



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday May 29th 2019
Newsletter No. 15

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 29 th	Various	Gymnastics Program Prep – Grade 4 only
JUNE		
Monday 3 rd – Wednesday 5 th	All Day	Grade 6 Camp - Melbourne Urban
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
Friday 21 st	9.15am-3.00pm	Division Soccer- Selected students only
Tuesday 25 th	All Day	Student Led Conferences- Students from Grades P – 6 attend their interview session with their parents. Students are only required at school for their appointment.
Friday 28 th	2.30pm	Last Day of Term- Early dismissal
JULY		
Monday 15 th	9.00am	First day of Term 3
Wednesday 24 th – Friday 26 th	All Day	Grade 5 Camp – Sovereign Hill

REMINDERS:

Grade 6 Camp: Next Monday June 3rd

Students need to be at school by 7.45am for an 8.00am sharp departure.

The bus will not wait so please arrive on time.



Kind



Curious



Brave

Dear Parents and Carers,

OUR VALUES IN ACTION: CONNECTING WITH OUR LOCAL COMMUNITY – THE OLD CHURCH ON THE HILL

Once owned by the Uniting Church, *The Old Church on the Hill* was purchased approximately 5 years ago by a philanthropic group after the church was closed down. A group of community minded people were able to gain long term use of the building and have since set about creating a welcoming space for community activities designed to bring people together. From their website:



The centre hosts playgroup, French language class, live music, martial arts class, yoga, break-dancing class, art therapy, a positive birthing group, a pop-up op-shop. The community garden has developed into a meeting place for families needing some guidance on gardening or some university students without enough money for vegetables.

One fabulous opportunity that is offered to everyone is the Community Pantry. The Community Pantry is a not-for-profit community run bulk buying group. One of our parents, Jess Lambert manages the pantry and helps source affordable, local, ethical and environmentally sound produce for anyone wishing to access it.

Our school is currently organising to become a member and will be happy for families to use our membership to access the pantry. (I will let everyone know when this is finalised.) On offer on a regular basis is milk, eggs, olive oil, honey, bees' wraps, nappies, toilet paper, tea and coffee.

Orders are accepted via email: oldchurchcommunitypantry@gmail.com, [Facebook](#) or in person.

Pickup is on Fridays between 10.30am – 12.30pm and from 5.30pm – 6.30pm.

They also welcome any suggestions or information about local producers who may be interested in providing their products.

The Community Pantry also runs Pantry Workshops. These are usually held on weekends and cost between \$5.00 - \$25.00 each, depending on the cost of materials. Previously held workshops include: butter and yoghurt making, preserving lemons, working with soils, basic jam making, bread making and fruit fly management and pruning. If you are interested in any of these, or have a suggestion of your own, please contact the team at *The Old Church on the Hill*.

The underlying message is about connecting with your community.



BUSHLAND PLANTING DAY

Last Sunday, a team of enthusiastic families helped with the planting of more than 300 native plants in the Bushland. A lot of preparation was required to make this day so successful with generous donations forthcoming to help ensure the plants are protected until they become established. A big thank you to Tim Shanahan and the North Central Catchment Management Authority, the Kemp, Murphy, O'Toole, Boyer and McBurney families for their work behind the scene to make the day run so smoothly. To our Bushland crew – a big thank you for the great ideas and vision for the project. There were so many hardworking people getting their hands dirty, sharing a laugh and connecting with each other and with nature! Clare Dullard kindly brought muffins and apples to keep energy levels high. Mother Nature rounded out the weekend by ensuring the new plants got a good soaking on Sunday night. Thank you to everyone that was involved and for the wonderful effort put in. It was a great day!



TEAM CHINA UPDATE

Quarry Hill students, Xanthe, Ornella, Abbie, Laila and Campbell are currently in China having the time of their lives! Under the watchful eye of teacher, Jess Telford, the students are ticking off what many of us would consider 'bucket list' experiences. They have already visited The Forbidden City and have climbed the Great Wall. They are currently in Suzhou and spent yesterday and today visiting our Sister School, Wencui Primary School. Last night they participated in the Homestay Program and spent the night with a Chinese host family. Abbie, Ornella, Laila and Xanthe got to stay with the students who visited us last year from Xinghai Primary School; Linda, Roland and Anna. Campbell had the opportunity of staying with a family from Wencui Primary School. By all accounts they had a great time. Linda, Roland and Anna certainly treated them like old friends.



COLDS AND FLU

Whilst neither virus is pleasant to catch, the flu is more severe than a cold and can lead to potentially life-threatening complications, so it is important to see a doctor if you think you may have the flu. Symptoms develop more suddenly, are more severe and last longer than a cold, and include fever/chills, cough, sore throat, runny or stuffy nose, headache, fatigue and muscle aches and pains. Vomiting and diarrhoea can occur.

Influenza immunisation is recommended for all people from six months of age, especially at risk groups such as people who work or live with people who are at risk of serious complications, anyone with a weakened immune system, pregnant women, and older adults over 65 years of age. It's encouraged that everyone in the community protects themselves against the flu by getting a flu vaccination. The flu season is all year around as anyone can get it at any time, but in Victoria, winter time is a more vulnerable time due to the virus circulating in enclosed spaces.

The National Immunisation Program provides free flu vaccinations to the following eligible people:

- People aged over 65
- Pregnant women
- All Aboriginal and Torres Strait Islander people aged 6 months and over
- People aged 6 months and older with medical conditions that put them at risk of complications from the flu.

If you are concerned you or a family member has the flu, see a doctor as school exclusion applies.

The common cold is caused by a virus spread by sneezing, coughing or by direct contact with the virus on hard surfaces or people's hands. Symptoms include a sore throat, runny nose, coughing and sneezing. Most people recover in about 7-10 days. There is no cure for a cold. To feel better, you should get lots of rest and drink plenty of fluids.

To help reduce your risk of getting a cold or flu and/or passing them on to others:

1. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser.
2. Avoid touching your eyes, nose and mouth with unwashed hands.



3. Stay away from people who are sick. Consider having a sick day and resting at home to avoid spreading the virus to others through close contact.
4. When coughing and sneezing, cover your mouth and nose with your elbow. (See picture)
5. Consider a flu vaccination. The month of May is the best time to ensure your immunity is covered throughout the winter.

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.

If you have a younger 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.

NEWSLETTER TRIAL IN TERM 3

During Term 3 we are going to trial a slightly different way of disseminating information to our community. At the beginning of this term, due to two public holidays in the week, we sent out a shortened one page 'blast' of information for the following week. This included a calendar of events and list of award winners for the week. We received some positive feedback about this as it was easy to read and to the point. We are going to take on board this feedback and trial an alternating one page 'blast' one week with a full newsletter on the following week. This process will also help with the administration load of new office staff.

Have a great week.

Jo Menzel
Principal

GYM PROGRAM PREP- GRADE 4 ONLY

The Gymnastics Program has begun & is run at Jets Gym, Golden Square for Grade Prep – 4.

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 remaining is as follows:

DATE	ROOM	TIME
Tuesday 4 th , 11 th , 18 th June	15A & 15B	9.30am-10.30am
	14A & 14B	10.30am-11.30am
	4 & 5	11.30am-12.30pm
	1 & 2	12.30pm-1.30pm
Wednesday 5 th , 12 th , 19 th June	8 & 9	9.30am-10.30am
	6 & 7	10.30am-11.30am

STUDENT LED CONFERENCES

This year we will be continuing to run Student Led Conferences instead of the traditional Parent-Teacher interviews. Students will be involved in sharing their learning goals, work samples and discussing their progress over the semester. These conferences will be held on **Tuesday 25th June 2019** and will run **from 8.00am to 6.00pm**. Appointments can be booked via our Compass portal. **Grade 5/6 teachers** will also be available on **Wednesday 26th June from 9.00am-10.00am**. You will be required to attend with your child for the 15 minute timeslot chosen on this day.

Students will not be attending school other than their conference time.

Semester 1 reports will be available to access on Compass on Friday 21st June 2019. Please ensure that you are using Compass regularly for class/school updates, behaviour notifications, learning tasks and reports. More information will be sent home with instructions on how to book your conference time closer to the date.

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 ACHIEVEMENT AWARDS

KIND

Keira G (Room 10A)	for always being a good role model for her peers by respecting herself, others and the environment.
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CURIOS

Ella R (Room 12B)	for showcasing excellent persuasive language features in your climate change text.
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Ella G (Room 14A)	for her wonderful work and passion on her 'Big Life Board'.
Eli C (Room 5)	for writing an excellent weekend recount with interesting detail.
Ivy L (Room 10B)	for producing excellent work in the area of geometric patterns.
Cody R (Room 2)	for constructing an excellent narrative.



BRAVE

Archer P (Room 9)	for showing more confidence and sharing his ideas in group discussions.
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HEAD LICE

We have been notified of several cases of head lice at QHPS. It is important that we ask you to make the time to check your child/children's hair for any sign of live head lice and/or eggs and treat your child's hair appropriately so that we can prevent further cases. We thank you for supporting us with this matter.



GRADE 3/4 CAREER TALKS

Last week during Education Week, Grade 3/4 children enjoyed a variety of talks by parents about their careers. We were fortunate that we had many parents volunteering to come and share about their chosen career. We also had a great range of occupations. Thank you to the parents who shared with us.



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

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.



QHPS ATHLETICS 2019

The overall House results will be announced at assembly on Friday.



ATHLETICS RESULTS

Age Group	1 st	2 nd	3 rd
Prep Boys	Zavier S Atticus H	Thomas N Sam G Dyson S	Jim M
Prep Girls	Scarlett C	Leni F Beth L	Ariah W Shylah W Zoe D
1 Boys	Hamish K	Tom R Zac H	William L
1 Girls	Vaida P	Katie G	Giana E
2 Boys	Kade S	Jonty M Jimi R	Lucas P Jack W
2 Girls	Veronica J	Ruby G Renaë G Charlotte T	Ella D Lacey E Billie M Macy G Scarlotte R
9 Boys	Jaron E Kobi R Lucius S	Fletcher W	Edward B
9 Girls	Caitlin O	Payton K	Kamryn H
10 Boys	Billy B	Ollie O	Thomas H
10 Girls	Tessa MW	Abigail B Violet C Tully C Sophie G Rachel W Jye E	Lily M Isabella F Tahni D
11 Boys	River H Nash L Avery M		William D Jacob W Harry C Lloyd V
11 Girls	Tara M Ellianna L	Vasey M	Rhea W Mietta L
12/13 Boys	Jordy L	Will H	Will B Curtis B
12/13 Girls	Amelia G Milly S	Freya N	Sienna R



**Which House has won?
Results Friday at assembly.**

KITCHEN GARDEN

Tom's Term 2 Week 6 Kitchen Garden

Our first activity was making tepees. We got split into 2 groups and it was 4 vs 4, Grade 6s vs Grade 5s. We had to go to the bushland to find sticks and after we found the sticks we started to make them. Once we had made them we went to go put them in the garden for peas to grow from.

In cooking, my group made chicken stir fry and rice. I cut the chicken with Jordy and the rest cut the vegetables. When I was finished with the chicken I was in charge of the rice. I had to boil the water and then pour in the rice.

Next, we were in the multipurpose room with Ms Rochford and we did a little activity about bees. We would get a sheet of 2 hexagons and on one of them would be a question. Once you figured that out, you would make up a question for that answer. Then stick them on top of each other, stick them on a sheet and 'voila', you are done. Writer Tom N.

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Email: quarry.hill.ps@edumail.vic.gov.au
Website: www.quarryhillps.vic.edu.au
Phone: 5443 3537



BUSHLAND THANK YOU

A huge thank-you to everyone for their help putting together and delivering our planting day. The Bushland is going to look even more beautiful in a few months. 300 odd plants went in, 40 odd people helped and the sun stayed out all afternoon. And even better, it's rained ever since!

Project Next Steps:

- We'll plant two garden beds above the gateway
- Each student will help with the wall mural
- Each class will research and plant their Dja Dja Wurrung seasonal garden beds
- We'll spruce up the Bushland gateway and add an interpretive sign
- We'll launch the project with a Dja Dja Wurrung elder and a big celebration ceremony a few weeks into term 4

We usually meet on Thursday mornings after school drop off in the old staff room to plan the project. We'd love you to join us.

The Bushland Crew

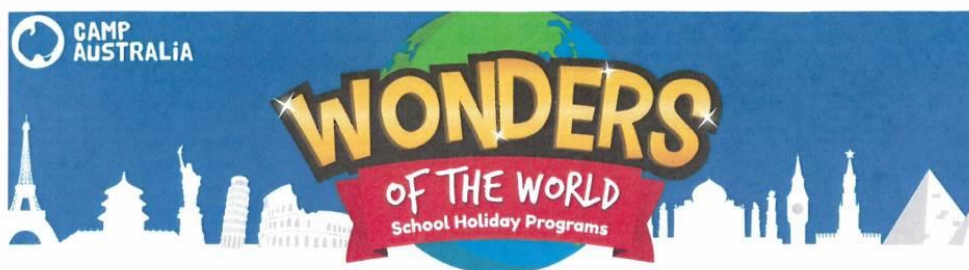


P.F.A News

Next PFA meeting will be Thursday June 20th at 7.00pm in the multipurpose building.

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



Attention passengers,

thanks for riding with Holiday Club. Your next destination –

Wonders of the World!

Join us as we journey through international cultures, cuisines, sports and creations. We've got a roster full of brand-new activities like **Scratch & Discover** – where we'll make scratch maps of Australia – from scratch! In **Sleek Skylines** we'll create city-themed dot-paintings by day and skyline lanterns by night! Plus, we have lots more activities, excursions and fun planned for the holidays.



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 **Wonders of the World**.

The Camp Australia Team

insights

Encouraging healthy attitudes towards women

by Dr Rosina McAlpine



Recent events and current statistics highlight that as a nation we have a serious problem when it comes to domestic violence. While there's no easy solution, together, we can do our part to stop violence against women. If you're a parent or guardian, you can play an important role. Disrespect towards girls can begin in childhood, and we can break the cycle when we teach our children to be respectful and caring right from the start.

As parents, we have three main jobs:

- First, to love our children and build a strong lifetime bond
- Second, to keep them safe from harm until they can do that for themselves
- Third, to teach them all the skills they need to thrive in life and to make a positive difference in the world

Life skills approach to raising children

So what life skills do children need to learn when it comes to the issue of preventing violence against girls and women? As parents, we can talk with our kids about:

- Behaving respectfully towards others
- Communicating their needs using words and without the need to hit, snatch or shout
- Managing their emotions and their behaviours so as not to 'fly off the handle'

Start the conversation about respect early

Start by responding to your child calmly when they are disrespectful to others. The following three-step communication approach can be used from early childhood through to teen years. Let's put it into practice.

If a boy is making fun of his sister or a female friend:

1. STOP: Respond calmly rather than react asking him to stop the teasing.
2. EMPATHISE: Invite your son to see the behaviour through the eyes of his sister. 'How do you think your sister/friend feels right now?'

3. EDUCATE: Provide options such as ignoring his sister or friend if she's annoying him or providing an appropriate social script he can use to communicate his thoughts such as, "I find it annoying when you don't share the computer"

It's a marathon, not a sprint

When it comes to gaining academic knowledge and learning skills, parents know it takes years of consistent effort from childhood through to adolescence. In the same way, parents can take a long-term approach to teaching life skills beginning right from toddler to teen.

Parents lead the way

Parents are powerful teachers and role models for the next generation. We can teach our children how to be respectful and kind to each other. By stopping disrespect and violence at the start we can play a crucial role in putting an end to violence against girls and women.

Resources you can use

The Stop it at the Start campaign provides parents, family members and others with information and practical resources to self-reflect, and talk to boys and girls aged 10-17 about being respectful and caring. You can find videos, guides and other resources to help you have conversations with your children at www.respect.gov.au/resources/talking-about-respect.

There is so much we can do in families to develop healthy attitudes toward women. Through modelling and teaching we can change entrenched attitudes and behaviours that will put an end to the cycle of violence against women.



Dr Rosina McAlpine

Dr Rosina McAlpine is an author, parenting expert, mother and CEO of Win Win Parenting. Win Win Parenting supports busy working parents to effectively navigate work and family for success at home and at work. Parents learn practical strategies to manage day-to-day parenting challenges like struggles with technology, emotional outbursts and keeping calm even in the most volatile situations. Connect Dr Rosina at WinWinParenting.com or DrRosina.com.