



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday September 4th 2019
Newsletter No. 23

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

IMPORTANT DATES

	Time	Details
SEPTEMBER		
Friday 6 th	8.30am-3.00pm 9.00am	Division Basketball-Selected students only Bookclub Closes
Tuesday 10 th	8.20am-4.30pm	Grade 3/4 Museum Excursion
Friday 13 th	6.00pm	PFA Movie Night-Movie beginning at 6.30pm
Monday 16 th	8.45am-3.30pm	Division Athletics-Selected Students Only
Friday 20 th	9.00am 2.00pm 2.30pm	JSC Footy Colours Day-Assembly Assembly Last Day of Term-Early Dismissal
OCTOBER		
Monday 7 th	9.00am	First Day of Term 4

Reminders:

Division Basketball: This Friday, September 6th for selected students.

Please arrive at 8.30am.

Grade 3/4 Museum Excursion: Next Tuesday September 10th. Please arrive at 8.20am as the bus will be leaving at 8.30am **sharp**.

~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



Bushland Mural



Kind



Curious



Brave

Dear Parents and Carers,

VIP DAY AT QUARRY HILL PRIMARY SCHOOL – OUR VALUES IN ACTION!

A special day to acknowledge grandparents and significant adults in a child's life can help to make them more aware of the many ways in which their grandparents/parents influence their emotional development and their education. It's a good opportunity for children to reflect on the guidance they receive from older generations and to show their appreciation for the love and support they obtain. Often most grandparents don't really mind what they do with their grandchildren as long as they spend some time together!

We had a fantastic turn out for our VIP Day on Thursday August 22nd. Every classroom was filled to overflowing with special visitors. Activities had been designed to have the adults work with the children to complete the task. The competitive spirit was alive and well as teams used the design briefs to showcase their combined talents. It was fantastic to witness the young working so closely with the 'young at heart'!

An opportunity to take a break from the rigours of the classroom was made available by the PFA and the Kitchen Garden Crew. A wonderful morning tea spread was provided.

A very, very big thank-you to everyone involved for helping make the day such a success.



BOOK WEEK PARADE – OUR VALUES IN ACTION!

Our Book Week Parade on Friday August 23rd capped off a week filled with community spirit. It was lovely for children to be given the opportunity to construct and celebrate their learning by dressing up as their favourite book character. This activity may not look like it, but it is packed with learning! Before you even begin with the glue gun and glitter, your child needs to reflect on their favourite books and chose a character that they identify with and want to become for the day. Lots of character analysis occurs as well. They need to decide the likes and dislikes of the character, the physical characteristics and think about how the character acts in a range of settings. Lots and lots of literacy is involved as well as lots of creativity. Once that is all sorted, that's where you step in and help make it all happen! Simple!!

The results were amazing. The range of costumes and character interpretations was fantastic. The quadrangle was jam packed with eager family members trying to catch a glimpse of their loved ones in the hope of taking a prized photo to add to the album of memories.

Thank you everyone for your fantastic effort. These are occasions that children remember.

Start the clock – there is only 50 weeks until the next parade! Start planning now.



REMINDER RE ANAPHYLAXIS

We have several children enrolled who suffer from severe allergies to a variety of things including nuts and nut products which can result in them going into anaphylactic shock. *Just having contaminated foods etc. touch them can be enough to set off a life threatening reaction.*

Our school has several strategies in place to deal with this. If students bring nuts or nut products to school, they are required to inform their teacher. They will be asked to remain in a particular area while eating and to wash their hands after eating. Touching door handles, shared classroom resources (including pencils), and even play equipment outside after handling nuts or nut products can be hazardous. We also discourage food from being shared amongst students.

Often boxes and packages are sent to school for art construction activities and are very useful. However, please do not send any packages that have contained nuts or nut products so that we can minimise the risk of children with allergies coming into contact with products that may cause a reaction.

Action Plans are required for all children who have Anaphylaxis and must be obtained from the family doctor. Please ensure that your child's plan is regularly updated. A copy of this plan must be provided to the school immediately.

Thank you for your ongoing assistance with keeping everyone safe.

SCHOOL COMMUNITY PARTNERSHIP – OUR VALUES IN ACTION!

This work has not been forgotten and continues to evolve. The Working Party has met a couple of times and has discussed the collected information and how to best organise the raw data into a workable format. It was decided to collate the information under the following headings:

1 Operations

- a) Administration/operations
- b) Equipment and physical environment



Kind



Curious



Brave

2 Teaching and learning

- a) Curriculum
- b) Learning culture
- c) Connections to community/home

3 Culture and Wellbeing

- a) Whole school culture
- b) Behaviour management/recognition
- c) Leadership

4 Communication

- a) Whole school
- b) School to parents
- c) School interacting with the wider community

Under each of those subheadings, data has been organised into things that are working well, areas for improvement and new suggestions.

The group most recently met on July 30th. After considerable discussion about what to do with the data, it was decided that we would try to link school community voice with the work that the school is beginning with student voice. This will allow for greater continuity of process across the school community. Like our Student Voice Model, the School Community Voice Model would cover three major components – Listen, Learn and Lead.

Listen: Effective listening requires openness, and a genuine interest in understanding the thoughts and ideas of others, including those with opinions different from your own. To effectively utilise voice, students and adults must also master the art of listening and learning from others both within and beyond the school.

Learn: The true value in listening to the voices of others is the opportunity to learn. Key to the successful development of voice is a fundamental belief that there is something to be learned from the people around you, regardless of position, age etc. Like listening, learning must be an intentional and regular part of efforts to grow effective school voice. When true listening and learning occur, trust and respect are established and relationships are strengthened.

Lead: Leading is all about using what has been learned through effective listening to bring about meaningful change in partnerships with others. Positive relationships help set the stage for meaningful collaboration that leads to action. When the School Community Voice Model is implemented, all stakeholders share in the responsibility to continually improve the school community, valuing the voices of all, and establishing a model that capitalises on the unique skills and talents of individuals represented across the whole group.

This work is still very much in the early stages. We will keep you updated as this work progresses.

PFA FATHER'S DAY STALL - THANK YOU!



Once again, our hardworking PFA members have created a special opportunity for our students to experience buying a Father's Day present for their dads and special friends. I've spoken before about how these experiences cannot be undervalued as often these special days are the first opportunities for children to purchase with someone other than themselves in mind. Studies have found that giving gifts is a surprisingly complex and important part of human interaction, helping to define relationships and strengthen bonds with family and friends. It is often the giver, rather than the

receiver, who reaps the biggest psychological gains from a gift. You may have already noticed this by the big grins on the faces of your children last Sunday!

A big, big thank you to everyone for their generous donations, and all of the parent helpers that wrapped presents and helped run the stall. I hope that all of our dads and special friends had a wonderful day.

ENROLMENTS AND DEPARTURES FOR 2020

All families seeking to enrol their child in Prep at Quarry Hill Primary School next year are asked to have their enrolment form completed as soon as possible please.

If your child will not be attending Quarry Hill Primary School in 2020, we would appreciate you letting us know as soon as possible.

SUNSMART - HATS ON HEADS

September is here and it is that time of year when hats are required for outside play. Hats are required from September through to April each year to ensure students are protected from harmful UV rays. The 'No Hat No Play' policy will now be enforced at QHPS. Please remember to ensure your child's hat is clearly marked with their name. If you require a replacement hat please see the office. The cost of hats is \$10.00.

SUPERVISION RESPONSIBILITIES BEFORE AND AFTER SCHOOL

Just a reminder that our school grounds are only supervised by staff from 8.45am before school and until 3.45pm after school.

There may be staff in attendance at the school before and after those times but those staff may be involved in tasks such as meetings or lesson preparation. This means that these staff members will not be supervising students. I know that a number of parents accompany their children to school and wait to see that they are settled, or stay to help in the classrooms. This practice is fine, and is certainly encouraged, as parents are supervising their own children.

Formal before and after school care is available within the school grounds and is operated by Camp Australia. Information regarding this program is available from the office, or can be accessed online at

<https://www.campastralia.com.au/Schools/QuarryHillPrimarySchool/3550/B294>

Camp Australia also offers free 'come and try' sessions for families that are interested.

Have a great week.

Jo Menzel

Principal

SCHOLASTIC BOOKCLUB

Issue 6 of Scholastic Book Club is due this Friday, September 6th. 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 remember to 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. Thank you.

Jane

KITCHEN GARDEN

Room 10B and the Kitchen Garden program are in need of egg cartons. If you have any spares could you drop them into Room 10B. Thank you for your support.

STUDENT ACHIEVEMENT AWARDS

KIND

Chase F (Room 6)
Arya R (Room 2)
Evie R (Room 5)
Copeland IS (Room 12A)

for being super helpful to his peers on our excursion.
for being a wonderful friend on our excursion.
for being kind and welcoming to a new student at QHPS.
for his positive attitude and the consistent effort he has put into classroom activities.



Oliver V (Room 14A)
Seth S (Room 14A)

for working cooperatively with your partner whilst completing your diorama.
for displaying excellent team work with your partner whilst completing your diorama.

Will B (Room 7)
Wren V (Room 7)

for listening carefully to tour guides during our excursion.
for being a wonderful role model of QHPS during our Bendigo Excursion.

CURIOS

Kruze L (Room 2)
Thomas A (Room 2)
Leonardo M (Room 9)
Megan C (Room 12B)
Harris V (Room 2)
William L (Room 2)

for asking lots of questions at the Chinese Museum.
for paying close attention to the miners talk on our excursion.
for asking serious questions involving money.
for showing initiative to develop an inclusive school-wide student club.
for working hard to make his writing more interesting by adding description.
for always extending himself in maths during class and at home.



BRAVE

Tom R (Room 6)
Yazmin H (Room 10B)
Savanna J (Room 5)

for braving going down the mine on our excursion!
for displaying dedication in pursuing her A.C.A dream.
for her amazing first week at QHPS and being brave to make new friends.



MINI SHOP DONATIONS

Do you have any unwanted mini shop items that you no longer need? (You know the collectible ones from Coles)
We are covering money in the Prep unit and would like to create a shop front for the students to engage in a more hands on money handling experience. Please pass any unwanted mini shop items on to room 9.
Thank you Prep team.

GRADE 1/2 BENDIGO EXCURSION

Last week all of the Grade 1/2 children went on an excursion around Bendigo. The excursion was linked to our 'Bendigo- from the Past to the Present' Inquiry Unit. The students went to the Central Deborah Gold Mine, a tour on the Dja Dja Wurrung Talking Tram, had lunch in Rosalind Park and finished the day at The Golden Dragon Museum. The children had a great time learning about the history of our local community.



Bendigo 3



P.F.A News

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

MOVIE NIGHT: PFA and QHPS invite all to join us at 6.00pm on Friday, September 13th for a night at the movies. This year our feature film will be **Toys & Pets (G)** and will be held under cover **on the basketball courts**.

We encourage you to rug up & bring along chairs, blankets, and a thermos of hot chocolate, for a night of adventure. In the movie, Nathan a little toy figurine and Timebot a little robot, find out why Nathan cannot change colour, and how to recover his ability.

A mini snack bar will be operating on the night (cash only) offering popcorn, mixed lollies and bottled water. We please ask all families to enter the school via Peel Street for this event and that all children are accompanied by an adult, even when using bathroom facilities, as it will be dark and safety is important.

All tickets are pre-paid and available at the office until 4.00pm on Friday September 13th. Ticket prices are as follows:

Single Ticket \$5.00

Family Ticket \$15.00 (max 2 adults and 3 children)

If you are available to help out with preparations in the lead up to or on the night please let a PFA member know, or leave your name with the office.

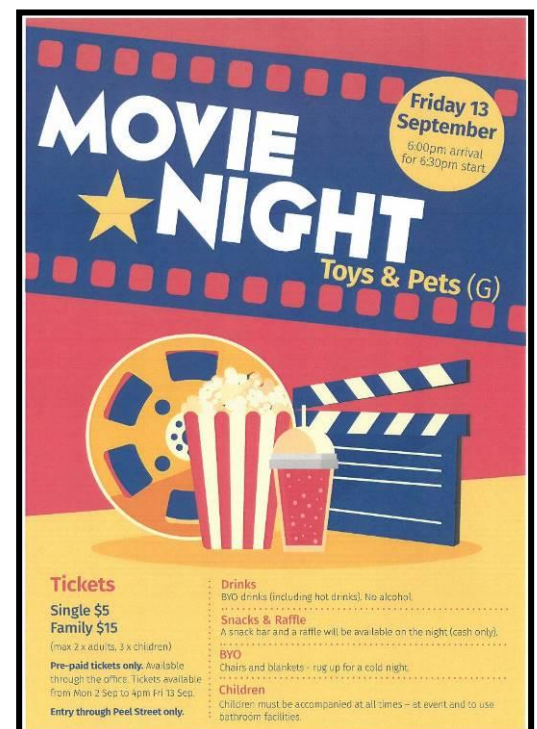
FATHER'S DAY STALL THANK YOU

Friday, August 29th was our annual Father's Day stall. Each student had the opportunity to select a gift for Father's Day. PFA would like to thank the community for their continued support. The variety of gifts bought much joy to the excited children while picking that special something. We know a lot of work goes into such events and we thank everyone for their involvement.

THURSDAY MORNING CUPPA: On Thursday mornings 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 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.



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



SUPERHERO

SCHOOL HOLIDAYS



OVER 230 LOCATIONS AUSTRALIA-WIDE – ALL AVAILABLE TO YOU!

Every child is unique, as are each of our Holiday Club service programs. You can access any of our 230+ services across Australia. Pick a service close to home, work or maybe at your holiday destination – the choice is yours!

This season, we've got a full & varied program of educational, fun and adventurous activities. We've got Excursions; like **Movie Madness**. There's Activity Incursions; like **Gamergirl & Gadgetboy**. Maybe External Incursions; like **Operation: Rescue**. Or get creative with our Club Based Days, where the program is created by you!



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

Plus, every attended booking gets an entry into our competition. Your family could be on your way to the sunny Gold Coast. See our website for more info.

We look forward to seeing you at **Superhero School Holidays**.

The Camp Australia Team

Conditions apply, see <https://www.campaustalia.com.au/promotion-terms-and-conditions>. AU res 18+. Starts: 9/8/19. Ends: 11:59pm AEDST 20/10/19. 1 entry p/session p/child booked. Child must attend session for entry to be valid. Draw: S5 Erina Plaza, 210 Central Coast HWY, Erina NSW 2250 at 10am AEDST on 22/10/19. Winners at campaustalia.com.au/families/holidayclub (& The Advertiser for any SA winners) on 25/10/19. Prizes: 1x trip for 2 adults & 2 children (12yrs & under) to Coolangatta, QLD valued at \$6,600; & 8x \$500 travel vouchers. Promoter: Camp Australia Pty Ltd (ABN 96 060 703 120) of 1731 Malvern Rd, Glen Iris, VIC, 3146. Permits: NSW. LTPS/19/36128 ACT. TP19/03714 SA. T19/1121.

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

BENDIGO HEALTH DENTAL

Would you
like
a check-up?

Call us on 5454 7994
from 8.15am

Encouraging Positive Dental Experiences in Children

Dental visits are essential for everyone to maintain good health and wellbeing. Oral Health contributes significantly to your overall health.

For some adults, the thought of taking your child to see an oral health professional may create fear or anxiety.

Children do not naturally have these feelings about seeing an oral health professional. However they can learn these feelings through suggestion of others.

To help avoid creating anxious feelings in your child when attending the dentist;

- Avoid using words that indicate pain, such as **NEEDLES, DRILL, HURT, SORE**
- Avoid using bribes or telling your child to 'be brave' before arriving
- Avoid telling your child about a 'bad' experience you may have had at the dentist.

Dental treatment is far more sophisticated these days and increasingly less uncomfortable.

A positive dental experience is important. Always talk positively to your child about visiting dental services.

Book your appointment today - free for all children 0 to 12 years and no waiting list!

Level 7 East Wing, 100 Barnard Street, Anne Caudle Campus
Phone: 5454 7994



KELLY SPORTS

HOLIDAY PROGRAMME

CONTACT
BRETT HARRIS

brett@kellysports.com.au
0438 198 031

BOOK ONLINE AT
KELLYSPORTS.COM.AU



EAGLEHAWK Y SERVICE CLUB WOMEN



MOVIE, DRINKS AND NIBBLES NIGHT.



"COME AND JOIN US"

FUNDRAISER FOR

"FOODSHARE BENDIGO" & "RURAL AID VICTORIA"

Where: Star Cinema Eaglehawk Town Hall

Corner Peg Leg & Sailors Gully Roads

Admin Office: 03 5446 2526 **Bookings :** 54462025

www.starcinema.org.au

When: Thursday 12th September

Time: 6PM- Commencing with Food and Drink, then Movie.

Movie: **Palm Beach**

Tickets: \$20 per Head. Available At Star Cinema

Pay money on the night of movie.

Pre-Booking of Tickets At Star Cinema Highly Recommended!!!

(Call ahead and leave your name and number of people going and then pay on night).

Delicious Finger Food and Tea & Coffee will be provided.

Buy your own Wine. Then view Movie. Raffles and Door Prizes.



Could \$500 help you with school costs?

Join Saver Plus and we'll match
your savings, dollar for dollar,
up to \$500 for school costs.

- | | |
|--------------------|----------------------|
| laptops & tablets | lessons & activities |
| uniforms & shoes | books & supplies |
| sports fees & gear | camps & excursions |

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*

Contact
your local Saver Plus
Coordinator
Phone or SMS
your name and postcode to
1300 610 355
Email
saverplus@bsl.org.au
Online
saverplus.org.au
Find us on Facebook

saverplus

*many Centred payments are eligible, please contact your local Coordinator for more information.
Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services Go to www.dss.gov.au for more information.

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



Are you asking your kids to step up?

by Dr. Deborah Gilboa

We do a lot for our kids, because we love them and often they need us. But we forget that one of the best things we can do for our kids is to help them learn to do for themselves and for others.

Do you ask your kids to do chores, to help out on a regular basis? You would be surprised how many parents – who were raised doing chores – don't ask the same of their kids. If you do give them chores, do you sometimes go behind them and redo the work when they're done? Don't! If it's not done right, get your child to fix it.

When I ask why parents don't give chores or why they don't challenge their kids with hard things – and I do, all over the world – parents tell me it's because kids are too... busy! They're working their tails off on classwork, teams, clubs, groups, trying to excel at 100 different things! So adults are willing to take on every other responsibility in their lives in order to facilitate these goals. And it's hurting kids.

We drive them everywhere – fewer teens are seeking drivers' licences each year. We type their work, do their research and try to buy them anything they or we think might possibly increase their success. We solve every problem and bulldoze over every potential obstacle. And kids accept this as the natural order of things.

We are stepping in front of our kids, when in fact we should be stepping *back* and allowing our kids to step up.

It's sounds like tough love, but it's not. This is parenting. This is making sure that our kids, in just a few short years, don't still need us to do everything for them. Our kids know that we are expert problem-solvers. Now it's their turn to step up and learn to help themselves and others.

So how can we let kids step up? Here are a few tips you can try right now with kids of any age.

1. When your child or teen comes to you with a problem, don't fix it. Say "You're a good problem-solver. What do you think?" And then listen to the answer.
2. Expect them to fail, and talk about what they'll do when (not if) that happens.
3. Give them tasks to do that help the whole family (not only themselves) and make sure they do them, until it's done well. Be patient, but firm.

It's crucial that you take a step back and let your kids make mistakes and learn from their experiences. You aren't going to be there in adulthood to clear the obstacles they face or solve the struggles. They eventually will have to make decisions and find solutions on their own and they will be ill-prepared if they weren't allowed to make those

mistakes under supervision while you're right there to show empathy and give support!

You may be thinking "but what if there's an emergency and I have to jump in?" Well, first define emergency.

Two percent of the time, kids need an adult to jump in front of them and solve the problem. They need an adult to protect them from a life-threatening issue that overwhelms their internal resources such as when they experience bullying, mental health issues and eating disorders.

The other ninety-eight percent of the time kids need a compassionate adult to take an interest, from a distance, without fixing anything. So step back so that a child or a young person can step up and handle problems and dilemmas themselves.

[You can attend our upcoming webinar, Step back so kids step up, at no cost!](#)

About the webinar

Children and teenagers are capable of so much more than they are often given credit for. Closing the expectation gap between what adults believe kids and young adults are capable of, and allowing them to create their own solutions to the challenges they face will greatly impact their resilience, and society as a whole. In this webinar, Dr. G will outline the practicalities of doing that, and the guiding principles that will make it possible.

When

Wednesday 18 September 2019 8:00pm AEST.

Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a membership.

How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-step-back-so-kids-step-up>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **STEP** and click 'Apply Coupon' (valid until 18 October 2019). Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'



Dr. Deborah Gilboa

Internationally respected parenting and youth development expert, Deborah Gilboa, MD, is the founder of AskDoctorG.com. Known as Dr. G, she is an industry leading speaker, author, social influencer, and media personality. Dr. G inspires audiences with relatable stories and tools to develop life skills in children, teens and young adults ages 2-22. Connect with Dr G on [Twitter](#), [Facebook](#), [Instagram](#) or via [her website](#).