, unpublished and the work of one student only.
2. It is **preferred** that entries are submitted via email to thevoxbendigobook@gmail.com in a typed and double-spaced Word document using Times New Roman 12 pt. Please do not send pdfs.
3. A cover page with the following details must be submitted: full name, age, year level, name of school, student contact details, and teacher contact details. If student is submitting via personal email please include school name and home contact details. Full name is only to appear on the cover page and no other pages.
4. If posting hard copies, send to The Vox Bendigo Book, C/- The Capital, 50 View Street, Bendigo VIC 3550. Entries will not be returned.
5. Students selected for publication will be notified by email/letter before the launch in August. All published students and their school libraries will receive a copy of *The Vox Bendigo Book*.
6. Any enquiries can be made to Cecile Shanahan, Coordinator of *The Vox Bendigo Book* at thevoxbendigobook@gmail.com or on 0488 666 206.



GOLDEN IDEAS TO GET YOU STARTED:

Gold Rush

Gold Medal

Foot's Gold

All That Glitters is not Gold

Midas touch

The golden hour: period of time around sunset/sunrise

Rose Gold, White Gold, Yellow Gold, all the golden jewels

"You have a heart of gold"

"Anyone can find the dirt in someone. Be the one who finds the gold"

Silence is golden

GOLD

Use 'gold' as an inspiration for your writing in some way.



To obtain a copy of last year's anthology please contact The Capital box office on 5434 6100.



TEAM CHINA OVERSEAS LEARNING EXPERIENCE

Do you want to win
this panda?

We are selling raffle
tickets at the **zooper**
dooper stand for
50 cents each!

Good Luck!

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

THE BRAVE PROGRAM

The School of Applied Psychology at Griffith University, QLD have launched an Australian wide, publicly available, free-of-charge, online parenting program for the prevention and treatment of anxiety in young children.

The BRAVE Program for Parents and Caregivers of Young Children provides parents with education about anxiety and teaches parents a variety of strategies to manage anxiety-provoking situations that their child may experience. Parents will also receive information on strategies to better manage their child's anxious behaviours. Many young children suffer from fears, separation anxiety and social anxiety in their early school years, which can disrupt their early schooling experience.

Parents can register for FREE by completing a few short anonymous surveys that will help the university (and the parent) track their child's progress. Then, you will have access to evidence-based sessions and resources to help your child. The direct link to the young child program is <https://brave4you.psy.uq.edu.au/preschool-program>.

A promotional poster for 'The Brave Program'. The background is split diagonally from the bottom-left to the top-right, with a white upper-left section and a blue lower-right section. In the white section, the text 'Is your 3 to 7 year old child experiencing worry, fear or anxiety?' is written in a large, black, sans-serif font. Below this, in smaller black text, is 'Then register for...'. The title 'The Brave Program' is in a large, bold, orange-red font, followed by 'for parents and caregivers of young children' in a smaller black font. In the blue section, a white circle contains the text 'Helping children be BRAVE' in an orange-red font. Below this, in white text, is 'A FREE online program that provides parents and caregivers of children aged 3 to 7 years with information and skills to help their child overcome fears and anxiety.' At the bottom of the blue section, the website 'https://brave4you.psy.uq.edu.au' and Facebook link 'fb.me/braveparents' are listed in white. An illustration of a young girl with dark skin, curly hair, and a pink headband is shown in the bottom-left corner, sitting and looking towards the right. At the bottom of the poster, logos for the University of Southern Queensland, Griffith University, and Beyond Blue are displayed, along with a small disclaimer about data collection.

Is your 3 to 7 year old child experiencing worry, fear or anxiety?

Then register for...

The Brave Program
for parents and caregivers of young children

Helping children be BRAVE

A **FREE** online program that provides parents and caregivers of children aged 3 to 7 years with information and skills to help their child overcome fears and anxiety.

<https://brave4you.psy.uq.edu.au>

<fb.me/braveparents>

GU Ref: 2018/310

To keep this program free for all Australian families, anonymous data is collected at registration and during the program use, to help us track the success of the program. Some of this data may be used for research purposes.

NEWS FROM THE BUSHLAND

The Bushland Dreaming project will be completed in the first half of this year. We'd love your help! Join the organising committee, come to the working bees and/or get involved in the projects.

- Planting indigenous seasonal garden beds with each school year level.
- Painting a mural on the Bushland concrete wall.
- Planting the bushland with shady trees.
- Building a dry creek bed to allow rainwater to water plants on site.
- Improving the gateway to the bushland.
- Big celebratory launch.

Bushland Timeline and Dates (put them in the diary!)

- Date TBC: Small working bee to prepare site (during March).
- March 31: Large working bee to make dry creek bed, fences, gateway and garden bed prep.

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

- May 22: Students planting their year level garden beds during this school week (International Biodiversity Day).
- May 26 planting Sunday with parents (National Sorry Day).
- May 27: Artwork Mural project (NAIDOC week)
- June 5: Launch of Bushland project (World Environment Day)

Meetings Term 1: We'll meet every **Thursday at 9:15am** during the term to pull everything together. Everyone is welcome!

This project was made possible with part funding from the Strathfieldsaye & Districts Community Enterprise. www.strathfieldsaye.com.au.

"Do you want to support Strathfieldsaye & Districts Community Enterprise to make our region stronger, healthier and more vibrant? You can nominate Strathfieldsaye & Districts Community Enterprise as your community beneficiary when you purchase products or services from the Bendigo Bank branch at Strath Hill or Bendigo Telco for your family or business. Customers can link existing accounts too. We receive a commission from all tagged accounts and purchases, then return it to the community through grants, sponsorships, contributions to major infrastructure and community events. It's simple; by choosing local banking and communication providers, you can make a real difference to your community.... and there is no cost to you!"

The project is also supported by Rotary Club of Bendigo Strathdale and is being delivered in partnership with Dja Dja Wurrung Corporation.

FREE BOOKS

Big W are giving away FREE BOOKS as part of their initiative in making books available for ALL children.

A great way to promote literacy in your home! ☺

We have attached the website for you for more information.

<https://www.bigw.com.au/free-books-for-kids>

**GET INVOLVED IN
TABLE TENNIS**

Bendigo & District Table Tennis Association has places available in the Junior Program & C-Grade Pennant.

JUNIOR PROGRAM is open to beginners and experienced players for fun and learning to improve table tennis skills. The program runs four times a year in line with school terms is open to Girls and Boys up to 18 years of age.

Starts first Friday of Term 4 and runs each Friday between 6pm-8pm during the term.

Wear a pair of rubber soled 'non marking' runners. Balls provided. Bring your own bat or loan equipment available.

Registration \$5 per school term (including insurance cover). Subs \$3 per Friday night.

C GRADE PENNANT competitions run Thursday nights over two seasons. **summer starts first week of school Term 4 and to the end of Term 1 the following year, winter starts first week of school Term 2 and to the end of Term 3.** No matches during school holidays.

Playing time is around 7:30pm-10pm.

Wear a pair of rubber soled 'non marking' runners. Balls provided. Bring your own bat or loan equipment available.

Registration Adults \$60 & Juniors \$35 per season. (including insurance cover)

Playing fees: Adults \$5 & Juniors \$3 per night.

BDTTA
Bendigo District Table Tennis Association
(03) 5446 1839
140 Victoria Street, Eaglehawk

Juniors contact: Deb Wright
0418 123 041 deb.wright10@gmail.com

C Grade Pennant Contact: Robert Deacon
0433 740 429 backtohealth@live.com.au

bendigotabletennis@hotmail.com
www.insports.com.au/ttp/bdtt
www.facebook.com/bendigotabletennis

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

What We Have Been Doing in OSHC

We have been having a blast in OSHC! The children attending our program have already made great new friendships, learnt more than ever before and best of all, have been having heaps of fun. There's been a variety of different activities and games that children of all ages have been engaging in.

The children have been exploring the kitchen and have made pancakes and a yummy vanilla cake. They have also been enjoying getting out and running around playing super group games. The games we love are: Everybody's It, Broken Windows, Farmer Sam and silent ball. The children have built some fantastic lego constructions and enjoyed construction with paper. Some of the things we have made from paper are friendship chains, friendship chatterboxes, paper planes and origami animals.

Every day we aim to deliver a high-quality program that interests and engages your child, whilst getting to know them. That's why our program is tailored to and guided by the needs of the children attending our service. In OSHC, your child can enjoy and engage in activities ranging from indoor and outdoor play time fun, constructive and manipulative play, as well as creative time. There's also quiet time for homework, reading and relaxation.

Meet Our Team

We're here to make OSHC the best experience possible for your child and family. If you have any questions about the program, feel free to drop by, meet our team and see what happens in our program first hand.

Program Details

To find out more about our program, view our fees and to register,

visit www.campaustralia.com.au and search for your school

Safety • Meaningful • Innovative • Leadership • Education

we make kids smile

insights



Giving kids scripts for social and school success

by Michael Grose

Recently, I heard my adult daughter rebuke a male friend for telling her that she'd lost weight.

"You just can't say that," remarked my daughter.

Realising his mistake this young man said, "So what should say instead?"

"Tell me I look healthy."

"Hey, you look really healthy!"

"That's better," remarked my daughter, who's not backward in coming forwards.

This young man's scripting was askew. He knew that a male complimenting a female on losing weight maybe no compliment at all, however he didn't know what else to say. My daughter gave him a new script that he can use in similar situations in the future.

This scenario is relevant to parenting. Parents should always looking for opportunities to give their kids the social scripts to express themselves in different situations.

Benefits of providing kids with social scripts

Social scripting wins the parenting trifecta. Giving kids the words to use helps them stay safe; become social and importantly, promotes their independence. Your job as a parent is to wean kids off you. Social scripting is a big part of this process.

So if keeping kids safe, while socialising and developing their independence is important then look for ways to give kids the right words to use. Here are some ideas to get you started.

1. Asking a teacher for help or assistance

Kids often coerces parents to do their bidding with teachers, coaches, siblings and other adults. It's easy to pick up the phone and arrange to meet a teacher or go into your child's room and ask for something on behalf of your child. Take a different approach. "Choose a time when your teacher is free, and then ask her if you can sit at the front of the classroom. You could say..."

2. Entering a game at school

Many kids struggle to enter into a game or activity at school, so they sit on the sidelines and miss out. Consider

coaching a child about how he or she may approach a situation. Suggest that he or she looks for someone they know, and wait for a lull in the game before asking. Social scripting involves timing, not just the words to use.

3. Telling a sibling to stop annoying them

"Jessica, please stop flicking the ruler while I'm watching TV. I find it annoying." This may work. If not, this child could try, "Jessica, could you flick your rule elsewhere." It may work. It may not. But it's infinitely better than yelling, "Jessica, DDDOOOONNNN'TTTT!!!"

4. Saying No to a friend without losing face

Research shows that many teenagers struggle with peer pressure because they don't know how to say NO in a way that maintains their status. One strategy is to use an excuse rather than say give an outright NO. "I don't want to drink tonight because I've got football training in the morning."

5. Expressing their emotions

Both genders can struggle to express their feelings, particularly if they haven't been taught the words to use at home. Recently, I saw a mother prompt her three year old when he was clearly annoyed.

"Are you frustrated Maxie?"

"Yes, I fustttated!!"

"Would you like a hug?"

"Yessss!"

You're never too young or too old to be hugged. Just as you're never too young or too old to receive a social script from a well-meaning parent or friend.



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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.