



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday March 6th 2019
Newsletter No. 5

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: Renee Selkrig

~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
MARCH		
Monday 11 th	All Day	Labour Day Public Holiday
Thursday 14 th	9.00-10.00am	Prep-Grade 2 Parent Reading Information session Room 8
Friday 22 nd	3.00pm	Assembly-Margaret O'Rourke badge presentation
Thursday 28 th	6.00pm	OSLE Fundraising dinner at Bendigo Stadium
Sunday 31 st	TBC	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	9.00am 2.00pm 2:30pm	Easter Raffle drawn Assembly Last day of Term 1- early dismissal
Monday 22 nd	All Day	Easter Monday Public Holiday
Tuesday 23 rd	9.00am	First day of Term 2
Monday 29 th – Wednesday 1 st May	TBC	Scholastic School Book Fair
MAY		
Thursday 9 th	Various	School Photo Day

Reminder:

Monday 11th March is Labour Day Public holiday.



Kind



Curious



Brave

Dear Parents and Carers,

VALUES IN ACTION – SO MUCH BIGGER THAN JUST OUR STUDENTS

What helps makes a positive school community? Kindness of course!

Children at Quarry Hill Primary School come from a range of different families, backgrounds, cultures and religions. They also have a variety of interests, learning styles and abilities. Despite all of these differences, we believe everyone should feel included and welcome. We know that having a positive school community creates more opportunities for our children, families and staff to feel included.

On Thursday mornings, two wonderful examples of this happen within our school. The Cuppa and Cake Thursday Morning Catch Up and the Friends of Bushland meet. Sometimes these groups meet independently and sometimes they meet together (after all, everything starts off better with cake)! These two groups welcome everyone to come along to chat, to laugh, to share ideas, to be involved. There is no expectation to come along every week, nor to stay for a specified time. It is just about connecting with others and enjoying their company.

So how does this translate to our students? When children feel included, when they are part of a community that promotes inclusion and respect for everybody, they show more caring and compassion towards others, and they feel safer and more secure. They are also better learners and have better mental health and wellbeing. In a positive school community every face has a place, every voice is valued, and everyone has something to contribute.



Kind

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



SCHOOL COUNCIL 2019

It is always heartening to know that there is community interest in being involved in the school. It is with pleasure – and thanks, that I welcome Jessica Ireland, Joan O'Brien and Hamish Riley onto School Council for the next 24 months. Other parent representatives, Justin Clark, Carlene Egan, Scott Langan and Michelle Grose have a further 12 months left of their terms. Anne Rochford, Narelle Jones and Sam McCloud will be our Department of Education and Training representatives.

I look forward to working with our new and existing members during 2019.

I would like to take this opportunity to thank our departing School Council members, Sheree Yates, Tim Shanahan and Tamieka McErval. Sheree's business acumen was a great asset to School Council over the course of her terms of office. As treasurer, she helped ensure that the funds coming into the school were properly used and authorised and that all financial activity sound, accurate and safe. Sheree ensured the school's system of internal controls met Departmental standards and she carefully monitored budgeting, financial reports, investments and fundraising. All of this done with an easy going manner and a great sense of humour. Sheree and her family have finished their association with Quarry Hill Primary School as their youngest child has now moved on to secondary school.

Tim Shanahan became a member of School Council in 2013 and has been President since 2016. Tim has worked in close consultation with former principal, Andrew Schaeche, and myself to lead the broad direction and vision of the school and played a significant role in the consultation, planning and construction of the recently completed building project. In his role as President, Tim has been a positive conduit between the parent community and the school and has consistently championed Quarry Hill, the students and the staff. He has always remained neutral, task focused has always considered the big picture when decisions needed to be made. He has been a fantastic role model in the school community for professionalism and integrity. Tim has been a wonderful support to me, and for that I am truly grateful. The Shanahan family are still with us for the duration of 2019, so I'm sure that Tim will continue to be involved where he can.

Tamieka McErvale has also been a wonderful asset to the group providing perspective from a teacher's point of view. She has actively involved herself in all School Council activities with her contributions always being respectful and well considered. I have appreciated her openness and willingness to be involved in the strategic planning and governance of the school. Tamieka has completed her two year term and is making way for Sam McCloud to come onto Council.

Thank you everyone.

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: _____

TRANSFERRING OUR VALUES INTO OUR OWN LIVES

Earlier this week I received an email from a parent wishing to share something really positive that came out of a distressing situation. Her child experienced a fall from her bike on her way home from school and was quite battered and bruised and was understandably upset. A group of Quarry Hill parents and children stopped to assist. One of the parents spoke to the children present about the school values and how the young person was being very brave, even though she was injured and that those showing concern and checking to see if she was okay were being kind. The parent of the injured child was not only appreciative of the assistance given, but was really heartened by the 'teachable moment' that resulted. I have no idea the names of these kind souls, but hopefully you are reading this. Thank you!

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

PUBLIC HOLIDAY

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

FUNDRAISING DINNER FOR OVERSEAS LEARNING EXPERIENCE 2019

The Overseas Learning Experience (OSLE) team will be holding a fundraising dinner on Thursday, March 28th at the Bendigo Stadium, 134 Marong Road, West Bendigo. 30% of each adult meal price will be donated to the OSLE team. All families are cordially invited. We would love as many people as possible to dine with us on the night.

A Facebook event has been created and the link is as follows:

https://m.facebook.com/events/370353813801583/?acontext=%7B%22ref%22%3A%22%22%2C%22ref_dashboard_filter%22%3A%22hosting%22%2C%22action_history%22%3A%22null%22%7D&ref=bookmarks

Have a great week.

Jo Menzel

Principal

GRADE 5 AND 6 OVAL TIME

On Tuesdays and Wednesdays the Grade 5/6's have the opportunity to go down to the Ken Wust Oval to have more space to play and to have some fun as well.

Each time it's Tuesday and Wednesday there is an announcement after the lunch bell, it will say "Any Grade 5/6's wanting to go down to the Ken Wust Oval meet Mr McCloud, Mr Turner and Mrs. Rochford with your lunch at the Library." After everyone has finished eating a bit of their lunch Mr McCloud & Mr Turner tell everyone to put their lunch box lid on and keep it with them if they want to eat down at the oval.

There is a bin full of sport equipment to take down there for students to use. There are Frisbees, Tennis balls and racquets, soccer balls/footballs and the soft pink balls.

When they walk to and from Ken Wust Oval the teachers check that everyone is there and in line, they check the road and make sure everyone is having fun and safe.

We enjoy going down to the oval is because it's a bigger place to kick and play with balls and other equipment, it's a nice way to enjoy time with friends and everyone can make up or play a match with like EVERYONE there and it's really entertaining!

Written by Jett D. and Ellianna L.



Talking Tactics



'The Squad'



Having a hit with Mrs St Clair

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 due by Wednesday 20th March 2019. Please return all camp forms as soon as possible.

**Camp dates: Rooms 15A & 15B
Rooms 4, 14A & 14B**

**Tuesday 2nd - Wednesday 3rd April 2019
Wednesday 3rd – Thursday 4th April 2019**

STUDENT ACHIEVEMENT AWARDS

KIND

Zahn M	for willingly helping an injured Prep student.
Scarlett W (Room 1)	for always treating others with respect.
Fraser D (Room 5)	for always including others and respecting people's differences.
Jett D (Room 10A)	for assisting the junior students with their computers.



CURIOUS

Sienna W (Room 6)	for using adjectives in her description writing about her monster.
Charlotte C (Room 10B)	for producing excellent work in her weekly diary.
Kohan JL (Room 14B)	for working hard during our place value unit in Maths.
Billie M (Room 2)	for exploring ways to strengthen her spelling. Well done!
Tully C (Room 15A)	for using a range of sentence openers in her writing.
Asher K (Room 2)	for using conjunctions in his description writing.



BRAVE

Oliver C (Room 9)	for sharing information during show and tell about orangutans in their natural habitat and reducing the use of palm oil in products.
Oliver V (Room 14A)	for always being open to feedback to make his work the best it can be.
Ruby S (Room 4)	for working hard to be an independent learner.
James D (Room 8)	for confidently composing two sentences independently.



WANTED

The Kitchen Garden group are looking for an exercise bike and a blender. These two items will eventually be used to construct a smoothie bike. Whilst the exercise bike needs to be in reasonable condition, the blender does not need to be working. If you have either of these items and would like to donate them to the school please let us know.

Craig Harrop

KITCHEN GARDEN WORK SAMPLE

5/3/19 Kitchen Garden Week 2

Today my class and I had Kitchen Garden. My group's first activity was working in the garden with Mr. Harrop. We got to use the big wheelbarrow, the brand new shovels and the rakes. Our second activity was working in the kitchen. We made egg and bacon muffins. I cracked the eggs then mixed and placed some of the batter in the cupcake trays. Our last activity was finishing off our place mats and laminating them. I love the Kitchen Garden and it makes me feel really happy and special to get the opportunity.

Written by Mia D.

HOME READING AND SUPPORTING YOUR CHILD TO BE A BALANCED READER

At QHPS we have a strong focus on children being balanced readers. A balanced reader can read the words in the text (decode), read fluently and with phrasing and understand what they are reading (comprehend).

Our school's reading data is showing us that while our students are brilliant decoders, some are struggling to think deeper about the information they are reading.

Your child's take home book may seem easy. The reason for this is it will help students to work on reading for meaning and their phrasing and fluency. A bookmark will be coming home with your child with some question stems you can use during and after reading to support your child's comprehension development.

Keep enjoying reading a range of fiction (stories) and non-fiction (hobby/interest etc) books with your children and continue developing a love of reading. Maria Tzaros Curriculum Leading Teacher

GRADE 3/4 NUTRITION INCURSION

On Monday, the 3/4 students were lucky enough to visit a nutrition workshop incursion that was based around healthy fruits and vegetables. This term throughout our Inquiry we have been looking into what being healthy looks like for us and the incursion provided us an opportunity to try new foods and learn some easy techniques when preparing healthy snacks! Here are some recounts from students in 14B about the workshop.



The Nutrition Workshop

It started on Monday the 4th of March when Leah taught 14B, 14A and 15A about real food in the multipurpose room because it was the Nutrition Workshop.

First we got into our groups. I was in group 1 and there were 4 groups altogether. Once we got in our groups, Leah talked to us about real food.

After that my group went to make kale chips which was kind of fun. Mostly because it smelt really good.

Without warning Leah came along and told us to move onto our next activity which was a work sheet about real food and healthy lunchbox suggestions.

When we finished the worksheet activity, we moved onto the fruit sticks. That was really fun because we got to cut stuff.

Next we finished the activities with the fruit salad making. That was cool because I got to cut something that I've never cut before! That thing was an orange.

Finally we tasted all of the food that we had made. The kale chips (in my opinion) were disgusting!

Overall I had the best time ever because I tried something new. By Paddy. E-Mc



Nutrition Workshop

On Monday the fourth of March, room 14A, 14B and 15A went to the Nutrition Workshop together and Leah taught us what real food is and fruit and veg then sent us off to do activities in our groups.

First we talked about fruit and veg and got split into four different groups then we talked about real food.

Secondly we went to do our activities. My first activity was kale chips. First we had to cut kale in small bits and put it in a tray, then put coconut oil in and I put a little pinch of salt in and Mrs Edwards mixed it around.

Thirdly we went to do our worksheet about what we would like in our lunch and real foods.

Then we cut up carrots, celery and cucumber. I cut up celery and mashed up avocado. I didn't have enough time to mix the avocado.

After that we went to our final group, making fruit salad. I cut up rockmelon and strawberries. There were bananas, strawberries, rockmelon, watermelon, grapes and apple in it.

Finally we all did taste testing. I was first up and I didn't like the kale chips but I loved the avocado dip and loved the fruit salad with yoghurt.

It was one of the best incursions ever because we got to eat food!

By Tamika. R



The Nutrition Workshop –

It all started on Monday the 4th of March when our class went to a Nutrition Workshop with 15A, 14A and my class to learn about healthy fruit. Firstly we all sat in the multipurpose room so we could meet Leah. We were in 4 groups and I was with Sharlette from 14A.

Next my group went to make fruit salad and I got to cut watermelon. It felt soft.

After that my group went to make kale chips. I put on the oil. Finally the taste test. I had a carrot and avocado. I loved the carrot but hated the avocado. It was fantastic. By Jordyn. B

P.F.A News

NEXT MEETING

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

What's coming up courtesy of the PFA?

Easter Raffle-Prizes Drawn

Friday 5th April

9.00am-Assembly

Last day of Term 1

EASTER RAFFLE: This week will see the beginning of the Easter Raffle collection with posters to be displayed, raffle books to be collated and baskets to be distributed to class rooms. If you are able to assist in any way, please let Rachele Bertuch or Renee Selkrig know, as every bit of help is most welcome.

Wrapping dates and times will be posted on the PFA noticeboard located outside room 5 this Friday.

Each year we ask each family to donate one item into the provided baskets located in classrooms. These items can be chocolate Easter eggs/bunnies, Easter crafts or activity packs, Easter bunny stuffed toys, ears or other novelty items. These donations will be collected and used to create prizes with 10 major prizes being drawn at a special assembly and up to 90 extra prizes being drawn following the assembly and presented to each classroom for teachers to hand out at end of school day.

Ticket books will be distributed to each family. These books contain a total of 10 tickets at \$2 each. Please use both side of the ticket book and write Students name and room number clearly on tickets. Further ticket books will be available at the office for sale. Please return all tickets (sold and unsold) with money to the office by Thursday 4th April ready for the draw Friday the 5th.



TREASURER'S REPORT:

Hi I am Karen O'Toole, I have held the position of PFA treasurer for 2018 and will again wear the hat this year. I have two sons that attend Quarry Hill Primary; Geordie in Grade 6 and Ollie in Grade 4.

I thought it would be a great idea to share with the school community where our hard earned fundraising dollars were spent in 2018.

The following events Easter Raffle, Pie Drive, Trivia Night, Special Pizza Day lunches and the Mango Drive helped raise over \$11,000.

We were able to put these funds towards a variety of projects around the school;

- Basketball Courts/Padding (\$8900)
- Literacy and Numeracy (\$1450 including levelling testing kits)
- Sensory Garden \$3300 (chess set pieces, carved wooden seat and paving)
- Bushland \$5575
- New carpet in the Mutli-purpose Room (\$5000)



A big thankyou to the PFA members who coordinated the various fundraising events and also for the support shown by the school community. Our next meeting we will be deciding on which fundraising events we shall run for 2019 so if you have an idea or would like to help out please come along.

BECOME A MEMBER: The PFA would like to extend an invitation to all members of our school community to join at just 50 cents your involvement can be small or large, but together we can create an amazing community for our children. Come along to our next meeting Friday 22nd March at 9.00am at the Multipurpose Room or in the meantime see the office for a membership form. 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.

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.

Meet more of our PFA members!



Name: Renee Selkrig
2019 PFA President

Connection to QHPS: Last year my son began his foundation year at QHPS. I was nervous and overwhelmed about the life

changes and being in an environment completely foreign to us both. The welcoming nature and warmth from the school community soon made us feel like we had been there a lifetime.

Best memory from when you were at school?

I was part of a team that travelled from Mildura to Melbourne Vic Markets to compete in the "Big Brunch Cook Off". We had been trained by Stefano de Pieri and I was asked to do an interview on the radio for Nova 100!

What PFA activities do you get involved in?

Helping out with the Easter Raffle was my first dive in to the PFA. The hype around it is very contagious which prompted me to help further, so I helped lead the organisation of the Mother's Day stall. Other events I've helped with have been the Pizza lunch days, the first ever social night, and bringing in baked goods to enjoy at the Thursday Cuppa and Chats.

Do all members need to attend meetings?

It's funny the stigma around this question! I wasn't present for the majority of meetings last year but was still able to contribute, have an active presence and be kept in the loop. I think it's an asset to the PFA community to be able to offer such a flexible environment and still manage to achieve everything they do.

What do you enjoy about being a PFA member?

Being able to contribute to the community around my sons schooling in a positive way. I have also enjoyed valuable friendships I have formed at the Thursday morning cuppas.

What can we expect from the PFA in 2019?

I'm hoping to continue to see strong positive outcomes for the school with our fundraising going from strength to strength, building relationships, and supporting our school community for all involved within QHPS.



Name: Nadia
Connection to QHPS: My daughter Minna and my nephew Thomas are both in Grade 2 at QHPS this year.

Best memory from when you were at school?
Making great friends and school camps

What PFA activities do you get involved in?

My favourites have been the Mother's and Father's Day stalls – it's fantastic to see how excited the kids are, and how serious many of them are about making their choices!

What do you enjoy about being a PFA member?

I have enjoyed getting involved – it has been a great way to meet other parents, keep abreast of what's happening around the school and feel like you're giving back to the school community.

What can we expect from the PFA in 2019?

Lots of opportunities to contribute (every little bit helps) and celebrate our school community.



Name: Gina
Connection to QHPS: Eddie is in Grade 2 & Anna will start Prep next year.

Best memory from when you were at school?

I LOVED school camps. My Yr 6 teachers were unbelievably brave (or maybe insane) and took 40 of us on a 3-day canoeing adventure along the Lachlan River (in regional NSW)

What PFA activities do you get involved in?

I like to help out here and there where I can.

What do you enjoy about being a PFA member?

Becoming friends with parents who have children in different grades/ classrooms. We moved to Bendigo 6 months before Eddie started school, so it's been a lovely way to get to know a broad range of people.

What can we expect from the PFA in 2019?

The Easter Raffle is the next main event, which everyone in our house gets a little bit excited about!

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.



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

BOOKCLUB

Issue 2 of Scholastic Book Club is due **Friday 22nd 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 handover cash.

For paper copy book orders please include your child's name and classroom, room number and teacher on the top of the form and return to office with correct payment by due date.

Thanks

Jane



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!

Hello School Holidays




SCHOOL HOLIDAY PROGRAM

Open 8am - 6pm
April 2019



**Bendigo
Castlemaine
Echuca Moama
Kangaroo Flat**



ENROL ONLINE NOW ☎ 03 5444 6666 🌐 www.bendigo.ymca.org.au




2019 REGISTRATIONS NOW OPEN!

Join the Epsom Football Club for the 2019
soccer season. Register at
www.playfootball.com.au and enjoy a
season full of fun and excitement.

From Diagnosis to OAM

A Personal Autism Journey

Bendigo

Daniel and Daryl will discuss Daniel's journey from diagnosis to present day giving an insight from Daniel's personal perspective of living day-to-day as a person on the Autism Spectrum.

Topics explored include diagnosis, school journey, independent living, employment and strategies used to achieve the best outcomes.

There will also be an opportunity for question time.

Special Guest (Tues 12 Mar)

Leash Giles: Sibling perspective



Presented by

Daniel Giles OAM
Autism Self-Advocate

Daryl Giles
Parent Perspective

Ticket Prices

Individuals on the spectrum,
family members & carers \$25
Professionals \$50

Contact

e: admin@speakinginsights.com.au

w: www.speakinginsights.com.au

f find us on Facebook

Tuesday 12 March (6pm-8:30pm)

St Kilian's Church Hall
161 McCrae St, Bendigo

Tickets: www.trybooking.com/BARXI

Friday 15 March (1pm-3pm)

All Seasons Resort Hotel
171-183 Mclvor Rd, Strathdale

Tickets: www.trybooking.com/BARXT

Doors open 30 minutes before all presentations!



ABN: 11 945 440 100

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ABOUT US

Daniel Giles OAM



Daniel is a young man living on the Autism Spectrum who works tirelessly as an advocate for people on the Autism Spectrum and other needs.

He was diagnosed with Autism at the age of 2.5 years.

As a child, he experienced delays in verbal communication, did not understand social interactions and attended a special school.

With support from his family and many others, Daniel transitioned his education from special school to mainstream schooling.

Daniel then went on to achieve a Bachelor of Graphic Design (Hons) at University.

As an adult he lives independently, works part-time as a graphic designer and photographer, and does a range of volunteer work.

Daniel is actively involved in many roles including the Victorian Disability Advisory Council (DHHS), the Public Transport Access Council and the V/Line Accessibility Reference Group just to name a few.

He is also passionate about educating the community about living with Autism and mentoring others who live on the spectrum. Daniel has been speaking at professional development events, to health care workers, educators and families since the age of 13 and has a unique ability to give a clear insight of what it is like to live day to day on the Autism Spectrum as well as strategies that have helped him to manage his Autism and achieve great things.

Daniel was honoured to receive the Order of Australia Medal (OAM) in 2017 for his "Service to Disability & the Community".

Daryl Giles



Daryl is proudly the father of Daniel and Daniel's three amazing sisters Leash, Lily & Sophie.

He is inspired by and in awe of Daniel's self-advocacy work and all that he has achieved.

After several years of discussing the possibility of a collaboration with Daniel, Daryl has come on board to present with Daniel and provide a parent's perspective of Daniel's life journey from his diagnosis through to the incredible recognition of Daniel's social justice work when he was awarded the Order of Australia Medal (OAM) in 2017.

Daryl brings to the discussion some insight into the emotional process of coming to terms with your son or daughter's diagnosis as well as his perspective on subjects including strategies surrounding early intervention, inclusion, education, independent living, employment and a careful measure of tough love to achieve best outcomes for your child on the autism spectrum.

Daryl has always been a calm and focused hands-on parent and willing to do what is needed to achieve the best for Daniel.

Together, Daniel & Daryl aim to bring our story far and wide and in doing so we aim to provide our audiences with:

- A better insight of the mind of a person on the Autism Spectrum.
- Some ideas for strategies to achieve best outcomes both at home, in the community and in school settings.
- A message of hope to the parents and families of children on the Autism Spectrum.



HOLIDAY PROGRAM

Brett Harris

T 0438 198 031

E brett@kellysports.com.au

A 12 Metropolitan Drive
Eaglehawk VIC 3556



BENDIGO AUTUMN SCHOOL HOLIDAY PROGRAM

Sports orientated holiday program designed for children to emphasise fun, enjoyment and maximum participation.

WHERE

ST LIBORIUS CENTRE

St Liborius PS 379 Eaglehawk Rd, Eaglehawk 3556

WHO

Kinder-Grade 6 (Boys & Girls)

WHEN

Monday 8th April to Thursday 18th April 2019

Full day: 8:30am-5:00pm (\$50 inc GST)

***Enrol for 5 days or more for only \$39 per day (\$195)!

INFO

Half day: 8:30am-12:30pm/1pm-5:00pm (\$35)

• Friendly and experienced coaches teaching a variety of skills throughout the entire day whilst providing an exciting and safe environment.

COST

FROM
\$50 inc GST
PER DAY

ENROL

HOW TO ENROL

Online: www.kellysports.com.au, click on events & enter postcode 3556

"EARLY BIRD SPECIAL"
ENROL BEFORE
SUNDAY 17th MARCH
& GET \$5 OFF PER
DAY/HALF DAY!

• Sports & activities that all kids can enjoy such as: Soccer, Tennis, Cricket, Basketball, Foxy, Netball, Hockey, T-Ball, Gymnastics & Crazy Circus & Dance PLUS, our hugely popular Kelly Sports Mini Olympics (track & field athletics), Kid's favourites: Parachute & Old Fashioned Relays & Kelly Sports Has Got Talent not to mention stacks of surprises along the way!

**Children need to bring along a drink bottle, hat lunch, plenty of healthy snacks.

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- *School Programs *Kinder Programs
- *School Sports Days *Corporate Events
- *Leadership/Teambuilding Events
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Life Skills
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Outdoor Play Time
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To book, visit:
www.campaustralia.com.au
or call 1300 105 343

Join in the fun at our OSHC program, your first session is FREE!*

We are excited to announce that your child can now come and try their first day of Outside School Hours Care for **FREE**! This is a great chance for families and children to see what our Camp Australia program is like.

First Day Free is available to all new parents who register an account with us from Monday 25th February until the end of Term 1, 2019. Don't forget to use your session as First Day Free is only valid in Term 1, 2019.

Note it's also **free to register**. Once registered, you can activate your session whenever you like. We encourage you to register now and to always book in advance. You can register at pp.campaustralia.com.au/account/register-firstdayfree.

Program Details

For more information on our service and fees, you may visit our website www.campaustralia.com.au. If you prefer to speak to us, you can contact our friendly Customer Care Team that is available to support our families 24 hours a day, 7 days a week - except for National Public Holidays. Alternatively, you're welcome to visit us in service and chat with our qualified Educators about the Camp Australia program at your child's school.

We look forward to seeing you and your family soon!

From the Team at Camp Australia

*Applies to first booking per child only. Valid for Before or After School Care for parents who register from the 25th of February 2019. Offer ends conclusion of Term 1 2019.

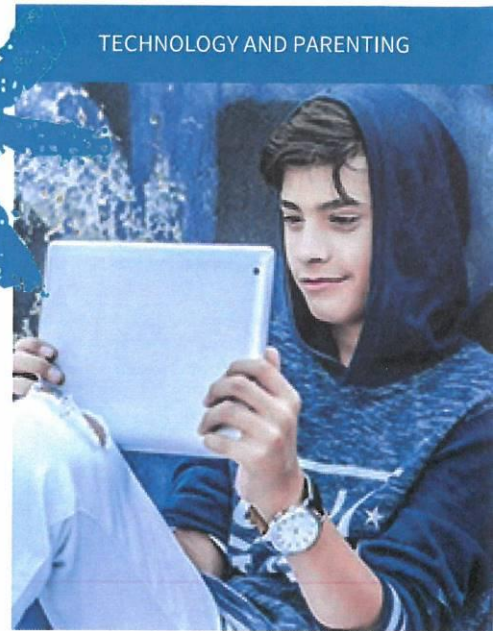
Safety • Meaningful • Innovative • Leadership • Education

we make kids smile

insights

There are better questions than 'How much screen time?'

by Martine Oglethorpe



'How much time should my child be allowed in front of a screen?' 'What about my five-year-old?' 'How long should I let my 13-year-old play Fortnite?' As a digital wellness and online safety expert, these are some of the questions I am most frequently asked.

They are certainly all relevant questions as parents fumble about trying to make rules and boundaries around their child's screen time habits. Obviously we all want to prevent the screen time obsessions we hear about in the media. We want to maintain a sense of control over our child's screen time habits.

As the digital world is far more complex and nuanced, our approach and questions need to mirror those complexities. We can certainly apply some time limits, and prescribe times when devices are not to be used. But it's wise to ask more pertinent questions to help us make more informed choices about the rules and boundaries we set up for our kids.

In particular, there are three important questions we should ask. These are:

1. 'What is my child doing with his or her screen?'

There's no point worrying about how long your child is on a screen if you have no idea what they are doing when they're on it. Handing a child a device without guidance can lead to a vast range of different experiences. One child might spend the time researching the dietary habits of a green tree frog, or learning how to make the best paper plane to fly with a younger sibling. Another might watch a funny cat video, or even watch hard-core pornography. These are vastly different ways to spend their time online.

2. 'What is the effect of the screens on my child?'

Is your child enjoying socialising online because it allows them deeper connections with their friends, provides them with support and gives them a sense of belonging? Alternatively, is he or she feeling excluded or being cyberbullied? A child's online experiences can help or hinder wellbeing. If online activities lead to tantrums when transitioning to offline tasks, or even aggression then it may be a sign that online use is having a negative impact.

3. 'What is my child missing out on?'

Children and teens benefit from involvement in a wide range activities so they can maintain optimum physical, social and emotional development. Spending time outdoors, enjoying active sports, connecting face-to-face with

friends, sharing family meals, keeping up with homework and assisting with household chores are the types of activities that most experts agree are beneficial for children and young people. If the amount of time a child spends on digital devices excludes him or her from these types of activities then it can be considered excessive. If this is the case, then it's reasonable to expect that, with your assistance, your child begins to place some limits on their screen use.

Digital devices present new challenges for parents to manage. As a result parents need to shift the focus away from simply managing a child's time to helping him or her successfully integrate screen use into their daily life in ways that support learning, development and wellbeing.



Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent