



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday November 13th 2019
Newsletter No. 27

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
NOVEMBER		
Thursday 14 th	9.45am-2.30pm	BSE Production- Gr 5/6 Only
Friday 15 th	10.00am-11.00am 12.15pm-1.15pm	Bushland Dreaming Grand 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
Friday 29 th	9.00am	Book Club Closes
DECEMBER		
Tuesday 3 rd	All Day	Chinese Cultural Day
Thursday 5 th	1.45pm 2.30pm-3.30pm	Parent Helpers Afternoon Tea Colour Fun Run-Casual Clothes Day \$5.00
Friday 6 th	11.00am	PFA Pizza Lunch Day
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 - Students Parent and Guest arrival

~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



Join us for the ...

Bushland Dreaming Grand Opening

The Bushland Dreaming project is coming to a close. Our mural, seasonal garden beds, gateway, rived bed, wetland, path, stone circle, working bees, signs planting are all in place and ready to be celebrated!

The launch will include:
- a Dja Dja Wurrung Welcome to Country, Smoking Ceremony and didgeridoo.
- Some words from our project supporters
- The last stage of the mural being completed

When: Friday, November 15
Time: 10:00-11:00
Where: The Bushland
Who: parents, friends, supporters, staff and students

Huge thanks to the Strathfieldsaye District Community Enterprise, Bendigo Rotary Club Strathdale and the Dja Dja Wurrung Corporation for supporting our project.

The event will be followed by a morning tea for parents and supporters.



Kind



Curious



Brave

Dear Parents and Carers,

OUR VALUES IN ACTION: THE LAUNCH OF 'BUSHLAND DREAMING' – ALL WELCOME!

Our launch of our revitalised Bushland space is scheduled for this Friday morning, November 15th, at 10.00am. We would love to have as many of our community as possible come and join us. We are fortunate to have an Elder from Dja Dja Wurrung in attendance. We will have a Welcome to Country, a Smoking Ceremony and a didgeridoo as part of the program. It should be a great celebration of lots of hard work by a dedicated group of people.

We hope to see you there!



Kind

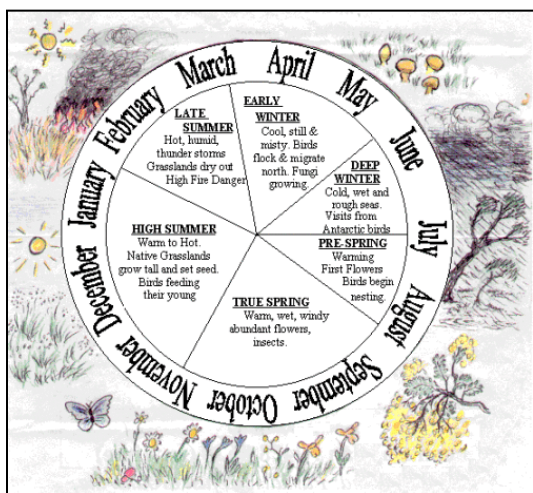


Curious



Brave

The accompanying graphic is from Damian Curtin and Stanley Barker and outlines the six seasons of the Central Victoria area. I included this in a previous newsletter, but thought it timely to share it again. We have created our own six seasonal garden beds in the Bushland space. Students from all classrooms have been involved in the planting and will endeavour to keep the plants alive to thrive and grow. The mural that has been painted also reflects the plants and animals associated with the seasons. Ruby G from Room 2 has drawn an amazing picture of the mural. She has done a great job of capturing the likeness.



REMEMBRANCE DAY



Monday, November 11th, was Remembrance Day. At 11:00am we paused as a school for a minute's silence to remember those who died or suffered for Australia's cause in all wars and armed conflict.

As with other years, we have sold RSL poppies, pins and bracelets to support the RSL. Interestingly, poppies were first sold in Australia in 1921 and continue to be sold by the RSL in the lead up to Remembrance Day every year to raise the much needed funds for the organisation's valuable welfare work.

We are always happy to support this worthwhile cause.

COLOUR RUN – FUNDRAISING FOR NEW PLAYGROUND EQUIPMENT

As many of you would be aware, part of our yellow playground was removed recently as it was deemed unsafe to continue using. It is a huge disappointment to all of us, and especially for our younger students who love the challenge that this type of equipment brings. We know that children need to be able to access playground equipment to develop physically and that physical activity during playtime helps them to relax and settle to learn.

As you would probably appreciate, playground equipment is very expensive to purchase. It is also expensive to install and have the surrounding area prepared to a safe standard. Our target is to raise \$25,000.00 for this project.

To kick off our fundraising, we are holding a Colour Run on Thursday December 5th at 2.30pm. Further details about this event follow in the newsletter.

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
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EVERY DAY HERO CANCER COUNCIL HEAD SHAVE

At this Friday's assembly, Jenna S from Room 15A will be shaving her head as part of the Cancer Council – Every Day Hero Head Shave. Jenna is prepared to lose her beautiful auburn locks to support this very worthwhile cause. Come along on Friday to support her. Donations will be gratefully appreciated. There is a container at the front office if you would like to make a contribution.



PICK-A-PLANT FOR \$1.00

Many of the plants that were planted for the Kitchen Garden this year are starting to go to seed. Mr Harrop would like to offer families the opportunity to come and dig up and take home a plant for \$1.00. A number of these could be replanted and/or used to collect seeds for re-sowing next year. Many of the plants such as silver beet and kale could be eaten or used as chicken food. The money will go towards buying new plants for next season. Please see Craig if you are interested.

2020 PREP TRANSITION REMINDER – MONDAY NOVEMBER 25TH

Just a reminder to our 2020 Prep families that we have our third transition session scheduled for Monday November 25th. The session will run from 12:45pm – 1:45pm. The children will spend time in the classroom and have an opportunity to meet their buddies for next year. Our school's buddy program is based on The Alannah and Madeline Foundation's *Better Buddies* Framework. The central goal of this program is to create friendly and caring school communities by building strong buddy relationships between students in their first year of school and students in their last years of primary school.

STUDENT LEADERSHIP

As the year starts to draw to a close, attention turns towards student leadership for 2020. Opportunities are given to Grade 6 students (2020) to apply for the roles of School Captain, House Captain and Environment Leader. Students from grades 4, 5 and 6 also have an opportunity to apply for a Junior School Council role as well. The goals for each of these roles are the same. Through these roles we want our student leaders to:

- Develop and grow self confidence
- Expand and improve public speaking capabilities
- Foster a sense of purpose and connectedness to school
- Demonstrate good organisational skills
- Demonstrate decision making skills
- Be willing to undertake responsibility
- Demonstrate commitment and reliability
- Demonstrate enthusiasm and initiative in problem solving
- Strive to produce best efforts in class work and behaviour
- Relate well to fellow students and staff
- Perform with confidence to an audience
- Work well in a team
- Be involved in school and community activities.

The students applying for each of the roles are also expected to demonstrate our School Values of Kind, Curious and Brave.

The activities vary in each leadership role, but so many of the qualities overlap. It is an exciting opportunity for our senior students.

Have a great week.

Jo Menzel

Principal

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 lice and eggs on a regular basis to help prevent the spread of head lice.

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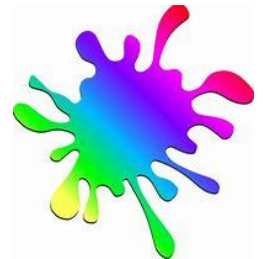
SWIMMING PROGRAM- GURRI WANYARRA WELLBEING CENTRE

The 2019 swimming program begins on Monday 9th December at Gurri Wanyarra Wellbeing Centre. Notes have been sent home and are due back with \$55.00 payment on Thursday 28th November. Swimming dates are:

- Monday 9th December
- Wednesday 11th December
- Thursday 12th December
- Friday 13th December
- Monday 16th December

COLOUR FUN RUN

To launch our Fundraising campaign to raise \$25,000 for our new Playground Equipment, the whole school will take part in a **Colour Fun Run on Thursday 5th December, 2019, 2.30 – 3.30 p.m. at school.**



The Grade 3 – 6 course will be around the school block and the Prep -2 will run around the astro turf and basketball court area. At the end of the course the children will have colour Holi powder thrown at them. (This product is made from non- toxic, water soluble corn starch.)

For further details on the Holi powder, please refer to –
<https://holipowder.com.au/collections/holi-powder>

Children are to wear casual clothes to school on this day. It is best to wear older clothing and white/light coloured clothing works best to contrast the bright colours. Children are also advised to wear sunglasses/goggles for the run. The cost to enter the Colour Fun Run is **\$5.00 per child.**

On the day we will require parents to help supervise the fun run.
Permission forms will be sent home next week.

PARENT HELPER AFTERNOON TEA – THURSDAY DECEMBER 5TH 1.45PM – 2.25PM

Parents make a big difference!

As a school, we are extremely thankful for the positive family engagement that continues to occur each year. Our school benefits significantly from the message it sends to our children about the value of education.

People contribute in many different ways – all so vital, and no activity more important than the other. It all adds to the rich fabric of the school. Please come along and let us say thank you for being involved and being passionate about education. There will be an afternoon tea in the multipurpose room immediately before the Colour Run fundraiser on Thursday, December 5th at 1.45pm. Everyone is welcome.



CONGRATULATIONS FOR BUSHLAND DREAMING PROJECT

The Strathfieldsaye and Districts Community Enterprise committee wishes to congratulate Quarry Hill Primary School and 'Friends of Bushland' on completing the latest stages of the 'Bushland Dreaming' project. The SDCE was delighted to be able to contribute a \$5000 community grant towards various aspects of the project. Each year SDCE provides grants to not-for-profit organisations located in its catchment area which includes Quarry Hill.

The enterprise is looking forward to the Grand Opening this Friday at 10 am. SDCE Directors will attend the official opening and will be available to answer any questions you may have about the group and its grants process. Grant money is generated by Bendigo Bank customers who nominate Strathfieldsaye and Districts Community Enterprise committee as their preferred location for bank profits to be directed each financial year. This comes at no cost to account holders.

You can also find out more about the enterprise and the community grants program here
<https://www.strathfieldsaye.com.au/>

CHINESE CULTURAL DAY

A full Chinese Cultural Day has been planned for Tuesday 3rd December. Dress up in clothes related to Chinese culture. There will be an assembly at 12.20 to show the fashion parade. Activities include dumpling making, chopstick challenge, painting cherry blossom, creating Chinese names and trying popular Chinese games. Parents and friends are welcome to join the sessions & are encouraged to come for assembly.

SCHOLASTIC BOOK CLUB

Issue 8 of Scholastic Book Club is due Friday 29th November. 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.

Thanks, Jane.

ENERGY BREAKTHROUGH 2019

Next Thursday our EB team will be competing in the 2019 Energy Breakthrough.

The team has continued to train hard & are now prepared to participate.

Thank you to our fantastic sponsors:

McDonalds Bendigo

Fawcett O'Toole Builders

Bendigo Glazing & Caulking.



We wish the team the best of luck.

Ross Turner

Physical Education

STUDENT ACHIEVEMENT AWARDS

KIND

Eva T (Room 2)

for always being kind and caring to others by including everyone.

Keara R (Room 12A)

for showing respect and kindness to our school environment.



CURIOS

Annabelle C (Room 15A)

for her exploration into slime and using this knowledge to create a magazine.

Walt G (Room 14A)

for making a huge improvement with the neatness of his handwriting.

Sienna N (Room 9)

for being a positive learner during writing and trying her best to sound her words.



Reid S (Room 7)

for his wonderful Home Reading, reaching 200 nights.

Paddy EM (Room 14B)

for having a persistent approach to all learning tasks!

Ailis O (Room 9)

for being a creative and carefully detailed learner with her wiring and illustrations.

Tory P (Room 10A)

for setting himself goals and working hard to achieve them!

Ruby G (Room 2)

for working hard to level up her sentences during writing.

Blair R (Room 4)

for being on task and working hard to learn about fractions.

BRAVE

Mary MW (Room 12B)

for continually seeking feedback to improve on your learning in maths.

Laidie M (Room 5)

for being brave to use new and interesting vocabulary in her writing.



EARN AND LEARN RESOURCES

Thank you everyone who brought their Woolworth Earn and Learn stickers to school. We collected 35,344 stickers!

Yesterday the resources arrived and are being placed in classrooms. Some of the major items include: four electricity class sets, 1000 piece Lego vehicle set, sandpit equipment, magnetic tens frames for each Prep to Grade 2 class and fine motor development resources for each Prep class.

A small selection of the resources.



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WANTED

We are in need of some large ice-cream containers. If you have any spare containers to donate, please bring them to the office. Thank you for your help.



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

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 let the office know. 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.

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insights



Why validation is the best parenting skill of all

by Michael Grose

At a time when the mental health and wellbeing of children and teenagers is firmly in the spotlight, validation is an essential parenting skill.

When a child or teen comes to you when they are struggling emotionally, they want you to understand their dilemma. They don't want to be dismissed or told to 'get over it'. They generally want someone to acknowledge that their concern is real with comments such as:

"I see you're worried about going to camp. I can understand that. "

"Thanks for telling about the scary monsters in your bedroom. Let's see what we can do about them."

"I'd be afraid too if I was left alone on my own for that long."

Validation of a child's struggles helps them

Validating a child's struggles helps in a number of ways. It works to:

Build deep connection

Relationships built at the time of vulnerability go deep and are hard to break.

Promote a child's wellbeing

Validation helps kids feel safe, which is what 'worry warts' and anxious kids want. Lack of understanding rather than fear itself often impacts negatively on a child's happiness.

Overcome disappointment and build resilience

Validation encourages kids to give voice to their concern or disappointment and either takes steps to rectify it or move on.

Develop emotional intelligence

Parental validation models emotional intelligence for children and teens. It requires you to identify the emotions that may be behind their language or behaviour.

Encourage empathy

Validation requires you to stop, listen and get on the same wavelength as your child.

Four steps to validating your child's emotions

Follow these steps when your child comes to you with their worries or concerns to make sure they feel understood.

Attend

Stop what you are doing and give your child full attention.

Observe

Listen with your eyes as well as your ears.

Reflect back their worries

Get down to their eye level if necessary, saying something like, "I see you're really concerned about this."

Touch

If appropriate, gently touch their shoulder or give them a hug when you speak to them. This will help them feel safe and comforted.

There's no better feeling for a child or teen who is struggling than knowing someone they value truly understands them.



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

parentingideas.com.au/schools

FREE COMMUNITY EVENT
Eaglehawk Children's Festival
Friday 15th November 2019

BBQ
Sausages, Veggie Burgers, Corned Beef, Hot Dogs & Drinks \$2 each
Water provided
Bring your chair or picnic rug!

Activities:
• Inflatables
• Mobile Play Zone
• Face Painting
• Animals 2 U
• Native Animal Display
• Story Time
• Live Entertainment
• Horse Painting
• Lots more FUN FREE kids activities

November 15, 2019
3.30pm - 6.30pm
Canterbury Park
(Parking in Napper or Dandenong Street)
For more information contact Eaglehawk Community Centre on 0400 123 456

Womajeka Simu Welcome
مرحباً بكم
بسم الله الرحمن الرحيم

BENDIGO BASEBALL ASSOCIATION INC.
PLAYERS NEEDED FOR 2020
BENDIGO BASEBALL

STARTING MARCH 2020

- TBALL
- UNDER 12's
- UNDER 14's

15 WEEK COMPETITION

For more information please don't hesitate to contact us

bendigojuniorbaseball@hotmail.com