



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday March 18th 2020
Newsletter No. 4

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: Claire Flanagan-Smith

PFA President: Renee Selkrig

PFA Vice President: Kasslea Shaw

IMPORTANT DATES

	Time	Details
MARCH		
Friday 20 th	9.00am 12.00pm-2.00pm	Next PFA Meeting - Multipurpose Room Multi-aged Kindness Afternoon
Wednesday 25 th	9.00am	Pizza Lunch Orders Due
Thursday 26 th	3.30pm	Easter Raffle Tickets Due Back
Friday 27 th	9.00am 11.00am 2.30pm	Easter Raffle Drawn in Office Pizza Lunch Day Last Day of Term 1-Early Finish
APRIL		
Monday 13 th	All Day	Easter Monday Public Holiday
Tuesday 14 th	9.00am	First Day of Term 2

REMINDERS:

Due to The Department of Education's advice on Camps & Excursions, The Gruffalo's Child Excursion, GRIP Leadership Excursion & Cross Country have been cancelled.

~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

So refunds can take place, can you please supply your banking details by:

- **Phoning the school on 5443 3537**
- **Emailing direct to jones.narelle.s@edumail.vic.gov.au**
- **Sending your details in a sealed envelope "attention Narelle" to your classroom teacher**

Pizza order forms are due back no later than 9.00am Wednesday, March 25th.



Kind



Curious



Brave

Dear Parents and Carers,

STUDENT ENVIRONMENTAL LEADERSHIP PROGRAM (SELP)

Grade 5/6 students from 10B had an opportunity to participate in the Student Environmental Leadership Program (SELP) last Wednesday, March 11th. The SELP incursion gave the students greater knowledge and helped develop skills to become environmental champions in our school and community.



Tom Kelly, expert mentor from CERES, guided the students through leadership training, problem solving and a biodiversity audit. (CERES is an environmental education centre, urban farm and social enterprise hub located alongside the Merri Creek in Melbourne. <https://ceres.org.au/>)

One of the activities the students did down in the Bushland was to create a sound map. Students were asked to find a quiet area and become still. They then recorded the sounds they could hear and where they were coming from. This tuned everyone into focusing on more than they can see.

Sound maps confront a habit that most of us have developed - we are so intent on getting somewhere that we miss much of what we are travelling through; or a place is so familiar we fail to notice the detail that makes it special.

Tom was very impressed with our Bushland space. He loved its authenticity and the connection to Country. After school, Tom ran a professional development session with our teaching staff. He spoke of the importance of using positive, empowering language about how we can work towards a sustainable planet.



HAVE YOU CHECKED OUT OUR WEBSITE LATELY?

A concerted effort has been made to make our website more up-to-date and a one stop shop to find out information about the school and the programs that we have on offer. It continues to be a work in progress, but it is starting to look really good. As well as pictures and written information, there are also some videos. A recent video is a snippet from our inaugural Information Expo. We have also put on the video about washing our hands thoroughly from our recent school assembly. Ferdi features on the website too.

NEW SIGNAGE ON PEEL STREET

Rather than remove the sign the government used to promote our 2017 building project, we have repurposed the frame to welcome visitors to QHPS. We have included our new vision on the board as a visual reminder of what we aim to achieve:

"Quarry Hill Primary School students are empowered to be engaged learners. Our community fosters a culture of respect and belonging."

DAMAGE AND ON-GOING REPAIRS

The frail and porous condition of the roof tiles on the rooms around the quadrangle continue to cause us big problems. The damp, wet weather of this



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summer has created conditions that termites love, especially when the floorboards have become wet with each downpour. Tiles have been replaced on two occasions, but the rain on March 5th indicated that there were still a number of leaks, mainly in Rooms 1 and 3. Planned works scheduled to be undertaken on March 6th (termite damage repair, termite treatment) went ahead. The new carpet that was to be laid on that day was put on hold until we can guarantee that it won't be damaged by future leaks. Repairs to paintwork etc. cannot be done until we can ensure no further water damage.

Last week, a drone was sent up to take pictures of the roof at close range. These pictures identified the scope of work required to make our rooms safe. Work will be done over the holidays to try and address the damage.

Students in Room 1 have been very resilient and have settled smoothly into the multipurpose room. They will stay in this space for the rest of Term 1. We will review the progress of repairs during the next couple of weeks to see if we can return the students to their classroom in Term 2.

NATIONAL DAY OF ACTION AGAINST BULLYING + CYBERSAFETY AND SOCIAL MEDIA

This Friday, March 20th, Quarry Hill PS will again be taking part in the National Day of Action against Bullying and Violence. The aim is to put anti-bullying programs in the spotlight, educate the school community and come together to say 'Bullying. No Way!'



Every year I like to provide a timely reminder of the risks that social media can present. Social media has some great benefits, but it can also include the concerning aspect of cyber-bullying, access to age inappropriate content and online predators. For this reason, it is important to highlight the fact that all social media platforms have recommended age restrictions.

Please see the table below that lists the age a student must be to sign up to an account for some common apps. For a full list please visit: <https://www.esafety.gov.au/esafety-information/games-apps-and-social-networking>
It is certainly worth a look to see all of the new apps that are continually being added.

App, Age, Description



Instagram (13 years) is all about sharing images/videos from a mobile device. A lot of chatting happens under the images.



Snapchat (13 years) allows users to share photos, videos, texts and drawings. Once a message or photo is sent, it disappears from the receiver's phone after a few seconds.



Facebook (13 years) allows a user to create a profile, upload photos/videos, send messages and connect with others by sending requests.



Twitter (13 years) is a crossover between blogging and instant messaging. A user sends out short messages called tweets.



Youtube (13 years) is a platform to discover and share videos. It allows people to connect and inform others.



TikTok (13 years) is a social media app for creating and sharing short videos up to 60 seconds long. There is no real way to enforce the age access of these sites as anyone can alter their year of birth, so we ask that you continue to monitor what your children are accessing at home and have regular conversations about what they are doing and who they are interacting with online. Being informed is one of our greatest tools to keeping on top of any concerning behaviour.

SCHOOL COUNCIL 2020

It is fantastic to know that there is community interest in being involved in our school. It is with pleasure – and thanks, that I welcome new parent members, Claire Flanagan-Smith and Clare Dullard, onto School Council for the next 24 months. Previous School Councillors, Carlene Egan and Michelle Grose are returning for a new term. Our other parent representatives, Elia Andrews, Jessica Ireland and Joan O'Brien have a further 12 months left of their terms. Anne Rochford, Narelle Jones and Sam McCloud will be our Department of Education and Training representatives.

I look forward to working with our new and existing members during 2020.

I would like to take this opportunity to thank our departing School Council members, Scott Langan and Justin Clark.

Scott's practical approach to school business has been greatly appreciated over his term on School Council. Approaching all work and any issues through the lens of a parent as well as the lens of an educator has meant that his views have been well considered. This has provided great perspective regarding the work we have undertaken over the last 2 years. Having an easy going nature has also meant that he has always welcomed the opinions of others.

Justin became a member of School Council in 2016 and was Vice President in 2016, 2017 and 2018. During his time as Vice President, Justin worked closely with former principal, Andrew Schaeche, President Tim Shanahan and myself to lead the broad direction and vision of the school. He was actively involved with the consultation, planning and construction of our 2017 building project. Justin has many strings to his bow and has also been a member of our Accountability and Management Committee. Justin and his family have quietly helped out around the school without any fuss or fanfare. We have a beautiful garden at the entry of our Administration building and some great soft furnishings in our library as evidence of this. Justin has always remained neutral, task focused and has always considered all stakeholders when decisions needed to be made. He has been a great role model in the school community for professionalism and integrity. The Clark family are still with us, so I'm sure that Justin will continue to be involved where he can.

At our Annual General Meeting on Monday night Claire Flanagan-Smith was elected as President for 2020. She will be ably supported by the Vice President, Michelle Grose. I know that both of these people will confidently represent the school in the wider community and will be prepared to champion the school, the students and the staff.

The President and Vice President both have a strategic role to play in representing the vision and the purpose of the school. Their duties include:

- Developing and working with the community towards a shared vision for the school
- Actively participating in the core review panel in the school's four-year review cycle
- Endorsing key school planning and reporting documents on behalf of the council
- Being an effective spokesperson and advocate for the School Council
- Chairing meetings of School Council
- Representing the School Council in public forums with the principal
- Promoting the school and its principal to the community.

Congratulations, and thanks also goes to Jessica Ireland who will be the Minutes Secretary. We also welcome our new Treasurer, Clare Dullard onto the Finance and Accountability team.

We are fortunate that our other parent representatives, Carlene Egan, Elia Andrews and Joan O'Brien are actively involved in other School Council sub-committees and school community groups which helps provide a great conduit between home, school and the wider community. Along with our Department of Education and Training (DET) members, we have a wonderful mix of expertise and energy. Thank you to everyone involved.

PFA EASTER RAFFLE

Our dedicated team of parents from the Parents and Friends Association have been spending many hours organising prizes for the Easter Raffle which will be drawn on the last day of Term 1 – Friday March 27th.

A big thank you to all PFA members for the work going into this fundraiser. A big thank you too, to all families for the generous donations of Easter goodies. Raffle tickets are still available for purchase. The first 10 prizes will be drawn at 9:00am in the office and the winners will be announced over the PA. We will take photos of the 10 prize winners and share them with parents. The rest of the prizes will be drawn shortly after in the staffroom and handed to the winners in the classroom.

SCHOOL PHOTOS - CHANGE OF DATE

The School Photo Day has been changed to Term 3. The new date has been rescheduled to Monday, 14th September 2020.

ACHIEVEMENT AWARDS

As our assembly has been cancelled until the end of term, the achievement awards for this week will be presented to our deserving students in the office on Friday. A photo will then be taken and distributed on Compass.

THANK YOU

A lot of information has gone home in recent days about COVID-19 that is challenging our usual way of operating. I thank you for your patience and understanding in this constantly moving environment. I will keep families updated with any new information via Compass. I am constantly mindful that we are dealing with young children, and as a home/school partnership, it is collectively our responsibility to keep them calm but informed – at an age appropriate level.

The following is an article that you may find useful from *Psychology Today*. The article is titled ‘7 practical steps for helping your children feel safe, not scared’ by Jamie D Aten PH.D. Please note, the content is from the United States but is still applicable to an Australian setting.

“Schools and community organizations around the country (United States) have begun announcing closures due to coronavirus (COVID-19). If you are a parent, you likely started thinking about how your children may have been impacted by the news. However, we’ve heard from many parents who feel uncertain how to talk to their children about COVID-19. You may feel tempted to avoid talking to your children about COVID-19. But between the news, social media, other kids, and school announcements, your children are probably more aware of what’s going on than you realize. You do more to love them by being thoughtful about how you approach such conversations than by avoiding them. Here are seven practical tips for talking with your children about COVID-19 so that they feel safe, not scared.

Prepare Yourself: *Take steps to make sure your needs are being met by other adults—don't put that burden on your children. Keep in mind that children often follow their parents' lead when it comes to responding to a crisis. Children are like sponges and absorb their parents' reactions, words, and energy. Talking about difficult issues like COVID-19 isn't easy. If you're feeling anxious, that's natural. Part of the reason is that you're having your own feelings about what you or your family may be facing. And you may be worried about saying or doing the wrong thing—remind yourself that it's okay to struggle and even to make mistakes. But also remember that you are there for your children, not the other way around. Before you share with your kids, give yourself the time you need to notice and process those feelings, so that you can be fully present to your children's needs and feelings.*

Be Hopeful: *Seek to instill hope among your family. Keep in mind that hope doesn't mean everything is going to work out how you long for things to be. Hope doesn't mean the problem will go away. Instead think of hope as what keeps you going in the face of adversity: some things, maybe even lots, will be lost, but there are still good reasons to push forward. Instill hope into the conversation by embracing what has helped your family find strength, meaning, and comfort in other difficult situations. At the same time, resist the temptation to minimize possible challenges your family and community might be facing. The goal is to strike a tone that is hopeful and honest.*

Use Age-Appropriate Language: *Recognize your child's developmental ability to understand the situation. When your children ask questions, answer them to the best of your ability, using words and concepts that are appropriate for their developmental stages. Likewise, be sure to create space for questions your children might have. It's normal to be scared of inviting questions, as you likely have more questions than answers yourself. That's okay, but be honest if you don't know what to say by letting them know that you don't know. And when possible, assure them that that you'll look into it and get back to them. (If you make this promise, make sure you follow through.) Be authentic with your children, but remember to talk to your children as children, not as adults.*

Provide Reassurance: *Sometimes children may feel responsible for events that are entirely beyond their control. When it's not clear that there is a plan in place to face COVID-19, children may, in some way, feel they must bear the weight of that responsibility. When you reassure children that the adults are managing the situation, you give them permission to be children.*

Try to Maintain Routines: *COVID-19 is already quickly starting to disrupt daily life for many families across the United States. Taking small steps to help our students regain some sort of normalcy will help them cope more effectively. This does not mean ignoring what has occurred, but rather trying to maintain some structure in our*

interactions. Familiar activities, schedules, and routines can go a long way in helping your children feel secure. There is something soothing and healing even in mundane day-to-day life rhythms.

Discuss What They Are Hearing: Kids pick up on more than we realize. With COVID-19 so heavily in the news, odds are they have heard things on TV, at school, at church, or from you that they don't fully understand. Whether it's in the car, at the dinner table, or while playing ping-pong, ask your children questions like: Have you heard anything new about coronavirus? Who did you hear it from? Listen carefully, affirm their feelings about what they're hearing, help fill in any knowledge gaps, and answer questions they may have.

Monitor and Limit Media Exposure: Young children's media exposure should be very limited. Parents may wish to monitor their child's time online and depending on their age, use of social networking sites. Presently there is a lot of unhelpful and incorrect information online, take steps to monitor what your children are reading, hearing, and watching. This may also include parents monitoring and appropriately limiting their own exposure to anxiety provoking information."

EARLY DISMISSAL ON THE LAST DAY OF TERM – NO ASSEMBLY

Term 1 concludes on Friday March 27th. Students will be dismissed from their classrooms at the earlier time of 2:30pm.

TERM 2 BEGINS ON TUESDAY APRIL 14TH

Please note that Easter falls on the last weekend of the school holidays. The Easter Monday is a public holiday. School resumes on Tuesday April 14th.

Have a great week.

Jo Menzel

STUDENT ACHIEVEMENT AWARDS

KIND

- Drolma L (Room 14B) for always greeting her teachers and peers with a friendly smile!
Lucie E (Room 9) for being a kind & helpful classmate supporting another student to count in maths.

CURIOUS

- Aiden C (Room 14A) for always being organised with his belongings and ready to learn.
Ruby G (Room 14B) for always working hard on her times tables and moving up a Ninja Belt!
Lula H (Room 15A) for working hard to ensure capital letters are used correctly.
Isabella F (Room 12B) for sharing and demonstrating your knowledge during our multiplication tasks.
Oliver V (Room 12A) for always seeking knowledge and extending himself.
Ella G (Room 14A) for being a self-motivated, independent learner who always works to achieve her best.
Riley S (Room 10B) for displaying curiosity when caring for seedlings in the veggie patch.
Lilah R (Room 2) for her amazing recount writing using time connectives and 'Wow' words.
Lacey C (Room 4) for giving her best to all learning tasks in class.

BRAVE

- Mollie E (Room 15B) for being a hardworking and independent student. Keep up the fantastic work!
Olivia W (Room 5) for showing resilience by trying again when you didn't succeed the first time.
Anabel H (Room 5) for demonstrating a great 'have a go' attitude and not being daunted by challenging work.



eSmart topic: Managing Extra Time at Home

With school holidays fast approaching Common Sense Media have shared tips and resources to manage children's extra time at home.

Free Education Apps, Games and Websites

These tools can help support learning at home. [Share with families](#)

Best Family Movies

Our favourite films for families to enjoy together. [Send the list home](#)

50 Books All Kids Should Read Before They're 12

A hand-picked list of the best stories for every young reader. [Foster a love of reading](#)

Educational Video Games Kids won't even realize they're building skills in reasoning, math, and more. [Share the list](#)



Next Meeting: Friday, March 20TH at 9.00am in the multipurpose room.

This meeting is scheduled to run for 1 hour.

PFA would like to advise the school community that events planned for the remainder of term will proceed with adjustments made to adhere to advice received from the Victorian Chief Health Officer.

We ask all attending meetings and events to reconsider if they are unwell. We would like to remind everyone of good hygiene behaviours and to please support the careful and frequent washing of hands with soap and water and coughing safely into a tissue or your elbow.

As the school is continually being updated with relevant information please note last minute changes to the following information can and will be made at the school's request. We will endeavour to keep you informed of changes.

PFA thank all for your continued support.

Renee Selkirk

PFA President 2020

PIZZA DAY Friday 27th March

The last day of term Pizza Lunch will be taking place as usual. Order forms and money need to be returned to the office by **9.00am Wednesday 25th March**. Spare order forms are in the office. No late orders please. This event will be coordinated by Narelle with the help of regular staff. **NO PARENT HELPERS WILL BE REQUIRED UNLESS ADVISED.**

EASTER RAFFLE:

PFA is still looking for donations of Easter themed goodies, chocolate eggs/bunnies, craft, activity packs, stuffed toys, ears or novelty items.

This year PFA will be donating all raised funds from the Easter raffle to the QHPS Kitchen Garden Program. This program is new to our school community having started in 2019. The funds will help with much needed equipment for staff and students to be able to successfully transform grown produce into appetising meals. Students are learning life skills such as cooperation, sharing, critical thinking, and leadership, as well as developing a positive attitude towards food habits. The chance to learn practical skills about the natural environment, caring for gardens, recycling and composting while engaging outside a traditional classroom setting is beneficial to all students and our school community. With these funds we hope this program may grow and continue to be a success for all students to enjoy.

In each classroom a basket has been placed and we kindly ask if each family would contribute an Easter goodie within their budget to be collected and collated into prizes to be won. Thanks to the generosity of our community, last year we had over 100 prizes.

PLEASE NOTE: Due to cancelation of assembly for the remainder of term our first top 10 prizes will be drawn in the office and announced over the PA. Although we know this is not the general atmosphere our annual Easter Raffle generates we thank all for the patience and understanding and acknowledge all efforts of staff to help support this event.

Tickets SOLD and UNSOLD, with money, **MUST be returned to the office by Thursday 26th March for a 9.00am** draw on Friday 27th March. All prizes will need to be taken home on this day so please ensure that all tickets have printed on them clearly, student name & room number. Please make sure there is someone available to receive

prizes at school on the day. Prizes will be drawn and promptly delivered to classrooms in baskets for the classroom teacher to distribute.

Easter Wrapping dates are:

- Thursday March 19th 9.00am
- Tuesday March 24th 9.00am
- Wednesday March 25th 2.30pm
- Thursday March 26th 9.00am

These wrap sessions will run for roughly 1 hour in the multipurpose room, please do not attend these sessions if you are unwell or in any way concerned about your health. Our aim is to collate the 1 major prize and 9 follows up prizes to be drawn in the office. The top 10 prizes will be announced and published. Each year we have a staggering amount of minor prizes to be drawn following assembly. Each year the number of minor prizes change depending on donations and can range anywhere between 50-100+ which allows for many winners.

CUPPA TIME CATCH UP

Join parents and friends on Thursday mornings from 9.00am for a cuppa and a catch up in the multipurpose room. There is always fresh coffee brewed, tea options are available and almost certainly a delicious baked goodie from an attendee. This is a great way to come together as parents and make new friends within our school community while keeping up to date on regular events within and around our school. Tomorrow will be the last session for Term 1.

SECOND HAND UNIFORM SHOP

Our Second Hand Uniform Shop is usually open on Thursday mornings between 8:45am-10:00am. Tomorrow will be the last day for the term. Given that assembly is cancelled we will not be open on a Friday afternoon. PFA thank all for their understanding in this matter.

BECOME A MEMBER

Becoming a PFA member can provide you the opportunity to assist and contribute to the wellbeing of our school community. We actively encourage members input and contribution and allow many to do so with our active PFA Facebook Page. This keeps members up to date with events, meetings and allows members to contribute without the pressures of attending meetings. Just remember

your involvement can be small or large but together creates an amazing community for our whole family. PFA membership is free. Pick up a registration from today from the office or catch up with a PFA member at the Thursday Cuppa session.



**Drawn Friday 27th March
at 9am**

Fundraising for
Kitchen Garden Program



News from Ferdi

Hi everyone

Look how much I have grown during term 1!



Me in January



Last week in Ms Menzel's office

I have visited all the classrooms but this term I have spent most of my time in the year 5/6 and the year 2 rooms. First I learned to relax in the rooms. The students were great at ignoring me no matter how hard I tried to get them to play with me. Now when I visit those classrooms I spend some of the time walking around the room on my lead with the teacher, or the children might work on the floor next to me. Next students will learn other ways they can interact with me.



Grant from Dogs Connect comes to the school each Wednesday afternoon and teaches the staff what I need to know next. It is great that the teachers now get to spend more time with me and take me for walks. See how well Mr Shepherd does it!

Grant is also beginning to work with a team of students, training them how to walk me so they will have some of the responsibility in moving me from room to room and taking me on a break.

To help with this my homework is to learn to walk with a halti. At the moment I am not excited by this but everyone tells me I will get used to it.

My other homework is to learn to respond to the command

'leave it' and 'wait'.

In Term 2 I will start the classroom routine in the Year 3/4 rooms. I can't wait! I am sure I will be able to get a student in there to not ignore me 😊. Other new work for me in term 2 is going on yard duty and in Room 10A I will be part of their SEL (social and emotional learning) lesson. I will also visit the Prep/1 classes with Mrs Rochford for story time.

I hope all the QHPS families have a great school holidays. Come and say hello to me if you see me at the dog park or out and about with my family. I will miss all the children in the holidays but I am very excited about my work in Term 2.

Love from Ferdi



KELLY SPORTS *Easter*
HOLIDAY PROGRAMME
 Mon 30th Mar to Thu 9th Apr 2020

EARLY BIRD DISCOUNT
 ENROL BEFORE 22nd MAR
 to get \$5 OFF PER
 FULL/HALF
 DAY ONLY \$45 FULL & \$30
 HALF DAY

Join us for a fun-filled School
 Holiday Programme including
 Easter Activities, Lots of Sports,
 Awesome Games & **MUCH MORE!**

Some activities may need to be swapped for other exciting ones!
 Go online to check out a full, up-to-date timetable for your school.

FOR THE LOVE OF SPORTS
25 YEARS

BOOK ONLINE NOW AT
KELLYSPORTS.COM.AU



**Autumn
 Holiday Club**

Bookings are now open for Autumn Holiday Club.

This Autumn, Holiday Club brings to you a program bursting with flavour, fun, energy and opportunities to grow. Carefully crafted through family feedback, our experiences and adventures will excite your children, engage them and leave them wanting more.

It's packed with Easter craft, excursions to Jumpz and the cinemas, Mexican cooking days, Science experiments, tie dye and much more.

Holiday programs run at both Kennington Primary School & Golden Square Primary School.



Avoid a late booking charge and save \$10 by booking at least 7 days in advance. Plus, with limited space, spots fill up.

Book now. To find out when these activities are on during the school holidays, visit:
www.campastralia.com.au/holidayclubs.

We look forward to seeing you at **Holiday Club**.

Hayley & The Camp Australia Team

To find locations near you and to book, visit www.campastralia.com.au/holidayclubs

HOLIDAY CLUB

Term 2 Lunchtime Circus Program at Quarry Hill PS

All grades from **Prep to Grade 6** welcome

Every Wednesday from 11am– 12pm in the Multi-purpose room

Sessions begin **week 1** on **April 15th**, 11 sessions in Term 2

Forms available at the QHPS Office



For more info call Vern on **0402 462 526**

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



National Day of Action against Bullying and Violence

Friday 20 March 2020
www.bullyingnoway.gov.au

What we can do

Student tips

If it happens in person, try these:

- **Ignore them.** Try not to show any reaction.
- **Tell them to stop** and walk away.
- **Pretend you don't care.**
- **Go somewhere safe.**
- **Get support** from your friends.

If it happens online, try these:

- **Avoid responding** to the bullying.
- **Report and block** anyone who is bullying online.
- **Protect yourself online** using privacy settings and keep records.

If you see someone being bullied:

- **Leave negative conversations.** Don't join in.
- **Support others** being bullied.

If it doesn't stop:

- **Talk to an adult** (parent/carer/teacher) who can help stop the bullying.
- **Keep asking** for support until the bullying stops.

Parent tips

If your child talks to you about bullying:

1. **Listen** calmly and get the whole story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want you to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find strategies.
5. **Check in** regularly with your child.

Need help now?

Kids Helpline www.kidshelpline.com.au
1800 551 800

headspace www.headspace.org.au
1800 650 890

Online bullying www.esafety.gov.au

BULLYING. NO WAY!

Listen, respect and acknowledge

Your first response to someone who tells you they are involved in bullying can make a difference to the outcome.

If a young person reports bullying to you:

- Find a suitable place to talk, or make a time to discuss the problem privately.
- Listen to their whole story and show you are listening.
- Ensure that your voice is calm and your body language is open.
- Ask the young person if they feel safe and reassure them that you will try to help them.
- If they haven't already told you, ask the young person when, how and where the bullying happens.



- Avoid minimising the issue and reassure the young person it's not their fault and it's never okay to be bullied.
- Ask the young person what they want you to do and whether they want you to do anything at this stage.
- Praise the young person for speaking out.
- Keep checking in regularly.

The Y School Holiday Programs deliver experiences full of discovery and adventure!

Developed with the perfect mix of fun, adventure and interest-based activities, our programs focus on empowering children to give everything a go. They'll be creating lifelong memories of new experiences and holiday friendships and you'll have peace of mind that they're in safe hands.

If your child is aged between 5 – 12 years old and enrolled in primary school, they will love our school holiday program!

What to bring and when

- Lunch and snack (Nutritious & NUT FREE)
- Water bottle
- SunSmart hat and sunscreen
- Weather appropriate clothing and shoes
- Where activity involves water, please bring bathers, towel and/or change of clothes as required.
- Strict departure hours apply for excursions. Please note time when booking activity.

Additional needs

Children with additional needs are welcome to attend our program. Families must contact the OSHC Coordinator at least two weeks prior to the holiday program to discuss the individual needs of your child and complete any funding applications.

Bookings and Fees

- All bookings are subject to availability.
- Bookings are made via the casual booking calendar.
- Bookings will not be accepted on the day unless places, adequate staffing and resources are available.
- Additional permissions are required for excursions.
- Cancellations must be received in writing seven (7) days before the last day of school term.
- A late fee of \$2 per minute applies when a child is picked up after closing time.

BENDIGO SCHOOL HOLIDAY PROGRAM

Lightning Reef Primary School
74 Holmes Rd, North Bendigo VIC 3552
(03) 5444 6666 | E: bendigo@ymca.org.au
Opening hours: 8:00am – 6:00pm
childrensprogram.ymca.org.au

* Prices and timings subject to change, confirm online.

Holiday adventures with the Y

BENDIGO SCHOOL HOLIDAY PROGRAM

WEEK 1 30 MAR – 3 APR

SPORTS MANIA Mon 30 Mar \$84



Gecko Sports will run some great sport activities this morning and get us ready for an afternoon of giant group games.

AUTUMN EXPERIENCE Tues 31 Mar \$84



Let's welcome Autumn with some cool activities; create your own grass head, grow beans and more.

PARKY'S WONDERLAND FUN Wed 1 Apr \$84

Join us for a trip to Parky's Wonderland followed by plenty of indoor and outdoor activities at the service.

ART ATTACK WITH TOONWORLD Thur 2 Apr \$84



Lots of fun art and craft activities today, including an incursion where Toonworld will teach us how to create our own cartoons!

HEALTH AND WELLBEING DAY Fri 3 Apr \$84



Aligning Health will guide us through a relaxing yoga session in the morning. Later we'll make our own reusable beeswax wraps for our lunch boxes

WEEK 2 6 – 9 APR

WOODWORK WORKSHOP Mon 6 Apr \$84



Using only wood, a hammer and nails, what will you be able to create? (safety gear supplied).

BIG DAY OUT Tues 7 Apr \$84



Today we are off to the movies at the Bendigo Cinema then a picnic lunch and free time at Rosalind Park.

EASTER BONANZA Wed 8 Apr \$84



It's all about Easter today! We'll start by making our own baskets ahead of the big Easter egg hunt, and even enjoy face painting by 'Sparkles'!

LASER TAG & PIZZA PARTY Thur 9 Apr \$84



What a fun way to wrap up our holiday program, with yummy pizza and endless fun playing laser tag!

CLOSED GOOD FRIDAY Fri 10 Apr

Inhouse Incursion Excursion

Bookings can be made through your My Family Lounge account



Holiday adventures with the Y

30 MAR – 9 APR 2020

Fun, active experiences

Child care subsidies may apply

Convenient locations

Qualified staff



BENDIGO SCHOOL HOLIDAY PROGRAM



INSIGHTS

Going beyond the fishbowl



It's a quirk of nature that the extent of our growth is determined by our immediate environment. For instance, a fearsome shark will only grow five centimetres long if it spends all its life in a fish bowl. Put that shark in the sea and will grow to five metres or more. A shark's genes may provide the blueprint, but its growth will be restricted by the size of its immediate environment.

The same principle applies to children. Restrict them to a safe, insular environment and their capacity for reaching their full potential will be limited. Getting kids to go beyond the fishbowl and be part of the wider world is how we prepare them for the career-fluid future that awaits them.

Recently, I wrote a forward for a soon to be released parenting book written by South African authors Nikki Bush and Graeme Codrington titled "*Future proof your child for the 2020s and beyond*". The authors described the future that our children are entering as full of exponential and disruptive change led by technology and shifting social mores. They reasoned that in the world of work and enterprise that awaits today's generation of children and young people, creativity, problem-solving, design, big picture thinking and risk-taking will be richly rewarded. According to Bush and Codrington, the future will belong to the kids who are going beyond the fishbowl, willing to expand their physical and mental horizons.

American parenting icon Lenore Skenazy, founder of the free-range parenting movement is a long-time advocate for parents giving kids the freedom they need to explore their neighbourhoods and take safe risks.

Dubbed "America's Worst Mom" for allowing her nine-year old son to ride the New York subway on his own in 2008, Skenazy has been an outspoken advocate for allowing kids more freedom and unsupervised time. She maintains that kids are "safer and smarter than our culture believes." Like Bush and Codrington, Skenazy encourages parents to allow kids to jump out the fishbowl of school, family and their immediate neighbourhood and encourage them to explore their capabilities in the wider world. She acknowledges that allowing kids the same type of freedoms that previous generations enjoyed takes significant parental courage.

If kids are to be truly resilient and make the most of the exciting but uncertain future that awaits them, it's more important than ever to loosen the reins so that both generations – children and parents- experience more freedom.



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.