



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Tuesday October 29th 2019
Newsletter No. 26

Our Vision:

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

2019 TERM DATES

Term 4 October 7 – December 20

Principal: Jo Menzel

School Council President: Joan O'Brien

PFA President: Renee Selkrig

IMPORTANT DATES

	Time	Details
OCTOBER		
Wednesday 30 th	All Day	Bendigo Cup Public Holiday
NOVEMBER		
Monday 4 th	All Day	Curriculum Day-Pupil Free Day
Friday 8 th	9.00am	PFA Meeting in the multipurpose building
Tuesday 5 th	12.15pm-1.45pm	Prep Picnic-2020 Preps
Tuesday 12 th	12.45pm-1.45p	2020 Preps Classroom Visit 1
Friday 15 th	10.00am 12.15pm-1.15pm	Bushland Opening Lion, Witch & Wardrobe-Church on the Hill P-2
Thursday 21 st	9.00am-10.00am	Wild Life in Action Incursion-Rm's 7,8 & 9
Monday 25 th	12.45pm-1.45pm	2020 Preps Classroom Visit 2
DECEMBER		
Monday 9 th , 11 th , 12 th , 13 th , 16 th	Various	Swimming Program-Gurri Wanyarra
Tuesday 10 th	9.00am	State Wide Orientation Day
Tuesday 12 th	4.00pm-5.30pm 6.00pm-7.30pm	School Disco-Junior Senior
Wednesday 18 th	5.30pm 6.45pm	Gr 6 Graduation at Bendigo Club. Student drop off Parent and Guest arrival

REMINDERS:

Tomorrow, Wednesday 30th October is Bendigo Cup Public Holiday.
Students are not required at school.

Pupil Free Day-Monday November 4th Students are not required at school.

2020 Prep Orientation Dates:

- **Tuesday 5th November** 12.15pm-1.45pm Prep Picnic
- **Tuesday 12th November** 12.45pm-1.45pm Classroom Visit 1
- **Monday 25th November** 12.45pm-1.45pm Classroom Visit 2
- **Tuesday 10th December** 9.30am-11.00am Statewide Transition Day

~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



Kind



Curious



Brave

From Anne's Desk

Dear Parents and Carers,

PUPIL FREE DAY – MONDAY NOVEMBER 4TH

This day will focus on the teaching of Mathematics and staff will be working on improving their own understandings.



GRADE 2 SLEEPOVER

The Grade 2 sleepover experience was well summed up by Isaiah and Ellen at Friday's assembly. For many of the students, it was their first experience of sleeping away from home, and what an incredible job they did. Their behaviour was outstanding, and they participated in all of the activities. Most managed to get a decent amount of sleep, (or did they?), which made school on Friday much easier to manage.

Thank you to all of the staff that participated in the camping experience. Whilst many stayed overnight, a number of them also helped out with dinner and breakfast.

CONTINUOUS REPORTING OF STUDENT PROGRESS

At Quarry Hill Primary School we began the journey to continuous reporting of student progress in 2018, which looks different from the traditional mid-year and end of year reporting. We are using Learning Tasks regularly throughout the term to capture and communicate your child's growth. These tasks are shared on Compass. It is important to access your child's Learning Tasks because this is where you will be updated on your child's academic progress. The end of year report will consist of progression points, work habits and a general comment, there will no longer be academic comments. If you need assistance in accessing Compass, please contact the office.

WALK TO SCHOOL OCTOBER – IT'S BACK!

Every October, Walk to School encourages Victorian primary school kids to walk, ride or scoot to and from school as a great way to help students learn healthy habits and achieve the recommended 60 minutes of physical activity, every day.

The Education Department include the following in their ['Riding and Walking to and from School'](#) policy:

Road safety authorities recommend that before the age of nine or ten years children should not ride a bicycle in traffic without adult supervision. Depending on their cycling skills and experience, some children over this age may still require supervision. Even when walking to school it is generally around the age of 9 that children are less impulsive, more attentive and have the cognitive ability needed to cross a street safely.

Children under the age of twelve may ride on footpaths as may a supervising adult. They are required to give way to pedestrians and to wheel their bicycles over pedestrian and children's crossings. Children aged twelve years or older are required by law to ride on the road.

Keeping our kids safe as they get to and from school is everyone's responsibility. As kids come to and from school it's important for drivers, pedestrians and cyclists to be aware and take extra care during these busy times.

FEEDBACK NEEDED ON DRAFT POLICY

Schools are required to have a Student Wellbeing and Engagement policy that addresses student behaviour, and health and wellbeing issues. We also need to review this policy regularly.

The draft policy is on our website ([here](#)). If you have time we would appreciate you having a read and any feedback can be sent to quarry.hill.ps@edumail.vic.gov.au. If you would like a hardcopy of the draft policy please just ask at the office. This policy will be tabled at the November School Council Meeting.

SUNSCREEN

The Department of Education and Training provides schools with the following information regarding sunscreen:

- Apply SPF 30 (or higher) broad spectrum, water-resistant sunscreen
- Apply a generous amount to clean, dry skin at least 20 minutes before going outdoors
- Re-apply sunscreen every two hours (whether or not the label tells you to do this) or more often when sweating or swimming
- Check and follow the use-by date stated on the packaging
- Store sunscreen below 30°C

- Do not rely on sunscreen alone as it does not provide full protection - combine with other sun protection measures
- Develop strategies that remind children to apply sunscreen before going outdoors.

Students should:

- Be able to apply their own sunscreen
- Be reminded to reapply sunscreen
- Have access to their own sunscreen for all outdoor activities.

Because there is a small risk of allergies and the potential for cross-infection from sunscreen use, parents are required to provide sunscreen for their child/children. Children are encouraged to practice applying sunscreen at home so they can develop this skill ready for school.

Please note; the school does not provide sunscreen for mass use. Teachers will not apply sunscreen to students.

Have a great week

Anne

GRADE 2 SLEEPOVER

Firstly, we arrived at 6:00pm and set up our bedding and our bags in rooms 1, 2, 5 and 6.

Secondly, we had delicious pizzas for tea and a very exciting surprise, Zooper Doopers!

Thirdly we had a very, VERY fun play at the bushland with all our other grade two friends.

Fourthly, we had a tasty supper with biscuits and fruit. There were lots of healthy fruit like oranges, bananas, apples and mandarins.

After that we settled in our beds and watched movies. Boys in Room 1 and 2 watched Storks which was hilarious!

Girls in Room 5 watched Rugrats go to Paris, which was funny.

And then we went to sleep....or did we?

Finally we woke up and had a delightful breakfast which was rice bubbles and cornflakes.

Grade 2's all enjoyed the sleepover!

Thank you to all the teachers that helped and for holding this fun, special event!

By Isaiah M and Ellen W



ENERGY BREAKTHROUGH 2019

Training for the 2019 Energy Breakthrough is well under way. We are training during and out of school hours to improve our endurance & race craft for the Energy Breakthrough Human Powered Vehicle (HPV) primary endurance event, which will be held in Maryborough on 21st-23rd November. The team of 10 riders will cycle for a total of 14 hours over two days, with advanced materials such as carbon fibre, Kevlar and titanium infiltrating HPV designs. Students have designed their team shirts & started working on their presentations. The team have organised a sausage sizzle special lunch day on Friday 8th November to try and raise money to help cover camping & food costs. Order forms have been sent home today.

Thanks to our fantastic sponsors:

McDonalds Bendigo
Fawcett O'Toole Builders

If you would like to sponsor our team please contact Mr Turner on 03 5443 3537 or by email quarry.hill.ps@edumail.vic.gov.au.

Ross Turner

Physical Education

STUDENT ACHIEVEMENT AWARDS

KIND

Eli C (Room 5)	for the best Grade 2 Sleepover Camp manners!
Ayrlea A (Room 1)	for the best sleeping bag pack up and organisation at the Grade 2 Sleepover.
Veronica J (Room 2)	for being a good friend at the Grade 2 Sleepover.
Fletcher W (Room 15A)	for always respecting his classmates.



CURIOS

Ornella B (Room 12A)	for igniting curiosity and passion for her maths this week.
Jack D (Room 10B)	for displaying persistence when working on his "Shark Tank" inquiry.
Chase M (Room 2)	for asking lots of questions during science. Well done!
Jett D (Room 10A)	for being on task and working hard in all subjects.
Tyler C (Room 14B)	for consistently going above and beyond when completing his homework.
Isaiah M (Room 6)	for writing a creative recount of the Grade 2 Sleepover and presenting it at assembly. Honka, honka.
Ellen MW (Room 6)	for writing a creative recount of the Grade 2 Sleepover and presenting it at assembly. Honka, honka.
Ebony-Rose B (Room 9)	for being a positive learner and writing using her connectives.
Luciana C (Room 5)	for consistently being a great listener, asking questions and trying her best with her learning.
Lincoln N (Room 7)	for creating a wonderful weekend recount with many descriptive words.



BRAVE

Thomas N (Room 8)	for attempting to do his best on every learning task.
Billy B (Room 14A)	for competing at the State level in the 100m sprint and coming 6 th . Well Done!
Charlie S (Room 2)	for being resilient at the Grade 2 Sleepover.
Lottie N (Room 1)	for being brave and attending the Grade 2 Sleepover.
Tilly D (Room 7)	for independently writing the sounds she hears in words.
Mietta L (Room 12B)	for setting high standards in the completion of your homework each week.
Lola D (Room 14B)	for making a confident and enthusiastic start in her new class!



HEAD LICE

Due to the warmer weather, we have been notified of head lice at Quarry Hill Primary School. Please check your child/children's hair carefully as soon as possible and treat if necessary so we can prevent further cases. It is important that you continue to check your child's hair for any sign of live head lice and eggs on a regular basis to help prevent the spread of head lice.



STRENGTHENING KIDS' SELF-ESTEEM IN A DIGITAL WORLD – UPCOMING WEBINAR

Our school has a membership with Parenting Ideas which means you can attend this webinar at no cost.

Step back so kids step up.

As young people spend increasing amounts of time online, their social lives, and in turn, their social and emotional wellbeing, they become increasingly entrenched in the digital world. As they journey through adolescence in this permanently public landscape, dealing with the effects on self-esteem, friendship issues, self-worth and wellbeing can be challenging to say the least.

Join Martine Oglethorpe, a technology expert who is an accredited speaker with the Office of the eSafety Commissioner, has a background in secondary education and a Masters in Counselling. This webinar will look at how we can best equip our young people to thrive both online and in real life as they grow up immersed in online spaces.

When:

Wednesday 30 October 2019 8:00pm - 9:00pm AEDT.

How you can register

Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-strengthening-kids-self-esteem-in-a-digital-world>

Click 'Add to cart'

Click 'View cart'

Enter the voucher code DIGITAL and click 'Apply'. Your discount of \$37.00 will be applied to the order. This voucher is valid until 30 November 2019.

Click 'Proceed to checkout'

Fill in your account details. These are the details you will use to login to your account and access your parenting material

Click 'Place Order'



Hi my name is Jenna. I am 10 years old and I want to raise money to help the scientists find a cure for cancer.

At assembly on the 15th of November I am going to shave my head in front of my whole school! You can help! Just a little donation will help me reach my goal of \$2500 and could save millions of people's lives.

Loose change can be put in the donation boxes or you can visit everydayhero.com/au/jenzy-s-page to donate online.

Thanks for supporting me and this important cause 😊.

P.F.A News

Next PFA meeting is Friday, November 8th at 9.00am in the multipurpose room

NEXT MEETING: PFA will be holding the next meeting on Friday 8th November, at 9.00am in the multipurpose room. This meeting will focus on our Annual Disco, 2020 calendar of events and our upcoming Pizza Day. We encourage all within the school community to join us and look forward to seeing you there.

MANGO ORDERS: Delivery of the mango trays will be in early December. A message with the date and time of pick up will be sent to the mobile phone number on your order when it is confirmed. All orders must be picked up on the day.

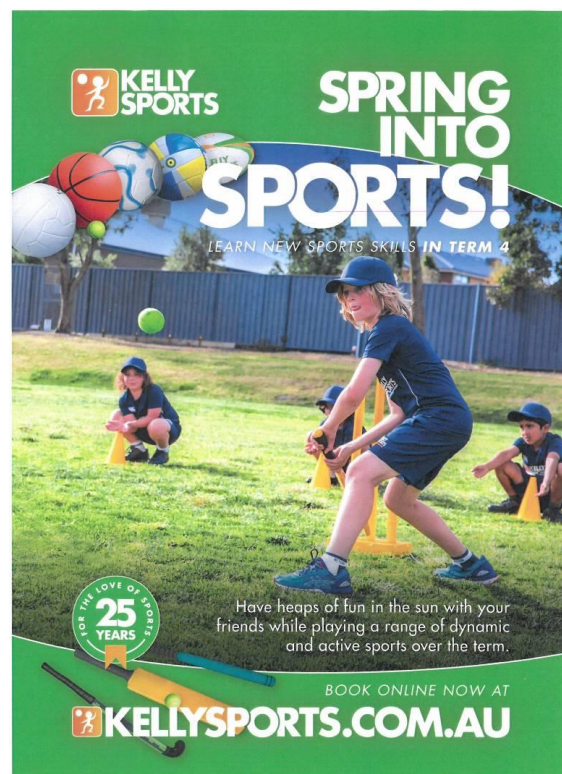
QHPS DISCO: Planning and preparations are well on the way for our annual school disco. The PFA are in need of Volunteers to help make this event a success for all students. If you are interested in learning more or are free to lend a hand please join us on Friday the 8th of November or contact a PFA member today. Without your support we can't bring these fantastic events to life.

PIZZA DAY: PFA will be holding one last Pizza Day for the year on Friday the 6th of December. This is a popular lunch event for students and we thank you for your continued support.

THURSDAY MORNING CUPPA: On Thursday join QHPS community at 9.00am for a cuppa and chat in the multipurpose room. A great community inspired morning meeting new faces and coming together as parents, friends and families of Quarry Hill Primary School.

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 were you are able to keep up to date on current events with ease and at a time that suits you. Forms are available at the office.

SECOND HAND UNIFORM Our Second Hand Uniform shop is open Thursday during morning cuppa from 8:45 – 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 and welcome all to come down during our open times to purchase items for 50c each.



sbtc
South Bendigo
Tennis Club Inc
PRESENTS

Hotshots Tennis

BENDIGO CUP DAY

TOURNAMENT

9AM-12PM

30 OCTOBER 2019

AT THE: FOSTERVILLE GOLD
Tennis Centre
21-26 NOLAN ST, BENDIGO
\$15 ENTRY FEE, PAY ON THE DAY
REGISTER ONLINE: WWW.SOUTHBENDIGOTC.COM.AU
CONTACT: AIDAN, BRANDT OR STEVE

YELLOW BALL

GREEN BALL

ORANGE BALL

RED BALL

**CHRISTMAS
AT
ENJOY**

CAROLS AT ENJOY
SATURDAY, 7TH DECEMBER

3:00PM + 5:30PM - CAROLS
FAMILY CARNIVAL AFTER BOTH SERVICES

JUMPING CASTLE
TRAIN RIDE
FERRIS WHEEL
FACE PAINTING

FOOD TRUCKS
GIVE AWAYS
LIVE MUSIC
+ MORE

ENJOY CHURCH
www.enjoy.church/bendigo

Cub Scouts

2nd Kangaroo Flat

Looking for Adventure?

Cub Scouts is for boys and girls aged between 8 and 11 years. We meet once a week as well as going on some super cool weekend activities.

There are fun camps for Cub Scouts and adventurous activities like canoeing and hiking, all with a focus on fun and the outdoors. Those who achieve their 'Camp Out' badge can join a 5-day 'Cuboree' with hundreds of other excited Cub Scouts at Gilwell Park, near Gembrook.

They can also earn a range of badges for bushcraft, cooking, canoeing and many other skills. There's even a 'Neighbourhood Watch' badge, designed with the help of Victoria Police, which involves the Cub Scouts being aware of emergency phone numbers and learning about security issues for themselves or their homes.

Contacts

Tim Pannell. David
Cub Scout Leader. Scout Leader.

0408 451362 0401 741648

1 Church St, Kangaroo Flat.



INFORMATION
FOR PARENTS

MULTI-SPORT
PROGRAMME

Programmes run weekly on one day a week for one hour.

This term we will focus on the following sports:

- ✓ Basketball
- ✓ Soccer
- ✓ Tennis
- ✓ Cricket

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

For Prep – Year 6 students.

PRICES FROM \$98

Quarry Hill PS – Thursday, 3:40pm-4:40pm

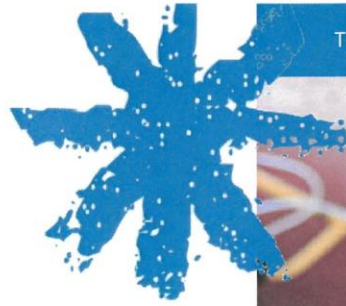


BOOK EARLY & SAVE

Book before Sunday 20th October to get your first session FREE!

Website: www.kellysports.com.au
Contact: Brett Harris
Email: brett@kellysports.com.au
Phone: 0438 198 031
Facebook: #KellySportsBendigo





Strengthening kids' self-esteem in a digital world

by Martine Oglethorpe

How do we develop and nurture our child's self-esteem in a world where the likes, comments and followers are often seen as the social currency for popularity, confidence and self-worth?

While young people live out much of their social lives online, there are certain elements of this world that can have a negative impact on the social and emotional wellbeing of young people, particularly if that person's self-esteem is already fragile.

The very connected, very visible and public nature of social media ensures that many of the challenges faced by young people previously are now magnified and felt more deeply when played out online. We need to give young people the confidence, skills and perspective to ensure that they can reduce the negative impacts, and instead learn to thrive both online and in real life.

What are some of the things we can do to help nurture that self-esteem and prepare them for the challenges of a very public social media?

Build their independence and resilience early

Make sure they are confident in their own abilities to problem solve themselves. Let them do things that may result in failure but allows them to pick themselves up. Let them know that mistakes are OK, as long as we learn something from them.

Encourage activities and pursuits

Feeling part of a community can be an invaluable element to fostering self-worth. Encourage kids to have interests away from the screens, such as belonging to teams, clubs and groups where their achievements and efforts can be recognised and celebrated.

Helping others and volunteering

Giving kids the opportunity to help others, such as coaching a junior team, helping out with training or helping people less fortunate are great ways to build self-worth. Developing empathy for others helps kids to realise that the world is a much larger place than their social media feeds.

Spend time with them

It is easy to spend time with our kids when they are young. We can take them to the park, play games, read them books. As they get older and we are not so cool to hang out with, it becomes trickier. But we need to look for times to spend just being together, whether that's watching a movie they like, playing a game, or grabbing a milkshake

on the way home from sports training. Find things they like to do. Even just sitting on their bed at night and letting them know you are there can be beneficial.

Family meals and rituals

Having regular moments of connection that are part of their everyday can be **critical in providing stability and security**. Connecting as a family with a nightly meal has been proven to be an effective way to give kids the comfort of knowing they have a place that is familiar and safe and unconditional. Or look for other rituals to provide this security.

Communicate often about what is happening online

Talk to them about the things you see online, let them know you have an understanding, learn about it and be sure to look at things from their perspective. Use **teachable moments** to highlight when things go wrong and be sure that you remain relevant to their world so that they know you are there should something go wrong.

While we cannot always be there to follow everywhere they go online and be up to date on every single site or app they visit, we can do a lot in terms of instilling good values, building that self-esteem and ensuring that they have a positive sense of self that transfers from the real world to wherever they find themselves online.

You can attend our upcoming webinar, Strengthening kids' self-esteem in a digital world, at no cost!

About the webinar

This webinar will look at how we can best equip our young people to thrive both online and in real life as they grow up immersed in online spaces.

When

Wednesday 30 October 2019 8:00pm – 9:00pm AEDT.

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-strengthening-kids-self-esteem-in-a-digital-world>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **DIGITAL** and click 'Apply Coupon' (valid until 30 November 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'



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

We're a Parenting Ideas school

parentingideas.com.au/schools