



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday March 13<sup>th</sup> 2019  
Newsletter No. 6

## 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
<b>MARCH</b>		
Thursday 14 <sup>th</sup>	9.00-10.00am	Prep-Grade 2 Parent Reading Information session Room 8
Friday 22 <sup>nd</sup>	3.00pm	Assembly-Margaret O'Rourke badge presentation
Thursday 28 <sup>th</sup>	6.00pm	OSLE Fundraising dinner at Bendigo Stadium
Sunday 31 <sup>st</sup>	TBC	Bushland-Large working bee
<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
Friday 5 <sup>th</sup>	9.00am 2.00pm 2:30pm	Easter Raffle drawn Assembly Last day of Term 1- early dismissal
Monday 22 <sup>nd</sup>	All Day	Easter Monday Public Holiday
Tuesday 23 <sup>rd</sup>	9.00am	First day of Term 2
Monday 29 <sup>th</sup> – Wednesday 1 <sup>st</sup> May	TBC	Scholastic School Book Fair
Tuesday 30 <sup>th</sup>	9.00-11.00am 12.00-2.00pm	Cross Country – Ken Wust Oval - Grades 3-6 Prep-2
<b>MAY</b>		
Thursday 9 <sup>th</sup>	Various	School Photo Day

**Reminders: Prep – 2 Reading Information session  
Thursday March 14<sup>th</sup> at 9.00am-10.00am in Room 8.**



**Kind**



**Curious**



**Brave**

Dear Parents and Carers,

### VALUES IN ACTION – KITCHEN GARDEN STYLE

'Bear claws' and 'bridges' are not terms that I would normally associate together, but for the uninitiated like myself, these are the hand positions used for safe chopping when using a sharp knife. You really do learn something new every day! (Curious)

Our Kitchen Garden Program, which sits under the umbrella of The Stephanie Alexander Kitchen Garden Foundation, is about exploring the link between the garden, the kitchen and the table. The emphasis is about learning about food and about eating what you prepare. The students in Room 10B are fortunate to be involved in this wonderful program, and even after only a few weeks, they have been given opportunities to be curious in spades! (Excuse the gardening pun.☺)

Let me give you an example based on the humble eggplant. This fruit (learning something new again...) has been happily growing in our school vegetable garden for a while now, and it is probably fair to say that, whilst most students may have known what the shiny purple object was, a number of them had not had the opportunity to try any eggplant recipes let alone something called Baba Ganoush. As some of you would know, roasting an eggplant makes the flesh slimy and soft and I can still hear the chorus of 'yuk' and 'gross' as the students cautiously scraped the flesh from the skin. To their credit, nobody gave up on the process and continued to follow the recipe, watching the slime change into a thick and creamy consistency with the addition of each ingredient. Best of all, when the Baba Ganoush was completed, everyone was prepared to taste what they had created. A show of hands indicated that this recipe was a hit. '*Ouf shu taybe*' (Lebanese for "It tastes good!")

#### Curious

- I am a learner
- I seek knowledge
- I ask questions
- I explore and wonder
- I create



### VALUES HOMEWORK – FOR PARENTS!

At last week's assembly I set a homework challenge for all students. After the groans subsided, I mentioned that the homework was really for their parents and carers. This sparked interest from the children as they were keen to find out what homework their parents would be asked to do! I asked that each child have a conversation with their family members about how they have demonstrated each of our three values (Kind, Curious and Brave) during the week. I would really appreciate it if you would remind your child/children about this and chat about how the values translate into your own life. I will ask some of the children at assembly this week. Be brave!

### BUSHLAND UPDATE – TICKING ALL THE BOXES OF BEING KIND

Nine passionate people, three tractors and one big vision! The holiday Monday saw an enthusiastic group of parents do a power of work down in the Bushland. Under the guidance of Matt O'Toole, large stones were moved to define new garden beds, dead trees were cleared from the stand and large stones carefully placed to follow the fall of the land. The result is this amazing, meandering (very dry) river bed! Yes, we desperately need some rain to

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Website: [www.quarryhillps.vic.edu.au](http://www.quarryhillps.vic.edu.au)  
Phone: 5443 3537

settle the dust and to see how the water will fall and disperse in this new space. It will be a mad dash down to the Bushland when we get our first decent rainfall! Thank you so much to Matt, Ross Kemp, Carlene Egan, Pat Boyer, Jason Gerdson, Jodie Entwistle, Tim Murphy, Ian McBurney and Matt's friend who operated the digger for three hours. I know it will inspire others to get involved on **Sunday, March 31<sup>st</sup>** when we have a big working bee scheduled for the Bushland area. Ms Beriman's class love the new features!



### **RIGHTEOUS PUPS**

Righteous Pups Australia, is a not for profit organisation that trains assistance dogs to do a variety of practical tasks for children and adults. The impact that the dogs make on the lives of those they interact with is immense. This wonderful organisation was established right here in Bendigo back in 2003 and has expanded to support families right across Australia.

Some of you may have seen the Bendigo Weekly last week. On the front cover was a photo of Renae with one of the assistance dogs.

Righteous Pups is having its third Annual Charity Golf Day next Friday, March 22<sup>nd</sup>. Details are included further in the newsletter if you are interested in participating in the day. Great weather is forecast so it would be a fantastic day for a round of golf.



### **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](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)

### **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](mailto: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 great week.

Jo Menzel

Principal

### 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 20<sup>th</sup> March 2019. Please return all camp forms as soon as possible.

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

**Tuesday 2<sup>nd</sup> - Wednesday 3<sup>rd</sup> April 2019  
Wednesday 3<sup>rd</sup> – Thursday 4<sup>th</sup> April 2019**



### STUDENT ACHIEVEMENT AWARDS

#### KIND

Tamika R (Room 14B)

for being a kind classmate by helping the people around her!

Atticus H (Room 7)

for being kind and caring towards an injured friend.

Thom H (Room 15A)

for displaying positive team work skills when working with others.

#### CURIOUS

Flynn C (Room 5)

for using adjectives and conjunctions confidently in his writing.

Rhiannon T (Room 14A)

for taking risks and extending herself when rounding numbers up and down.

Nevayah H (Room 10A)

for demonstrating responsibility and positivity towards her learning tasks.

Lacey C (Room 15B)

for her responsible home reading routine. Well done Lacey!

Ellen MW (Room 6)

for creating a descriptive piece of writing about the bushland.

#### BRAVE

Lavender C (Room 9)

for being independent and resilient when entering the classroom in the morning.

Ollie O (Room 14A)

for sharing and explaining to the grade why there were no more possible answers in the maths problem.



Kind



Curious



Brave



## NEWS FROM THE GRADE 1/2 CLASSROOMS

This week Grades 1 and 2 have been exploring descriptive writing. On Thursday we went to the Bushland to look at the environment and its features. We then spent some time writing about it. The students loved being outdoors and using one of our typical play spaces, for learning.



## FROM THE OFFICE OF THE ESAFETY COMMISSIONER: SAFETY ADVICE ON THE MOMO CHALLENGE

**Momo Challenge** is a very disturbing viral challenge children are discussing.

It's very concerning when young people have been exposed to any content that scares them or plays on their emotions.

Although it has now been widely reported and exposed as a viral hoax, the Momo Challenge is not the first, nor will it be the last, online "challenge" or phenomenon to target our children with potentially harmful consequences.

Five top tips to help limit your child's exposure to harmful content online:

- Engage in your child's online activities – ask what apps, sites and games they're using and make sure they're age-appropriate
- Use parental controls on devices to help limit what your child is exposed to
- Let them know not everything they see online is real or true
- Help them report and block upsetting content they see on social media sites or apps

The full version of the Media release can be found [here](#)

## 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

12/3/19

*My first activity was cooking. We made a delicious chocolate cake. It did not have eggs or milk in it. The other groups made fried rice and pansit'. My favourite food was the pansit'.*

*Our second activity was making a pea thing. We got a milk bottle then we stabbed some holes in the bottom so when we watered the pea if we put in too much water it will drain out. Then we cut a hole in the side so we could water it properly. After that we decorated it with permanent markers. Then we put a few cups of dirt in it and we put 1 pea in the dirt. Mr Harrop said that if you pea to much in the carton it won't grow (dad joke). Once they have grown roots you cut the milk carton and put the dirt in the ground.*





## Grade 6 Leadership

Whilst the Grade 5s have been working with their Prep Buddies this term, the Grade 6s have been working together on key leadership skills. These include cooperation, team-work, task delegation, creativity, problem solving and other incidental learning.

In Week 5 the Grade 6s chose their own teams and worked together to design a waterproof hut using materials located in the Bushland. The one pre-requisite was for their huts to be waterproof... because a cup of water was going to be tipped over to check the integrity of their structures.

Teams allocated roles to each team member, drew up their plans and then in Week 6 headed down to the Bushland to create their masterpieces.

Mrs. Penno brought her Grade 1/2s down for some cross-age work. Our Grade 6 leaders had to work cooperatively with the younger students.

Needless to say, some of the structures were more waterproof than others. Take a peek below to see if you can work out which hut you would like to stay in in some wet weather.



**Lincoln (10A)**- I think this was a great break from our normal day to day school work. We were practising survival skills and how to make sturdy structures.

**Ella (10A)**- It was trickier than I thought it would be, but overall I enjoyed it. We were practising putting structures together and teamwork.

**Declan (10B)**- We made forts that we designed last week. We practised team work and survival instincts. I learnt that sometimes a smaller group can be more productive.

**Elise (10B)**- It was great to experience outdoor learning and being able to express ourselves in designing our very own waterproof cubby.



# P.F.A News

## NEXT MEETING

The next PFA meeting will be **Friday 22<sup>nd</sup> March** in the multipurpose building at 9.00am.

We extend an invitation to all within the school community and look forward to seeing anyone wishing to join as we discuss this year's calendar of events.

## *What's coming up courtesy of the PFA?*

**Easter Raffle-Prizes Drawn**

**Friday 5<sup>th</sup> April**

**9.00am-Assembly**

**Last day of Term 1**

**Easter Raffle:** The ever so popular Easter raffle is in full swing for 2019, baskets are ready for donations, students excitement levels are raising with the prelude to Easter chocolate in every home. This years raised funds will go towards a much needed Shade Sail for one of our sandpits.

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 and we are always looking for extra hands to help with the collection and storage of donations.

Each year we ask families to donate one item. These items can be chocolate Easter eggs/bunnies, Easter crafts or activity packs, Easter bunny stuffed toys, ears or novelty items that can be placed in the baskets located in your child's classroom. Donations will be collected and used to create prizes with 10 major prizes being drawn at a special assembly and up to 90 further prizes being drawn following the assembly and presented to each classroom for teachers to hand out at end of school day. Wrapping dates and times are as follow and will be held in the Multi-purpose room just off the junior astro-turf. We welcome everyone to these dates as the more hands the merrier.

**Wednesday 27th March 9.15 am**

**Thursday 28th March 9.15am**

**Friday 29th March 2:30pm (before assembly)**

**Wednesday 3rd April 9.15am**

**Thursday 4th April 9.15 am**



Please follow updates on the PFA notice board located outside Room 6 for any additional sessions.

Ticket books have been distributed to each family. These books contain a total of 10 tickets at \$2.00 each. Please use both sides of the ticket book and be sure to write the students name and room number clearly on tickets. Further ticket books are available at the office. Please return all tickets (sold and unsold) with money to the office **by Thursday 4th April.**

If you sell a ticket to someone who is not a student at QHPS PLEASE write the name & room number of the student who will be collecting the prize on the day.

**ALL PRIZES MUST BE COLLECTED ON THE DAY.**

**BECOME A MEMBER:** The PFA would like to extend an invitation to all members of our school community to join PFA. Your involvement can be small or large, but together we can create an amazing community for our children. Votes during meetings are open to paid members only. For a small fee of 50 cents you will have the right to vote on all PFA matters.

Come along to our next meeting Friday 22<sup>nd</sup> 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

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

**Phone: 5443 3537**

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**. As our weather is beginning to change we welcome all to come down to the multi-purpose room and pick up a bargain with each item just 50cents. We welcome all donations.

## BOOKCLUB

Issue 2 of Scholastic Book Club is due **Friday 22<sup>nd</sup> March**. No late orders will be accepted.

To order the books online and pay with your credit card via the LOOP facility visit

<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

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

# News from the art room



**What a great start to the year we have had in the art room!** Student have been very busy creating all sorts of artworks including 2D cube class collaborative artworks, handmade paintbrushes and lots of experimenting with chalk pastels to name a few. Everyone is definitely showing our school value of being curious with lots of experimenting and questioning about artists and techniques. Here are some pictures of the amazing art we have made so far...



These are some of the handmade paintbrushes made by gr ½ students – lots of fun to make and lots of fun to use!



## Free Wool!

We have been given two large bales of wool that would otherwise have gone to landfill. If you would like some for craft projects (or anything else) please feel free to bring in a bag to the art room and I will fill it up for you.



Free Wool!



Don't forget you can follow us on Facebook at **QHPS Art room** or Instagram at **qhpsart** for regular photos of our amazing art work!



Quarry Hill Prim  
Email: [quarry.hi@qps.qld.gov.au](mailto:quarry.hi@qps.qld.gov.au)  
Website: [www.qhps.qps.qld.gov.au](http://www.qhps.qps.qld.gov.au)  
Phone: 5443 3511





Life Skills  
Creative Time  
New Experiences  
Construction & Manipulative Play  
Outdoor Play Time  
Homework & Quiet Time

To book, visit:  
[www.campaustralia.com.au](http://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 25<sup>th</sup> 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](http://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](http://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 25<sup>th</sup> of February 2019. Offer ends conclusion of Term 1 2019.

Safety • Meaningful • Innovative • Leadership • Education  
*we make kids smile*

## 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 8<sup>th</sup> April to Thursday 18<sup>th</sup> April 2019

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

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

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

### INFO

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

• Sports & activities that all kids can enjoy such as: Soccer, Tennis, Cricket, Basketball, Foosball, 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.

### COST

FROM \$50 inc GST PER DAY

### ENROL

#### HOW TO ENROL

Online: [www.kellysports.com.au](http://www.kellysports.com.au), click on events & enter postcode 3556

#### DID YOU KNOW KELLY SPORTS ALSO OFFERS?

- \*School Programs
- \*Kinder Programs
- \*School Sports Days
- \*Corporate Events
- \*Leadership/Teambuilding Events
- \*Specialised Coaching

LOOK OUT! SEE WHAT'S COMING UP

Check out the daily timetable at our Facebook page: [kellysportsbendigo](https://www.facebook.com/kellysportsbendigo)



## 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- Nekt Tzouroutis 0412242321

MAR 22<sup>nd</sup>

# Charity Golf Day

*Let's train a Champion to launch a Hero!*

Bendigo Golf Club  
3rd Annual Charity Golf Day 2019

Come play a round of golf and help us raise funds to place an autism assistance dog with a local child and family living with autism.

Team of 4 costs \$200.00 – includes catered lunch and admission to the charity auction.

For more info visit: <http://righteouspups.org.au/charity-golf-day/>



## SCA UNDER ARMOUR SOCCER CAMP

Delivered By



### MOAMA

LOCATION: Brick Alley Field

DATE: 23 - 24 April 2019

COACH: George Lazarou

SKILL: All Skills

TIME: 9:00am - 3:00pm

GENDER: Co - Ed

COST: \$220

Supported By:



[www.sportscampsaustralia.com.au](http://www.sportscampsaustralia.com.au)  
1800 753 127

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





# 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](http://www.bendigo.ymca.org.au)

# Parenting Forum

7:30PM WED 20 MARCH

35 SHORT STREET, BENDIGO

SUPPER INCLUDED

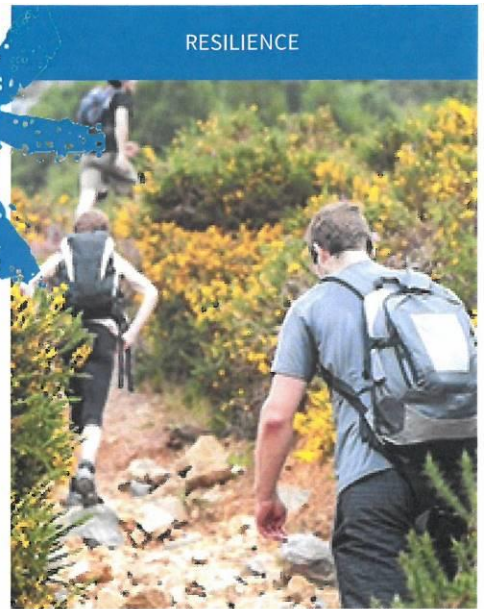
0407 607 992 FOR DETAILS

Bendigo Church of Christ

belong • believe • BECOME • BUILD

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 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





## Daily lessons in resilience

by Michael Grose

Recently, I saw a mother give a simple, yet profound resilience lesson to her school-aged child, after he missed a much-anticipated excursion due to poor behaviour at school. Replying to the child's protests about teacher unfairness and his over-reaction to missing out on a learning opportunity his mum simply replied, "Oh well!" Then she busied herself with other tasks. The child stunned by her reaction, shrugged and headed off to complete his homework.

### Adult reactions matter

It's in our reactions to children's and young people's every day mistakes, mess-ups, muck-ups and hurts where the real lessons in resilience lay.

The lessons for this child were simple but profound. "Oh well" meant:

- *Stuff happens*
- *Don't look for fault or blame*
- *Keep your perspective*
- *Pick yourself off and continue with what you were doing*

### How to react

The resilience lesson for this mother were equally as profound. When a minor mishap with a child or teenager occurs:

- *Match your response to the incident*
- *Stay calm and be positive*
- *Don't look for fault or blame*
- *Remember, stuff happens*

### Resilience lesson for parents – "Oh well"

Every day there are opportunities for parents to give their children lessons in resilience.



A child misses being picked for a team that he had his heart set on joining. *"Oh well. Let's see how you go next time"*

When a boy experiences rejection in the playground at school. *"Oh well. You'll find that some people don't want to be your friend."*

When a teenage girl doesn't get the mark she thinks she deserves in an assignment. *"Oh well. Sometimes we don't get the marks we think we deserve."*

Match your response to the challenge to promote resilience

There are times when "Oh well" won't cut it. When a child is bullied he needs your continued support.

When a student's continuous efforts at improvement are constantly met with criticism then you may need to act on his behalf and meet with a teacher.

When a child always struggles to make the grade and is never picked for a team then you may need to help him make different choices.

These types of situations also present opportunities for daily lessons in resilience, but they require more parental support and teaching.

The resilience lessons learned are deeper and include concepts such as 'things will eventually go your way,' 'there are times when you need to seek help' and 'this too shall pass.'

Promoting personal resilience focuses on helping kids cope with life's hurts, disappointments and challenges in the present, while building strengths for the future.

Daily lessons in resilience are everywhere. You just need to be ready to make the most of these valuable lessons when they come your way.



## 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*.