



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday May 8th 2019
Newsletter No. 12

Our Vision:

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

2019 TERM DATES

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
MAY		
Monday 6 th - Friday 10 th	8.30-9.00am 3.30-4.00pm	Scholastic Book Fair-Catch the reading wave
Wednesday 8 th	7.00pm	BSE & Secondary schools Information session
Friday 10 th	9.00am-11.00am 9.00am	Mother's Day stall Book Club Closes
Tuesday 14 th Wednesday 15 th Thursday 16 th	Various	NAPLAN Testing Grade 3 & 5 only
Friday 17 th	Various	School Photo Day
Wednesday 22 nd	All day	School Athletics
Thursday 23 rd	7.00pm	2020 Prep Information session
Friday 24 th	9.30-11.00am	Education Week open morning & 2020 Prep Info.
Tuesday 28 th Wednesday 29 th	Various	Gymnastics Program Prep – Grade 4 only
JUNE		
Tuesday 4 th Wednesday 5 th	Various	Gymnastics Program Continues Prep – Gr 4 only
Monday 10 th	All day	Queen's Birthday Public holiday
Tuesday 11 th Wednesday 12 th	Various	Gymnastics Program Continues Prep – Gr 4 only
Thursday 13 th	All day	Curriculum Day- Students not required
Tuesday 18 th Wednesday 19 th	Various	Gymnastics Program Continues Prep – Gr 4 only
Wednesday 19 th	9.15am-12.00pm	Kids and Worry Workshop
Tuesday 25 th	All Day	Parent/Teacher/Student Led Conference (students only required at school for their appointment)
Friday 28 th	2.30pm	Last Day of Term- Early dismissal

REMINDERS:

Please return all outstanding notes if you have not already done so, these include:

House Athletics

Gymnastics-Prep-4 only

Grade 5 Camp

Grade 6 Camp

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
Email: quarry.hill.ps@edumail.vic.gov.au
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Phone: 03 5443 3537



Dear Parents and Carers,

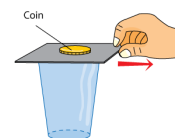
FUN WITH PHYSICS – OUR VALUES IN ACTION

Last Tuesday, our Girls in STEM leaders, Megan and Keira, attended another exciting session at the Discovery Science and Technology Centre. They had the opportunity to work with visiting Japanese science show demonstrator, Akiko Yoshioka. Akiko has presented science shows internationally in Australia, Germany, Finland and Switzerland.

The other piece of exciting news was that our school was also offered the opportunity to have Akiko come and present the same science show to Megan and Keira's Grade 5/6 classmates in the afternoon.

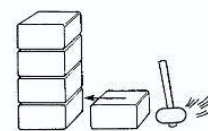
Akiko's demonstration focused on inertia. Inertia is best explained by Sir Isaac Newton First Law of Motion. In simple terms, every object stays at rest or stays moving at the same speed unless something makes it change. If you want to overcome inertia, you have to apply a force. A force will make something that is still start to move, like flicking a wad of paper with a pencil and having it roll forward. Also force, due to resistance, will slow or stop something that is already moving. The wad of paper will be slowed by resistance made by coming up against the air it is passing through. Other examples of inertia include:

- Our body's movement to the side when a car makes a sharp turn.
- The tightening of seat belts in a car when it stops quickly.
- A ball rolling down a hill will continue to roll unless friction or another force stops it.



Which brings us to *some* of the very cool experiments that we witnessed!

- If paper placed over the top of a glass is pulled away quickly, the coin sitting on top will fall to the bottom of the glass.
- If the bottom block in a stack is hit with sufficient force, the blocks on the top will stay in formation as they fall.



The heart stopping finale:

- If pulled quickly, a tea towel can be removed from underneath glasses filled with water. The glasses have the tendency to remain still as long as the friction from the movement of the tea towel is not too great.

We had a big false start with that particular demonstration! A bit of papertowel was required to mop up the water! On the second attempt, however, the teatowel was quickly removed and the glasses of water remained full and intact. Amazing!



TEDDY BEAR HOSPITAL – OUR VALUES IN ACTION

The Teddy Bear Hospital is a unique educational program established and run by volunteer medical students currently studying at Monash University.

The core aim of the program is to familiarise children to health care environments and medical treatments in a fun and interactive way! By creating a positive interaction between the child and the 'Teddy Doctor', the Teddy Bear Hospital aims to overcome fears and anxieties children may have concerning the hospital environment and its health professionals.

This is done through mock medical consultations in which children (acting as very caring parents!) bring their beloved teddy bear or soft toy to the Teddy Bear Hospital for a check-up!



Kind



Curious



Brave

It is certainly not only the children who benefit from this program. The Teddy Bear Hospital also plays a pivotal role for future young doctors, nurses and allied health professionals in developing the unique interactive skills required to engage successfully with children. The program has been considered such a valuable learning tool for students that it is now a permanent fixture of the Doctor of Medicine (MD) curriculum at Monash University.

One of my favourite moments occurred when the very sick demonstration teddy was having his organs surgically removed via his stomach cavity. The young doctor held an organ aloft and asked the Preps what she was holding up. "A brain!" said one enthusiastic youngster. (I thought that was a really good attempt!) The doctor looked slightly perplexed and said that no, it was the left kidney. (Organs can be a bit confusing when you are 5 and 6.)

What a great morning it was! I think the doctors truly got a better perspective of working with young children.



NAPLAN 2019

In 2019 most students across Australia will sit NAPLAN online, this includes our Year 3 and Year 5 students. Feedback in the first year of NAPLAN Online showed that students engaged well with online assessments. One of the main benefits of NAPLAN Online is tailored (or adaptive) testing, where the test automatically adapts to a student's test performance. The test presents questions of higher or lower complexity, depending on each student's performance.

Tailored (or adaptive) testing is designed to assess a wider range of student abilities and to measure student achievement more precisely. Your child should not be concerned if they find questions more challenging than usual; they may be taking a more complex test pathway. A student's overall NAPLAN score is based on the number and complexity of questions they answer correctly.

NAPLAN Online is not a test of keyboard skills. There are variations in how fast and well a student can type – just as there are variations in how fast and well a student can write by hand. Year 3 students will complete the writing test on paper.

The NAPLAN Online assessment is on Tuesday May 14th, Wednesday May 15th and Thursday May 16th.

Have a great week.

Jo Menzel
Principal

Kind, Curious and Brave next step - Quarry Hill Primary School's Expected Behaviour Matrix

A lot of work is being done around our new school values. We have had the launch, banners are on display, awards have been aligned and work continues in every class. The next step for us is to revamp our expected behaviours to reflect our values. Teachers and students have had a go to identify the behaviours we show when we are living the values in the classroom, in the yard and when we are out of the school on excursions or camps. **It is your turn now!** On the back of the newsletter you will find a table to fill out with the key behaviours for each value. Please fill this

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out with the behaviours you would expect to see and return to the office. If you would like a paper copy sent home please drop by the office. We really value your input so thank you for taking the time to let us know what you think should be included on the expected behaviour matrix.

DOGS AT SCHOOL

To ensure the safety and wellbeing of all of our students we ask that dogs not be brought onto the school grounds. It is often congested in the main areas and a number of students are anxious about being in such close proximity. I know some families walk to school with their dog, we ask that you please tie them to the fence outside of the school. Many thanks for your support of this.

QHPS SCHOOL ATHLETICS CARNIVAL- WEDNESDAY MAY 22ND

Each year the school holds its whole school athletics carnival at the Flora Hill Athletics track on Retreat Road. Students participate in various events to earn points for their House. All students are encouraged to wear their House colour on the day.

The carnival runs between 9.00am – 3.00pm.

Students are to be dropped at the track at 8.45am on the day, not at school. Parents and friends are welcome to come down and support all students at the event. We will be running a 4x100m Parent/Teacher Relay so we are looking for parents to compete in this event. We look forward to seeing you there.

Students will be transported back to school at the end of the carnival by bus for collection at the usual time of 3.30pm.

GYM PROGRAM PREP- GRADE 4 ONLY

Our Gymnastics program starts Tuesday May 28TH. Sessions will be either on a Tuesday or Wednesday & we will advise of the classroom schedule as soon it is set.

The Gymnastics Program will be run at Jets Gym, Golden Square for Grade Prep – 4 and the cost will be \$32.00. Gymnastics notes have been sent home. Please return these as soon as possible along with payment. The lessons will be of 60 minutes duration and will be conducted by qualified Gymnastics instructors.

Children are required to wear loose fitting clothing without zips and extra buttons. School polo shirts, shorts and tracksuit pants are suitable.

NO DRESSES or SKIRTS

SCHOOL PHOTO DAY

School photo day is coming up on **Friday May 17th**. Photo envelopes have been sent home. Envelopes need to be returned on photo day, not before, to your classroom teacher. If you would like a family photo please see the office for these envelopes. Family photo envelopes are to be returned to the office on the morning of the photo day. If you have any questions please see Narelle, Amanda or Luci in the office.



KITCHEN GARDEN BBQ FUNDRAISER-MAY 18TH ELECTION DAY

Quarry Hill PS have been given the fantastic opportunity to raise funds for our Kitchen Garden program, by holding a sausage sizzle at the school on Federal Election Day May 18th from 8.00am to 2.00pm. This fundraiser gives Kitchen Garden the chance to raise money to help with the weekly grocery's and equipment we use in the kitchen and garden. We require helpers to make this day happen. Can you spare some time to help? If so please let Craig Harrop or Amanda Dole know by Tuesday May 14th 2019.

STUDENT LED CONFERENCES

We will be holding Student Led Conferences on **Tuesday June 25th**. Students will not need to be in attendance except for their conference time. These conferences will once again be made via the Compass portal. Students from Prep to 6, with support from their teachers, will be involved in presenting information about themselves as learners to their parents/carers. Students may discuss their goals and how they have achieved them or are working towards them and share samples of their work to show their growth over the semester. We encourage our students to have a voice in many areas of the school, including their learning. These conferences encourage our students to reflect on themselves as learners and continue to challenge themselves by working with teachers to set achievable goals and identify strategies needed to meet these goals. More information will be available as we get closer to the date.

DIY help needed to make a chessboard in the sensory garden.

A call out for a parent(s) who would be able to construct a chessboard in the sensory garden for outdoor play.

A Year 5/6 Math's group have completed some measurements, working out what is needed.

If you can help please drop by the office or contact Anne Rochford 54433537



The Chessboard Dilemma solved by Ewan, Megan, Jacob and Will



How does a chessboard look? A chessboard has 64 squares; the 32 white squares and 32 black squares are arranged in 8 rows and 8 columns.

The paver problem: It was hard to source white and black pavers so we can use cream and brown.

Space: We have 294 sq cm to play with in the sensory garden as long as we want it smaller than the shady place.



STUDENT ACHIEVEMENT AWARDS

KIND

Riley S (Room 12B)

for sharing resources and offering support to his peers in class.

CURIOS

Walt G (Room 14A)

for asking and answering questions during reading to deepen his understanding of the text.

Lucas P (Room 2)

for always pushing his learning to the next level. Well done!

Caitlin O (Room 14B)

for creating powerful arguments when writing her exposition text.

Zahn M (Room 10A)

for attacking his learning with an open mindset and trying his best.

Aleisha W (Room 9)

for carefully taking her time when completing her handwriting of the letter Dd.

Harry R (Room 5)

for always being an eager learner by asking questions and contributing to class discussions.

Tadhg F (Room 1)

for having a go at writing a recount independently.

BRAVE

Scarlett C (Room 7)

for trying her very best at the Cross Country.

Abbie G (Room 10B)

for making a great contribution at the GRIP conference.

Delisha LT (Room 12A)

for setting herself high expectations in regards to her attendance.



WHEN IS ANXIETY NORMAL?

You may have read the alarming headline in one weekend's paper *'The anxiety epidemic gripping our kids.'* In this article a number of researchers and other professionals were in agreement that anxiety is more widespread than ever before. At QHPS we would agree with this which is why we are supporting CCS Family and Relationship Services to run a workshop at our school.

When: Wednesday 19th June

Time: 9.15am – 12.00pm

Where: Quarry Hill PS (room to be confirmed)

Cost: Free

Who should attend: Any parent or carer who would like practical tools to assist children to manage their worries.
Bookings or enquiries: Ring the office on 54433537

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Kitchen Garden Term 2

For our first Kitchen Garden of Term 2 we had three activities, Lego building, cooking and gardening.

Our first activity was gardening. In gardening we planted kale we each got a bit to plant but we had to plant them at least 30 cm apart. Then after we planted kale we got buckets of soil and tipped them on the garden bed. Then someone would rake it out to even it up.



Our next activity was cooking. In cooking our group made cupcakes. We had to mix together flour, egg, sugar and a couple other ingredients. I helped with mixing and the cupcake wrappers. Then once we had mixed everything we put an even amount of cupcake mix into each wrapper and put it in the oven. Then once we were done we packed up and went onto our next activity.

For our final activity we had a Lego challenge. We had to build something to do with kitchen garden out of Lego, the group with the best build got five points each on our class dojo. I was partners with Louis and we ended up making a treehouse. River and Jordy won the competition in our group.

SCHOLASTIC BOOK CLUB

Issue 3 of Scholastic Book Club is due **Friday 10TH May**. 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 hand over cash. For paper copy book orders please include your child's name and classroom room number and/or teacher on the top of the form and return to office with correct payment by due date. Thanks, Jane.

BOOK FAIR

Our annual book fair is in full swing in the library and purchases can be made either online using the 'Wish List' form or by coming into the library before at 8.30am or after school until 4.00pm each day this week. Please note the Fair will only be open Friday morning, not after school due to pack up (cash and eftpos available). We have some competitions running along with the Fair, with prizes being vouchers to spend at the Fair.

The colouring competition (copies are available in the library or office) will be judged by the Junior School Council and they will select the winners. There is a junior and a senior competition. Entries are due by next Thursday 9th May.

There is also a junior and senior Scavenger hunt, where the students need to match part of a book cover to the book in the Fair. Scavenger Hunts are available from your child's teacher or in the library. Once completed the sheet is to be put into the box in the library. Entries will be checked for accuracy and placed into a raffle to be drawn by Ms. Menzel. Everyone who purchases something from the fair also receives a bookmark and a raffle ticket to go into another draw to win a voucher to be spent at the Fair.

Catch the Reading Wave
Book Fair... Book Fair... Book Fair

Dear Parents,

Do you want your children to discover a love of books and ignite a life-long passion for reading?
Children read more, understand more, and are more likely to continue reading when they have access to many books, and have the opportunity to choose what they read. Our book fair is the perfect opportunity for this to happen...

Quarry Hill Primary School Book Fair
Arrives Monday 29th April

Students will view the books available for purchase during their classroom library time during this week.

They will also be able to create a wish list to bring home to you and you can purchase from the comfort of your home and books will be delivered to your child upon presentation of receipt of payment.

Monday 6th – Thursday 10th May

The fair will be open before and after school each day to make purchases (Cash or Eftpos)

Come on down and build up your home reading library with some quality literature and help our school at the same time.

WOOLWORTHS EARN & LEARN

Quarry Hill Primary School are once again participating in Woolworths Earn & Learn promotion. When shopping at Woolworths please collect the Earn and Learn Stickers and bring them to school. The school is able to redeem the stickers for valuable books, maths and science equipment.

The promotion begins May 1st and ends June 25th.



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YEAR 7 (2020) PARENT INFORMATION NIGHT

Bendigo South East College will be hosting an information night for parents on **Wednesday 8th May 2019** at the College. To ensure that you are in the Bendigo South East College zone, please check on findmyschool.vic.gov.au. For more information, please go to the Department of Education website.



State Schools are Great Schools!

Year 7 Information Evenings at the following Colleges
Wednesday 8th May at 7pm:

College	Phone	Website
Bendigo South East College	5443 4522	bsc.vic.edu.au
Cruseo College	5447 7722	cruseocollege.vic.edu.au
Eaglehawk Secondary College	5446 8099	eaglehawksc.vic.edu.au
Weeroona Primary School	5443 2133	weeroona.vic.edu.au

WE CREATE BRILLIANCE
WCB



MUSIC TUITION

If your child is interested in learning piano, violin or viola Braelley currently has places available on a Thursday or Friday for lessons. Please contact Braelley direct on braeleyliarna@gmail.com or 0417817637 for information. Lessons are conducted at school.

P.F.A News

What's coming up courtesy of the PFA?

Mother's Day Stall: Friday 10th May 9.00-11.00am multipurpose building

Mother's Day Stall: Friday morning between 9.00am-11.00am, PFA will hold our annual Mother's Day stall. Each student will have the opportunity to select and purchase a gift for their loved ones, all gifts will be \$2.00. We encourage all students to bring a bag to put their gift in to take home. PFA would like to thank all within the community for their support with gift donations and all that have helped with wrapping or administrative work. It's with many hands that such an event can be successful.

The last wrapping session will be held Thursday Morning at 9.00am alongside Thursday morning cuppa session any helpers wishing to attend are welcome. We will be looking for people to help out with the stall and encourage all Father's available to come down and lend a hand on the day. We will meet at the multi-purpose room from 8:45am to set up the stall.

Become a Member: The PFA would like to extend an invitation to all members of our school community, involvement can be small or large, but together we can create an amazing community for our children. Membership is a small fee of 50c and provides members the opportunity to assist and contribute to the life of the school and education of their children, the right to vote on matters within meetings as well as an invitation to join our committee page were you are able to keep up to date on current events with ease and at a time that suits you.. We actively encourage your input as we all contribute to the wellbeing of the school community together.



SECOND HAND UNIFORM Our Second Hand Uniform shop will be open on Fridays from 3.30pm-3.45pm and again during the Thursday morning cake and cuppa catch up, 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 50c. All donations welcome.

Developing Greater Bendigo's Food System Strategy: have your say today!

What would make it easier to eat healthy food in Greater Bendigo?

What would make it easier to grow your own food locally?

What food (system) related issues matter to you the most?



The City of Greater Bendigo are developing its first ever Food System Strategy to help improve the health and wellbeing of our community. The Strategy will look at all of the steps it takes to get food on our plate (from paddock to plate all the way through to how food is disposed of) and we encourage you to have your say by completing this short survey: <https://www.surveymonkey.com/r/RPHB9XZ>

For more information about the Strategy, you can visit the City of Greater Bendigo's website: <https://www.bendigo.vic.gov.au/foodsystemstrategy>



Mini
Mother's Day Market
Come and find a special gift for mum!

SATURDAY MAY 11
10AM - 2PM, HARGREAVES MALL

STALLS AND LIVE MUSIC
GRAB SOME SPECIAL PHOTOS FOR MUM IN THE FESTIVE PHOTO BOOTH

FEATURING:
- Flowers - Meats - Vegetables - Stone by Bendigo - Fish - Biscuits - Breads - Pastries - Desserts - Soups - Salads - Smoothies - Live Music - Kids' Activities - More than 100 stalls and live music

www.bendigo.vic.gov.au

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.bendigoevents.com.au (\$20per rider, \$20 junior)
NO DAY LICENSE REQUIRED (and 10 for on the day events)
Proudly supported by MTBA, VicRoads & Top events

JOIN mtba

fusion **optical** **YogaHara** **bangoo cyber** **Specialized**

JUNIORS juggernauts

First night free | Ages 7-16 | Starter pack for first timers

Why Juniors Squash?
A chance to try something new, learn new skills and create a new social group. We know squash can be a little less understood than other big mainstream games. Squash is perfect for any young beginner or a junior who loves the sport and wants to play more.

- Building a team environment for friendship growth
- Introduction to a new sport
- All abilities welcome - no racket sports experience required

- 8 x sessions + free time at end if wanted
- Starts second week of school term
- FIRST TIME PRICE (WITH STARTER PACK) - \$99
- ONGOING PRICE (PER SCHOOL TERM) - \$88
- No club membership required to register for this program

Register online www.bendigosquash.com or call Russell on 0417 167 113

Mondays 4.30 - 5.45
Oz Squash training and games

Thursdays 4.30 - 5.45
Juggernauts games and support

BENDIGO SQUASH CLUB

Coder Dojo is back!

Come along and see what we have to offer.

WHEN
Saturdays 10am-12pm

WHERE
Discovery Centre Bendigo

Learn about - Robotics - Coding - Scratch - Arduino - Raspberry Pi - Programming and much more!

Contact:
Twitter: @coderbendigo
Email: coderdojoebendigo@gmail.com

A free coding club for kids 7 to 17 years.

BRAND NEW EQUIPMENT ON ITS WAY!

Register online now!
Here's the link:
<https://goo.gl/for ms/0VQzzRwmbaQ5 IUA43>

Yin Yang

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Phone: 5443 3537



**CAMP
AUSTRALIA**

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

To book, visit:
www.campaustralia.com.au
or call 1300 105 343

Great Fun in OSHC

Outside School Hours Care makes it possible for parents to work or attend to other commitments, secure in the knowledge that their children are being cared for by qualified Educators in a safe and supportive environment.

At Camp Australia, we know that the time spent at OSHC before and after school is a time for possibilities. Every session is guided by the childrens' interests and reflects their dreams and imagination.

Having already spent the day in a classroom, children need the opportunity and space to explore their own interests – whether that be sports, craft or cooking – as opposed to being asked to absorb more information (unless there's homework your child needs help with!).

It's a time to form friendships outside their immediate classmates, to grow and learn, and/or to try something new. There's no travel time, traffic or complicated arrangements to be made, so your child can leave the classroom and be playing soccer, eating a healthy snack or learning how to play a board game within minutes of leaving the classroom.

To find out more about our Camp Australia OSHC service please visit our website at www.campaustralia.com.au or call our friendly Customer Care Team on 1300 105 343. The team are available 24 hours a day, 7 days a week (except National Public Holidays).

We look forward to seeing you and your family soon!

From the Team at Camp Australia

Safety • Meaningful • Innovative • Leadership • Education

we make kids smile

insights

Helping kids feel good by doing good

by Dr. Justin Coulson



We all want our kids to feel good. Ice cream, days at the beach and play dates may bring kids joy, but once they're finished the good feeling often disappear.

These feel-good activities give kids a rush of euphoria, but leave them craving for more. This can lead to an addictive cycle known as 'the hedonic treadmill' where one cookie isn't enough. They'll need two. Maybe the next week, they'll need three.

Good deeds

Doing good, however, is the key to living a more meaningful and happier existence. The ancient Greek philosophers [Plato and Aristotle knew it was true](#), and modern [research](#) bears out the fact altruistic behaviours are associated with better wellbeing, health and longevity. In short, we feel good when we do good.

Kind Kids

Every parent wants happy kids. The easiest way to help kids attain happiness is to encourage them to be kind.

Many studies show that our kids want to be kind. They know it makes them happy! [Research](#) shows that children from as young as fourteen months want to help others achieve individual goals and cooperate with others to achieve shared goals. This desire to help is something they're born with – even that child of yours who doesn't seem to want to help anyone!

A [recent landmark study](#) showed even very young kids find helpful and kind acts to be intrinsically rewarding. Two year olds showed greater happiness when they gave treats to others, compared to when they received treats themselves.

Teaching Our Kids to Do Good

If kids want to help because it helps them feel great, it's our job to help fulfill this natural inclination by guiding them to age-appropriate opportunities to do so.

Here are 5 ways to do just that:

1. **Role model helpfulness and kindness.** Children and teenagers learn to be helpful and kind by copying the significant adults in their lives.
2. **Encourage them to perform small acts of kindness.** Being kind, giving a compliment, helping to tidy

up- these small acts are just as powerful and effective as larger tasks such as mowing the lawn for a neighbour.

3. **Make helping a family project.** Get your kids involved when you take a meal to a family who have just had a new baby, or visit a sick friend in the hospital.
4. **Be a good neighbour.** Help your kids learn to keep an eye on others, whether it is a neighbour, or a boy on their sports team. Teaching your kids to notice what's going on in the lives of people in their community promotes awareness and empathy.
5. **Be grateful.** Expressing [gratitude](#) is one of the best ways to do good. In fact, nothing can improve your life (and the life of others) like gratitude.




Doing good deeds is what makes us human. It lifts burdens from others, and lifts us by activating the joyful part of our brains. Teaching your kids to do good is the best way to help them have lasting 'feel good' feelings. Of course, they should eat cake too. Even better, share it with a friend for a lasting feel-good effect.



Dr. Justin Coulson

Dr Justin Coulson earned his PhD in Positive Psychology. He holds an Honorary Fellowship at the University of Melbourne's Graduate School of Education in the Centre for Positive Psychology, and he is a Senior Associate at the Positive Psychology Institute. Dr Coulson is the author of the new book '10 Things Every Parent Needs to Know' and the bestselling '9 Ways to a Resilient Child' and '21 Days to a Happier Family'. www.justincoulson.com

Quarry Hill Primary School's Expected Behaviour Matrix

	In the classroom	In the yard	On excursions
Kind 	* * *	* * *	* * *
Curious 	* * *	* * *	* * *
Brave 	* * *	* * *	* * *