



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday May 15th 2019
Newsletter No. 13

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		
Wednesday 15 th Thursday 16 th	Various	NAPLAN Testing Grade 3 & 5 only
Friday 17 th	Various	School Photo Day
Monday 20 th	5.45pm	School Council- Staffroom
Wednesday 22 nd	8.45am	School Athletics- Students dropped at Flora Hill Athletics Track
Thursday 23 rd	7.00pm All Day	2020 Prep Information session JSC Casual Dress Day
Friday 24 th	9.30-11.00am All Day	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:

School Photo Day this Friday May 17th

Please bring your child's envelope & ensure they are on time.

School Athletics next Wednesday May 22nd

Students are to be dropped at the Flora Hill Athletics Track, Retreat Road between 8.45am-9.00am.



Kind



Curious



Brave

Dear Parents and Carers,

SCHOOL PHOTO DAY THIS FRIDAY – MAY 17TH

I love School Photo Day. I love the excitement that it brings the children and their anticipation of what their photo is going to look like when it comes back from the photographer. In this digital age, there are not many things that people have to wait for anymore. Chances are, the tooth that has been wobbly for six weeks will fall out just days beforehand! One day, your child/children will grow up and you'll pull out all of their school photos and they'll laugh their heads off. Priceless! Please don't be late on Friday as there is a fairly tight timeline to follow. All children are to be in full school uniform please and to bring their envelope on the day. 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.

OVERSEAS LEARNING EXPERIENCE TO CHINA

Next Wednesday, May 22nd, Ornella, Abbie, Xanthe, Laila and Campbell will be winging their way to China as part of the Bendigo Team China Overseas Learning Experience. The group will be accompanied by teacher, Jess Telford and will join 14 other Bendigo Primary Schools on this tour. They will spend 10 days visiting iconic landmarks such as The Forbidden City, The Great Wall of China and the Pearl Tower. They will also experience a range of other awesome activities, such as riding in a rickshaw, a Shanghai River Cruise, and witnessing the amazing Shanghai Circus.

For the first time this year, Quarry Hill students will be participating in a homestay program. The children will all spend a night with host families before re-joining the group the next day.

Another highlight for the group is spending two days at our Sister School, Wencui Primary School.

Log on to the following link to follow their travels: <http://teamchina.global2.vic.edu.au/>



EDUCATION WEEK OPEN MORNING FRIDAY MAY 24TH 9.30AM – 11.00AM

This year, Education Week will run from Sunday May 19th to Saturday May 25th, and the theme is 'Celebrating Careers'.

Steve Jobs was once quoted as saying, "The only way to do great work is to love what you do."



On Thursday May 23rd, the Junior School Council will run an out-of-uniform day where students can come dressed representing their dream career! Information about this day is included further in the newsletter.

Our Open Morning will be on Friday 24th from 9.30am – 11.00am. Parents are invited to come and join the fun. All classrooms will be doing activities based on various careers.

Throughout the week the Grade 3-6 teachers have invited parents and friends to come and talk to their child's class about their careers. A big thank you in advance to everyone willing to participate. What a wonderful opportunity for the students.



Let me pose this question: *If you could do anything for 8 hours a day for the rest of your life, and money was no object, what would you do?*

Hopefully you are already doing it!

ENROLMENTS FOR 2020

A reminder to families that Quarry Hill Primary School draws its enrolments from our 'school neighbourhood zone.' This 'school neighbourhood zone' has been devised, in consultation with our Regional Office, taking into consideration the location of other local primary schools.

The school's capping/ceiling figure is 375 students.

The following guidelines apply for schools with enrolment ceilings.

Where there is insufficient accommodation at a school for all students who seek entry, students are enrolled in the following priority order:

- Students for whom the school is the designated neighbourhood government school.
- Students with a sibling at the same permanent residence who are attending the school at the same time.
- All of the students in order of closeness of their permanent residence to the 'school neighbourhood zone' boundary.

The school's 2020 Prep Information Session will be held on Thursday May 23rd beginning at 7:00pm and again on Friday May 24th at 9.30am. These meetings will be held in the Staffroom. Classrooms will be open for you to view and a tour of the school for prospective parents conducted by the School Captains.

If you have a sibling starting next year I would encourage you to enrol them as soon as possible or if you know that you will not be here at Quarry Hill PS next year, please let us know. This enables us to have a better idea about the number of Prep children we can enrol and also about the grade levels where there may be places available.

NAPLAN THIS WEEK

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 started on Tuesday May 14th, and continued today Wednesday May 15th. The final test will be tomorrow, Thursday May 16th.

PFA THANKYOU

PFA have again created an amazing opportunity for our students to be able to purchase a gift for their mothers and special friends for Mother's Day. Allowing all our students to participate makes this event so special. These gifts are what memories are made of. A big thank you to all involved.

Have a great week.

Jo Menzel
Principal

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



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

The Gymnastics Program starts **Tuesday May 28TH** and will be run at Jets Gym, Golden Square for Grade Prep – 4. The cost will be \$32.00 with payments being accepted in office or via QKR. 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

Sessions will be either on a Tuesday or Wednesday & the classroom schedule is as follows:

Tuesday 28 th May, 4 th , 11 th , 18 th June:	9.30-10.30am	Rooms 15A & 15B
	10.30-11.30am	Rooms 14A & 14B
	11.30-12.30am	Rooms 4 & 5
	12.30-1.30pm	Rooms 1 & 2

Wednesday 29 th May, 5 th , 12 th , 19 th June:	9.30-10.30am	Rooms 8 & 9
	10.30-11.30am	Rooms 6 & 7

DISTRICT CROSS COUNTRY RESULTS

On Wednesday May 8th selected students from QHPS participated in the Goldfields Division Cross Country at the racecourse. The 9 year old boys took out the 2km school title with Jaron running beautifully into first place.

Others also finishing top 12 in their 3km races and are through to the regional cross country are Freya, Avery & Nash. With over 200 runners in the 11 year old boy's race, the sportsmanship shown was great. It was a wonderful day with all to be commended for their efforts, well done!



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



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.

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 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.

PUBERTY & PERSONAL DEVELOPMENT PROGRAM

The Puberty and Personal Development Program will be taking place at our school on Wednesday the 12th of June. This event will be held between 6.00pm to 7.00pm in the Multipurpose Building. This program has replaced the previous in class sessions and is open to all Grade 5/6 students and their parents, guardians or special person.

The session will consist of a short introduction and a separate session for boys and girls. Grade 5/6 teachers alongside our two school nurses will be supporting students and their parents, guardians or special persons during this session. All Grade 5/6 students are encouraged to attend the information session and must be accompanied by an adult if they are in attendance on the evening.

This program aims to provide children with the appropriate information regarding the physical, emotional and social changes experienced in developing from a child into a young adult and the process of human reproduction. This program has been developed within the Department of Education and Family Planning Victoria Information and Resources.

If you have any questions about the upcoming information session please contact:

Sam McCloud – Grade 5/6 Teacher
Debbie Hughes – Primary School Nurse (DET)
Phone: 5440 3321
Grade 5/6 Team

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.

STUDENT ACHIEVEMENT AWARDS

KIND

Eve T (Room 12A) for co-operating during collaborative tasks and always showing kindness.



CURIOUS

Archie S (Room 10B) for writing an excellent Persuasive text.
Brooke L (Room 12B) for your amazing research on the 'First Fleet' during Inquiry Learning, well done!
Amaya KO (Room 5) for putting in a big effort to improve her writing by re-reading and editing her work.
Tilly G (Room 9) for using strategies to help her with spelling during writing time.
Henri T (Room 8) for asking interesting questions during reading time.
Sebastian S (Room 10A) for outstanding work during his Maths project on collecting, representing and analysing data.



BRAVE

Kamryn H (Room 14B) for being independent and asking a new teacher a question, even though she was feeling nervous.
Lenny R (Room 7) for his wonderful acting skills in the play Goldilocks and the three Bears.
Abby S (Room 14A) for always wanting to improve her work and taking risks.
Cooper B (Room 10B) for displaying braveness and helping students in the playground.



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

CAUSAL DRESS DAY/DREAM JOB

Dear Parents/guardians,

Junior School Council have organized a casual clothes day on **Thursday May 23rd, 2019.**

Dress your kid/s up as their dream job. Possible jobs could be...

- Doctor
- Firefighter
- Vet
- Nurse
- Teacher
- Police officer
- Sport player
- Artist
- Actor
- Singer/dancer
- Etc.



Junior School Council decided the theme as Dream Job because Education Week's theme this year is careers.

There is no donation required.

By Rhumehni & Ellianna

Junior School Council members

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

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.



MUSIC TUITION

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

P.F.A News

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.



To coincide with the International Day for Biological Diversity, we'd love you and your family to join us for the ...

Bushland Planting Day!



When: Sunday May 26, 9am-1pm
What: 600ish new local native plants to go in!
Bring: shovels, trowels, crow bars, gloves, tin snips and your family.

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

On the Spectrum LIVE ON STAGE!!



Hosted by Doug Austin & Jeremy Samson



"A live 90min panel discussion about Autism/Aspergers. Including 3-4 industry experts discussing their roles & services amongst the ASD community. Audience members will be given chances to ask their questions. Come along for this exciting show & help us raise further awareness about ASD"

The Bendigo Club

22 Park St, Strathdale, Vic, 3550

Tuesday 21st May 7.30pm - 9.00pm

'FREE ENTRY - REGISTRATIONS ESSENTIAL'

www.trybooking.com/bbwcl

Doors Open 6.30pm



Josie Wolfram
(Behaviour Therapist)



Susanne Nelson
(Susanne Nelson & Associates - Occupational Therapy)



Suzie Keck
(Bendigo Speech Works)

Coder Dojo is back!

Come along and see what we have to offer.

WHEN
Saturdays
10am-12pm

No need to reregister if you are already on the list just come along and feel free to bring a friend!

WHERE
Discovery Centre
Bendigo

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

Contact
Twitter: @coderbendigo
Email: coderdojobendigo@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/forms/OVQzzAwnhAQ5tUA43>



POSITIVE PARENTING TELEPHONE SERVICE

FREE
VICTORIA WIDE SERVICE
FOR

- Parents
- Grandparents
- Carers

Caring for children aged 2 - 12 years

OUR FREE 6 TO 10
WEEK PARENTING PROGRAM
HELPS YOU TO:

- Have stronger more positive relationships with your children
- Set rules and limits
- Manage everyday behaviour problems
- Teach new skills



Participants complete a workbook or online modules which are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you



Enrol now and make a positive start to last a lifetime

Please call
1800 880 660

Enrolments are taken all year round

FOOD ALLERGY WEEK

ALLERGY & ANAPHYLAXIS AUSTRALIA

26 MAY - 1 JUNE 2019



Celebrating Families

National Families Week

The month of May provides us with the opportunity to recognise and celebrate the many different forms that families can take. National Families Week is celebrated from **Wednesday 15th May to Tuesday 21st May**.

In Before and After School Care, children will be exploring the theme for National Families Week 2019, ***“Stronger Families, Stronger Communities”***. Join us to celebrate all families and friendships!

Here's a few of the activities we have planned for the week starting 13th May:

Family reunion game - exploring our relations

Comic strip - creating our own comic strip story about a funny family event

What's my name - A game exploring the different cultural names of our relatives.

We love to play here at Camp Australia and we enjoy sharing our ideas for games. We have many great leaders who organise great games for all to play. Some of our favourite games are: Giants Treasure, Soccer, Farmer Sam, Wink murder and the floor is lava!

When - National Families week is May 15th to May 21st.

Where - Your child's school OSHC room.

How to register - You must be registered to attend. Registration is **FREE!** You can register an account via our website www.campaustralia.com.au.

How to book - Once registered, it's easy to make and manage your bookings online via our parent portal pp.campaustralia.com.au. We always recommend making your bookings in advance.

If you would like to learn more about our OSHC service, please visit us before or after school and Jenny our program Coordinator, will be available to answer any questions. If you prefer to call us, you can contact our friendly Customer Care Team on 1300 105 343. The team are available 24 hours a day, 7 days a week (except

insights

Helping children make and keep friends

by Michael Grose



Enjoying healthy relationships has a tremendous impact on your child's wellbeing and their overall success at school. Many children who experience behavioural problems at school have difficulty interacting with their peers.

Coach your child in positive social skills

Children who develop healthy friendships generally have a definite set of social skills that help make them easy to like, easy to relate to and easy to play with. If your child is struggling to make friends consider coaching them using this three-pronged approach:

Be open: Some children close themselves off to forming new friendships, preferring to stick to one or two friends. Encourage your child to be open to forming friendships with a wide variety of children in and outside school and in doing so encircling themselves with many friendship groups

Be inclusive: Encourage your child to include a wide number of children in their games and activities rather than restricting the possibility of joining in to certain children. Healthy friendship groups are open and inclusive of others, while unhealthy relationships, such as cliques are restrictive, one-sided and full of gossip and criticism

Be aware: Encourage social awareness in your child. For instance, a socially-aware child would be discrete when giving out birthday party invitations at school, being protective and sensitive to the feeling of those not invited. This level of social awareness doesn't necessarily come naturally to all children, but it can be reinforced by parents and teachers

Encourage friendships with both genders

The primary school age is an ideal time for children to form friendships with both genders. This is particularly valid if your child has siblings of their own gender, or don't have siblings. It's through these early relationships that we gain the confidence to mix with different genders in later life. Forming friends helps to break down the mystique that can form, when a child has little contact with the 'other' gender.

Understand the impact of gender on friendships

Research shows that boys' friendships groups are more inclusive and less changeable than friendships enjoyed by girls, particularly those in the eight to twelve year age group. Be prepared to support your daughter through the hurt of friendship breakdowns and remind her that new friendships are just around the corner. Help her reflect on her own place in a friendship breakdown, and be open to restoring a relationship once emotions are in check.

Remember, friends of a feather flock together

If you think that your child doesn't have as many friends as a sibling or other children their own age, don't be too alarmed. On average, children usually have only two or three significant friendships at any one time. It's the quality rather than the quantity of friendships that counts. If you are concerned that your child lacks friends at school encourage him to take up a variety of extra-curricular activities. It's easier to strike up a friendship with someone when you have something in common.

Above all else encourage your child to be friendly by talking to others, showing an interest in what other children do, offering help when needed and being willing to enter a new game or social situation. Consider teaching your child, if necessary, alternatives to fighting and arguing when there is disagreement and conflict within groups.

As your school has a membership with Parenting Ideas, you can attend the upcoming webinar -Teach girls to build each other up- at no cost!

About the webinar

Join Parenting educator Collett Smart in this special webinar that will show you how to help girls create positive peer relationships and provide practical advice and ideas to help them navigate tricky situations including toxic friendships, cliques and bullying.

When

Wednesday 29 May 2019 at 8:00 PM AEST.

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.

How parents can redeem the voucher




1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-teach-girls-to-build-each-other-up>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **FRIENDSHIPS** and click 'Apply Coupon'. Your discount of \$37 will be applied to the order. This voucher is valid until 29 June 2019
5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account
7. Click 'Place Order'



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.

Quarry Hill Primary School's Expected Behaviour Matrix

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