



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday November 27th 2019
Newsletter No. 28

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		
Friday 29 th	9.00am 9.00am	Red & White Casual Clothes Day-Gold coin donation Book Club Closes
DECEMBER		
Tuesday 3 rd	9.00am-3.30pm	Chinese Cultural Day-Dress Up
Wednesday 4 th	9.00am	Pizza Lunch order forms due
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
Thursday 12 th	4.00pm-5.30pm 6.00pm-7.30pm	School Disco-Junior Senior
Friday 13 th	3.00pm	Assembly-End of Year Awards Presented
Wednesday 18 th	5.30pm 6.45pm	Gr 6 Graduation at Bendigo Club – Students drop off Parent and Guest arrival
Friday 20 th	1.00pm 1.30pm	Assembly End of Term 4-Early Finish

REMINDERS:

Red & White Casual Clothes Day: This Friday, 29th November, gold coin donation.

Chinese Cultural Day: This Tuesday, 3rd December. Dress in clothes relating to Chinese culture. Assembly at 12.20pm.

PFA Pizza Lunch: Order Forms due Wednesday 4th December at 9.00am.

Colour Fun Run: Thursday 5th December 2.30pm-3.30pm. Please return note with \$5.00 payment.

2020 Booklists: Please complete your 2020 Booklist and return it to the office before Friday, 6th December. Alternatively, you can complete it online at www.jiofficeproducts.com.au School ID: QH535.

Swimming Program: Starts Monday 9th December. Please return all notes with payment to the office.

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
Email: quarry.hill.ps@edumail.vic.gov.au
Website: www.quarryhillps.vic.edu.au
Phone: 03 5443 3537

~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



Dear Parents and Carers,

BUSHLAND DREAMING LAUNCH – OUR VALUES IN ACTION

A big, big thank you to everyone who has contributed in any way to the success of our wonderful Bushland space.



The Bushland has always been a big part of the school with significant work being done over the years by a number of passionate past and present parents, teachers and students. The goal has been to create a space that promotes creative, imaginative play. This was, in part, in response to the state government's investigation in 2007 into playground spaces in Victoria where they found that young children need exposure to natural environments to appreciate complex variations of texture, sound, light, smell, colour and temperature.

Fast forward to 2018, when the *Friends of Bushland* group was formed. This group of enthusiastic parents, teachers, students and community members, ably led by Ian McBurney, brainstormed ideas to make the space more meaningful and vibrant whilst still keeping it child friendly and fun. Collaboration began between the Dja Dja Wurrung Corporation and the school that saw us form a partnership for a project. It quickly became clear that we would benefit from connecting with, and learning more from, the traditional owners of the land.

After a number of discussions, it was decided that we would like to use part of the bushland space to give our students and the wider community the opportunity to better understand how our local Aboriginal People lived and cared for our local environment.

We learnt that the Dja Dja Wurrung and other local Aboriginal clans had a different approach to measuring the rhythms of the Australian landscapes. Depending on location, the number of seasons varied, and the transition from one season to the next was marked by natural events such as the appearance of certain birds, the flowering of different plants and other natural phenomena.

The Dja Dja Wurrung recognised six seasons, acknowledging Early Winter, Deep Winter, Pre-Spring, True Spring, High Summer and Late Summer.

This was something that the group felt the school could replicate through the planting of indigenous plants and the creation of seasonal garden beds.

The 'Bushland Dreaming' vision started to form.

A grant for this project was accessed through Strathfieldsaye and Districts Community Enterprises. The generous grant and other school fundraising allowed us to employ the very talented Dja Dja Wurrung local artist, Natasha Carter to work with our staff and students to paint a mural depicting the birds, plants and animals associated with the six seasons.

It also allowed us to create the six seasonal beds, a Welcome Gateway, interpretative signage, and a very impressive dry river bed! We were also fortunate to be able to purchase two wonderful wooden carvings created by the amazing local sculptor Linton Torr.



When Bendigo & Strathdale Rotary Club heard about the project, they quickly came on board and donated a sizable monetary contribution to assist with the purchase of the plants and trees. Their generosity meant that our indigenous plant selection could be closely matched to the conditions of each season.

A lot of hard work by a lot of enthusiastic people has resulted in a very beautiful space of which we are incredibly proud. I am conscious that if I try to thank people individually I will leave someone out! Thanks does not seem enough, but I truly mean it when I say that the school is so, so grateful to everyone that contributed to this project. Thank you!



We are hopeful that the Bendigo Advertiser will be running this article in Saturday's paper.



UPDATING CONTACT DETAILS

Thank you so much to all families for your timely response to our calls last Thursday when the school lost power. The Code Red day certainly lived up to expectations. We really do appreciate the support we received from everyone. It is probably a perfect time to ask families to update any changes to personal contact details. If you have changed your phone number, business number, email address etc. in recent times, please call the office to update our records. Thanks in advance for this. I am incredibly proud of the way all students managed under very trying conditions.

RED & WHITE CASUAL CLOTHES DAY TO RAISE MONEY FOR THE FIRE AFFECTED AREAS OF AUS – FRIDAY, NOVEMBER 29TH

Breakfast presenter, Tim, from the local radio station, Hit91.9 Bendigo, made contact with our school last Friday after we were nominated on air by some of our students to be involved in a fundraising project that the station is currently promoting. They want to organise Central Victoria's biggest ever casual clothes day to raise money for the bush fire affected areas of Australia. The date for this day is this **Friday, November 29th**. We decided to approach our Junior School Council to gauge their interest and see if they would be keen to be involved. They were really excited to be able to support this wonderful initiative. They have decided to promote it as a 'Red and White Day' in recognition of the colours of the CFA. This day will be a gold coin donation to be out of uniform. If possible, we encourage students to contribute from their own pocket money for this very worthwhile cause. So many people are hugely affected by the devastation of the recent fires.



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.

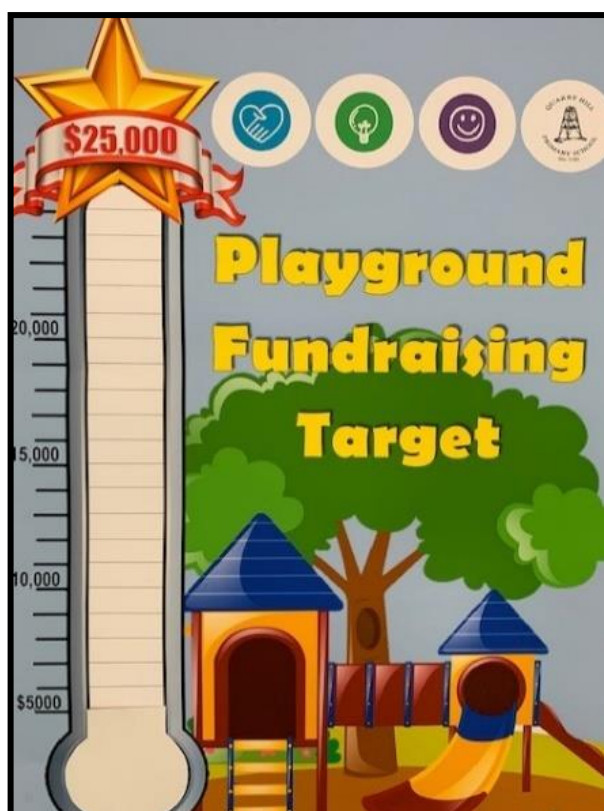
As you would probably appreciate, playground equipment is very expensive to purchase. It is also expensive to install and have the surrounding area prepared to a safe standard. Our target is to raise \$25,000.00 for this project.

To kick off our fundraising, we are holding a Colour Run on Thursday December 5th at 2.00pm. Further details about this event follow in the newsletter.

WELCOME BACK PICNIC AND EXPO 2020

For future planning, the Welcome Back Picnic & Expo for 2020, will be held on Thursday, February 27th.

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BUSHLAND TREASURES FROM ROOM 6

As a nod to the Bushland Dreaming launch, Ms Tzaros' grade 1 and 2 students painted some small stones which they hid in the bushland area on the Friday morning of the Bushland launch. The idea behind this was that when the stones were found they could be hidden again in the bushland area by the person that found them. The class talked about the fact that their stones may be irresistible and end up being taken, but they were happy to see if their treasures would continue to be found and hidden again and again for many weeks to come. So if you find a beautiful coloured stone in Bushland, pick it up, admire it, and then hide it again for someone else to find and enjoy. What a lovely idea Grade 1/2!



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.



A DATE FOR YOUR DIARIES – SCHOOL DISCO THURSDAY DECEMBER 12TH

The much anticipated School Disco is scheduled for Thursday December 12th. Two sessions will be held, with the Prep to Grade 2 time commencing at **4.00pm** and finishing at **5.30pm** and the Grade 3 to Grade 6 session commencing at **6.00pm** and finishing at **7.30pm**.

A reminder to all parents that this is a pre-paid event. The cost is \$5.00 per student and the wristbands can be purchased at the office.

Please note, all students are to be dropped off & picked up by a parent/carer at the junior astro turf after their session time. Students are not allowed to walk home unattended.

RAFFLE FOR TEAM CHINA – 2 XBOX ONES, \$100.00 EB GAMES VOUCHER AND A MIXED TOY HAMPER TO BE WON!

How amazing would it be to win one of 2 Xbox One gaming consoles, a \$100.00 EB Games voucher or a mixed toy hamper in time for Christmas?

For those like me that are not in the know, the Xbox One is an eighth-generation home video game console developed by Microsoft. Microsoft marketed the device as an "all-in-one entertainment system", hence the name 'Xbox One'. It sounds amazing!

First prize for this raffle is 1 Xbox One gaming console **plus** a \$100.00 EB Games voucher

Second prize is 1 Xbox One gaming console

Third prize is a mixed toy hamper

Tickets are **\$1.00 each** – or **6 for \$5.00** and are available from the office. The raffle will be drawn at the final assembly for the year on Friday, December 20th.

You have to be in it to win it!



END OF TERM – DATE FOR YOUR DIARIES

Just a reminder that school finishes on Friday December 20th at the earlier time of 1.30pm.

Have a great week.

Jo Menzel
Principal

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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 tomorrow, Thursday 28th November with \$55.00 payment.

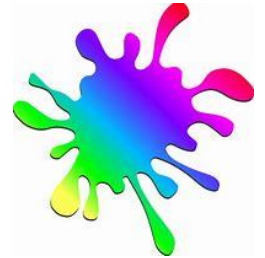
Swimming dates are:

- 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, 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.

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.

CHINESE CULTURAL DAY

Mandarin Chinese has been the LOTE program at Quarry Hill Primary School since 2015. We are excited to invite you to come and join our first **Chinese Cultural Day on Tuesday, 3rd December from 9.00am to 3.30pm.** The day will see our students work in multi-aged groups participating in several activities such as making and tasting dumplings, running in chopstick relays, creating Chinese names and painting cherry blossoms just to name a few. Please dress up your child/children in clothes relating to Chinese culture.

A school assembly will be held at 12.20pm to showcase their costumes. Parents & friends are encouraged to come for assembly and feel free to join the activities.

Shengjie Chiu & Yuling Wu
Chinese Teachers

LIBRARY NEWS

There will be no more borrowing available from **the 6th of December.** Students have many overdue library books from throughout the year. We ask if you could please have a thorough look for them in your homes.

All books will be **due back by Friday the 13th of December** so that the library is able to be cleaned in preparation for 2020.

Cheers

Sonia Rodgers

SCHOLASTIC BOOK CLUB

Issue 8 of Scholastic Book Club is due this **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.

SCHOOL COUNCIL UPDATE

On Monday, School Council met for the November meeting. A lot has happened since September!

As well as discussing budgets, fundraising and new policies, we spent time discussing many community involvements. Thanks to Alicia, Grant and the PFA team for the work put in to the Movie Night, a great way to bring our community together. A big thankyou to Ian McBurney, the Bushland team, and every person who put in 5 minutes or 5 hours to contribute towards the Bushland project – the launch last week was an amazing achievement and something Quarry Hill Primary can be very proud of. We also looked at some of the raw data from the Community Consultations held earlier in the year, and look forward to being able to share some of the learnings that acknowledge the great work we already do, and those that will help QHPS be even better.

If you have any questions about School Council, our roles, or the meetings themselves, please contact the office, or Joan O'Brien, SC President, on 0414 707 248

STUDENT ACHIEVEMENT AWARDS

KIND

Emmet P (Room 15B) for always showing respect to peers and teachers.

CURIOS

Lacey E (Room 5) for working hard on her writing goal and being a reflective learner.

Charlie L (Room 4) for displaying passion for all maths tasks.

Jordan W (Room 14A) for working especially hard in writing and completing his persuasive piece!

Sienna N (Room 9) for exploring during Maths 'position and location' learning and following and describing her map.

BRAVE

Lenny R (Room 7) for confidently holding the biggest snake I've ever seen at our Wildlife incursion.

Lily M (Room 15B) for always setting high expectations for everything she does in the classroom.
Harry C (Room 12B) for demonstrating greater independence during your author study task. Well done Harry!



Kind



Curious



Brave



ENERGY BREAKTHROUGH 2019

Last week on Thursday 21st – Saturday, 23rd November, the Energy Breakthrough Team headed off to Maryborough for the biggest race on The Human Powered Vehicle calendar. After the code red day Thursday, our team arrived early Friday morning to complete the presentation, design and construction and scrutineering of the vehicle. The students all showed our school value of brave, talking to judges and sharing with them the fantastic attributes about our school.

The race began at 12:00pm and the team made up 30 places in the first leg of the day which finished at 8:00pm that night. The race restarted at 6:00am Saturday morning and concluded at approximately midday. It was a huge effort made by all our riders and a huge effort put in by family members. Congratulations to all the students who participated in Energy Breakthrough this year, you showed resilience, stamina but most of all team spirit. We couldn't be prouder of you! Thank you to all our families for supporting us this year and helping at Maryborough. We couldn't do it without you. Finally, a big thankyou to the businesses who have chosen to sponsor our team this year, your support is greatly appreciated.



Thank you once again to our fantastic sponsors:

McDonalds Bendigo
Fawcett O'Toole Builders
Bendigo Glazing & Caulking.



P.F.A News

The Last PFA Meeting will be on Thursday, 5th December at the Boundary Hotel. Arrive 6.15pm for a 6.30pm start.

QHPS DISCO

Thursday, 12th December

**Junior disco
Senior disco**

**Prep-Grade 2
Grades 3-6**

**Starting 4.00pm-5.30pm
Starting 6.00pm-7.30pm**

Cost \$5.00



The PFA is excited that the disco is coming up!

The cost includes entry, one Zooper Dooper, one drink (juice box for juniors, soft drink for seniors) and one sausage.

All disco payments to be made to the office prior to December 12th at 3.00pm. Entry wristbands will be given out to paid students upon arrival to disco.

Extra sausages will be available to purchase on the night for \$2.00 each for those who are extra hungry!

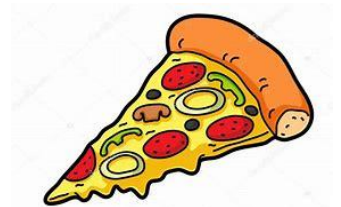
A DJ and light show will turn the multipurpose room into our very own dance floor for the evening. All students must be dropped off and picked up from the astro turf in front of the multipurpose room. No pass outs will be given.

This is a great night for the kids and we need parent help to make it happen! Please put your name on the roster outside Room 5 if you can help to supervise, man the BBQ or serve food and drinks.

Thank you for your help!
PFA

PFA PIZZA DAY

**Friday, 6th December
\$2.00 a slice**



PFA are holding our final pizza lunch day for 2019 on Friday, 6th December. Order forms have gone home today. All orders must be returned to the office by 9.00am on Wednesday 4th December, no late orders can be accepted. Pizzas are from Eagle Pizzas in Kennington once again and the varieties available are:

- Cheese lovers
- Hawaiian
- Aussie
- BBQ Meat Lovers.

They are \$2.00 a slice. All funds raised from this will go towards the new playground.

We need volunteers to help serve the pizzas on Friday 6th December.

If you are available to help at 10.40am until 11.20am, please write your name on the roster outside Room 5.

Thank you
Kasslea Shaw

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.



HOW TO BRUSH YOUR TEETH



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

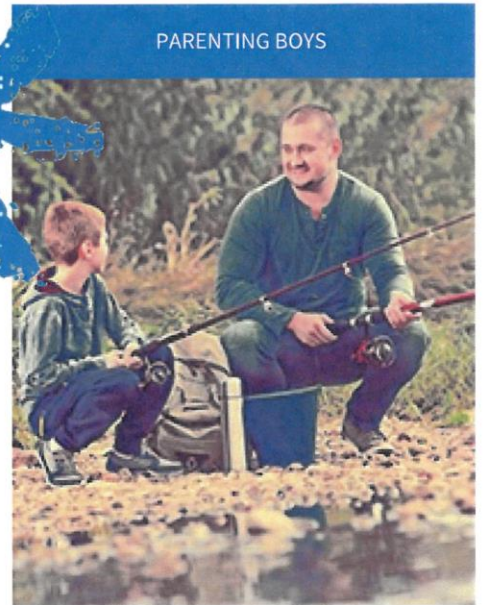
BENDIGO HEALTH Level 7 East Wing, 100 Barnard Street, Anne Caudle Campus
Phone: 5454 7994



insights

Spending time with kids: How much is enough?

by Dr Jodi Richardson



The need to spend time with their parents differs for different kids. For some, there's no end to the time they'd spend with you. However, other kids feel differently. There's no right answer.

I'm fortunate to have the flexibility that allows me to spend a great deal of time with my children. However, my nine year old daughter wants to spend more time with me. My eleven year old son, on the other hand, is content either way.

Australia ranks first

According to a recent study Australian parents rank number one among OECD countries (including most of Europe, North America, the UK and Finland) when it comes to spending time with their kids. The lion's share of this time is still invested by mums, but Australian dads are ahead of those from many other countries, averaging around 70 minutes a day with their children.

The source of misplaced parental guilt

According to research published in the Journal of Marriage and Family, not spending enough time with children is the biggest source of parental guilt in Australia.

The researchers also found that it's quality, not quantity of time children spend with parents that's important for their emotional wellbeing, achievement and behaviour for kids aged 3-11 years. The researchers concluded that volume of time doesn't matter. It's much more important how time is spent with your children when you are together. This in no way advocates for absentee parenting. It's about making the most of the family time you have and reducing feelings of stress for you if you can't be around as much as you'd like to be.

Here are some ideas to help make sure you optimise the time you spend with your kids:

- Create a tradition of one-on-one time with each of your kids around an activity that you both enjoy, such as a cafe catch up over a milkshake, shooting hoops or playing a favourite board game
- Read regularly to each other, as these are special times of connection, especially in bed at night
- Eat meals together as a family so you can all catch up and connect – this is worth its weight in gold when it comes to quality time
- Pay attention to your children, watching for cues that they're in need of extra time with you
- Adolescents benefit from spending extra time with their parents. Through interactions with their parents

We're a Parenting Ideas school

parentingideas.com.au/schools

teenagers can learn to make better decisions about their health, improve their academic achievement and experience better wellbeing

- Take an interest in their interests. Connect with your children through the activities that they value such as music, sport or games, even if they aren't hobbies you don't normally enjoy. Your kids will appreciate you making the effort and will respond accordingly
- Be present when you're with your kids. Research shows our minds can wander up to 47% of the time when we are with our loved ones. If you're present with our kids, you won't miss out on nearly half of that precious time.

Be mindful of the importance of unstructured time for kids. That is, time they spend playing alone or with siblings and friends. Play is essential for our kids' wellbeing and development. Play changes as our kids grow up but as long as whatever they're doing is child-led, it's play. This is the time to leave them to it.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au