



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday June 24th 2020
Newsletter No. 10

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 26 th	9.00am 2.00pm 2.30pm	Happy Socks Day End of Term 2 - Early Finish Staggered Pick Up
JULY		
Monday 13 th	9.00am	First Day of Term 3
Sunday 26 th		ICAS Testing Online Parent Payment Closes

REMINDERS:

MID TERM REPORTS: Reports have gone live on Compass last Friday. If you cannot access Compass to view your students report, please call the office on 5443 3537.

LAST DAY OF TERM 2 - Friday, June 26th Happy Socks Day. Early staggered pick up from 2.00pm.



Kind



Curious



Brave

Dear Parents & Carers,

Welcome to the Week 11 edition of the newsletter and congratulations on making it through the Term!

EARLY AND STAGGERED DISMISSAL ON THE LAST DAY OF TERM 2 – FRIDAY JUNE 26TH

Term 2 finishes on **Friday June 26th** at the earlier time of **2:30pm**. To allow a smooth transition off site, we will have the same staggered arrangements that have been in place since our return to school from Remote and Flexible Learning.

- All families whose surname begins with the letters **A – I**: **2.00pm** pick up
- All families whose surname begins with the letters **J – Q**: **2.15pm** pick up
- All families whose surname begins with the letters **R – Z**: **2.30pm** pick up

We ask that you also adhere to the pickup times to allow a smooth transition out of the school yard at the end of the day. Children going to After School Care will move to the multipurpose space from 2.25pm.

All Grade 3-6 students will be dismissed from their classrooms and will make their way out of the school yard via **Harkness Street** (3/4s), **Malcolm Street** (5/6s) or **Peel Street** (for those who have a younger sibling or siblings in P-2)

Families who have more than one child in years 3-6 (but no siblings in P-2) may choose to exit via one entrance – either Harkness Street or Malcolm Street.

Grade 3 – 6 students not being collected by parents and carers.

Students who independently walk or ride home will be dismissed at the slightly earlier time of 2.20pm. This will allow them adequate time to use the appropriate school crossings (Peel or Russell Street) within the nominated supervision time.

JSC Happy Socks Day

On the last day of term, Junior School Council will be having a Happy Sock Day. Students are encouraged to wear a pair of happy socks to celebrate being back at school. There is no cost to this day.



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

NEW JUNIOR PLAYGROUND SURVEY

We're excited to start planning for our new junior playground and want your thoughts. What kinds of things do the P/1/2's in your lives love about playgrounds you've visited? How could the playground look and feel? How can the playground enhance our school? Please fill in this 5-question survey to help guide the wish list for the new junior playground. Please find the link here: <https://www.surveymonkey.com/r/WQTD7L>

NEWS FROM THE GRADE P/1 CLASSROOMS

Last week Rooms 1 and 2 have been in the bushland learning about Dja Dja Wurrung Seasons. This is what they have discovered about the Datimdatim and Wai-kalk season.

Maya Rm 1 – The sap is used for glue.

Ailish Rm 2 – We noticed the different types of wattle trees that will flower really soon. The blossom shapes remind me of raspberries.

Zahrah Rm 2 – In this time the Dja Dja Wurrung people use the wood from the wattle trees to make their tools.

Spencer Rm 2 – The Dja Dja Wurrung people make their boomerangs in this season.

Wynter Rm 1 – The Dja Dja Wurrung use grass like string to make nets and mats.

Slater Rm 1 – The plants are useful to the people to make tools that help them survive.



Dja Dja Wurrung Seasons Datimdatim & Wai-kalk

About the Season:

Datimdatim and Wai-kalk season happen in the Gregorian Calendar months of May and June. Datimdatim meaning boomerang and Wai-kalk meaning wattle time. It is also known as the Early Winter.



Season Events/Characteristics:

It is the best time for collecting wood for tools and the golden wattles begin to flower. Different types of wattles, eucalypts and melaleucas are useful for tool production, like handles for axes and chisels, shields, boomerang, spears, spear throwers, clubs, coolamons, digging sticks and clap sticks. The strappy leaves of lomandras, grasses and bark from wattles is made into string for weaving nets, mats and bags. Sap and kangaroo sinew can be used to glue and fasten components together.



The Bushland

We are coming to the end of the Datimdatim and Wai-kak season and the Bushland is ever changing. This current season we are in is known as wattle time. It is when the golden wattles begin to flower. If you go for a walk in the bushland you will notice the foliage is beginning to change and adapt. We even have some golden wattles beginning to flower.

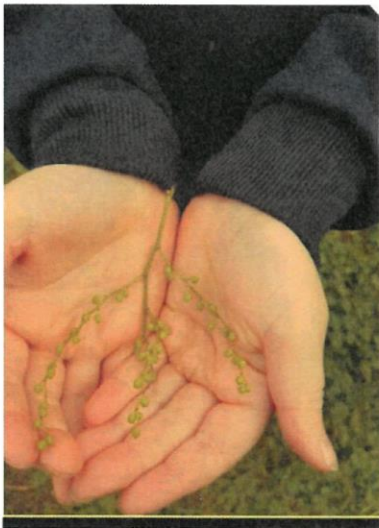
Dja Dja Wurrung People have many uses for wattle and this time of the year is the best time to collect its wood. This wood is used to create many different tools and you can read about more about it in the "Datimdatim & Wai-kalk" seasonal poster.

Spend five minutes walking through the bushland. Can you see the wattle changing and the yellow flowers starting to open? Have a really close look and notice how the flowers are beginning to form, it is beautiful! Then have a close look at other natives in our bushland, is anything happening or do you notice any changes from the last time you looked?

The Bushland is the best place for playing and building huts, but it is also a really exciting place to explore and see nature in all its glory!

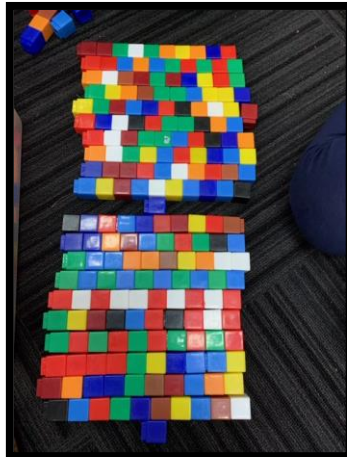
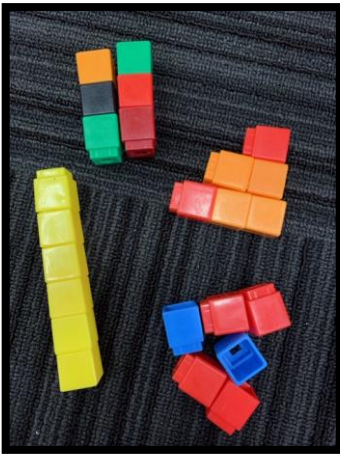
Happy exploring Quarry Hill Primary School!

Jess Telford and Tim Murphy

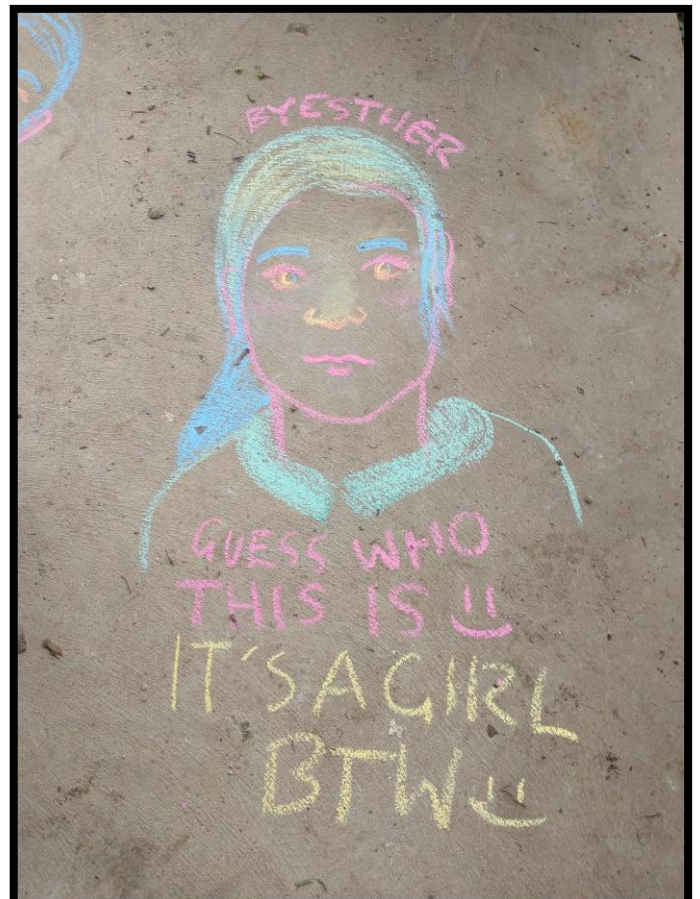


ROOM 2 ACTIVITIES

Room 2 students have enjoyed our morning exploration of play, building and constructing together. We have created towers of tens, made different groups of six as well as worked together to complete puzzles. We also enjoyed our Friday craft of creating our own Rainbow Fish!



GRADE 5/6 ACTIVITIES



INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

Not being able to leave the house

HOW ARE YOU FINDING HOMESCHOOLING?

Happy it over it was exhausting

SO SO MANY

DAYS SPENT INSIDE

HOW ARE YOU FEELING?

Good ☺

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE

1. Being able to see friends again
2. Seeing people more on Zoom
3. Reading so many books

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

family movie nights + cooking together.

WHAT ARE YOU MOST THANKFUL FOR?

Time with my boys and time to slow down + relax

WHAT TV SHOW YOU WATCHED: And Mandalorian

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:
No new ones but loved playing games together

FAVOURITE FOOD TO BAKE: Cookies

FAVOURITE TIME OF DAY: Bed time

GOAL/S FOR AFTER THIS:

Keeping life just as chill no busy again

PAGES BY ICHING CREATIONS

Kade INTERVIEW YOUR PARENTS 9/6

WHAT HAS BEEN THE BIGGEST CHANGE?

No sport for the kids & not allowed to go to parks or the

HOW ARE YOU FINDING HOMESCHOOLING?

To start with it was challenging. It was hard to keep everyone motivated at times. I enjoyed being involved with their learning though.

77

DAYS SPENT INSIDE

HOW ARE YOU FEELING?

Relieved that things are starting to go back to Normal.

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE

1. (Going with the kids on) Bike rides / walking the dog.
2. Seeing the level of maturity and understanding of the kids in regards to all the changes.
3. Remembering what's important in life - my family and my health.

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

Bike rides with Kade
Renovating our new house and having a fire with the kids.

WHAT ARE YOU MOST THANKFUL FOR?

My family staying safe and well.

WHAT TV SHOW YOU WATCHED: Lego Masters

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:
Modelling clay & card games

FAVOURITE FOOD TO BAKE: Smartie Cookies

FAVOURITE TIME OF DAY: morning because I'm most productive

GOAL/S FOR AFTER THIS:

To go on more bike rides and keep more involved in the kids schooling

PAGES BY ICHING CREATIONS

COVID-19

NAME: Sophia

WHAT I MISSED MOST

Seeing all my friends

WHO WAS IN MY ISOLATION BUBBLE?

My Mum and Dad

FAVOURITE MEMORY

Eating snacks when ever I wanted

WHAT I LIKED THE MOST

Being able to work in my PJ's

FEELINGS DURING ISOLATION

Sad, alone, happy, brave, excited and annoyed

WOW!

An interesting thing that happened during lockdown: FaceTiming and having playdates!

Initial Thoughts: How they changed

DAY 1: "This is going to be weird"

LAST DAY OF LOCKDOWN: "I'm so excited to get out of this!"

COVID-19

NAME: Abbie

WHAT I MISSED MOST

Playing with my friends

WHO WAS IN MY ISOLATION BUBBLE?

My dog, my sister, my Mum

FAVOURITE MEMORY

FaceTiming my cousin for his birthday

WHAT I LIKED THE MOST

Having snacks whenever I want

FEELINGS DURING ISOLATION

calm, bored

WOW!

An interesting thing that happened during lockdown: My dog ran to my neighbours house.

Initial Thoughts: How they changed


DAY 1: "Weeks of Term 2"

LAST DAY OF LOCKDOWN: "5th of June"

WINTER Holidays

Team Kids

SCAN ME!



Download Full Program

St Therese's Primary - Kennington

Cybersafety

eSmart topic: Parents' Ultimate Guide to Roblox

Is Roblox safe for kids? How does it work? And what the heck are Robux?

What is Roblox?

How does Roblox work?

What age is Roblox for?

What are Robux?

How much does Roblox cost?

Are there parental controls for Roblox?

Can you make real money from Roblox?

Is there chat on Roblox, and is it safe?

What are "ODers" in Roblox?

How do kids find out about Roblox?

Are sexual predators a big problem on Roblox?

Click on [Common Sense Media](#) to read the answers to the above questions.

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



Stay Kind is a movement that advocates for and actively promotes acts of kindness.

Kindness is not just a nice idea or a conversation, it's something you do. Kindness is an action that makes the world a better place for everyone; the person being kind, and the person receiving the act of kindness. Because every time you do a simple act of kindness for someone, your own well-being and happiness increases. FACT!

Kindness is in our nature. It's how we're wired, it's who we are, and it's what we do. "STAY KIND" is a call-to-action for that kindness to be ever-present in our everyday actions and lives.

This July we are asking all community members of Quarry Hill Primary School to focus on our school value of Kind. You can "Stay Kind" by participating in genuine random acts of kindness. Here are some examples of how children can "Stay Kind."

July 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 School Holidays Smile at people when you walked past them	2 School Holidays Bring in your neighbour's rubbish bin	3 School Holidays Help make dinner	4 School Holidays Offer to walk the dog
5 School Holidays Make breakfast in bed for someone	6 School Holidays Do an extra chore without being asked	7 School Holidays Make a thank-you card for someone	8 School Holidays Make a plan with friends to do something fun together	9 School Holidays Ask a friend what good things have happened to them recently	10 School Holidays Get in touch with a friend you haven't seen in a while	11 School Holidays Make your bed without being asked
12 School Holidays Do some weeding in the garden	13 Read a book to someone	14 Pick up some rubbish and put it in the bin	15 Invite someone that you may not normally play with to join in your game or activity	16 Thank people who help you today e.g. mum, dad, crossing supervisor, teacher etc.	17 Be a Sticky Note Ninja – leave a kind note for someone	18 Don't argue when it is time to go to bed!
19 Tidy up your bedroom/toys	20 Ask people if they had a good weekend and what they did	21 Pick up sports equipment that has been left lying around and put it away	22 Open the door at school, home or anywhere and let others through first	23 Create a "kindness" poem and share it with another grade	24 Tidy up the quadrangle ready for the weekend!	25 Make a homemade gift for someone
26 Write positive chalk messages on the footpath	27 Set the table for dinner	28 Make your own lunch (or lunch for others)	29 Turn off the tap while brushing your teeth	30 Call your grandparents to see how they are	31 Stack & unpack the dishwasher (or dry the dishes)	

For adults it could be simply just starting a conversation was someone kind to you? How were you kind today? Other ways we can all be kind are:

- say please and thank you
- handwrite a thank you note
- give someone a compliment
- make time for a phone conversation with friends and family

If 300 people of the Quarry Hill Primary School community completes one act of kindness a day, that is 9300 acts of kindness. Together we can make a difference and impact positively on our own and each other's mental health.

Dear Parents/Carers

We are delighted to inform you that Quarry Hill Primary School will be offering students in Years 3-6 the opportunity to participate in the ICAS Assessments this year. ICAS is developed by UNSW Global, a wholly owned subsidiary of UNSW Sydney, with over 35 years' experience in educational assessments.

ICAS is designed to target students' higher-order thinking and problem-solving skills in English, Mathematics, Science, Writing*, Spelling and Digital Technologies. (*Writing not available in 2020.)

Each assessment celebrates students' accomplishments by providing opportunities for recognition. Every student will receive a printed certificate and an online result report.

The assessments are suitable for students wishing to extend themselves academically and take up the personal challenge of competing in an international assessment. Your child will be presented with high-quality, expert-developed questions, allowing them to apply their learning without the need for prior study or revision.

ICAS Assessments are now online, a move that reflects a sector-wide transition to online assessments. This allows greater accessibility for students and faster delivery of results. Parent payment is also completed online. The test will be completed at school.

Learn more about ICAS here: unsw.global/ICAS

2020 Participation

In 2020 students have the opportunity to participate in the following subjects:

Subject	5 day sitting window
ICAS Science	17 August to Friday 21 August 2020
ICAS Digital Technologies	24 August to Friday 28 August 2020
ICAS English	24 August to Friday 28 August 2020
ICAS Mathematics	31 August to Friday 4 September 2020
ICAS Spelling Bee	31 August to Friday 4 September 2020

Cost per test: \$15.95 including GST

If you would like your child to participate in any of the subjects listed above, please visit the new online Parent Payment System to make a direct payment to UNSW Global. The Parent Payment System is a simple and secure online payment service specifically for parents to purchase ICAS Assessments.

The web link is: <https://shop.unswglobal.com.au/pages/pps>

Our school's unique access code is: **EWH429**

Online parent payment closes Sunday, **26 July 2020**.

IMPORTANT: Please enter your child's name accurately into the System as it will appear on their ICAS certificate.

Privacy Collection Statement

To analyse your child's progress effectively, our school conducts an ongoing assessment program. The assessment we are using is a product of our partner, UNSW Global Pty Limited (UNSW Global). In order to deliver the assessment, Quarry Hill Primary School and UNSW Global (through our school) collect your child's personal information (e.g. name, year level and school results) when you enrol your child to sit an assessment in the program. UNSW Global also stores, uses and modifies the personal Information in order to generate reports, conduct research and analysis, and improve its products and services. UNSW Global may share your child's personal information with its subsidiary companies and subcontractors located overseas so it can provide the assessment products and services to our school. Most of these overseas recipients are located in the Asia-Pacific region. As the parent or guardian of a student who intends to sit an assessment, by enrolling your child into the assessment, you consent to our school and UNSW Global collecting and using your child's personal information for the purposes outlined above. This includes the disclosure of your child's personal information outside Australia consistent with the UNSW Global Privacy Policy at <https://www.unswglobal.unsw.edu.au/our-company/policies/>. By consenting, you acknowledge that UNSW Global is not required to ensure that overseas recipients handle your child's personal information in accordance with Australian privacy laws. However, where practical in the circumstances, UNSW will take reasonable steps to ensure overseas recipients use and disclose personal information in accordance with the UNSW Global Privacy Policy. If you do not provide your child's personal information to us or UNSW Global, we may not be able to deliver the assessment to your child. We and UNSW Global will deal with your child's personal information in accordance with privacy laws. If you wish to access or correct your child's personal information or to make a complaint about how we have handled your child's personal information, please contact the school on 54433537 or UNSW Global Privacy Officer at legalandcompliance@unswglobal.unsw.edu.au or by writing to Legal and Compliance Team, UNSW Global Pty Ltd, 12-22 Rothschild Avenue ROSEBERY NSW 2018.

We are proud to partner with UNSW Global in offering the ICAS Assessments, and look forward to some fantastic results later in the year.

Please do not hesitate to contact the school office if you have any questions.

Kind regards,
Anne Rochford



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- laptops & tablets
- lessons & activities
- uniforms & shoes
- books & supplies
- sports fees & gear
- camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*

Contact
your local Saver Plus Coordinator

Phone
1300 610 355

Email
saverplus@bsl.org.au

Online
saverplus.org.au
Find us on Facebook



* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

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 volcanoes. 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



SCHOOL HOLIDAY NETBALL CLINIC BENDIGO STADIUM



Friday 3rd July 2020

9am - 11.30am: 7 - 11 yrs

12.30pm - 3pm: 12 - 15 yrs

Cost: \$45 per participant



Limited spaces available due to COVID-19 restrictions

Every participant receives a Netball
Book Online: www.juliecorletto.com



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

What's On across the Region...

Welcome to our What's On newsletter for Term 3, 2020. While we are still in the process of resuming our face to face services, we have the following online parent groups and workshops available.

Term 3

Parenting Conversations

Parents of Pre-schoolers

When: Wednesday, 15th July
Time: 10.30am - 12.00pm
Cost: Free
Where: Online Zoom Session
Contact: Reception on 5438 1300
 or email@ccds.org.au

Parents of Primary Age

When: Thursday, 16 July
Time: 12.30pm - 2.00pm
Cost: Free
Where: Online Zoom Session
Contact: Reception on 5438 1300
 or email@ccds.org.au

Parents of High School Age

When: Friday, 17 July
Time: 12.30pm - 2.00pm
Cost: Free
Where: Online Zoom Session
Contact: Reception 5438 1300
 or email@ccds.org.au

Each Session will have up to 8 participants

Building Resilience in Kids

When: *Evening Session* - Monday 20 July
Time: 7.30pm - 9.00pm

When: *Day Session* - Friday 24 July
Time: 10.30am - 12.00pm
Cost: Free
Where: Online Zoom Session
Contact: Reception on 5438 1300
 or email@ccds.org.au

Term 3

Bringing up Great Kids

When: Thursdays, 23 July - 10 September
 (8 weekly sessions)
Time: 12.30pm - 2.00pm
Cost: Free
Where: Online Zoom Session
Contact: Reception on 5438 1300
 or email@ccds.org.au

Boys Brains

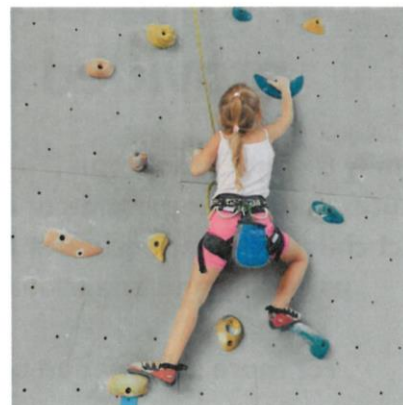
When: *Evening Session* - Monday 27 July
Time: 7.30pm - 9.00pm

When: *Day Session* - Friday 31 July
Time: 10.30am - 12.00pm

Cost: Free
Where: Online Zoom Session
Contact: Reception on 5438 1300
 or email@ccds.org.au

It's About the Kids (Post Separation Parenting Program)

When: *To be confirmed*
Time: *To be confirmed*
Cost: \$60 (\$30 Concession)
Where: Bendigo (Face to face)
 Also available via Zoom
Contact: Reception on 5438 1300
 or email@ccds.org.au



Individual parent consultations are also available via phone and Zoom
 For further information please contact Reception on 5438 1300 or email@ccds.org.au
Bookings are essential for all of our programs

Book now! Groups are subject to minimum and maximum numbers.



CCS Family & Relationship Services

Other services

Counselling Services are currently being provided via phone or Zoom

Our counsellors help couples, parents, children, families and individuals resolve issues in their relationships and personal lives. We provide a safe environment to express thoughts, feelings and values to develop greater awareness and understanding of a problem or issues. Counsellors also assist in the development of skills to support communication and mutual understanding.

For more information on our Counselling Service in Bendigo call 5438 1300



Family Dispute Resolution currently being provided via phone and Zoom

Family Dispute Resolution (FDR), also known as mediation, helps parents resolve disputes during a separation or divorce. Resolving issues through mediation reduces conflict children experience. Our FDR service is for anyone having difficulty agreeing on parenting and financial arrangements during a separation or divorce.

For more information on our FDR service in Bendigo call 5438 1300

Join our Facebook page on CatholicCare Sandhurst

Keep informed on what we offer across the Loddon Mallee, Shepparton and Hume Regions.
or visit our Website at www.ccds.org.au

Visit www.ccds.org.au for more information or contact us direct.

176-178 McCrae Street, Bendigo | Phone: 5438 1300

68 Wyndham Street, Shepparton | Phone: 5820 0444

WHAT'S ON AT Winter Holiday Club

Come and join Hayley at Girton Grammar Holiday Program these holidays. It's **FREE!**

MON 29 JUN WEATHER THE STORM The weather is a fascinating concept! We will explore that by making our own umbrellas, generating a tornado in a bottle and making a DIY thermometer. Full Fee \$0.00 After Max. CCS* \$0.00	 INCURSION	MON 06 JUL SPORTS EXTRAVAGANZA We'll be holding our very own Sports Extravaganza so get your running shoes ready! You'll join in some fun team challenges. Full Fee \$0.00 After Max. CCS* \$0.00	 CLUB BASED
TUE 30 JUN OCCUPATIONS TO ASPIRE TO Think about what you'd like to be when you're older. What inspires you? Today we'll live out our dreams through dress up, discussion and storytelling. Full Fee \$0.00 After Max. CCS* \$0.00	 CLUB BASED	TUE 07 JUL RAINBOW HOPE Rainbows signify hope and dreams. You'll be reflecting on your hopes and dreams and uncover how these can be achieved. Use your creative skills to tell your own story. Full Fee \$0.00 After Max. CCS* \$0.00	 CLUB BASED
WED 01 JUL BATHROOM LUXE DESIGNS Get your science kit on, today we're bringing luxe to the bathroom. We'll be making our own soap and bath bombs with a twist, time to treat yourself! Full Fee \$0.00 After Max. CCS* \$0.00	 INCURSION	WED 08 JUL TRIVIA TIME! Trivia Time is all about quizzes. Create your own quiz and battle it out against each other! Full Fee \$0.00 After Max. CCS* \$0.00	 CLUB BASED
THU 02 JUL CUSTOM BEATS! Music is everywhere, let's explore what it's all about! Full Fee \$0.00 After Max. CCS* \$0.00	 CLUB BASED	THU 09 JUL CELEBRATE THE WORLD The world is made up of different cultures, languages and festivities. We'll explore these and their significance to people around the world. Full Fee \$0.00 After Max. CCS* \$0.00	 CLUB BASED
FRI 03 JUL FRENCH EXPLORATIONS Explore French culinary tradition, fashion and games today! Make healthy chocolate mousse with avocado, create a perfume and learn to play Petanque, a French Ball Game. Full Fee \$0.00 After Max. CCS* \$0.00	 INCURSION	FRI 10 JUL MAGIC ARCHITECTURE Create a masterpiece using biodegradable magic corn! You could create your favourite building, a statue of a superhero or anything else you can dream. Full Fee \$0.00 After Max. CCS* \$0.00	 INCURSION

As per the Federal Government's announcement free childcare has been extended until the 12th July. This means Camp Australia is providing free care for families who require it over the school holidays. Whilst care is free, we still need to know if you are coming. We ask that you get your bookings in as soon as you can.

It's **FREE** to Register. (and if you want to use OSHC, you first need to register).

Register at pp.campaustalia.com.au/account/login. Once registered, it's easy to make and manage your bookings online via our Parent Portal.

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

Looking forward to seeing you at Holiday Club
Hayley & The Camp Australia Team.

Book now: 1300 105 343 or
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we make kids smile

INSIGHTS

What content are children watching?



There's a rising trend of children watching adult content. Sex scenes, violence and inappropriate language, once shown on television during an adults-only time, are becoming staple viewing for many of today's children.

In a recent poll of 1,800 US parents, 40% admitted allowing their children to watch movies that are unsuitable for their age group. A recent discussion by this writer with parents suggests that the trends are similar in Australia. Very few of the parents I spoke with referred to the classification guidelines when choosing content for their children.

The increase in 'adult-only' animation is one factor that blurs the line of suitability for children. Adult-only genres such as Marvel movies and X Men franchise and television programs such as Game of Thrones and The Walking Dead thanks to streaming now count children among their devotees. Computer games, so popular with many children and young people, also cross the line of acceptability in terms of behaviour and attitudes on display.

Can we become desensitised over time?

Viewing standards, like standards of acceptable behaviour, have subtly shifted over time. Sex scenes, physical violence or violent language is now a common part of adult content, which has a desensitising effect on parents. Desensitisation leads to acceptance and a higher level of exposure to children.

Does fitting in play a part?

Advertisers know that children's pester power can play a significant role in the type of foods that go into the shopping trolley, which influences how food is packaged and promoted. Pester power plays a similar role in the choice of movies and television programs that we allow children to watch. "All the other kids have seen this movie?" is the type of comment from a child that hits a nerve for many parents, who rightfully want their child to fit in with their peers.

What are the risks?

There are many concerns about children being exposed to adult content in movies, television programs and the computer games. Here's a summary:

Developmental risks

Exposure to content that requires complex adult interpretation can be deeply confusing and disturbing to children. They often have difficulty discerning reality from what they are viewing on television so that they can develop a warped world view. The impact may not be immediate, but will show itself increasingly over time when children's attitudes towards sex, their peers or authority reflect the on-screen content they've been viewing.

Impact on attitudes and behaviour

Children are like sponges soaking up what they see and hear. Viewing parent-sanctioned programs that display disrespectful behaviour toward women, abuse of alcohol and drugs, and shows violence as normal have a powerful impact on the attitudes and behaviour of children. Viewed often enough, young minds can interpret these types of inappropriate behaviours as normal.

Impact on wellbeing

According to the Australian Council on Children and Media (ACCM) there is significant evidence that exposure by children to adult movies and programs leads to the development of exaggerated fears; causes loss of sleep and increases childhood anxiety. ACCM claims that “these fears are not insignificant and can be long lasting.”

What can you do?

There are a number of actions you can take to ensure the content that children consume is appropriate for their age level, including:

Follow classification guidelines

Become familiar with the [Government classification guidelines](#) for movies, television programs and games. Understand what they mean and develop the habit of checking the classification rating of each new piece of content that children will be watching or interacting with.

Find out

It's easier than ever to find out for yourself the suitability of content for a child or young person. Research methods include vetting a television program yourself for suitability; searching online for views and opinions before allowing your child to watch a movie; reading reviews of online games to ascertain suitability.

Talk with other parents

It's easy to feel isolated as a parent, which makes you more susceptible to children's pester power. Just as children have a propensity to gang up on parents (“Everyone in my class is watching that movie”), parents can gain the strength that comes with numbers when they talk with each other (“I've just checked with some mums and no one is allowing their child to watch that movie”).

Many current community concerns about children such as the increase in anxiety levels, disrespectful relationships and a propensity towards aggression is mirrored in the content many children consume in movies, television and games. It would be folly to suggest that inappropriate content consumption is the root cause of these maladies, however winding back the viewing habits of children to reflect more closely their developmental levels would have a surprisingly positive impact.



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.