



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday February 19<sup>th</sup> 2020  
Newsletter No. 2

## Our Vision:

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

## 2020 TERM DATES

Term 1 January 29 – March 27  
Term 2 April 14 – June 26  
Term 3 July 13 – September 18  
Term 4 October 5 – December 18

**Principal:** Jo Menzel

**School Council President:** Joan O'Brien

**PFA President:** Renee Selkrig

**PFA Vice President:** Kasslea Shaw

## IMPORTANT DATES

	Time	Details
<b>FEBRUARY</b>		
Wednesday 19 <sup>th</sup>	2.45pm	Dogs Connect Prog.-Cuppa & Chat-Staffroom
Friday 21 <sup>st</sup>	3.00pm	Assembly-Margaret O'Rourke Badge Presentations
Thursday 27 <sup>th</sup>	5.00pm-6.00pm 5.30pm-7.00pm	QHPS Expo Welcome Back Picnic
Friday 28 <sup>th</sup>	9.00am 3.10pm 4.00pm	School Census Day Assembly-Expo Passport Raffle Drawn School Council Nominations Due
<b>MARCH</b>		
Monday 2 <sup>nd</sup>	9.00am	Prep First Full Week of School
Wednesday 4 <sup>th</sup>	Various	The Playground Craze Incursion
Friday 6 <sup>th</sup>	All Day	Curriculum Day-No School
Monday 9 <sup>th</sup>	All Day	Labour Day Public Holiday-No School
Monday 16 <sup>th</sup>	5.45pm	School Council Annual General Meeting
Wednesday 18 <sup>th</sup>	11.30-2.00pm	The Gruffalo's Child-Gr 2 - Ulumbarra Theatre
Friday 20 <sup>th</sup>	9.00am	Next PFA Meeting- Multipurpose Room
Wednesday 25 <sup>th</sup>	9.00-11.30am 12.00-2.00pm	QHPS Cross Country-Ken Wust Oval-Gr 3-6 Gr Prep-2
Friday 27 <sup>th</sup>	2.00pm 2.30pm	Assembly Last Day of Term 1-Early Finish

## Reminders:

### ASSEMBLY FRIDAY, FEBRUARY 21<sup>ST</sup> AT 3.00PM

**Badge Presentation by Margaret O'Rourke:** Junior School Council, Library Leaders, Environmental Leaders & Kids Matter

### WELCOME BACK PICNIC & EXPO: Thursday, February 27<sup>th</sup>

- Expo-5.00pm-6.00pm    Quadrangle
- Picnic 5.30pm-7.00pm    The Bushland

**THE GRUFFALO'S CHILD EXCURSION:** Wednesday, March 18<sup>th</sup> 11.30am-2.00pm. Grade 2 only. Please return all notes and payment.

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



Kind



Curious



Brave

Dear Parents and Carers,

### EXCITING NEWS RE OUR YELLOW PLAYGROUND AREA!

At last Friday's assembly, as well as presenting leadership badges to our student leaders, Jacinta Allan announced that Quarry Hill Primary School is going to receive a \$190,000 government grant for the purpose of a new playground space! It was such a fantastic surprise and one that was totally unexpected - but so very much appreciated. This monetary amount means that we will hopefully be able to install quality equipment and appropriate safety features as well. I am not sure what conditions will be put in place around the spending of the money, but will share this with the community as soon as I have that information. It will be fantastic to make that area into an attractive and exciting play space. (With her permission, I did give her a big hug!)



### GIRLS IN STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS)



Curious



Brave

Last Tuesday, our two Girls in STEM leaders, Mietta and Willow, attended their first session at the Science and Discovery Centre. It was fitting that this session coincided with the International Day of Women and Girls in Science.

At present, less than 30 per cent of researchers worldwide are women. According to UNESCO data (2014 - 2016), only around 30 per cent of all female students select STEM-related fields in higher education. Globally, female students' enrolment is particularly low in ICT (3 per cent), natural science, mathematics and statistics (5 per cent) and in engineering, manufacturing and construction (8 per cent).

When promoting the International Day of Women and Girls in Science, the UN Secretary-General, Antonio Guterres is quoted as saying, "To rise to the challenges of the 21st century, we need to harness our full potential. That requires dismantling gender stereotypes. On this International Day of Women and Girls in Science, let's pledge to end the gender imbalance in science."

The girls met with a number of other girls from local primary schools and had the opportunity to do a variety of activities that included making slime, playing with stick insects and setting corn flour on fire! Yes, corn flour is flammable – but it will only ignite if it is dispersed in air. It was fascinating to watch.



### KITCHEN GARDEN

Our Kitchen Garden program began last week with the first group of Grade 5/6s participating in preparing and cooking a three course meal. Cucumber Gazpacho, Vegetable Frittata and Fruit Salad was on the menu. Everyone was expected to try the food, which they all did – with a number actually enjoying something new. It was certainly interesting to watch the expressions on all of the faces! It was fantastic to see everyone actively engaged. Groups also planted herbs into our wicking beds and also created their own placemats. A wonderful start to the 2020 program. A big thank you to Amanda Dole and Renee Selkrig for overseeing the menu and food preparation.



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Website: [www.quarryhillps.vic.edu.au](http://www.quarryhillps.vic.edu.au)  
Phone: 5443 3537

## INFORMATION SESSION - OUR SCHOOL DOG, FERDI



A reminder that we will be holding an afternoon cuppa and chat with Grant Shannon, the founder of the Dogs Connect Program this afternoon. All parents who have questions or would like to discuss the program are encouraged to come along at **2.45pm**. This session will be held in the staffroom. At **3.15pm** Grant will hold a student information session that parents are also welcome to attend.



Signs have gone up at the main entry points of the school asking people to refrain from bringing dogs onto the school grounds. We are more than happy for families to continue to walk to school with their dogs, but we ask that you wait outside of the school grounds and have your child/children meet you there. Ferdi is training as a working dog and he is only beginning his journey! Thank you for your understanding and cooperation.



## PARENTS AND FRIENDS ASSOCIATION (PFA)

The PFA held their Annual General Meeting on Monday. It was fantastic to hear the report given by President, Renee Selkrig about the wonderful achievements in 2019. The PFA focused on providing a balance of community events and fundraising events throughout the year. The introduction of the Film Night was noted as one highlight. Treasurer, Karen O'Toole presented a healthy financial report for 2019 with money raised during the latter part of the year being earmarked towards the purchase of new playground equipment.

A new Executive Committee was sworn in for 2020, and is as follows: Renee Selkrig (President), Kasslea Shaw (Vice President) and Lisa McDermid (Secretary). The role of Treasurer is still to be filled. I would like to congratulate all new office bearers and say a big thank you for volunteering your time and expertise.

## EXPO AND WELCOME BACK PICNIC – THURSDAY FEBRUARY 27<sup>TH</sup>

A reminder that we are holding our very first **Information Expo** just prior to our Welcome Back Picnic on Thursday February 27<sup>th</sup>.

The expo will be set up in the quadrangle and will run from **5.00pm** through until **6.00pm**.

Fourteen stalls will be operating on the night that provide extra information about: School Council, PFA, Camps and Excursions, Compass and Administration, Student Wellbeing, Literacy, Numeracy, The Arts (including School Production), Community Voice, Community Skills/Interests Database, Kitchen Garden Program, Assessment and Reporting, Student Leadership, Intervention, Cultural Awareness and LOTE (Chinese).

An *Expo Passport* will be available on the night to help parents navigate the stalls. There will be an opportunity for families to enter a raffle by participating in the event. The raffle will be drawn at the assembly the next day (Friday, February 28<sup>th</sup>).

The **Welcome Back Picnic** will start at the cross over time of **5.30pm** through until **7.00pm**. This will be held down in Bushland. The Parents and Friends Association (PFA) will be running their very first fundraiser for the year by offering families the opportunity to order pizza for their evening meal. Information about this can be found further in the newsletter. If families do not wish to order pizza, you are asked to bring along your own basket tea. This event is a fabulous way to meet new families and reconnect with friends. It is also an opportunity for families to experience the ambience of the redesigned Bushland space. We hope that we have lots of our families attend both of these events.



## CURRICULUM DAY (PUPIL FREE DAY) – FRIDAY MARCH 6<sup>TH</sup> 2020

School Council has approved a Curriculum Day on Friday March 6<sup>th</sup> 2020. This day will be used by staff to work on Performance and Development Goals, as well as the development of Individual Learning Plans.

This will be a pupil free day. Please note, this day is the Friday of the Labour Day long weekend in March. This means that the children will have the Friday as well as Monday, March 9<sup>th</sup> off school.

## **LABOUR DAY LONG WEEKEND – HOLIDAY**

As mentioned above, Monday March 9<sup>th</sup> is a public holiday. No children are required at school.

## **SCHOOL CENSUS DAY**

Friday February 28<sup>th</sup> is School Census Day. If your child is absent on this day it is very important that we are provided with a note explaining the absence. Our budget is determined by the number of children who attend on Census Day and enrolment numbers and information will be subject to audit. We thank you in anticipation for your cooperation with this matter.

## **PREP REST DAYS IN FEBRUARY**

Parents of Prep children are reminded that for the month of February Prep children do not attend school on a Wednesday.

## **SCHOOL COUNCIL ELECTIONS – WE'D LOVE YOU TO BE INVOLVED!**

The Annual General Meeting for Quarry Hill Primary School Council will be held on **Monday March 16<sup>th</sup> 2020 at 5.45pm**. This meeting will precede the Annual Reporting Meeting, when the School's Annual Report will be presented.



Kind



Curious



Brave

There are four parent vacancies, a community member and two DET vacancy by rotation for a two year term, and any interested parents are urged to nominate for School Council.

The whole school benefits from a variety and diversity of opinion on Council, and the value of fresh ideas and enthusiasm should not be underestimated.

The current School Council is as follows:

### **Retiring this election (2020)**

#### **Parent Members**

Carleen Egan, Justin Clark, Michelle Grose, Scott Langan

#### **DET Members**

Narelle Jones & Anne Rochford

### **Retiring next election (2021)**

#### **Parent Members**

Joan O'Brien, Jessica Ireland-Smith, Elia Andrews

#### **DET Members**

Sam McCloud

Retiring councillors, who meet eligibility criteria, are welcome to nominate for further tenure on School Council. Nomination forms are available from the office. Nominations are to be lodged at school by 4:00pm on Friday February 28<sup>th</sup> 2020. A ballot (if required) will be held on Wednesday March 4<sup>th</sup> 2020.

Have a great week.

Jo Menzel

Principal

## **SCHOOL COUNCIL UPDATE**

School Council held their first meeting for the year on Monday night. As well as endorsing the 2019 financial documents, we also approved some of the policies that are renewed each year, including Parent Payment policy. The office team do a great job of providing payment plans for families, please contact the office staff if you feel this would benefit your family.

We have a number of vacancies for next month's AGM and would welcome any parents interested to talk to us further at the Expo.

Joan OBrien

SC President

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## THE PLAYGROUND CRAZE

On Wednesday, 4<sup>th</sup> March the Playground Craze will be visiting Quarry Hill PS. It involves cool pop music, and a live in-school performance that engages students with important social-emotional skills, covering topics such as confidence, resilience, kindness, persistence, friendship and cooperation. The messages help students strengthen self-awareness and self-management of the personal and social skills encouraged in the curriculum. Students have already paid for this on their booklists.

Any questions, please see Rebekah Fry in Room 10A.

## GRADE 2 EXCURSION- THE GRUFFALO'S CHILD

On Wednesday 18<sup>th</sup> March from 11.30am-2.00pm, the Grade 2s will be attending 'The Gruffalo's Child' excursion at the Ulumbarra Theatre. This special excursion is an on stage performance & students will be travelling to and from the theatre by bus with Mr Shepherd & Miss Walker. Please return all permission notes and payment to your child's teacher or to the office.

## STUDENT ACHIEVEMENT AWARDS

### CURIOUS

Sienna M (Room 15A)	for asking herself lots of questions about Art during Genius Hour.
Evie R (Room 4)	for demonstrating great enthusiasm in all aspects of learning.
Max D (Room 15B)	for asking insightful questions.
Harry C (Room 10A)	for putting 100 percent into his learning. Well done!
Brae S (Room 14A)	for making an excellent start to grade 4, being an independent and conscientious student!

### BRAVE

Piper G (Room 2)	for always challenging herself to do her best writing.
Alice S (Room 5)	for successfully using her spelling space to work out unknown words.
Thomas N (Room 8)	for confidently composing a recount of a story he had read.
Luciana C (Room 6)	for a really confident start to Grade 2. Keep it up!
Lachlan K (Room 12B)	for sharing your hidden talents with the whole class!

## FREE PLAY KITCHEN

Sitting in the foyer next to room 4, is a play kitchen that is no longer needed and is free to a good home. If you are interested and would like it, please contact the office.

## SCHOOL UNIFORM SUPPLIER BENDIGO UNIFORMS PLUS ANNOUNCEMENT

We have been informed that our current uniform supplier will be closing their doors on the 29<sup>th</sup> February. We are currently in the process of arranging a new supplier who will take over from Bendigo Uniforms Plus once they have shut their doors. Our aim is to have the new supplier established and ready with uniforms on the closing day. We are just waiting for final documentation to be signed then we will be in a position to announce the new supplier. **Bendigo Uniform Plus are having a two for one sale!** Purchase one polo or jacket and receive one free! Bendigo Uniform Plus also has plenty of winter stock available for purchase before the store closure at the end of February 2020. Thank you for your understanding and hopefully the process will be seamless. If you have any questions please do not hesitate to contact the office.



## SAFE PARKING AROUND SCHOOLS

Parking Services from the City of Greater Bendigo have contacted our school and requested that the following information be conveyed to our school community.

The illegal parking of vehicles adjacent to our school poses a safety concern to children, pedestrians and other road users. Parents are reminded that it is essential to comply with parking restrictions when dropping off and collecting children from school.

Motorists must not stop in no stopping areas, even briefly, with or without the motor running. They must not stop next to a continuous yellow edge line, on nature strips, too close to school crossings, park over driveways or double park. A number of schools have short term restricted areas, such as 2 minute pick up drop off. These

parking areas are in place to allow for ease of access close to schools and these restrictions must be adhered to. Drivers should also be aware that they cannot perform a U-turn over an unbroken or continuous dividing line. With regard to children's crossings, the law requires that a driver approaching a children's crossing must drive at a speed at which the driver can, if necessary stop safely before the crossing. Please slow down and take extra care when driving in school zones.

City of Greater Bendigo Parking Officers and Bendigo Police do conduct random patrols throughout the school year at various locations to ensure that motorists are adhering to the Road Rules.

### **eSmart topic: Monitoring Children's Media Exposure**

During the holidays, many children may have been exposed to concerning content on news and social media, such as the recent bushfire coverage. Useful tips for parents include:

- Calmly ask children what they've heard about recent news events and find out the extent of their exposure.
- Keep in mind children may have seen content which was outdated, repetitious or untrue.
- Confirm with children what really happened, keeping your language simple, honest and age-appropriate.
- Ask children how the media content makes them feel, and talk to them about what fun or soothing activities you can all do to feel better.
- Set reasonable, age-appropriate limits on media exposure.
- Help children identify news sources which are accurate and respectful.
- If children are concerned about the news, draw their attention to stories of strong, resilient communities and people doing good things to help make the situation better. Talk with children about what steps you can all take to help, such as raising money, volunteering and writing 'thank you' messages to the fire-fighters.

Source: [eSmart.org.au/news/tips](https://www.esmart.org.au/news/tips)

### **HEAD LICE**

**Head lice are extremely contagious, and kids are the most susceptible this season...**

*Did you know that 95% of lice are transmitted through close contact?*

Head lice do not hop, jump or fly and can only be transmitted from one person to another by either close head to head contact through sharing of objects such as hats, clothing, ribbons, head bands or pillows.

*Head Lice Prevention is key!*

**7 Crucial Steps to Keep Your School  
Head Lice Free:**

1. Check hair regularly
2. Avoid sharing clothing: especially hats, ribbons, head bands and helmets
3. Discourage children from playing with each other's hair

4. Don't share brushes, combs, towels and pillows
5. Keep long hair plaited or firmly tied back to prevent contact from other kids
6. Use a pesticide free Head Lice Defence Spray.
7. If lice infestations does occur, apply a treatment product from a Rapid or Medicated range as directed.



## FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

### MORE INFORMATION

For more information about the CSEF visit  
[www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

If you applied for the CSEF at your child's school in 2019, you do not need to complete an application form in 2020 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools in 2020 or you did not apply in 2019.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020.

Check with the school office if you are unsure.





**Next Meeting: FRIDAY MARCH 20<sup>TH</sup>, 9.00am in the multipurpose room.**

#### **ANNUAL GENERAL MEETING (AGM)**

PFA would like to thank all members who attended this year's AGM. It was lovely to greet new members within the PFA and welcome them to our school community, we understand with personal commitments attending meetings can be hard and value each and everyone's time.

All Executive roles were declared vacant at the PFA AGM for 2020.

We have successfully filled executive roles. The appointed roles are as follows:

- President – **Renee Selkrig**
- Vice President - **Kasslea Shaw**
- Correspondence/Minutes Secretary - **Lisa McDermid**
- Treasurer - VACANT

The position of Treasurer remains vacant but we are positive it will be assigned quickly. If you have any interest or would like to know more about this role within the executive committee please don't hesitate to contact myself or Narelle in the office.

We thank all previous executive members of 2019 and congratulate all new executive members on their roles and look forward to another productive year.

#### **BUSHLAND WELCOME BACK PICNIC / EXPO**

This year the PFA will be offering a Pizza dinner at the Bushland Welcome Back Picnic. All pizzas will be supplied from Eagle Pizza and may be purchased via the order form sent home with students earlier this week. Pizza will be delivered to the school at 5:45pm. Please note, no special orders can be made in such circumstances so we encourage you to order your preferences within the selection provided. All monies raised from the Pizza Dinner will go towards our Playground.

The Second Hand Uniform Shop will be open for all to browse during the Bushland Picnic and will be located down near the ECO Shed.

Each year PFA provide FREE Icy poles for students attending Welcome Back Picnic, these will be available later in the evening so be sure to keep your eye out for a tasty dessert.

PFA will have a table at the expo and hope to chat with new and existing families. This is a chance to ask any questions or find out about some of the fabulous events held throughout the year. Please don't hesitate to come over just to say hello!

#### **EASTER RAFFLE**

Our well known Easter Raffle is approaching. Each year we place baskets in classrooms and kindly ask families to donate Easter Goodies to be collated into spectacular hampers and raffled off on the last day of Term 1 at a special assembly. If you are interested in more information on this event or would like to help in any way please don't be shy and get in contact with myself or another PFA member, we will be present at the EXPO and more than willing to answer any questions. Further information on this event will be available in the next newsletter.

#### **UNIFORM SHOP**

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.

Renee Selkrig

**PFA President 2020**





## Bendigo East Baseball Club

Are looking for players for Junior baseball teams

Open to boys and girls from 6 years and up.

Come & Try baseball on Wednesday nights 5 - 6pm

Training is held at the Ken Wust Oval, Quarry Hill.

Club Fees are only \$65 up to \$100 per player.

2020 Junior Bendigo Baseball competition commences in March.

Contact us via the website [www.bendigoeastbaseball.com](http://www.bendigoeastbaseball.com)

## SAVE THE DATE FAMILY DAY

WHEN: SUNDAY 23RD FEBRUARY

TIME: 12PM TO 3PM

VENUE: FAITH LEECH AQUATIC CENTRE,  
BARNARD STREET, BENDIGO

FREE  
ENTRY

WATER  
SLIDE

FREE  
BARBECUE

ALL NEW AND EXISTING PLAYERS AND THEIR FAMILIES WELCOME

SOUTH BENDIGO FOOTBALL AND NETBALL CLUB  
THE WHOLE OF FAMILY'S CLUB  
[WWW.SOUTHBENDIGOFCNC.COM.AU](http://WWW.SOUTHBENDIGOFCNC.COM.AU)



## End of Summer Kangaroo Flat MARKET

MARKET STALLS CAR-BOOT SALES GIANT GARAGE SALE TRASH & TREASURE SAUSAGE SIZZLE DEVONSHIRE TEAS LIVE MUSIC

© Kangaroo Flat Uniting Church, High St. (opposite ALDI)

on Saturday 29TH FEBRUARY from 8am – 1pm

Enquiries & Site bookings: Max 54431809 / [blume\\_m@bigpond.com](mailto:blume_m@bigpond.com)

5-7pm



Try an instrument  
at our demo tent!

## Summer IN THE Parks



Performances by:  
Marist Brass Band &  
Marist Academy of Brass

'Garden for the Future', White Hills

SUNDAY  
23  
FEBRUARY

Bring a rug  
and a picnic,  
and enjoy an  
evening of  
great music!



Find us on:  
facebook

Made with PosterMyWall.com

FREE EVENT

LODDON CAMPASPE  
MULTICULTURAL SERVICES PRESENTS:

## ZINDA FESTIVAL

SAT 14TH MARCH 2020  
4PM - 9PM ROSALIND PARK  
[ZINDA.ORG.AU](http://ZINDA.ORG.AU)

COME CELEBRATE - ALL WELCOME - REGIONAL VICTORIA'S MULTICULTURAL FESTIVAL - MUSIC, FOOD, ART & KIDS ACTIVITIES



### Quarry Hill Junior Football Club Inc.

PO Box 340 Bendigo VIC 3550  
[qhjclub@gmail.com](mailto:qhjclub@gmail.com)

Quarry Hill Junior Football Club  
Registration Day

We welcome both current and new players as well as their families to join our club for the 2020 Season Registration day. Both Boys and Girls Under 9's, 10's and 12's age groups are all welcome.

We invite you to come along and enjoy a

**\*\*FREE SAUSAGE SIZZLE\*\***

Friday 21<sup>st</sup> of February 2020  
4pm – 6pm  
Ken Wust Oval  
Houston Street Quarry Hill

Club Apparel available to order on the day also.

EFTPOS/Cash Facilities Available

For further enquiries please contact our:

President- Nektı Zouroutis 0412242321  
Or  
Secretary – Lauren Kilcullen on 0409 952 840

Quarry Hill Junior Football Club Inc.  
Email: [quarry.hill.ps@edumail.vic.gov.au](mailto:quarry.hill.ps@edumail.vic.gov.au)  
Website: [www.quarryhillps.vic.edu.au](http://www.quarryhillps.vic.edu.au)  
Phone: 5443 3537

## INSIGHTS

### Managing separation anxiety at school drop-offs



Going to school for most children is a positive experience however some children can struggle making the transition from their home environment to school. It's naturally distressing to see your child upset at school drop-off but there is a great deal you can do to make school drop-offs easier for you and your child.

#### Breaking the cycle of separation anxiety at school

A child's clinginess, crying or tantrums at school drop-off can be disturbing for you as a parent. Despite putting on a brave face, you can feel guilty that somehow you're the cause of this behaviour. Unless something traumatic has occurred then leaving your child at school is a normal part of life, something your child will get used to. The following strategies may help eradicate your child's tears and fears when you take them to school:

##### **Tell the story**

Prepare your child thoroughly each morning for what will happen when you leave your child at school. Repeat the story each morning before school so they can fully prepare for drop-off.

##### **It takes two**

Involve your child's teacher in the drop-off process as they will be the person who must deal with an upset child. In extreme examples, at the start of term or after a long absence, a later starting time may give your child a chance to say goodbye in more relaxed circumstances.

##### **Give me five**

Rituals are both personal and reassuring so develop a special goodbye ritual that you consistently use when you leave your child each morning. Your special ritual may be simple such as a special wave or kiss, or fun such as a high five, low five, fist pump bursting into a hand explosion. Then leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

##### **Reduce the rush**

Is your child a morning star or night owl? Many children are slow starters in the morning, which can mean that they're frequently rushed and arrive at school in highly anxious states. Do all you can to reduce morning stress, which may include earlier bed and waking times; laying out school clothes the previous evening and making minimal demands on their time.

##### **This is the place**



# parenting\*ideas

Location carries memory so choose carefully the place you say goodbye to your child. If a kiss or hug at the school-gate means a happy child, then you've probably found your goodbye place. Experiment with your goodbye location until you find one that works.

## It's your job

If goodbyes continue to cause tears, tantrums or clinginess consider, if possible, saying goodbye to your child at home and allowing another adult – your partner or another parent – to take your child to school.

## If separation anxiety continues

If your child's separation anxiety interferes with their concentration and learning, prevents them from making friends, is excessive and goes longer than a month, consider getting professional support. Separation anxiety left unchecked can lead to school refusal and other anxiety disorders later on.

For professional support consult with welfare teacher at your child's school, your local general practitioner or local council for suitable health care professionals in the area.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.