

## The Poppet Head

Weekly newsletter of Quarry Hill Primary School Wednesday August 7<sup>th</sup> 2019 Newsletter No. 21

#### Our Vision:

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

#### **2019 TERM DATES**

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

#### Kind

~OUR VALUES~

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	
AUGUST			
Wednesday 7 <sup>th</sup>	6.30pm-7.30pm	Launch-Human Rights Forum	
Friday 9 <sup>th</sup>	9.00am-3.00pm	Bendigo Writer's Festival-Selected Students Only	
Tuesday 13 <sup>th</sup>	3.45pm-4.45pm	Parent Information Session on Writing-Room 8	
Thursday 15 <sup>th</sup>	9.00am-10.00am	Parent Information Session on Writing-Room 8	
Monday 19 <sup>th</sup>	5.45pm	School Council Meeting	
Monday 19 <sup>th</sup> –Friday 23 <sup>rd</sup>	Various	Book Week	
Thursday 22 <sup>rd</sup>	9.00am-11.00am	VIP Day	
	7.00pm-8.00pm	OSLE Information Session-Specimen Hill Primary	
Friday 23 <sup>rd</sup>	9.00am-9.30am	Book Week Parade	
Wednesday 28 <sup>th</sup>	All Day	JSC- Jeans for Genes Day	
Thursday 29 <sup>th</sup>	8.30am-3.30pm	Grade 1/2 Bendigo Excursion-Rm 5, 6 & 7(Gr 1's)	
Friday 30 <sup>th</sup>	8.30am-3.30pm	Grade 1/2 Bendigo Excursion-Rm 1 & 2	
	9.00am-11.00am	Father's Day Stall	
SEPTEMBER			
Tuesday 10 <sup>th</sup>	9.00am-3.30pm	Grade 3/4 Museum Excursion	
Friday 13 <sup>th</sup>	5.30pm	PFA Movie Night-Movie beginning at 6.00pm	

#### **Reminders:**

#### **Human Rights Forum:**

Tonight, Wednesday August 7<sup>th</sup> 6.30pm-7.30pm. All Welcome!

**Bendigo Writer's Festival:** Friday, August 9<sup>th</sup> Selected Grade 5/6 students only.







#### GIRLS IN STEM – A REPORT FROM KEIRA G (OUR VALUES IN ACTION)

On Thursday 23<sup>rd</sup> of July, Megan and I had our third Girls in STEM workshop. We got to play with the Spheros (pictured). Spheros are round robots that you use an iPad to







control. You can use a control or you can use coding lines so they follow a set of instructions. We used coding lines to make the Sphero do a square and some groups got to trace the initials of their names!

We also got to create mazes for Blue-Bots (pictured). Blue-Bots are versions of Bee-Bots (floor robots). Blue-Bots have buttons on them that you use to code them. We created a maze, then used the coding buttons to guide it through.





Finally our instructor, Alyssa, brought out a drone. I got to go first because it was my birthday! We controlled the drone with an iPad. I made it do flips and hover over Megan's head. Megan tried to get her revenge on me, but it didn't work! The drone did not have enough battery power left so Megan didn't get to make it do flips.



Footnote: I was fortunate to have the opportunity to fly the drone too. (I'm probably guilty of depleating the battery power! Sorry Megan.....) It was lots of fun zooming it around the room. I must admit, the novelty wore off fairly quickly as the noise was driving me mad! It was like

having a giant mosquito buzzing constantly in my ear. Sadly, my career as a hurricane hunter is over before it even began.

#### **EDUCATION SUPPORT STAFF MONTH (OUR VALUES IN ACTION)**

August is Education Support Staff Month. Education Support Staff (ESS) have a significant role in your child's educational experience whilst at school. Quarry Hill Primary School has a number of dedicated support staff working in a variety of roles







including administration and support for students with special educational needs. Although Education Support staff are often in the background, the efforts of our ESS enable teachers to put students at the centre of learning. Thank you to Narelle, Luci, Amanda, Sonia, Simone and Tim for all of the work that they do. A special mention goes to Ty for his work during the first half of this year.

Quarry Hill is fortunate to have such a wonderful group of ESS working in the school.

#### **BENDIGO WRITERS FESTIVAL – THIS WEEKEND**

On Friday, August 9th, selected Grade 5 and 6 students will be attending the Bendigo Writers Festival. This year's theme is All That Glitters. Topics this year will range from democracy, to money and ethics, to parenting. Food and gastronomy will also be a prominent topic.

For those interested in attending as a family over the weekend, the festival will have many feature events, including a special breakfast catered by Masons of Bendigo and a World of Food night hosted by Food Safari's Maeve O'Meara.



#### VIP DAY: 9.00AM - 11.00AM, THURSDAY AUGUST 22ND

Students are currently organising their invitations for VIP Day which will be held on Thursday August 22nd. Classrooms will be open to our VIP grandparents and special friends from 9.00am – 11.00am. This year our Grade 5/6 Kitchen Garden team will support our PFA by baking special treats for morning tea. This is an exciting opportunity for the Kitchen Garden students to cook and bake for others.

#### SAVE THE DATE: BOOK WEEK PARADE 23RD AUGUST 2019

This year's theme for Book Week is Reading is my Secret Power. We know that books have the ability to transform and inform, encourage creativity and inspire and challenge us. Together, let's make reading your child's super power!

To acknowledge Book Week, the school will be holding a special celebratory day on Friday August 23rd. The day will start with a Book Week parade from 9.00am - 9.30am. Students and family



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members are invited to come dressed up as their favourite book character. Later in the day, they will rotate through some activities in multi-aged groups. This will be a great opportunity for students to work with children from other grades and grade levels.

Some of the shortlisted books are below:

**Picture Story Book** (Ages 0-18) *NB. Some of these books may be for mature readers.* 

Illustrator/Author	Title	Publisher	ISBN
Blackwood, Freya (text by Margaret Wild)	The Feather	Hardie Grant Egmont	9781760124212
Greder, Armin	The Mediterranean	Allen & Unwin	9781760630959
Hurst, Elise (text by Lucy Estela)	Girl on Wire	Penguin Random House Australia	9780143787167
Ord, Mandy (text by Margaret Wild)	Chalk Boy	Allen & Unwin	9781760630683
Speechley, Michael	The All New Must Have Orange 430	Penguin Random House Australia	9780143788973
Tan, Shaun	Cicada	Hachette Australia	9780734418630

#### Early Childhood (Ages 0-6)

Author/Illustrator	Title	Publisher	ISBN
Canty, John	Heads and Tails: Insects	Berbay Publishing	9780994384164
Guest, Patrick (illus. by Nathaniel Eckstrom)	The Dress-Up Box	Hardie Grant Egmont	9781760124922
King, Stephen Michael	Rainbow Bear	Scholastic Australia	9781742997698
Lester, Alison	Noni the Pony Rescues a Joey	Allen & Unwin	9781760293123
Lester, Alison	Tricky's Bad Day	Affirm Press	9781925712513
Riddle, Tohby	Here Comes Stinkbug!	Allen & Unwin	9781760523527

#### Young Readers (Ages 7-12)

Author	Title	Publisher	ISBN
Dubosarsky, Ursula (illus. by Andrew Joyner)	Brindabella	Allen & Unwin	9781760112042
Marwood, Lorraine	Leave Taking	University of Queensland Press	9780702260117
Merrison, Carl & Hustler, Hakea	Black Cockatoo	Magabala Books	9781925360707
Moriarty, Jaclyn	The Slightly Alarming Tale of the Whispering Wars	Allen & Unwin	9781760297183
Nugent, Carly	The Peacock Detectives	Text Publishing	9781925603705
Rodda, Emily	His Name Was Walter	HarperCollins Publishers	9781460756188

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#### **GRADE 5 SOVEREIGN HILL CAMP**

Last week our Grade 5 students experienced life on the goldfields at Sovereign Hill in Ballarat. One of the highlights was participating in the Costumed School. Students and staff dressed in 19th century-style clothing, and used classrooms and equipment typical of the era. They had the opportunity to role-play the lives of goldfields students and develop an understanding of social conditions during the great Victorian gold rushes. A big thank you to Lisa McDermid and all staff that made the camp possible and such an enjoyable time for the children.







#### OVERSEAS LEARNING EXPERIENCE (OSLE) TO CHINA – FIRST INFORMATION SESSION THURSDAY AUGUST 22ND

Preparation is underway for the 2020 Overseas Learning Experience (OSLE) to China. This opportunity is open to students who, in 2020, will be in Year 5 and Year 6. I encourage you to read the information attached to the newsletter today to find out more about this program. An information session will be held at Specimen Hill Primary School on Thursday August 22nd from 7:00pm - 8:00pm.

#### **CHINESE HOMESTAY PROGRAM CANCELLED FOR 2019**

We have been informed by the Suzhou Industrial Park Bureau in China that scheduling conflicts mean that they will be unable to send students to Bendigo this year for our Homestay Program. This is disappointing given that it is a big part of our student exchange. I would like to sincerely thank those families who volunteered to host students this year. Hopefully this will be up and running again in 2020.

#### **QUARRY HILLS EXPECTED BEHAVIOUR MATRIX**

After a long consultative process with teachers, students and the school community we now have a chart of expected behaviours that reflect our new school values of Kind, Curious and Brave. Our students are very familiar with this chart but you may like a copy to put on the fridge or notice board at home. You can either print it from today's newsletter or collect a copy from the office.

Have a great week.

Jo Menzel **Principal** 

#### STUDENT ACHIEVEMENT AWARDS

**KIND** 

Oscar G (Room 10A) for being very dedicated in spreading the soft fall.

Laidie M (Room 5) for her amazing transition into Room 5.

Georgia B (Room 12B) for demonstrating community spirit and helping others in the classroom.

**CURIOUS** 

Oliver V (Room 14A) for writing an excellent, detailed information report about emus.

Mikayla F (Room 12A) for extending herself during our learning about time.

Jordyn B (Room 14B) for working on her knowledge of time on analogue and digital clocks. Brae S (Room 14B) for up levelling his sentences in his information report on "Emus".

Freya N (Room 10A) for embracing her role of Environmental leader and helping to inform her

peers about sustainability.

for learning to sound out some of the letters in her writing. Sienna N (Room 9)

Declan T (Room 4) for working hard with his reading.

Ariah W (Room 8) for sharing her insightful wonderings with her classmates.

**BRAVE** 

Edward B (Room 15A) for demonstrating increased resilience when faced with more challenging tasks.

Tara M (Room 10B) for displaying resilience after sustaining an injury during a P.E lesson.

Scarlett S (Room 7) for improving her skills by being open to teacher feedback.



Curious

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#### PARENT INFORMATION SESSION ON WRITING

Quarry Hill Primary will be holding a Parent Information Session on writing for Prep-Grade 6 on Tuesday August 13<sup>th</sup> at 3.45pm-4.45pm and Thursday August 15<sup>th</sup> at 9.00am-10.00am in Room 8. If you would like to help your child with their writing at home then this information session is for you. This session will be facilitated by our Literacy coordinator Jane St Clair. If you are interested in attending, please fill out and return the form at the end of the newsletter by Wednesday August 7<sup>th</sup>.

#### **MAGAZINE DONATIONS**

Room 10B are looking for magazines suitable to be used in a classroom environment. We're not fussy about the content, however topics that interest 10-12 year olds such as automobile or craft would be good. If you have any spare magazines could you drop them into Room 10B. Thank you.

#### **DIVISION FOOTBALL**

On Tuesday July 30<sup>th</sup> & Wednesday July 31<sup>st</sup>, QHPS participated in the Division Boys and Girls Football competition at Epsom/Hunty Recreation Reserve & Kennington Primary School. The boys played a total of 6 games all together, with best on field being Jordy L & Zac B. The girls won 3 games and lost one. Both days were a great success with determination and sportsmanship shown by all. Congratulations to all involved for their participation.





#### **SUNSMART**

When it comes to using sun protection, temperature isn't a good guide. You can't see or feel UV but UV is the part of the sun that can damage skin and eyes and lead to skin cancer. SunSmart advises that Victoria's UV levels start to rise from mid-August. Please remind your child to pack their hat and sunscreen from September 1<sup>st</sup>. For SunSmart information visit <a href="https://www.sunsmart.com.au/communities/parents">https://www.sunsmart.com.au/communities/parents</a>



#### **GRADE 5 CAMP-SOVEREIGN HILL**

Sovereign Hill camp was a terrific camp with plenty of hands on experiences for students and staff. Between the Red Hill Mine tour, gold panning, gold smelting and attending school, we had a great time being truly immersed in the 1850s experience. We shopped along Main Street, buying toys, lollies and walking sticks. At night we delved into the atmospheric storytelling of AURA. Over 64 acres of stunning projections creating an immersive storytelling experience that transported us all back in time. It included the Wadawurrung creation story of Bunjil the Eagle and Uncle Jack Charles told us the story of gold whilst under the night sky. Highlights:

"The mine was my highlight of the trip because we saw the Welcome Nugget. I couldn't believe how big it was!"- Willow

"The best part of Sovereign Hill Camp was going gold panning. It was a rewarding experience shouting eureka when we found gold. But it also helped us to understand disappointment the miners had when they didn't find anything." -Sebastian

"My favourite part of camp was seeing the light show! It was engaging and I leant so much about the story of gold".- Ryder

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#### **100 DAYS OF SCHOOL**

Yesterday the Preps celebrated 100 days of school. The children were very excited to be taking part in this celebration. The festivities started on Monday with a Buddy session to create a poster highlighting the things they have enjoyed and learnt in 100 days. Throughout the day yesterday children completed lots of hands on learning activities about all things 100. Each child made a crown to celebrate being 100 days smarter, learnt a 100 Days of School song and made their own fairy bread using 100s and 1000s. The festivities will conclude with a performance at assembly on Friday.



#### Kitchen Garden Week 4 Term 3

This week's kitchen garden was quite exciting. First off, my group worked together to plant veggies in the new garden beds. We planted kale, cabbage, bok choy, silver beet and beetroot. Then, we watered them so they stayed nice and hydrated.

Next activity, we were in the kitchen. My group made kale and banana smoothies. They contained, banana, kale, maple syrup and rice milk. The other group made sweet potato chips with dip, pesto spaghetti and finally kale chips. YUM!

Our final activity was in the classroom with Miss Rochford. We worked on our change the world posters. Our change the world posters have to be based on water and helping our planet by making sure our

water stays clean. Also, learning about children and their families who don't have easy access to clean water. The best poster wins a prize of \$500.00 and their school get \$350.00.



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#### Next PFA meeting is Thursday, September 5th at 2.45pm in the multipurpose room

**FATHER'S DAY STALL**: On Friday, August 30<sup>th</sup> students will have the opportunity to pick out a special gift for their Dad or special person at the Father's Day stall. With more than 300 students in the school many donations are needed. New, recycled, handmade and second hand donations are all welcomed and can be placed in the basket in your child's classroom from this Friday.

To make sure we have enough gifts we ask each student to please bring along a small donation for the stall. If your child would like to purchase a 2<sup>nd</sup> gift for a Father or special person, we kindly ask that you donate two items to avoid disappointment.

Some gift ideas include:

**Reading & Games**: Books, bookmarks, magazines, comics, jig saw puzzles, card decks, dice, board games.

**Sweets:** Liquorice all sorts, bullets, chocolate, fudge, caramels, toffees, musk sticks, lolly iars

Gardening: Gloves, Seeds, Kneeling pads, Small succulent plants, herbs, watering Cans.

Outdoors: BBQ utensils, frisbees, kites, sports balls e.g. tennis, football.

Car: Key rings, car wash, sponges, chamois

Office: Mugs, photo frames, pens, USB sticks, spare change boxes.

This stall is much loved by students and may be the first time for some children to independently purchase a present. Every contribution, no matter how big or small helps make a big difference and we thank you for your continued support. We are aware that some Grade 1/2 students are away on an excursion on Friday. We have made arrangements to allow these students the opportunity to select gifts on Thursday August 29<sup>th</sup> at 2.30pm. Please ensure if you are a parent of a child in Room 1 or 2, please send \$2.00 with your child on that day.

For those keen to help wrap donations and/or assist on the day please contact a PFA member or please leave your name and contact details at the office.

**VIP DAY**: On Thursday August 22<sup>nd</sup>, QHPS students invite Grandparents and special friends to join them for activities in their classroom. On this morning PFA will be holding a morning tea for VIP's and in support of this event, ask for morning tea donations of cakes, slices, biscuits etc. If you would like any more information, or would like to donate or volunteer, please see Rachele or Renee any Thursday morning in the multipurpose room from 9.00am.

**MOVIE NIGHT**: This year QHPS and PFA will be holding a movie night on Friday, September 13<sup>th</sup>. Please save the date! We have a great expression of interest for this night and look forward to a great event. Alicia V and Setina R have kindly offered to lead a committee in the organisation of this event and a meeting will be held in the first week of August. In the meantime, feel free to touch base with a PFA member with any questions. We look forward to your involvement.

**THURSDAY MORNING CUPPA**: On Thursday at 9.00am join QHPS community for a cuppa and chat in the multipurpose room. This is a great way of coming together as parents, friends and families of Quarry Hill Primary School and to meet new members of our community.

**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 free and provides members the opportunity to assist and contribute to the life of the school and

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education of their children, the right to vote on matters within meetings as well as an invitation to join our committee page. Forms are available at the office.

SECOND HAND UNIFORM Our Second Hand Uniform shop is open Thursday during morning cuppa from 8:45am — 10:00am and Friday afternoon 3:30 -3:45pm. This is a fantastic opportunity to support our community with much needed items. We thank all that have donated outgrown uniforms and their time for this initiative and welcome all to come down during our open times to purchase items for 50c each.



Another term of art making extravagance Materials & knowledge to support kids explore their ideas artistically

> 4-6pm Tuesdays | \$10 Bendigo CBD | t. 0405 565 759 A Bendigo Artist's Inc. initiative f @Cre8bendigo







12 Metropolitan Drive, Eaglehawk VIC M 0438 198 031 E brett@kellysports.com.au

W www.kellysports.com.au





### QUARRY HILL PRIMARY SCHOOL



#### MEGA MULTI-SPORTS

FOOTY - VOLLEYBALL - TOUCH RUGBY -CRAZY GAMES This program is a fantastic way to challenge and improve your child's motor and coordination skills. Our experienced coaches aim to develop and enhant the wide range of sporting skills of your child, including catching, kicking & throwing. While also improving strength, flexibility, hand-eye co-ordination, spatial awareness, co-operative skills and teamwork, all within a FUN and very COST:

YEAR LEVELS: P-6

Thursday Quarry Hill PS Astro Turf/basketball court 01/08/19 19/09/19 8 weeks 3:40pm - 4:40pm \$112 inc GST

#### GET IN QUICK FOR TERM 3 AS PLACES ARE FILLING FAST!!

\*\*EARLY BIRD SPECIAL OFFER\*\* If you enrol your child in any program before Sunday 28th July you'll receive 1 session FREE!!

TS DOM AU ENTER YOUR POSTCODE AND ENROL FROM THERE OR

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THINGS TO KNOW

Kelly Sports to a Registered Child Care provider

Don't leave forms all the School Office

Spaces are limited so plaise make sine you enrol antine or return form to Kelly Sports.

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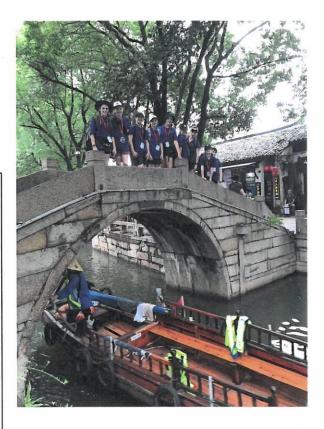
# Information Session for Overseas Learning Experience (OSLE) Beijing, Shanghai & Suzhou China, 2020

We anticipate the 2020 OSLE to be 12 days in duration in May-June next year. Tour participants will come from many primary schools in Bendigo. Each school with students attending will provide a staff member. Feedback from the previous OSLE experiences indicate the program continues to be hugely successful.



## Why include an Overseas Learning Experience to China for our students:

- Broaden students' perspectives of the world
- Develop students' intercultural capabilities & understandings
- To gain an understanding, appreciation and respect for the Chinese culture
- Enhance student language learning by providing opportunities for purposeful, genuine and authentic communication.
- Contribute to a whole school program of internationalisation
- Build teacher capacity
- To promote friendship, mutual understanding, educational and cultural cooperation and exchanges between Chinese and Australian schools, and learn from each other's special features



An INFORMATION SESSION will be held at Specimen Hill Primary School on Thursday 22<sup>nd</sup> August from 7:00pm-8:00pm

(Enter via the front of the school)

Expression of
Interest information fliers will be
given out at the information
session. It contains specific
information about the
application process for the 2020
program.



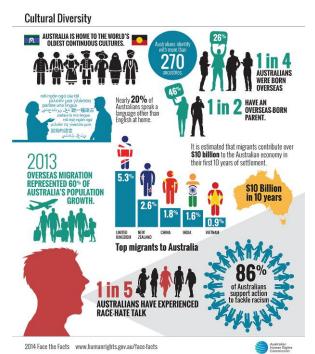






Diversity is the sum of who we are as a community.

Inclusion is what we do as a community to make sure everyone is included.



Come along to our community forum on Wednesday 7th August to find out more.

6.30-7.30PM.

At the forum we will be showing a video about human Rights which our students star in!

This event will be catered for, please indicate if you plan to attend here:

https://www.surveymonkey.com/r/FFC6J52

#### Parent Information Session on Writing Prep – Grade 6 ALL WELCOME

After School Session: Tuesday 13th August at 3:45pm - 4:45pm in Room 8.

Morning Session: Thursday 15th August at 9am - 10am in Room 8.

( Q.H.P.S students are welcome to stay in Room 9 and watch a movie or free play during the After School Session )

If you would like to help your child with their <u>writing at home</u> then this information session is for you.

Please RSVP by returning the slip below by Wednesday 7th of August

Please see Mrs St Clair if you have any questions.

I will be attending the Parent Information Session on Writing on:

After School Session: Tuesday 13th August at 3:45pm – 4:45pm in Room 8.

Morning Session: Thursday 15th August at 9am – 10am in Room 8.

PLEASE CIRCLE THE SESSION YOU WILL BE ATTENDING.

Name : .....

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## Look what we have planned for National Science Week at your Outside School Hours Care service!

National Science Week is happening next week at your [Before School Care / After School Care] service at Quarry Hill between the 12th and 16th of August.

We have worked hard to tailor our program around various science and technology activities, to meet the interests and needs of the children that attend our care.

#### Sound like fun? Check out our tailored daily program for National Science Week below:

Monday 12 <sup>th</sup>	Tuesday 13 <sup>th</sup>	Wednesday 14 <sup>h</sup>	Thursday 15 <sup>th</sup>	Friday 16 <sup>th</sup>
Make a Volcano	Tornado in a bottle	Walking Water	What does that	Combine this,
	50 NR 0000000 HA 1960	907000 867 862 570	look like? Make a	combine that!
Help make the	A whirl of fun,	How is that	model brain, heart	
biggest eruption!	shaking, twisting	possible!	or lung!	What happens
	and flipping that		() 500	when we mix
	bottle.			various elements?

Join in the fun at our OSHC program today. Did you know it's free to register an account with us? To book in for National Science Week or for more information on our program, visit your school's page at www.campaustralia.com.au

Furthermore, 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 National Public Holidays.

We look forward to exploring science with you and your family soon!

The Team at Camp Australia



parenting \*ideas

## insights

# Developing leadership skills in your child

by Michael Grose



Your child has the potential to be a leader given the right circumstances and environment. The following five leadership skills have been observed in student leaders in Australian primary schools and can be promoted by parents at home.

#### Responsibility

Being a leader means that your child is willing to take responsibility and be accountable for their actions. Personal responsibility is shown when your child is accountable for their behaviour, for their belongings and for others. Practical ways to develop responsibility include:

- Giving them responsibility for part of their day
- Encouraging them to restore relationships with others when they mess up
- Taking responsibility for household chores

#### Communication

While most leadership positions require your child to speak publicly their communication skills can be developed through regular one-on-one or small group experiences at home and at school. Practical ways to develop your child's communication skills include:

- One-on-one conversations with adults
- Regular discussions at the meal table
- Encourage your child to participate fully in speaking activities at school

#### Organisation

Personal organisational skills and the ability to organise others are important for effective leadership. Practical ways to develop organisational skills include encouraging your child to:

- Keep their personal space tidy and organised
- Use a diary to help manage their time
- Organise a weekly chores roster including all members of the family

We're a Parenting Ideas school

parentingideas.com.au/schools

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#### Teamwork

Cooperating, encouraging and accepting others are essential qualities of an effective leader. Practical ways to develop a sense of teamwork include:

- Play team games where children work together
- Encourage siblings to cook and do other chores together
- Focusing on your child's contribution to a team or group rather than individual achievement

#### **Emotional intelligence**

An underestimated quality shared by most admired leaders is their ability to remain calm when things don't go well. This emotional intelligence skill requires self-awareness, an ability to recognise their emotions and respond appropriately to the emotions of others. You can nurture these skills in the following way:

- Help your child recognise their emotions
- Help your child recognise emotions in others
- Teach your child to shift their mood

Leaders are needed in all walks of life – at work, in school, in families, in sport and in the wider community. The skills of leadership are sewn in the first group that they belong to – their family. By encouraging your child to be a contributing member of their family you are also helping to develop leaderships skills they can practise outside their family.



#### **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.

We're a Parenting Ideas school

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## Quarry Hill Primary School's Expected

## Behaviour Matrix

OUARRY MILLE PARTINARY SCHOOL No. 1165	In the classroom	In the yard	Oh excursions
Kind	*I help others  *I use my manners  *I am a respectful listener  *I am considerate of others	*I include others  *I help others  *I am a good sport  *I take care of the environment	*I track the speaker *I follow instructions *I wear school uniform *I travel safely
Curious	*I respectfully ask questions *I am reflective about my learning *I seek knowledge *I explore wonderings	*I play with lots of different people *I try new games *I ask about new rules *I explore different parts of the school	*I ask quality questions *I try new food *I have a go at new experiences *I safely explore new environments
Brave	*I am open to feedback *I try new things *I have high expectations of myself and others *I tell the truth	*I stand up for others  *I problem solve when things don't go my way  *I bounce back  *I ask for help when I need it	*I try something new  *I speak to new people  *I represent my school well  *I join in