



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday March 20th 2019
Newsletter No. 7

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: Joan O'Brien
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		
Friday 22 nd	3.00pm 9.00am	Assembly-Margaret O'Rourke badge presentation Book Club closes
Thursday 28 th	6.00pm	OSLE Fundraising dinner at Bendigo Stadium
Sunday 31 st	9.00am-1.00pm	Bushland-Large working bee
APRIL		
Tuesday 2 nd -Wednesday 3 rd	TBC	Grade 3/4 Swan Hill Camp Rooms 15A & 15B
Wednesday 3 rd -Thursday 4 th	TBC	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 23rd	9.00am	First day of Term 2
Thursday 25 th	All Day	Anzac Day Public Holiday
Monday 29 th – Wednesday 1 st May	TBC	Scholastic School Book Fair
Tuesday 30 th	9.00-11.00am 12.00-2.00pm	Cross Country – Ken Wust Oval Grades 3-6 Prep-Grade 2
MAY		
Thursday 9 th	Various	School Photo Day

Reminder:

Margaret O'Rourke badge presentation at assembly this Friday 22nd March starting at 3.00pm.

Save the date: Sunday 31st March 9.00-1.00pm

Bushland Working Bee with a free sausage sizzle at the conclusion.



Kind



Curious



Brave

Dear Parents and Carers,

VALUES IN ACTION – EVERYONE LOVES A STORYTELLER!

In a world of sound bites and half-formed ideas expressed quickly in electronic formats, reading aloud to children not only helps them to slow down, but it also intensifies their classroom experience by providing opportunities for interaction with the story and the storyteller. They really benefit from hearing complete ideas, expressed with originality and with attention to the literary language of the text.

Clare D, mother of Wes, Fraser and Zoe, has a passion for literature and books and has kindly offered to read stories and sing interactive songs with our Prep students during their library time. The children (and a couple of other wonderful parent helpers) sat enthralled as they became absorbed in the narrative flow of the different stories. They made predictions about how the characters might be feeling and what might happen in the story. The engagement and interaction was fantastic to witness.

When I asked the students how Clare was demonstrating our school values, they said that she was being kind for sharing her time with them, and they also said that she was brave for trying something new with them. I was very impressed with their observations and their understanding of what each of the values mean.

Clare has declared herself brave enough to come back and do it all again! A big thank you Clare.



BULLYING, NO WAY!

Last Friday was the National Day of Action against Bullying and Violence. In total, 5,726 Australian schools with over 2.4 million students took action in their communities to say no to bullying. Students at Quarry Hill Primary School did some really interesting and creative projects that covered the following areas:

1. What is bullying /cyberbullying?
2. Who is involved in bullying?
3. What are the different types of bullying?



Grade 5 boys, Oscar G and Jacob W shared with me the work they did creating digital presentations using Minecraft and Pivot Animator. Both presentations required the boys to write code for the animation. Coding is now considered an important component of our curriculum, and whilst it may not always be easily understood by those that are not 'digital natives' (me), the really cool thing is that coding requires students to collaborate with each other to help solve problems effectively and productively. This really fits in with our value of being curious. I was very impressed with what the two boys showed me. The anti-bullying message also reminds us to be both brave and kind to make sure everyone feels safe and valued.

CYBER-SAFETY

It is also a timely reminder of the risks that social media can present. Social media has some great benefits, but it can also include the concerning aspect of cyber-bullying, access to age inappropriate content and online predators. For this reason, it is important to highlight the fact that all social media platforms have recommended age restrictions. Please see the information below that lists the age a student must be to sign up to an account for some of the common apps. For a full list please visit: <https://www.esafety.gov.au/esafety-information/games-apps-and-social-networking>

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Phone: 5443 3537

APP, AGE, DESCRIPTION

Instagram (13 years) is all about sharing images/videos from a mobile device. It can be accessed from a computer. A lot of chatting happens under the images.

Snapchat (13 years) allows users to share photos, videos, texts and drawings. Once a message or photo is sent, it disappears from the receiver's phone after a few seconds.

Facebook (13 years) allows a user to create a profile, upload photos/videos, send messages and connect with others by sending requests.

Twitter (13 years) is a crossover between blogging and instant messaging. A user sends out short messages called tweets.

Youtube (13 years) is a platform to discover and share videos. It allows people to connect and inform others.

There is no real way to enforce the age access of these sites as anyone can alter their year of birth, so we ask that you continue to monitor what your children are accessing at home and have regular conversations about what they are doing and who they are interacting with online. Being informed is one of our greatest tools to keeping on top of any concerning behaviour.

SCHOOL COUNCIL 2019

Last night we had our School Council AGM. I am very pleased to announce that Joan O'Brien was elected as President for 2019. She will be ably supported by the Vice President, Michelle Grose. I know that both of these people will confidently represent the school in the wider community and will be prepared to champion the school, the students and the staff.

The President and Vice President both have a strategic role to play in representing the vision and the purpose of the school. Their duties include:

- Developing and working with the community towards a shared vision for the school
- Actively participating in the core review panel in the school's four-year review cycle
- Endorsing key school planning and reporting documents on behalf of the council
- Being an effective spokesperson and advocate for the School Council
- Chairing meetings of School Council
- Representing the School Council in public forums with the principal
- Promoting the school and its principal to the community.



Congratulations, and thanks also goes to Jessica Ireland who will be the Minutes Secretary. We also welcome Hamish Riley onto the Finance and Accountability team. Hamish will join Justin Clark as our parent representatives in this group.

We are fortunate that our other parent representatives, Carlene Egan and Scott Langan are actively involved in other School Council sub-committees and school community groups which helps provide a great conduit between home, school and the wider community. Along with our Department of Education and Training (DET) members, we have a wonderful mix of expertise and energy. Thank you to everyone involved.

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

EARLY DISMISSAL ON THE LAST DAY OF TERM

Term 1 concludes on Friday April 5th. The PFA Easter Raffle major prize winners will be drawn at a short assembly at 9.00am. The final assembly for Term 1 will begin at 2.00pm with the students being dismissed at the earlier time of 2.30pm.

Have a great week.

Jo Menzel
Principal

STUDENT ACHIEVEMENT AWARDS

KIND

Ebony-Rose B (Room 9) for showing good manners and being kind to others.

CURIOS

Ava L (Room 15A) for using amazing vocabulary in her writing.
Seth S (Room 14A) for using the non-fiction section of the Library to research a topic of interest.
Xanthe T (Room 12A) for her ongoing efforts to include ambitious vocabulary in her writing.
Esther J (Room 10B) for consistently producing work of an excellent standard.
Campbell T (Room 10A) for curiously investigating his new spelling words and learning their meaning.
Lila P (Room 1) for adding detail to her recount writing.
Noah B (Room 6) for listening to feedback to improve his responses in reading workshop activities.
Eva K (Room 8) for using a conjunction in her sentence to extend her weekend recount.
Drolma L (Room 4) for asking questions to clarify her learning.



BRAVE

Jonty V (Room 7) for mastering automatic recall of doubles to 10.
Marli G (Room 14B) for taking on feedback during writing and applying it!
Zofia K (Room 12B) for taking risks in your multiplication calculations. Great work!
Luciana C (Room 5) for using different strategies in her reading and taking on all feedback with a smile.



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 today Wednesday 20th March 2019. There will be a final note go home next week with some reminders. 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



WANTED

The Kitchen Garden group are still looking for a blender which does not need to be working. If you have one that you would like to donate to the school please let us know.

Craig Harrop

BUSHLAND MEANDERINGS BY ROOM 6

In Writing we have been learning how to describe things and use conjunctions to make our sentences more interesting. We went down to the bushland to write our descriptions.

The bushland is a space at Q.H.P.S.

Cockroaches and sticks can be found there.

It is hot and dusty.

Amelia C

The bushland is a space at Q.H.P.S.

What I like about the bushland are the rocks but it's dusty too!

I like the bushland because it has lots of cool shady trees.

Tom R

The bushland is a really dusty place because it has lots of dirt!

It is a fun place to play because you can build bases!

The bushland is a fun place to play hide and seek because it has lots of hiding spaces!

I like the bushland because it has lots of trees.

Eddie H

The bushland is colourful however my favourite thing of all are the branches.

The bushland has a green shed but behind the shed it's very rocky.

The bushland is kind of split in half, shady and not shady.

I like the bushland because it has great sticks to play with!

Ellen M.W

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

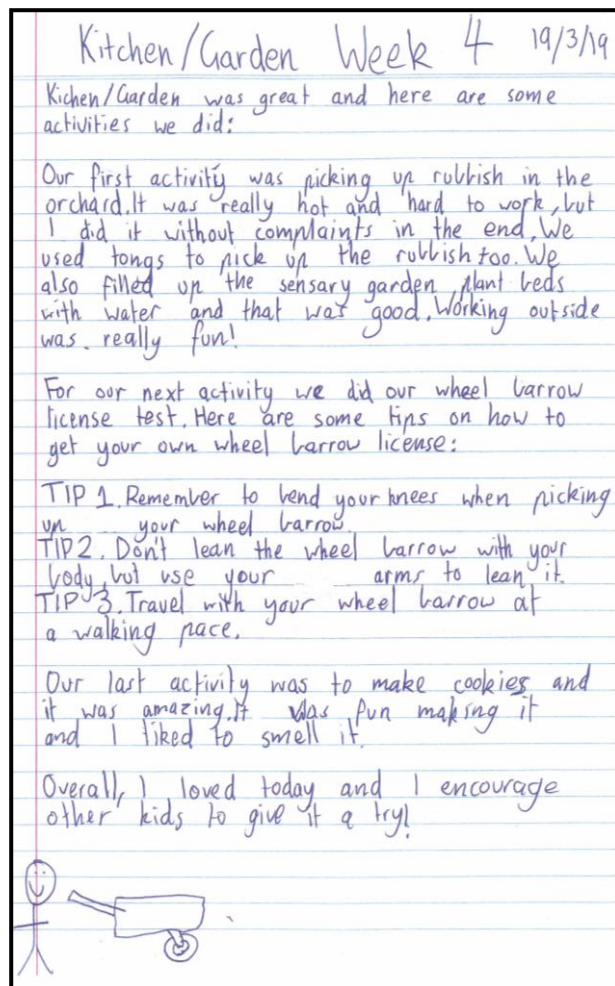
<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

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



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

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P.F.A News

NEXT MEETING

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

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 5th 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.

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 or 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 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.

EASTER Raffle

\$2 per ticket

1ST PRIZE: huge collection of Easter treats

2ND TO 10TH PRIZE: large selection of Easter treats

11TH TO 60TH PRIZE: small selection of Easter treats

Winners 1-10 drawn
Friday 5th April at 9am at assembly

Fundraising for
Shade sail for the sand pit

Donations
Easter themed donations needed please

All tickets and money must be returned to the office by 9am Thursday 4th March

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.

MAR 22nd

RIGHTLEOUS PUPS AUSTRALIA

becklegal

redlion ADVISORY

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/>

W mtb 3hr

THE BENDIGO

BENDIGO WOMENS & GIRLS MTB CHALLENGE

SUNDAY 26th MAY
9am - 2pm (Racing 10am - 1pm)
WATTLE DRIVE, SPRING GULLY

GRAB THE GIRLS AND JOIN THE FUN

TRAIL BLAZERS (BEGINNERS) SOLO, PAIRS, JUNIOR SOLO, PAIRS (under 15)
TRAIL BLITZERS (INTERMEDIATE) SOLO, PAIRS

REGISTER AT: www.entryzone.com.au (\$30 per rider, \$20 junior)
NO DAY LICENSE REQUIRED (+\$10 for on the day entries)
Proudly supported by MTBA 'Come & Try' events

fusion PHYSIOTHERAPY

UFS optical

YogaHara

bandigo cycles

JOIN mta

SPECIALIZED

Delivered by experienced and qualified coaches, join us to have fun, build confidence and stay active these school holidays!!

Visit our website australiansportscamps.com.au

ASC AUSTRALIAN SPORTS CAMPS

2-DAY SCHOOL HOLIDAY CAMPS

Develop your AFL, Netball or Soccer skills these school holidays. Two day skills coaching program delivered by a panel of experienced coaches.

11 & 12 April

Flora Hill Indoor Sports Stadium, Bendigo

Girls & boys from 6 to 16 years of age!

To book visit our website australiansportscamps.com.au

The leader in sports camps nationwide running for over 35 years. Call 1300 914 368 or email admin@australiansportscamps.com.au to book or for more information

The Lorax

MOVIE NIGHT

WHEN: FRIDAY 29th March
TIME: 6pm start
WHERE: Crook Street Park

BYO Chairs, rugs & reusable cups for the Coffee van & drink bottles for the water taps.
Food will be available for purchase

FREE EVENT

ADMIT ONE

CITY OF GREATER BENDIGO

Enrolments Now Open For 2020

Loddon Mallee Preschool Association

Kindergarten Central Enrolment Information Evening

2 April 2019 5:30 pm to 7:00 pm
Bendigo Library, 259 Hargreaves Street Bendigo

VISIT LMPA.ORG.AU FOR MORE INFORMATION ABOUT THIS PROGRAM

General Enquiries: (03) 5443 1229 or enrolments@lmpa.org.au

QR code: Scan me

Images of children playing

Come along to the kindergarten central enrolment information evening and learn about:

- Enrolling your child through the Central Enrolment System
- Hear from local Early Childhood Teachers about kindergarten and school readiness
- Services available to support your child's learning

Key Information

Paperwork required as part of the enrolment process includes:
Immunisation Certificate, Health Care Card and Credit Card details

FAQs

How do I enrol my child for Kindergarten or Prekindergarten?
Via the LMPA website www.lmpa.org.au or by calling LMPA on 03 5443 1229

When does the first round close?
15 June 2019

When will I hear from you next?
At point of offer. First round: 15 July 2019

When will I be offered a place?
At point of offer. First round: 15 July 2019

If I don't get my application in for the first round, what happens then?
We accept applications all year round. Future offers will be made on a regular basis

How long are long day sessions?
Long day sessions are typically two days per week, 7.5 hours in length, and mostly run from 8.30 am to 4 pm

How long are short day sessions?
Short day sessions are typically 3 days per week, 5 hours in length, and mostly run from 9 am to 2 pm

About

Loddon Mallee Preschool Association (LMPA) operates a kindergarten Central Enrolment System for the communities of Bendigo and Swan Hill.

LMPA acts as a custodian of the system which is established to meet the needs of the community and to comply with Government guidelines.

- Outdoor Games & Sports
- Arts & Crafts
- Playing with Friends
- Great Educators
- Food & Cooking
- Indoor Activities



Get into the vacation mindset with fun activities at Holiday Club.

It's almost school holiday time and you know what that means – **Holiday Club!**

Join us for a fun time with positive learning outcomes in **Jungle Jam!**

Here's some of the activities that we could have in store for you:



GOING HUTS

Our adventure through the jungle wouldn't be complete without some jungle friends.

Today we'll each select from a range of different animals and build them a home to live.

This isn't just any home though, this home is **ALIVE!**
We'll plant some fast-growing grass seeds on our huts so that we can watch them grow.

THE JUNGLE BAKE OFF

In the depths of the jungle, using only the sun's rays, we're going to build an oven and eat cookies today!

Today we're going to put our skills to the test and create a home-made solar powered oven. You can even take it home at the end of the day!

All that work will make us hungry, so we'll bake some healthy cookies in our ovens once we're done.



ENTER THE JUNGLE LAB

Get your science kit on, today we're entering the Jungle Lab.

It's slimy.

It's oozy.

It's **CLEAN?**

Discover the chemistry as we measure, mix and mould our very own animal eggs (bath bombs and soaps with an animal figure inside).

The fun continues at home where you can watch your animal eggs hatch before your very own eyes.

Book now. To find out when these activities are on during the school holidays and join in the fun, visit: www.campaustralia.com.au/holidayclubs.

You can also call our friendly Customer Care Team on **1300 105 343** - 24 hours a day, 7 days a week.

We look forward to seeing you and your family at **Jungle Jam**.

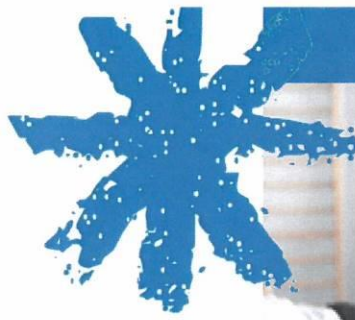
The Camp Australia Team



To find locations near you and to book, visit
www.campaustralia.com.au/holidayclubs

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Email: quarry.hill.ps@edumail.vic.gov.au
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insights



Balancing extra-curricular activities for flourishing kids

by Dr Jodi Richardson

Busyness seems to have become a way of life for modern families. It's unlikely you'll ever hear a parent talk of having plenty of free time on their hands. Unfortunately, that's a statement unlikely to be heard from a lot of modern-day kids either.

The afternoons on family calendars are increasingly filling up with organised after-school activities, and in families with multiple children the logistics of keeping up with all this can be complicated. The strain of ferrying children back and forth, often in different directions, saps families of energy, resources and time.

We have great intentions

Recent research from the United Kingdom found that the desire for children to succeed is a strong driver for many parents, sometimes causing them to load their children up with extra-curricular activities. While the intentions are good, the method of keeping kids busy is probably questionable.

Other reasons for encouraging extra-curricular activities include: giving kids the best start in life, making friends, keeping fit and healthy, developing interests and preventing boredom. Anecdotal evidence suggests the findings are similar in Australia.

The cost of busyness

We live at a time where rates of mental illness, particularly anxiety, are climbing. One in seven Australian children have a diagnosed mental illness. That's three in an average classroom. Many more go undiagnosed.

Rushing to activities, late nights and stressed parents aren't the conditions for family members to enjoy flourishing mental health. Too many organised activities detract from time to hang out with friends, to comfortably complete homework tasks, to spend time with family, to get bored and, importantly, to simply play.

Free play is serious business

Author and research professor of psychology Dr Peter Gray attributes the rise in anxiety, depression, suicide and narcissism among children to the decline of play. Unstructured play is vital for the healthy development of children and teenagers. Through play kids learn to interact with others, develop physical skills necessary for school success and gain confidence they need to interact with peers.

How much is too much?

Some children can cope with busy schedules, while others flounder. As a rule of thumb, if your child or young

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parentingideas.com.au/schools

person is struggling in any of these three areas: i) mental health, ii) schoolwork and studies, iii) their participation in family-life then it may be time to reduce their extra-curricular load.

Choosing the activities to omit from a schedule can be tricky, as your child or young person may have a different motivation for each. In short, each activity can be 'the one they love.' Here's a good question to ask your child or young person that can make decision-making easier:

'If all of your after-school activities were cancelled, which one(s) would you plead with me to re-enrol you in?'

Their answers will reveal a great deal about their commitment to each activity. Ideally, kids should be choosing extra-curricular activities that nourish them rather than cause anxiety and stress. Aim for two activity-free nights each week so that your child or young person can meet their study and family commitments.

The same principle for balance holds true for weekends. Make sure your kids enjoy some time free from structured activity, so they can refresh and recharge, ready for the week of school that lays ahead

As your School is a Parenting Ideas Schools member, you can attend the upcoming webinar, **Balancing extra-curricular activities for flourishing kids**, at no cost!

About the webinar

Join Dr Jodi Richardson in this webinar to understand the trend towards increasing enrolments in structured after-school activities, the benefits and the drawbacks for kids, the importance of free play for children, the implications of over scheduling on children's mental health and how to create balance in the lives of your children.

When

Tuesday 2 April 2019 8:00 pm AEDT

Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership. Use the voucher code below to register for the webinar.

How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-balancing-extra-curricular-activities>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **BALANCING** and click 'Apply'. Your discount of \$37 will be applied to the order. This voucher is valid until 2 May 2019.
5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account and access your parenting material
7. Click 'Place Order'



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au

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