



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday September 18th 2019
Newsletter No. 24

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 20 th	9.05am 11.00am 2.00pm 2.30pm	JSC Footy Colours Day-Assembly PFA Pizza Lunch Day Assembly Last Day of Term-Early Dismissal
OCTOBER		
Monday 7 th	9.00am	First Day of Term 4
Wednesday 9 th	1.00pm-2.00pm	Wellbeing & Creativity Program-Rm's 7,8 & 9
Monday 7 th -Thursday 10 th	Various	Teeth on Wheels Visit
Wednesday 16 th	1.00pm-2.00pm	Wellbeing & Creativity Program-Rm's 7, 8 & 9
Wednesday 23 rd	1.00pm-2.00pm	Wellbeing & Creativity Program-Rm's 7, 8 & 9
Wednesday 30 th	All Day	Bendigo Cup Public Holiday
NOVEMBER		
Monday 4 th	All Day	Curriculum Day-Pupil Free Day
Tuesday 5 th	12.15pm-1.45pm	Prep Picnic-2020 Preps

~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

REMINDERS:

Last Day of Term 3 is this Friday, September 20th.

- JSC Footy Colours Day
- PFA Pizza Lunch Day at 11.00am
- Assembly at 2.00pm.
- Early Dismissal at 2.30pm.



Dear Parents and Carers,

THE IMPORTANCE OF KINDNESS – ARE YOUR WORDS DOING DAMAGE?

Last night I watched a clip of a short film directed by a 15-year-old Australian girl, Charlotte McLaverty that is to be released today. The film has been created to raise awareness of the harm caused by bullying.



The film tells the story of a teenage girl being hounded by bullies via social media and text message. Each bully throws a small stone at the girl - causing her physical and mental distress - while at the family dinner table, on the couch, in bed and in the bath.

The suffering goes unnoticed by the girl's family.
It ends by asking viewers, "Are your words doing damage?"

Dolly Everett's parents were consulted by the film's producer. Their message to young people experiencing this type of behaviour is 'Speak, even if your voice shakes'. Their hope is that this video will touch home for a lot of teens and help them understand that speaking up about bullying can help to stop it. It is also an alert to parents about how cyberbullying can happen anywhere, even at the dining table or watching TV with the family.

Accompanying the release of the video is an online resource for parents and carers seeking online safety information.

The film is accompanied by music from 17-year-old pop-star Billie Eilish, who's been outspoken about bullying in the past and has thrown her support behind the film.

It can be viewed on Dolly Dream's YouTube page:

<https://www.youtube.com/channel/UCZJJhpNHmzSbKYDydQe9c9Q>

I bring this to your attention as it highlights the importance of our School Value of Kind and how vital it is for all of us to teach our young people (and remind ourselves) how important it is to always think about our words and actions.

FANTASTIC MOVIE NIGHT!

I hope you were one of the 200 + people who came along to our Movie Night last Friday night? What a fantastic community night it was. The still, clear night made it perfect to snuggle under a rug, break open the fish and chips or snack on the freshly popped popcorn. The movie, Toys and Pets, was lots of fun too, making it perfect for families to watch together.



A huge thank you goes to Alicia and Grant Villiers (Power AV, and parents at our school), for making this night possible. The equipment and set up was incredibly professional, making the whole experience very similar to being in a movie theatre. It was awesome.

A big, big thank you also goes to our wonderful PFA group. There was a lot of behind the scenes setting up required to make the area safe for a night time function. The cinema experience was also complemented by the addition of bags of lollies and popcorn. Raffle prizes were also organised, adding to the fun of the night. Thank you to Power AV, the Salvation Army, Pablo Espresso Bar, Strath Village Shopping Centre, Spring Gully General Store, Bendigo Cinemas and Bullwinkle party hire for all of their donations. Your support was very much appreciated and added to the success of the evening.





FIRE DRILLS AND OTHER SAFETY PROCEDURES AT QUARRY HILL PRIMARY SCHOOL

Education and care services such as our school are mandated to regularly rehearse their emergency and evacuation procedures. We are required to conduct a rehearsal every 3 months (once a term) and document it as part of our Emergency Management process. Everyone who is on the school grounds at the time of the rehearsal is required to be involved in the drill. This includes all staff members, children, parents and volunteers.

An emergency can be an incident, situation or event where there is an imminent or severe risk to the health, safety or wellbeing of a person or persons at our school. Examples of emergencies include fires, floods or other situations which require a service to be locked down. All reasonable precautions must be taken to protect anyone at the school during an emergency and it is because of this we are required to practise responding to a range of emergency situations. On occasion we assemble on the basketball court as part of a fire drill, but we are also required to practise returning to the classrooms to shelter. We typically let the students know of an impending drill. Our aim is to prepare rather than scare. If your child happens to mention it, it would be great if you would chat with them about the process. Minimising any anxiety is important, as is highlighting the importance of practising safe procedures. Thank you for your support regarding this safety process.

SHOW YOUR TRUE COLOURS ON FOOTY COLOURS DAY – FRIDAY SEPTEMBER 20th

Once again, our Junior School Council is holding this special day on the last day of term, Friday September 20th. Footy Colours Day is a day where students are encouraged to wear their favourite sporting team's colours. There is no cost to this event. A parade will be held at 9.05am where students can show their team colours.

ENROLMENTS & CLASS PLACEMENTS 2020

All families still to enrol their child in Prep at Quarry Hill Primary School next year should have their enrolment form to the office 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.

If there are any considerations for placements for student classes in 2020, which you have not already discussed with your child's teacher, Anne, or myself, please let Anne know in writing/email by Friday October 11th, 2019.

Please note that it is not possible for parents to request specific teachers.

Please direct emails to quarry.hill.ps@edumail.vic.gov.au

THE IMPORTANCE OF PLAYDATES – SCHOOL HOLIDAYS ARE A GREAT TIME TO CONNECT!

I don't need to tell you that friendships are good for your child's self-esteem. When they have good friends, they feel like they belong. They have people they can have fun and share interests with. They have people who care about them – and this helps them feel good about themselves.



When children make friends, they develop important life skills. These include getting along with other people, being independent and learning how to sort out conflicts and problems. These skills are important to learn because children who get along with others are less likely to have social and emotional difficulties later in life.

If your child finds it easy to make friends and gets on well with them, you can often arrange playdates and sleepovers just by talking to other parents before or after school.

If your child finds playdates tricky or their friends aren't always getting along, try keeping the playdates fairly short – perhaps an hour or two. You could also help the children choose an activity that you know they will all enjoy. The expected warmer weather of the holidays might be a perfect opportunity to invite a friend over!

CURRICULUM DAY– PUPIL FREE MONDAY NOVEMBER 4TH

Monday November 4th will be a Pupil Free Day. Staff will be working on item analysis of our Mathematics data and will work on the developing of our 2020 Annual Implementation Plan.

Please note, this is the Monday before Melbourne Cup Day.

SUNSMART - HATS ON HEADS

A reminder that hats are now required for outside play. The 'No Hat No Play' policy will now be enforced. 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.

EARLY DISMISSAL FOR THE END OF TERM 3

Just a reminder that school finishes at 2.30pm this Friday, September 20th. We will have an assembly at 2.00pm.

LEAVE

I will be taking some leave at the beginning of Term 4 and will return on October 30th. Anne Rochford will be the Acting Principal in my absence.

Have a great week and an enjoyable holiday break.

Jo Menzel
Principal

TEETH ON WHEELS

Teeth on Wheels will be returning to our school for the children's six monthly dental visit's.

To make filling out the consent form easier you can now complete your Child's consent form online by following the link below.

It only takes 5 minutes to complete and by reducing the amount of paper being used, we will be helping the team out by being more environmentally friendly.

<https://teethonwheels.com.au/consent-eform>

The date of the children's dental visit will be starting on **Monday the 7th of October 2019**, so please ensure if you didn't complete a form at the start of the year to have this completed ASAP!

If you have any questions regarding the consent form or your child's dental appointment please don't hesitate to contact the **Teeth on Wheels** team on (03) 9338 1191.

Our school is lucky enough to have Australia's ONLY accredited mobile dentist attend every 6 months

Seeing the dentist every 6 months is so important for children. A recent Royal Children's Hospital study highlighted the following:

- **1 in 10 Children** have had at least one decayed tooth extracted before the age of 9 years
- **1 in 3 children** between the ages of 5 and 6 years have symptoms of decay in their baby teeth
- **4 in 10 children** aged 12 – 14 years have decay in their permanent teeth.

Studies have confirmed that poor dental health impacts on the growth & development of the child along with chewing, swallowing, speaking and can disrupt sleep and productivity. Over time, dental decay has been linked to heart and pulmonary disease, respiratory tract infections and chronic ongoing pain.

OUCH!



Great news – you maybe eligible for free dental

You may not be aware but the Government supports Oral Health via the Child Dental Benefits Schedule (CDBS) – providing 2 years of free dental up to the value of \$1,000 per child, aged between 2 and 17 years. To be eligible you must be receiving *Family Tax Benefit Part A*. Complete the Teeth on Wheels consent form and our team can advise of your eligibility or contact Medicare General Enquiries direct on 132 011.

We are making the dentist even easier!

Follow the link below to complete your child's online consent form today. By filling out your consent form online you are saving yourself time and helping the Teeth on Wheels team become more environmentally friendly.

teethonwheels.com.au/consent-eform

Remember that consent forms only need to be filled out once per calendar year unless your details have changed.

TeethOnWheels™
a positive dental experience



 TeethOnWheelsAustralia  #teethonwheels

STUDENT ACHIEVEMENT AWARDS

KIND

Jaiah B (Room 14B)	for using wonderful manners when asking peers to join in a game during Maths!
Jimi R (Room 6)	for always being helpful to his peers, teachers and environment.
Kade S (Room 6)	for always being helpful to his peers, teachers and environment.



CURIOUS

Harper-Lee B (Room 14B)	for being an engaged and willing participant on our Melbourne Museum excursion!
Evie M (Room 15B)	for always working hard and trying her best in the classroom.
Tilly S (Room 15A)	for working hard to ensure she uses the correct structure when writing different texts.
Charlie R (Room 2)	for always asking questions to further her learning. Well done!
Olivia S (Room 12B)	for applying creative thinking and problem solving towards your inquiry project.
Anthony K (Room 9)	for participating more frequently in discussions and sharing his ideas with his peers.
Connor I (Room 5)	for working hard on his writing learning goal and using paragraphs in his writing consistently.
Edwin K (Room 5)	for using a range of problem solving skills to solve division questions.



BRAVE

Jacob W (Room 10A)	for taking a risk with your A Current Affair presentation and entertaining 10A
Beth L (Room 7)	for independently using commas to list people in her writing.
Payeton S (Room 8)	for attempting all learning tasks to the best of her abilities.



PFA Pizza Lunch Day

Friday, September 20th

11.00am

MOVIE NIGHT: PFA would like to say a huge thank you to all involved with the organisation of Movie Night, every effort pulled together created a welcoming environment for all to enjoy. A mention also to local businesses, Power Av, Bendigo Cinemas, Strath Village, The Bendigo Thrift Shop, Pablo Expobar, Spring Gully General Store and Bullwinkle party hire for supporting the event. All money raised goes towards creating a quiet play space in the little nook by the library stairs which will be enjoyed by students for years to come.

TEACHER APPRECIATION DAY: Today we show our teachers and amazing staff at QHPS our appreciation for all they do! An afternoon tea is held in the staffroom with such delicious goodies provided by students and parents and we thank everyone for their contribution.

PFA PIZZA LUNCH DAY: WE NEED HELPERS TO SERVE PIZZAS PLEASE.

PFA are holding a pizza lunch day to celebrate the last day of Term 3 on Friday September 20th. Pizzas will be supplied by Eagle Pizza, Kennington at 11.00am in the quadrangle.

If you are available to help on the day please come along to the multipurpose room at 10:40am.

Thank you for your support

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

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

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 morning during cuppa & a chat from 8:45am – 10:00am. Due to the early finish on Friday the uniform shop will not be open. We thank all that have donated outgrown uniforms and their time for this initiative and welcome all to come down during our open times next term to purchase items for 50c each.



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: 55 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

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



The Threatened Species Children's Art Competition

My name is Rhiannon T and I was one of the winners of the Victorian wide Threatened Species Children's Art Competition.' Over 610 children entered the competition and I was selected with 41 other children as finalists.

My mum introduced me to the competition. I had to choose an Australian Endangered animal to research. I chose the Leadbeaters Possum because it is local to the Bendigo region. I had to make an artwork and write about why it was endangered. I used tissue paper and coloured the paper in with a sharpie in rainbow order and sprayed water on it. I waited until it dried and ripped it up and stuck it on for the background. I also used bark as the tree branch and drew the Possum from looking at a picture of it and painted it with watercolours.

On Saturday, I attended the official opening of the exhibition and awards ceremony. I won best artwork in the 'Local Species' category. My prize was a household membership to Museums Victoria and I have chosen to take my whole family.

The exhibition is held at the Royal Botanical Gardens Melbourne and runs for two weeks.

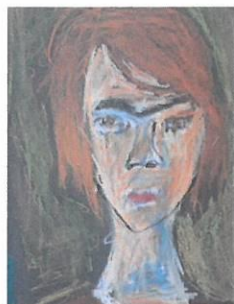
Congratulations Rhiannon Quarry Hill Primary School is so very proud of you!!



News from the art room



Students have been very busy in the art room this term creating lots of amazing artworks. We have tried out self-portraits, looking at the proportions of a face and looked at other artists self-portraits for inspiration. We have made sculptures from a variety of materials including paper, clay, plastic and wire. Gr 1/2 students have done some casting with plaster with excellent results. We have been working on our bushland mural designed by artist Natasha Carter. Here are some pictures of the amazing art we have created this term.



Expressions of Interest - Artists

In Term 4 we are offering the opportunity for a group of children to participate in Art Master Classes for eight weeks. The purpose of this program is to encourage, enrich and extend students who have shown an aptitude and passion for visual art. I am seeking expressions of interest from artists who would be interested in facilitating a one hour workshop at QHPS to share their skills with this group of students helping them to develop a particular skill or technique. Please contact me via email Wilson.brooke.b@edumail.vic.gov.au if you are interested.

Free Wool!

We have been given two large bales of wool that would otherwise have gone to landfill, we still have plenty left. If you would like some for craft projects (or anything else) please feel free to bring in a bag to the art room and I will fill it up for you.



Don't forget you can follow us on Facebook at **QHPS Art room** or Instagram at **qhpsart** for regular photos of our amazing art work!



Free Wool!





Encouraging Interaction: through play and social learning A workshop for parents

Date: Wednesday 6th November

Time: 1.30-4.30 pm

Venue: 384 Hargreaves St, Bendigo

REGISTER ONLINE TODAY!

To register:

www.amaze.org.au/earlydays

How Early Days can help:

Early Days provides workshops for parents and other family members of children 0-6 who have an Autism Spectrum Disorder (ASD) diagnosis or are going through the assessment and diagnosis process.

What this workshop offers:

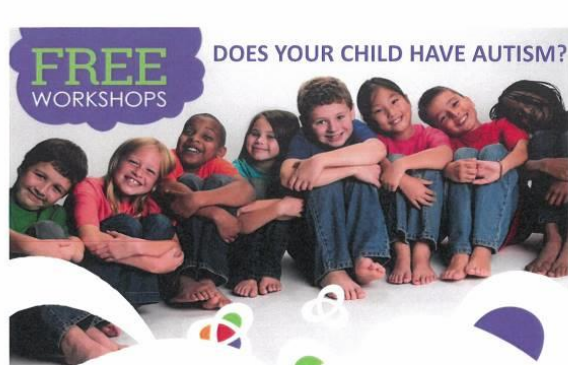
- Understanding play, social learning
- Strategies to scaffold and encourage play and social learning

More about Early Days workshops

- Free to attend
- Held in small groups of 4-15 and gives you an opportunity to meet other parents
- Light refreshments provided
- Childcare is NOT provided



It is highly recommended you attend the "My Child and Autism" workshop prior to attending this workshop.



Progression to school A workshop for parents

Date: Wednesday 23rd October

Venue: 384 Hargreaves St, Bendigo

Time: 1.30 - 4.00pm

REGISTER TODAY!

Amaze:

www.amaze.org.au/earlydays

How Early Days can help:

Early Days provides workshops for parents and other family members of children 0-6 who have an Autism Spectrum Disorder (ASD) diagnosis or are going through the assessment and diagnosis process.

What this workshop offers:

- Understand the importance of working as a transition team
- Tips and ideas to help you ready your child for school

More about Early Days workshops

- Free to attend
- Held in small groups of 4-15 and gives you an opportunity to meet other parents
- Lunch & light refreshments provided
- Childcare is NOT provided



It is highly recommended you attend the "My Child and Autism" workshop prior to attending this workshop



Understanding Behaviour A workshop for parents

Part 1: Wednesday 23rd October
Part 2: Wednesday 6th November

Venue: 384 Hargreaves St, Bendigo

Time: 9:30 am - 12:30 pm

REGISTER TODAY!

Amaze:

www.amaze.org.au/earlydays

How Early Days can help:

Early Days provides workshops for parents and other family members of children 0-6 who have an Autism Spectrum Disorder (ASD) diagnosis or are going through the assessment and diagnosis process.

What this workshop offers:

- Understanding why your child has behavioural issues.
- Learn how to identify the purpose of your child's behaviour.
- Learn how to develop strategies.
- Plan for success.

More about Early Days workshops

- Free to attend
- Held in small groups of 4-15 and gives you an opportunity to meet other parents
- Lunch & light refreshments provided
- Childcare is NOT provided



It is highly recommended you attend the "My Child and Autism" workshop prior to attending this workshop.



My Child and Autism A workshop for parents

Date: Wednesday 16th
October 2019

Time: 9.30am - 2.30pm

Venue: 384 Hargreaves St,
Bendigo

REGISTER TODAY!

To register:

www.amaze.org.au/earlydays

How Early Days can help:

Early Days provides workshops for parents and other family members of children 0-6 who have an Autism Spectrum Disorder (ASD) diagnosis or are going through the assessment and diagnosis process.

What this workshop offers:

- Learn about ASD and what it means for your child and your family
- Learn practical strategies that can make a difference to your child's development
- Learn how to navigate early intervention

More about Early Days workshops

- Free to attend
- Held in small groups of 4-15 and gives you an opportunity to meet other parents
- Lunch & light refreshments provided
- Childcare is NOT provided



It is highly recommended you attend this workshop prior to attending any other Early Days workshops

大金山中华公会
BENDIGO CHINESE ASSOCIATION

Harvest Moon Festival 2019

Dai Gum San Precinct, Bridge Street, Bendigo
Saturday, September 14th from 4 p.m.



FOR GREAT HARVESTS, HEALTH & PROSPERITY

Family activities

4.00 LANTERN MAKING @ GOLDEN DRAGON MUSEUM
4.30 CHINESE DANCE WORKSHOP
5.15 LANTERN PARADE
5.30 - 7.00 PERFORMANCE PROGRAM

Food and light refreshments available from 4.30 p.m.

VICTORIAN
multicultural
commission
strengthening our community

福
GOLDEN DRAGON MUSEUM

CITY OF GREATER
BENDIGO

KELLY SPORTS

HOLIDAY PROGRAMME



CONTACT
BRETT HARRIS
brett@kellysports.com.au
0438 198 031
BOOK ONLINE AT
KELLYSPORTS.COM.AU

COME AND TRY BADMINTON!

SMASHING FUN FOR EVERYONE!

9:00 AM - 11:15 AM
at Eaglehawk Badminton Centre
(140 Victoria Street, Eaglehawk VIC 3556)

\$5 per person - Includes a free badminton racket for participants aged U19 years old!

Bookings essential - Enrol online today!
bit.ly/TryBadmintonBendigo2019

BENDIGO EAGLEHAWK BADMINTON

BADMINTON VICTORIA

MOTHERLOAD

Kid tested. Planet approved.



Dear mums (and dads),

Bike Bendigo warmly invites you to an inspiring movie night out with a difference to launch **Bike Palooza 2019**.

Do you ...

- struggle to find time for yourself?
- wish you could incorporate some exercise into your day?
- want your kids to enjoy being outdoors rather than on their screens?

Yes? Then we think you'll love **MOTHERLOAD: The Movie**.

MOTHERLOAD is the story of Liz, a new mum coming to terms with the arrival of twins and her search for freedom and connection in a petrol-powered, digital and divided world.

Liz is understandably feeling lonely, stressed about our planet's uncertain future. She's also missing what previously made her feel connected, free and alive: riding her bike!

Also touching on invention, community, climate change, and social revolution, this thought-provoking film covers a lot - and ultimately asks: **Could this be the golden age of the bicycle 2.0?**

BIKE PALOOZA Bike Palooza Launch 2019 and MOTHERLOAD: The Movie

Classification: Language warning

Date: Friday 4 October

Time: 7:00pm - 9:30pm

Location: Bendigo Tennis Centre, Nolan Street Bendigo

Tickets: www.bikepalooza.com

Online: \$15 each or \$25 for two tickets.

At the door: \$20 each.

Ticket price includes movie screening + refreshments, drinks at bar prices.

For more information or to book tickets, visit: www.bikepalooza.com

This event has been funded through the Victorian Community Road Safety Grants program and Bike Bendigo.

BIKE BENDIGO

Community Road Safety Grants

vicroads

FREE EVENTS AT GOLDFIELDS LIBRARY

Goldfields Libraries are very excited to welcome talented young performers from Stage School Australia to Bendigo Library these school holidays.

They will be performing 'Suessical', a wonderful one hour adaption of the original Broadway musical based on the works of Dr Seuss.

Enjoy Cat in the Hat, Jojo, Horton, Mayzie La Bird, Gertrude and more, along with fabulous songs.

Where: Bendigo Town Hall, 24 September, 2.00-3.00 PM

Cost: Free of charge.

Bookings: Ph. 54492700, in person Bendigo Library, or online at www.goldfieldslibraries.com

They will be performing 'Chicken Licken', a fantastic 45 minute pantomime introducing young children to the delights of live theatre.


One day an acorn falls on chicken Licken's head and the naïve little chook thinks that "the sky is falling". Determined to tell the King, chicken Licken embarks on a journey meeting Henny Penny, Turkey Lurkey and more animal friends along the way.

Where: Bendigo Town Hall, 24 September, 10.30 - 11.30 AM

Cost: Free of charge.

Bookings: Ph. 54492700, in person Bendigo Library, or online at www.goldfieldslibraries.com

FREE



Spring School Holiday Fun

in Hargreaves Mall

Tooko Wildlife Displays
An interactive display with native animals, and SAFE Archery

September 25, 10.30am to 1.30pm

For more information phone Customer Service 5434 6000
www.bendigo.vic.gov.au

BIKE BENDIGO

Spring School Holiday fun day



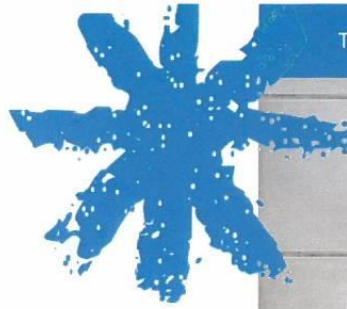
FREE

Thursday October 3
10.30am - 1.30pm, Hargreaves Mall, Bendigo

3-in-1 inflatable and SAFE Archery

For more information phone Customer Service 5434 6000
www.bendigo.vic.gov.au

BIKE BENDIGO



Helping your child avoid being cyberbullied

by Martine Ogletorpe

Cyberbullying of children and teenagers is one of the greatest fears facing parents today. The thought of their child being subjected to heinous words, threats to their physical safety, as well as their social and emotional wellbeing, is something no parent wants their child to experience.

Most of the bullying behaviours we now see are happening from behind a keyboard, playing out in social media feeds and gaming chat rooms. It is little wonder parents feel overwhelmed and out of their depth, especially when for most, online is an environment that is relatively unfamiliar.

So what can we do to help our kids avoid these types of behaviours, as well as give them the skills to deal with cyberbullying behaviours should they be exposed?

- **Remind them of all of the things they have control over:** While it may not feel like it, we have a lot of control over what happens online. We can determine who we talk to, what we ignore, what we share, how we comment, who we follow, who we block or hide from our feeds. All of that, helps us determine who is allowed to play a role in our online experiences and ultimately what behaviours we accept on our feeds
- **Give your child time away from the screens:** Everyone needs a break from screens. We want to encourage regular times when a child doesn't need to be tethered to their device. Building a wider community away from the screens helps a child or teen build their sense of self worth. Keeping devices away from the dinner table also gives them a break from being socially switched on and allows the to connect with family without a device. Removing devices at night helps their active brains to switch off, and prepare for sleep.
- **Role play possible responses:** Discuss with your child whether they should respond to bullying or nasty online comments, If they do, then consider how they could respond. Consider the statements or types of people they ignore, block or report.
- **Regularly check the privacy settings:** Every app, game and social network has a settings button that enables you to determine how positive an experience your child can have on that platform and how much control they have. Visit these settings regularly to look at the options available

While nothing is guaranteed particularly when it comes to the online world, we can certainly be taking steps to help our kids. We can give them skills, encourage positive behaviours and thinking that allow them to minimise their exposure to the bullying behaviours of others.

If your child is being cyberbullied you can also access the reporting tool at esafety.gov.au



Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent