



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday June 10th 2020
Newsletter No. 9

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

IMPORTANT DATES

	Time	Details
JUNE		
Friday 12 th	3.30pm	Book Club Orders Due
Friday 26 th	2.30pm	End of Term 2 - Early Finish
JULY		
Monday 13 th	9.00am	First Day of Term 3

Term 2 Celebrating Our Success

TUESDAY JUNE 9TH - WELCOME BACK GRADES 3-6!



Kind



Curious



Brave

Dear Parents & Carers,

Welcome to the Week 9 edition of the newsletter!

Yesterday was the return of our Grades 3-6 students and it was lovely to see the many happy faces as they entered the school grounds for many, the first time in numerous weeks.

Once again, we were impressed to see the student's display of resilience and are proud of how our older students are settling back into their classroom routines.

Winter is now upon us & as we endure through the colder mornings, we have the beautiful sunshine through the day to enjoy. Please remember to send a warmer school jacket with your child. If your child has lost their jacket, the lost property bin will be located, weather permitting, at the entrance of the school on Peel Street.

ENROLMENTS FOR 2021

A reminder to families that Quarry Hill Primary School draws its enrolments from our 'school neighbourhood zone.' This 'school neighbourhood zone' has been devised, in consultation with our Regional Office, taking into consideration the location of other local primary schools.

The school's capping/ceiling figure is 375 students.

The following guidelines apply for schools with enrolment ceilings.

Where there is insufficient accommodation at a school for all students who seek entry, students are enrolled in the following priority order:

- Students for whom the school is the designated neighbourhood government school.
- Students with a sibling at the same permanent residence who are attending the school at the same time.
- All of the students in order of closeness of their permanent residence to the 'school neighbourhood zone' boundary.

If you have a younger sibling starting next year I would encourage you to enrol them as soon as possible or if you know that you will not be here at Quarry Hill PS next year, please let us know. This enables us to have a better idea about the number of Prep children we can enrol and also about the grade levels where there may be places available. Please have Prep 2021 enrolments in by July 31st.

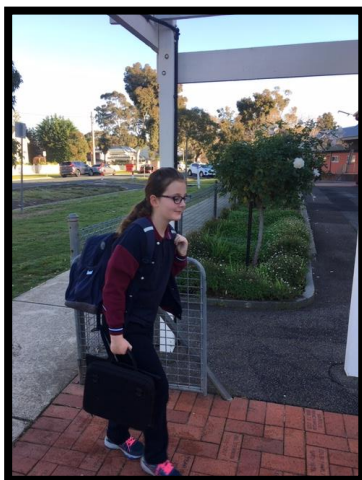
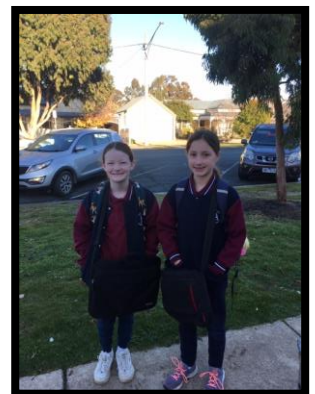
SCHOOL PHOTO DAY- MONDAY SEPTEMBER 14TH, 2020

Due to the unusual circumstances of Term 2, the school's photo day has been rescheduled to Monday, September 14th, 2020. Students are to dress in full school uniform & envelopes will be sent home closer to the date.

Please enjoy below, photos of our Grades 3-6 return taken yesterday, Tuesday June 9th.



Bendigo 5550



Peel St
vic.gov
du.au



WELCOME BACK TO ART

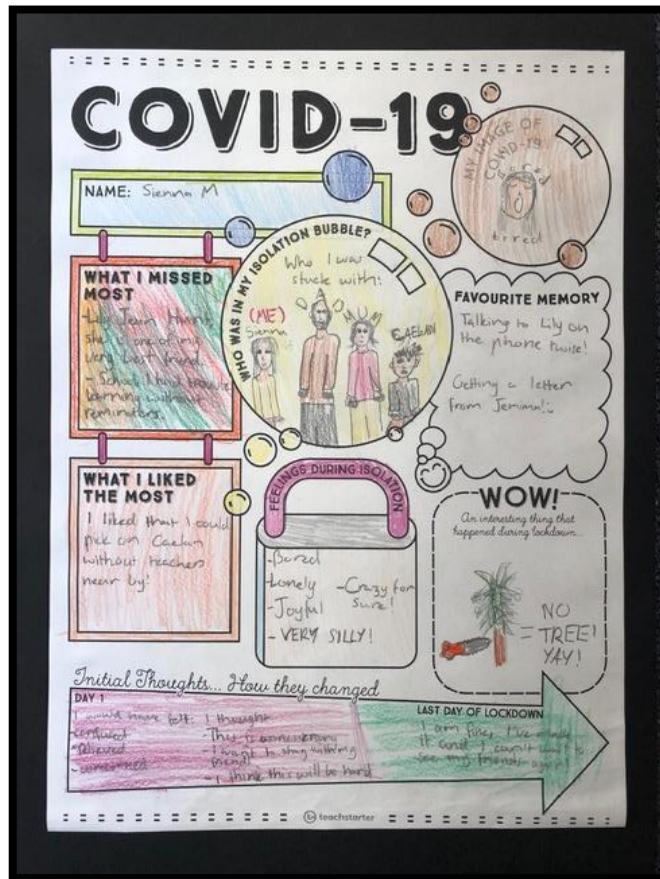
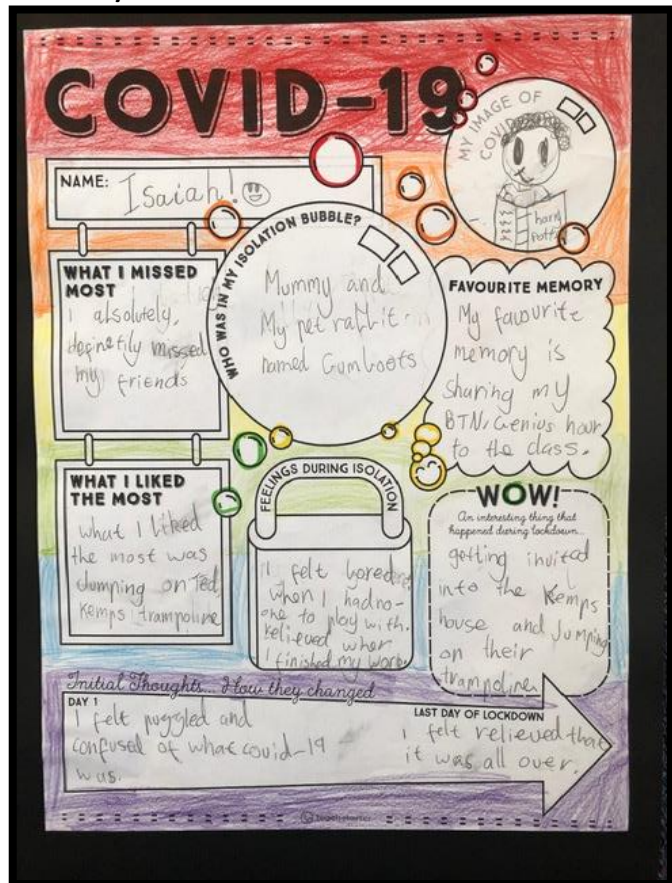
In Art yesterday, the Grades 3-6 made snow flakes.



WELCOME BACK TO P.E

In P.E yesterday, the Grades 3-6 were working on their basketball skills including, dribbling & passing the ball as well as their defensive skills.





PREP-2 MEET DEWY

Last Friday June 5th, the Grades Prep-2 were lucky enough to meet Dewy the lamb. Dewy is an orphan lamb who is now being bottle fed by Mrs Rodgers & her family. The students were delighted to be introduced and have a pat.



SCHOLASTIC BOOK CLUB

Issue 4 of Scholastic Book Club is due this Friday 12th June, 2020. 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.

Amanda Dole

eSmart Topic: Parents Ultimate Guide to TikTok. Is TikTok safe? How does it work?

You might remember an old app called 'Musical.ly', well TikTok is its rebrand. The app allows users to create and share music videos. Some of the problems associated with Musical.ly have been solved, you can delete TikTok accounts and making them private is much easier. However, there are still many things for parents to watch out for and be concerned about. Firstly, new accounts are **public by default**.

This means that until you change the privacy settings other users can see your videos, message you directly and even use your location information.

This is easily fixed, but needs to be done so that you can control the amount of information you are sharing and with whom.

Whilst the **age limit is 13+** a separate section has been set up for younger users which allows them access to 'clean' version and more age appropriate videos.

Another benefit is that they can't comment or post their own videos.

Unfortunately bypassing these features is only a falsified birthdate away.

In closing, TikTok can be a lot of fun, but if you allow your child to use it, it will require active supervision on your part to ensure that it is a positive experience and does not expose your child to unwanted attention from people they don't know in the real world.

How can you make your child's TikTok account private?

To make your child's TikTok account private:

1. Go to your profile page and select the three-dot icon in the top-right corner
2. Select Privacy and Safety
3. There, toggle the switch for "Private Account."
4. You can also select who can send you comments and direct messages, and who can do a duet with you. Using the "Friends" setting or turning those features off completely limits contact with strangers.

TALK TO YOUR KIDS ABOUT ...

Families can talk about family rules for [privacy and social networks](#). Talk about when it's OK to share information and what kind of information should be kept private. What are your rules around your kid using Tik Tok - including musical.ly? Can your kid share videos publicly or only with friends?

Before downloading, discuss your family's rules around profanity and sexual references in music. What are your teens allowed to listen to? What kinds of videos can they post? Talk about songs that might be fun to lip-synch to and how you can get creative with that 15-second time limit for videos. Think about what kinds of movements or dance might work well within that time frame.

If you want further information you can read Common Sense Media's full review [here](#).



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!



ride2school.com.au
facebook.com/ride2school

Upcoming Webinar for Parents

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend some fantastic webinars in 2020 at no cost. We're pleased to let you know about an upcoming webinar.

Understanding techno tantrums: 17 June 8-9pm AEST



Watch from any device, any location



See the expert as they speak



Catch up recording available

**Valued at
\$37 per person**

Webinar Overview

In this digital era, chances are we've all experienced our children throwing a techno-tantrum. Techno-tantrums are completely normal and often a result of the neurobiological changes that occur when kids use technology. But this doesn't mean that we have to simply accept that they're part of our modern parenting reality. In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits. Key learning and discussion points include:

- The science behind why kids and teens have techno tantrums and find it challenging to switch off screens
- How to establish and enforce firm guidelines and boundaries
- How to be the pilot of the digital plane
- Researched based, realistic strategies to help develop healthy digital behaviours so that screen time doesn't end in 'scream time'



[View video overview](#)

parenting*ideas

Presenter Overview

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher, and a mum who also deals with her kids' techno-tantrums! She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console – she believes digital abstinence isn't the solution.



Kristy worked as an educator for fourteen years before becoming an academic and speaker who's on a mission to help children, teens and adults tame their technology habits so they're not a slave to the screen.

Redeem your webinar – it's easy!

To redeem your webinar click this link:

www.parentingideas.com.au/parent-resources/parent-webinars/understanding-techno-tantrums

- Click 'Add to cart'
- Click 'View cart'
- Enter the voucher code TECHNO and click 'Apply'
- Enter your school's name to verify your eligibility. The \$37 discount will then be applied.
- Click 'Proceed to checkout'
- Fill in your account details. These are the details you will use to login to your account and access your webinar and resources
- Click 'Place Order'



This offer is valid until 17 September 2020.

If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Articles for Parents

On the Parenting Ideas website you can also view and receive helpful articles to support your parenting journey.

Read up on topics such as:

- Resilience
- Siblings
- Bullying
- Positive Parenting
- Digital and Social Media
- Behaviour
- Confidence
- Friendships
- Anxiety
- Girls
- Boys
- Learning and Education



Visit www.parentingideas.com.au/blog to access today.

SCHOOL HOLIDAY PROGRAM

WINTER 2020

WEEK ONE 29 JUNE - 3 JULY

CHILL OUT DAY

Mon 29 June



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.

ALL ABOUT NATURE

Tue 30 June



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.

WEIRD SCIENCE

Wed 1 July



From paper cup phone experiments, straw rockets and volcanos. This will be a science day with a difference!

LET'S GO ON SAFARI

Thur 2 July



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.

ART WITH FOOD

Fri 3 July



Did you know that you can use food to make art? Make shapes with bread, try out pancake art and create fun food stamps.

WEEK TWO 6 JULY - 10 JULY

AROUND THE WORLD

Mon 6 July



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.

COME JOIN THE CIRCUS

Tue 7 July



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.

WOOL WEDNESDAY

Wed 8 July



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.

WOODWORK WORKSHOP

Thur 9 July



We're getting crafty with wood and you get to design, build and decorate your very own bird feeder to take home.

CAMPING PARTY

Fri 10 July



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.

\$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



INSIGHTS

Collaborative parenting style wins the day during COVID-19



The close quarter living that most of us have experienced during the COVID-19 pandemic has tested the patience and communications skills of even the most assured parent. The constancy of members living together is a test of family management skills, revealing any flaws or limitations that exist.

Those that rely on a coercive (“do as I say”) approach probably discovered that dominance works well in small doses, but fails miserably over the long-term, with family harmony severely impacted.

Parents who use a laissez-faire (“she’ll be right”) approach may have found that one or more children struggled with a lack of structure. In the absence of positive leadership, a child more than likely stepped up to fill the void, rendering parents with limited influence.

Those who used a parallel (“you go your way, I’ll go mine”) approach may have experienced a relatively quiet parental existence, but this will more than likely come at the expense of group cohesion and children’s mental health.

Collaborative family leadership

Life in the family cocoon has suited parents that use a more inclusive, collaborative parenting style. This is a style that gives children a voice, commensurate with their developmental stages, in how the family conducts itself.

Features of a collaborative family

Parents who adopt a collaborative approach impact family culture in positive ways, so that their family becomes a collaborative unit. Here are some features shared by collaborative families:

Respect is a key value

This style of leadership treats kids with respect but importantly, expects respectful, considerate behaviour from children in return. When kids fail or forget to practise respectful treatment of others they are respectfully brought into line and reminded of their responsibility to others.

Kids contribute

Kids in collaborative families generally help out without being paid. A jobs’ roster is the preferred method for ensuring kids contribute as authority is diverted from parent and rests with the group instead.

parenting * ideas

Language is cooperative

Parents who adopt a collaborative approach generally use language that invites children to cooperate. They also use the word "We" a great deal. "We're relying on you to set the table before dinner" reminds a child or teenager of their contribution to the family good.

Rituals are strong

Collaborative families also use rituals such as mealtimes, special days and the like to build strong family bonds. These structured get-togethers are balanced with plenty of informal, fun activities where members can enjoy each other's company.

Decision-making is shared

Most parents who successfully adopt a collaborative leadership style have a process that engages kids in family decision-making and resolution of conflict between siblings. A regular family meeting or council is a common forum used by collaborative family leaders. These meetings may take time to get right and some effort to convince all family members of their benefits, however once they're embedded they become an invaluable part of a family's culture.

There are many ways and methods you can use to successfully raise a family, however not every method stands up to the scrutiny close of quarter living we've been encountering. With more time at our disposal, a wonderful opportunity exists to implement a collaborative leadership style, that will bring benefits well after the COVID-19 pandemic.



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.