



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday June 3<sup>rd</sup> 2020  
Newsletter No. 8

## Our Vision:

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

## 2020 TERM DATES

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

## ~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

# Term 2 Celebrating Our Success

## Queen's Birthday Public Holiday

This Monday, June 8<sup>th</sup> – No School



Tuesday May 26<sup>th</sup> Prep- 2 Return to School



Kind



Curious



Brave

Dear Parents & Carers,

Welcome to the Week 8 edition of the newsletter!

This past week and a half has seen the return to school of our Prep-2 students and what an amazing start to onsite learning it has been. It was great to see our students being so brave & resilient on their return with many smiling faces as they were dropped off at the front gate.

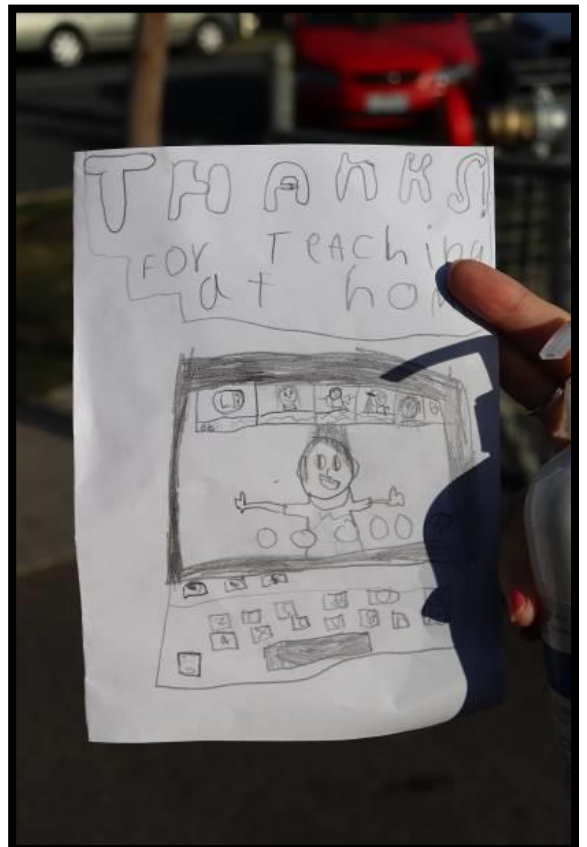
It is natural for children to feel a mixed bag of emotions when returning to school after a long time at home and for many students, seeing their friend's faces was a welcome relief. It was impressive to see how our young students coped with a great display of confidence & enthusiasm. Thank you to all for a fantastic transition back to school.

A reminder that this coming **Monday 8<sup>th</sup> June**, is the Queen's Birthday Public Holiday.

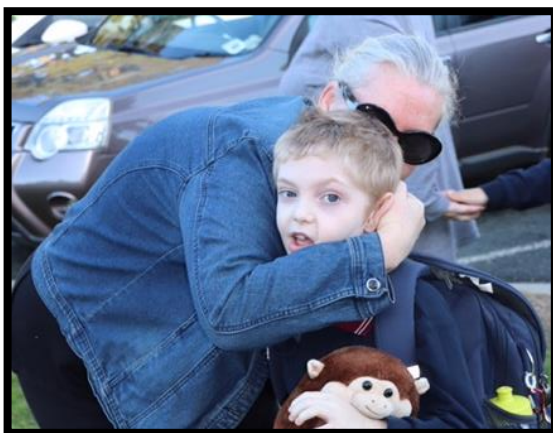
Due to the staggered start of returning to school, student achievement awards will be held over until Term 3.

We are looking forward to seeing our Grades 3-6 this coming **Tuesday 9<sup>th</sup> June, 2020**.

Please enjoy some exciting photos taken on Tuesday 26<sup>th</sup> May.





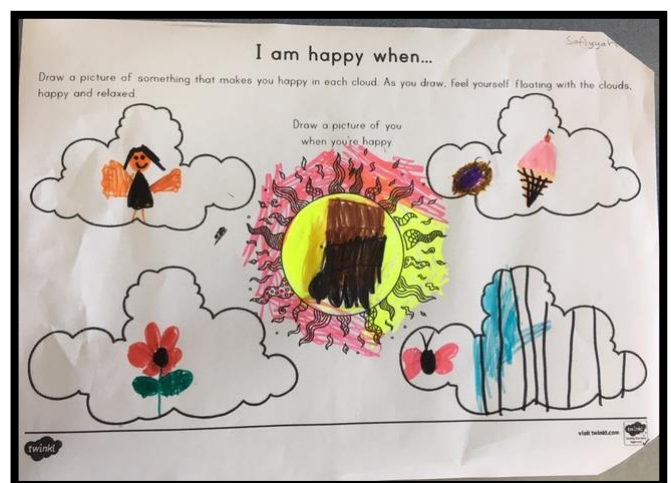
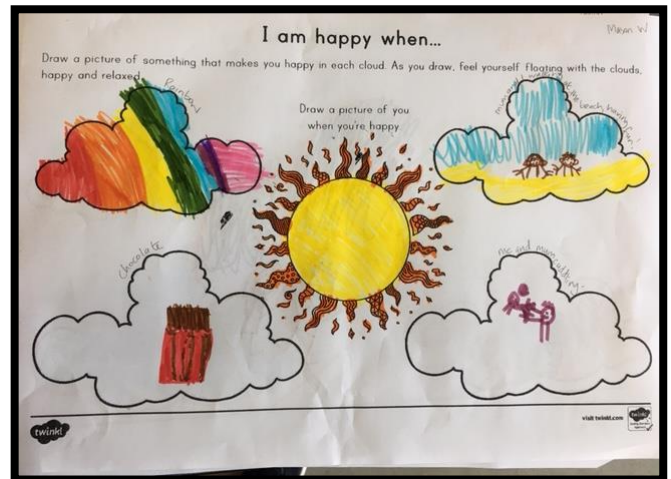


Quarry Hill Primary School, 25 Peel Street, E  
 Email: [quarry.hill.ps@edumail.vic.gov.au](mailto:quarry.hill.ps@edumail.vic.gov.au)  
 Website: [www.quarryhillps.vic.edu.au](http://www.quarryhillps.vic.edu.au)  
 Phone: 5443 3537

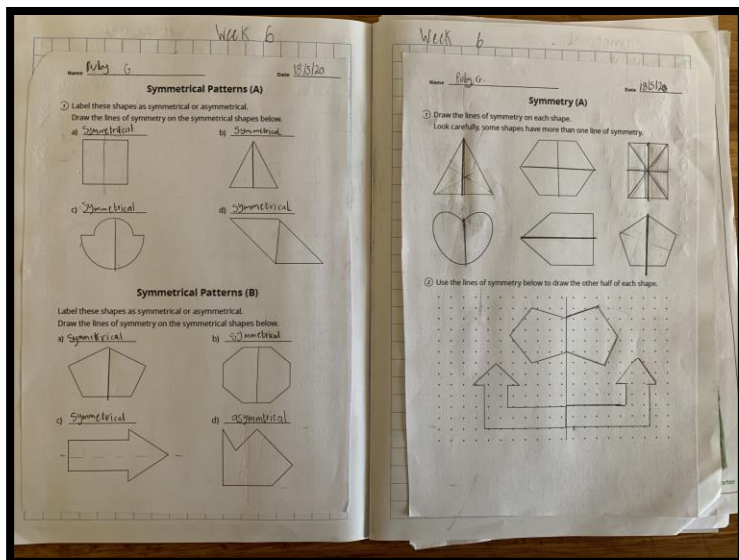


## WELCOME BACK TO ART!

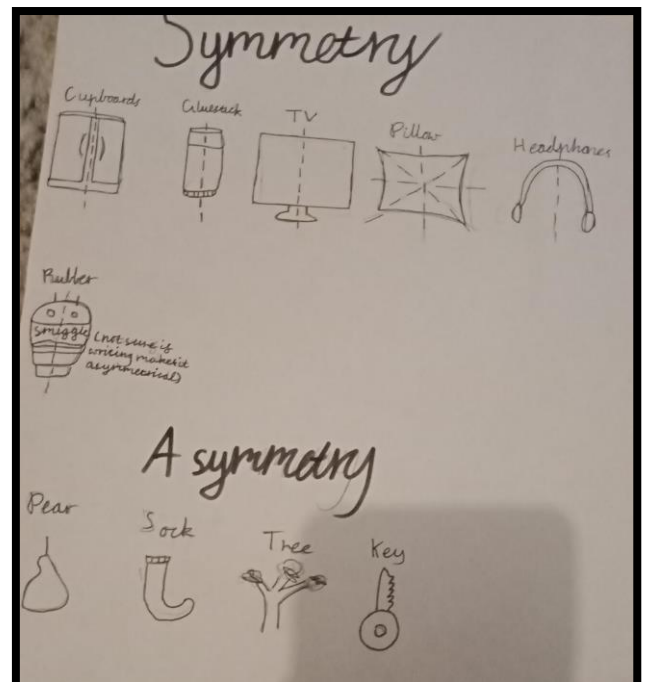
Last week in Art, Prep students were encouraged to draw four different pictures of what makes them happy before reading a lovey story together.



## GRADE 3/4 WORK SAMPLES



By Ruby G



By Drolma L

## NEWS FROM THE GRADE 2 CLASSROOMS

Hamish K, Isaac E and Tom R from Room 6 used their morning investigations time to create Mr. Guy. They then created a PowerPoint presentation with instructions for how you can make your very own Mr. Guy too. Read on to find out more!

# MR GUY(OUT OF K'NEX)

By Hamish, Isaac and Tom



First thing you want to know about Mr guy is he is easy to build!



MATERIALS:  
BIG BENDY YELLOW PIECE X1  
WHITE COG PIECE X1  
GREY TECHNIC PIECES

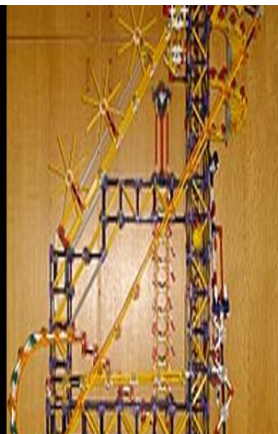
### INSTRUCTIONS:

1<sup>ST</sup> STEP: GET THE WHITE COG.

2<sup>ND</sup> STEP: PUT THE FOUR TECHNIC LONG PIECES ON THE WHITE COG.

3<sup>rd</sup> step: Put the yellow piece on.

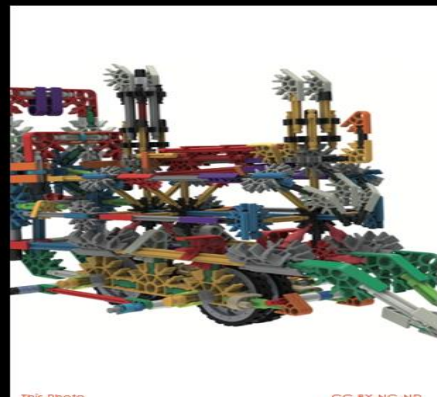
Then you have Mr guy



We hope you liked it.

Mr Guy by Hamish,  
Isaac and Tommy.

The end





## eSmart Topic: eSmart's top 10 tips for staying safe online.

eSmart have just released their top 10 tips for students to stay safe online. They are:

1. Use tech to make life better
2. Keep your balance
3. Boundaries, people
4. Respect others
5. Keep everything updated
6. Spam, Spam, Spam, Spammidy-spam
7. Keep your cool
8. Keep your friends close and strangers at arm's length
9. Be the hero
10. Ask for help if you need it

To read the full article with a summary of each tip click the link below.

[eSmart's top 10 tips](#)

## SCHOLASTIC BOOK CLUB

As the children start to return to school full-time, Book Club brochures are back in our school. For the students still at home, I will share the link below so no one misses out on having access to great books! For students that are dropping their order in to school, the due date is **Friday, June 12<sup>th</sup> at 3.30pm**. Please find the online ordering link:

[www.scholastic.com.au/book-club/book-club-parents/](http://www.scholastic.com.au/book-club/book-club-parents/)

Amanda Dole

## SCHOOL HOLIDAY PROGRAM WINTER 2020

WEEK ONE 29 JUNE - 3 JULY	WEEK TWO 6 JULY - 10 JULY
<b>CHILL OUT DAY</b> Mon 29 June  <p>Come in your PJ's for a chilled day as we sit back and relax for our Beauty and Barber experiences. From creating fake nails to paint and decorate to making funky hair models to cut and style. Then we'll be relaxing with a movie.</p>	<b>AROUND THE WORLD</b> Mon 6 July  <p>We start with making your own mini plane and imagine flying off to the rainforests of Brazil. Then we head to China and Italy before we come back home for some cool Aussie activities.</p>
<b>ALL ABOUT NATURE</b> Tue 30 June  <p>We're getting back to nature by designing a mural using rocks for paint and a wide variety of natural materials we have on site as well as some we'll go exploring for. Then we're going to grow grass heads in eggshells.</p>	<b>COME JOIN THE CIRCUS</b> Tue 7 July  <p>Come one, come all for a fun filled day. Learn circus tricks and try your luck in the arcade games. You can even make your own juggling balls.</p>
<b>WEIRD SCIENCE</b> Wed 1 July  <p>From paper cup phone experiments, straw rockets and volcanoes. This will be a science day with a difference!</p>	<b>WOOL WEDNESDAY</b> Wed 8 July  <p>So much wool and so many projects! Create your own dream catcher and learn to knit using only your fingers. These are just a few of the fun activities we will do with wool.</p>
<b>LET'S GO ON SAFARI</b> Thur 2 July  <p>Dress ready for a safari! We're making our own binoculars and heading outside to spot the hidden objects. Create your own animal mask and explore the many footprints left in our animal kingdom.</p>	<b>WOODWORK WORKSHOP</b> Thur 9 July  <p>We're getting crafty with wood and you get to design, build and decorate your very own bird feeder to take home.</p>
<b>ART WITH FOOD</b> Fri 3 July  <p>Did you know that you can use food to make art? Make shapes with bread, try out pancake art and create fun food stamps.</p>	<b>CAMPING PARTY</b> Fri 10 July  <p>Let's get active with our fun relay races and bush activities. Enjoy a toasted marshmallow at the campfire and Pizza will be supplied for lunch.</p>

\$84 per day - bookings can be made through your My Family Lounge account  
What to bring: Warm hat and coat, drink bottle, lunch, snacks.

### BENDIGO SCHOOL HOLIDAY PROGRAM

Lightning Reef Primary School | 74 Holmes Rd, North Bendigo VIC 3552  
p: (03) 5444 6666 | e: bendigo@ymca.org.au | w: childrensprogram.ymca.org.au

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



## SCHOOL HOLIDAY PROGRAM WINTER 2020

WEEK ONE 29 JUNE - 3 JULY	WEEK TWO 6 JULY - 10 JULY
<b>PYJAMAS AND PANCAKES</b> Mon 29 June  <p>Can you guess the baby? Bring along a baby photo of yourself for a fun 'Guess the baby' competition. Come in your PJ's and enjoy some yummy pancakes and toasted marshmallows by our campfire.</p>	<b>BOOT CAMP FITNESS</b> Mon 6 July  <p>Bring your runners as we start the day with our boot camp fitness challenges and then get ready for some team fun with our Minute to Win It games.</p>
<b>WHACKY SCIENCE</b> Tue 30 June  <p>Let's try some gooey and whacky science experiments. All sorts of slime, volcanoes and fizzy craziness with Mentos.</p>	<b>MINI OLYMPICS</b> Tue 7 July  <p>Olympics with a difference! Heaps of games and contests with races and relays.</p>
<b>ALL ABOUT ART</b> Wed 1 July  <p>Let your creative spirits flow with some awesome art. We're trying silhouette drawing, self portraits and heaps more ready for our art show.</p>	<b>ROLE PLAY DAY</b> Wed 8 July  <p>What talent can you bring to our Role Play Day? We'll be practising our talents and getting together to do some group skits. Then everyone gets a chance to perform in our talent show.</p>
<b>TRIVIA MANIA</b> Thur 2 July  <p>Have you ever tried noise trivia? This is one of our many trivia games that we will have today. How much do you know?</p>	<b>INSIDE TECHNOLOGY</b> Thur 9 July  <p>Join us as we deconstruct and explore the inside workings of technology. Then we'll play lots of cool games for the afternoon.</p>
<b>COOKING UP A STORM</b> Fri 3 July  <p>Bring your appetite today as we spend time in the kitchen cooking some very yummy treats for everyone to share.</p>	<b>PARTY AND FOOTY DAY</b> Fri 10 July  <p>Come dressed in your favourite team colours and celebrate with some traditional and footy themed party games. We then get to enjoy pizza for lunch!</p>

\$84 per day - bookings can be made through your My Family Lounge account  
What to bring: Warm hat and coat, drink bottle, lunch, snacks.

### KANGAROO FLAT SCHOOL HOLIDAY PROGRAM

St Monicas Primary School | 97 High St Kangaroo Flat VIC 3555  
p: 0400 160 933 | e: stmonicasandkangaroo@ymca.org.au | w: childrensprogram.ymca.org.au







Gateway Health is proud to deliver the Positive Parenting Telephone Service across the state of Victoria.

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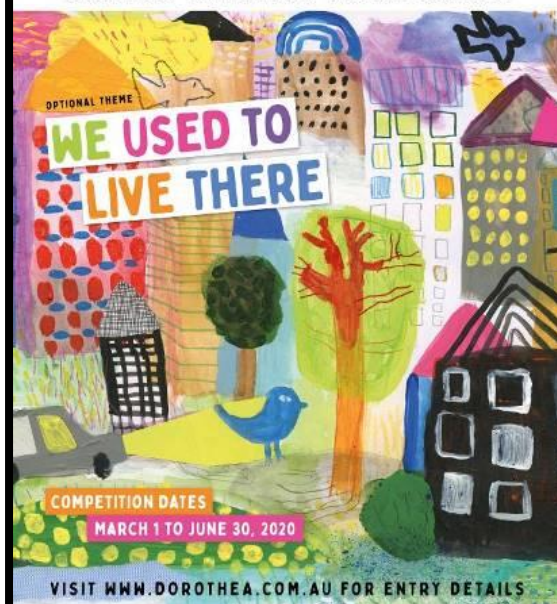
E: [ppts@gatewayhealth.org.au](mailto:ppts@gatewayhealth.org.au)  
www.gatewayhealth.org.au



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**DOROTHEA MACKELLAR POETRY AWARDS**



**COMPETITION DATES**  
**MARCH 1 TO JUNE 30, 2020**

VISIT [WWW.DOROTHEA.COM.AU](http://WWW.DOROTHEA.COM.AU) FOR ENTRY DETAILS



**dorothea mackellar  
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AUSTRALIA'S LONGEST-RUNNING ANNUAL POETRY COMPETITION FOR SCHOOL CHILDREN



## GIVE IT A GO!

A lot has changed over the last few months, including the way we spend our time. We've dusted off the bikes, put on our runners and taken in some fresh air to keep our minds and bodies happy and healthy.

As lockdowns ease, there's never been a better time to plan and test out different routes to school and choose which ones works best for you..

**We want every parent to feel confident in making healthy, safe choices when it comes to getting their kids back to school, so we've come up with some simple steps to get you on your way.**

### READY to rock 'n' roll?

- ☐ Strap on your runners or pump up your tyres
- ☐ Make sure your helmet fits tight
- ☐ Pack your school bag

### SET to travel to school?

- ☐ Find your best route
- ☐ Practice the road rules
- ☐ Recruit a friend

### ROLL on out!

- ☐ Test your path to school
- ☐ Stay safe
- ☐ Have fun

### Do it all over again!

Be sure to check out the Ride2School website and Facebook page as we continue to support you on your journey to school by posting online content including 'How To' videos, tips & tricks and a whole lot more!



**RIDE2  
SCHOOL**

[ride2school.com.au](http://ride2school.com.au)  
[facebook.com/ride2school](https://facebook.com/ride2school)



For a full list of our 30 Kindergartens visit [www.shinebright.org.au](http://www.shinebright.org.au)

**f**

**Enrolments are now open for 2021**

Now taking enrolments for the NEW state of the art Maiden Gully Early Years Hub for 2021

**SHINE BRIGHT**  
Early Years Manager

**Every Day, In Every Moment, Every Child Matters**

Check out our virtual tours at [shinebright.org.au/kindergartens](http://shinebright.org.au/kindergartens)



# Winter Holiday Club

HOLIDAY  
CLUB

Give yourself a much-needed break and  
reconnect your child's friendships this Winter.

Come and Join Hayley at [Girton Grammar Holiday Program!](#)

This Winter, Holiday Club is back with an exciting program that puts an emphasis on reconnecting friendships and helping children forge new ones. It gives you a chance to have some much-needed rest, while having that peace of mind that your children will be engaged and connected in a safe space.

With engaging activities like ***French Explorations*** where your children will dive into French culture, ***Weather the Storm*** where they will explore scientific experiments, or maybe ***Magic Architecture*** where they'll create magnificent designs with magic corn; there are lots of activities to appeal to all ages and abilities, and will ensure they have a great holiday break.



**Book now.** To find out when these activities are on during the school holidays, visit:  
[www.campaustralia.com.au/holidayclubs](http://www.campaustralia.com.au/holidayclubs).

Holiday Programs also available at Golden Square Primary School & Kennington Primary School

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

-Hayley & The Camp Australia Team



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230+ Holiday Club  
locations Australia-wide.  
Near home, work or even  
your holiday destination!



Want more excursions?  
Maybe more club days?  
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HOLIDAY  
CLUB



## INSIGHTS

### Successfully transitioning students back to school



The recent home-schooling experience of Australian students is about to end with most states and territories transitioning kids back to school. For parents, many of whom have discovered just how complex teaching can be, the return to school will be a welcome relief. For children, going back to school may bring a mixed bag of feelings. Eager anticipation about reconnecting with friends and teachers will probably be accompanied by a level of anxiety about what school may be like upon return.

School undoubtedly will be a different experience for students post COVID-19. For a start they've just experienced a prolonged period of remote learning and an absence from their friends, which will take time to process when they return to school.

With organised extra-curricular activities put on hold most children have had a great deal of free time, which has placed the locus of control firmly in their hands. I suspect many kids will grieve their lack of freedom, as they've had a glorious glimpse of what an unstructured life is like. It may take some time for them to get back into the swing of school life.

With the return to school imminent here are some sensible strategies to make adjustment easier for students.

#### Get ready for a return

Worriers and anxious types in particular like to know what's ahead so your approach will make a difference. Prepare your child for a return by discussing the safety procedures the school will be implementing. Let young children know that an adult won't be accompanying them past the school gate. Ask your child what they are looking forward to and check in with how they are feeling about a return. Validate any fears and apprehensions and correct any misconceptions.

#### Go slowly

This period will mirror the start of the school year when your child had to adjust to new teachers, different classmates and a new year level. Adjusting to change takes a great deal of personal energy, so your child or young person may become tired, grumpy, even moody at home. Make allowances for these personal changes and make sure they have plenty of free time to unwind after school.

#### Focus on reconnection

Make reconnection the theme for your child's return to school. He or she will have to reconnect with friends, teachers and learning, which takes time. In all likelihood, your child's teachers will use many strategies to help your child connect with their friends, reflect on their time at home and move them back into full-time learning mode. Support these activities and keep your learning expectations for your child in check.

It may take the rest of the term for some children to adjust to their life back at school.



# parenting\*ideas

## Stay calm

Anxiety is very contagious, so it's easy for us as parents to take on our children's worries and fears. The reverse is true, and kids can pick up our worries, taking them on as their own. As a buffer against anxiety ensure you do something each day that brings you some joy, whether it's listening to music, going for a walk or having a coffee with a friend.

## Look after yourself

In recent months parents and teachers have been doing significant emotional labour. The learning and adjustment curves have been massive, with little time to relax and take a break. Consider your own emotional resources and make your wellbeing a priority, which will make it easier for you to stay calm if your child experiences difficulties.

## Communicate confidence

It's a fine line that many parents walk between being flippant ('you'll be right') and showing confidence ('you'll do okay') when kids struggle to adjust to change. My research into childhood anxiety reveals that children and young people want parents and teachers to understand their fears and anxieties, and to coach them to negotiate difficulties including adjusting to change. You can support your child through sharing stories of resilience, focusing on the positives and letting them know that will eventually adjust.

The COVID-19 pandemic has thrown up many difficulties requiring us all to quickly adapt to new situations. Flexibility is a prime characteristic of resilient people, so if nothing else, getting through these challenging times will make us all more resilient.



### 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.