



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday July 22<sup>nd</sup> 2020  
Newsletter No. 11

## Our Vision:

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

## 2020 TERM DATES

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

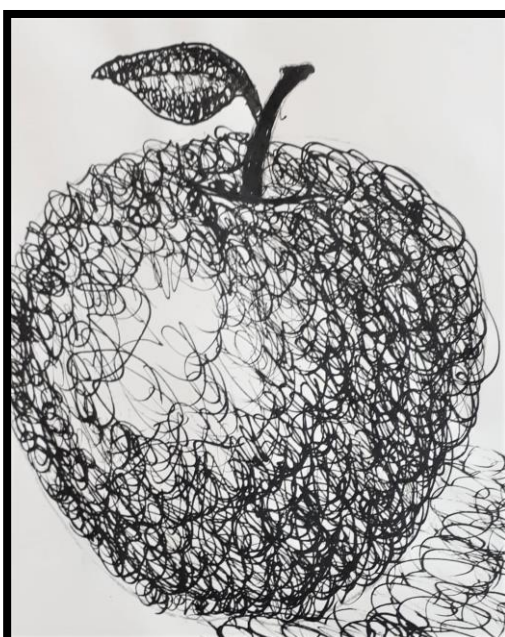
	Time	Details
<b>JULY</b>		
Sunday 26 <sup>th</sup>		ICAS Testing Online Parent Payment Closes
Wednesday 29 <sup>th</sup>	All Day	100 Days of Prep Celebration Grade 1- 'When I Grow Up' Dress Up Day
Friday 31 <sup>st</sup>	3.30pm	Book Club Closes
<b>AUGUST</b>		
<b>SEPTEMBER</b>		
Monday 14 <sup>th</sup>	9.00am	School Photos
Friday 18 <sup>th</sup>	2.30pm	Last Day of Term 3-Early Finish

## Reminders:

- Please return Prep 2021 enrolment forms to the office by Friday 31<sup>st</sup> July
- ICAS Testing online payment closes on Sunday 26<sup>th</sup> July
- 100 Days of Prep Celebration- Wednesday 29<sup>th</sup> July
- Grade 1- 'When I Grow Up' Dress Up Day Wednesday 29<sup>th</sup> July

## ART

### Pen & Ink Technique



## ~OUR VALUES~

### Kind

I understand that everyone is different  
I co-operate  
I respect myself, others and the environment  
I am Community minded  
I belong

### Curious

I am a learner  
I seek knowledge  
I ask questions  
I explore and wonder  
I create

### Brave

I am honest  
I am independent  
I have high expectations  
I am resilient  
I am open to feedback



Kind



Curious



Brave

Dear Parents & Carers,

Welcome to the first full newsletter for Term 3. It has been great to see students settle back into their classroom routines with enthusiasm during this second week. We look forward to a positive Term of learning whilst we adapt to the new school environment.

### **QUARRY HILL PRIMARY SCHOOL CHAMPIONS OF KINDNESS**

We have been inundated with examples of kindness over the last week. You can find out more about our Champions of Kindness by watching this week's assembly which will be uploaded to the schools website on Friday at 3.00pm.

This week's Quarry Hill Primary School Champions of Kindness:

- Sophia Z Rm 14B
- Emelia M Rm 8
- Mack S Rm 8
- Matilda B Rm 12A
- Charlotte C Rm 6
- Ailis O Rm 2
- Flynn S Rm 5
- Alec B Rm 2
- Beth L Rm 2
- Lola E Rm 2
- Jimi R Rm 14B
- Kobi R Rm 15B
- Jacob D Rm 15A
- Fletcher W Rm 15B
- Jonty V Rm 6

### **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 31<sup>st</sup>.

### **SCHOOL CROSSING SUPERVISOR**

The City of Greater Bendigo has asked us to remind parents and students of social distancing requirements while using our school crossings.

Please maintain your 1.5 metre distancing from the school crossing supervisor while at the crossing. If we can keep the crossing supervisors safe, they will be able to continue assisting our students to get to and from school safely.



### **eSmart topic: Good Habits Start Young**

Parents and carers play an important role in helping children to develop digital intelligence — the social, emotional and practical skills needed to successfully navigate the digital world. Even for preschool children, it is never too early to instil good habits, and as your child gets older it is useful to keep reminding them of these basic digital intelligence principles: respect, empathy, critical thinking, responsible behaviour and resilience. These are also principles you can emphasise with your child when things go wrong.

Keep reading **this article:** <https://www.esafety.gov.au/parents/skills-advice/good-habits-start-young>



## STUDENT ACHIEVEMENT AWARDS

### KIND

- Flynn S (Room 5) for being a kind and caring classmate by holding the class door open for everyone.  
Charlie L (Room 15B) for being supportive and welcoming towards new students of QHPS. Great job!  
Lola E (Room 2) for always looking after her friends and classmates and helping to keep the school tidy.

### CURIOUS

- Olivia M (Room 14A) for an excellent start to Term 3, asking questions, seeking knowledge and working hard.  
Riley T (Room 12A) for always asking in depth and clarifying questions.  
Kade B (Room 10A) for an excellent start to Term 3, you have applied yourself and completed all of your learning tasks. Well done!  
Tilly B (Room 8) for extending herself further in her writing.  
Charlotte R (Room 8) for sharing her interesting thoughts during class discussions.  
Abby S (Room 4) for her enthusiastic approach to all learning tasks.

### BRAVE

- Ebony B (Room 6) for being very confident with starting at a new school, even being brave to share show and tell.  
Jonty M (Room 15A) for always setting high expectations for himself and his work.  
Amelia J (Room 5) for her improved handwriting, taking her time to correctly form letters.  
Rowan N (Room 14B) for having a sensational start to Term 3!  
Sophie G (Room 10B) for displaying high expectations during all our classroom activities.  
Adrian L (Room 12A) for starting this term with such a positive attitude.  
Ryan D (Room 8) for attempting to sound out words independently in writing.  
Eliza W (Room 14A) being brave and taking risks when partitioning numbers.

# Dja Dja Wurrung Seasons Wanyarra & Gurri

## About the Season:

Wanyarra and Gurri season happen in the Gregorian Calendar months of July and August.

Wanyarra meaning water and Gurri meaning Kangaroo. It is also known as the Late Winter.



## Season events/characteristics:

It is the wettest time of the year. Creeks, streams and rock wells fill up. It is a special time of year because the wattle's foliage starts to change. You will notice different species of wattles flowering, how many can you find?

During this time there is burning of all extensive grassed areas to encourage communal drives for kangaroos and in other parts of the country bandicoots and goanna. Fishing is still important, with nets, grass barriers, in shallow waters.



## Flora in the Bushland



Carex (Sedge) leaves are split into fibres for basket making and nets.



Common Nardoo roots are ground into a dough and cooked. Toxic levels of thiamase if not treated properly.



River Bottlebrush nectar could be used to make a sweet drink.



River red gum and other eucalyptus species produce timber for tools, implements and canoes. They have a sweet nectar and seeds that can be eaten.





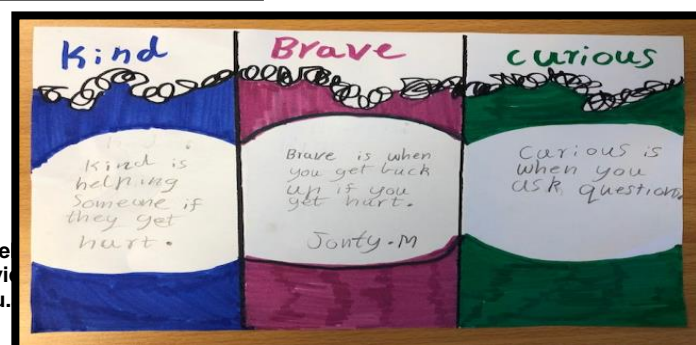
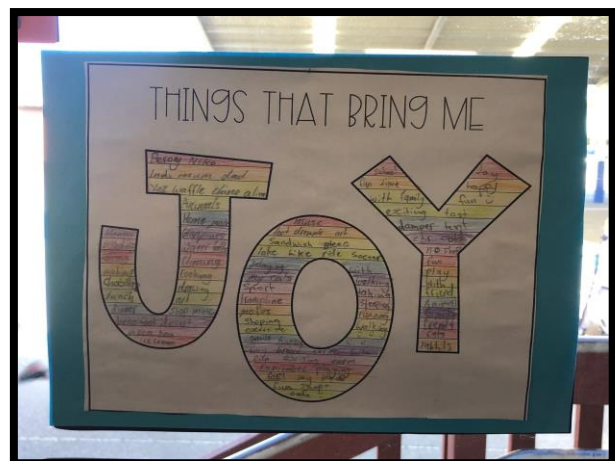
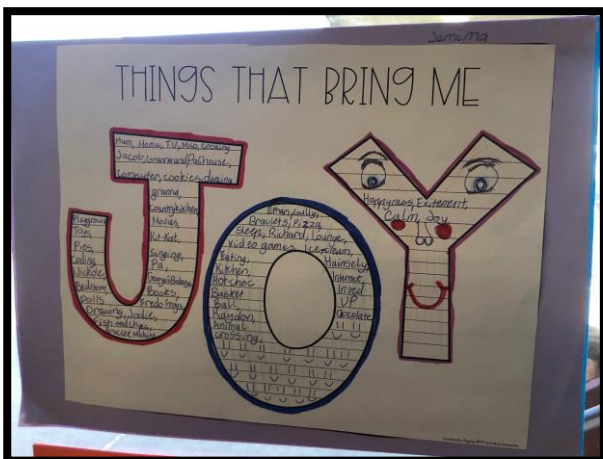
## GRADE 3/4 SPORT

The Grade 3/4s enjoyed getting out in the sunshine to participate in team work & skill building activities.

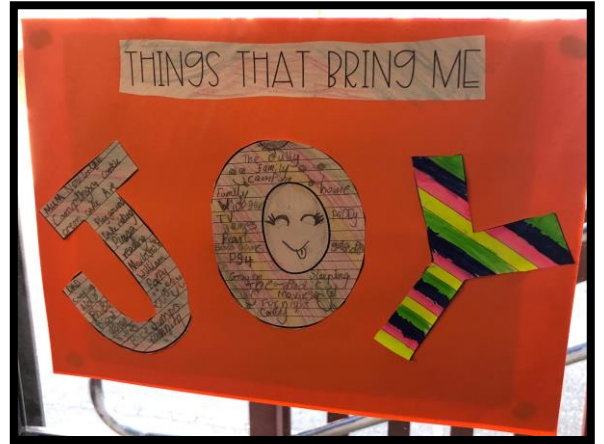


## GRADE 3/4 WORK SAMPLES

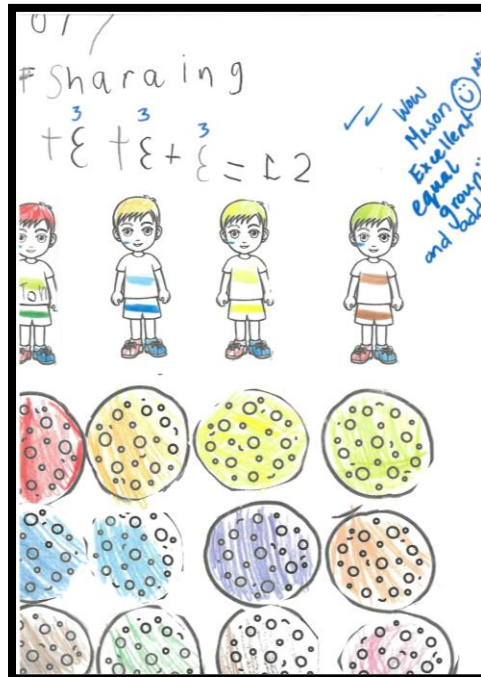
Students were encouraged to write down things, people or words that brought them joy in the holidays. Students also re-visited our school values and what they mean as well as working on partitioning in maths.







## LIBRARY AT LUNCH TIME & PREP WORK SAMPLE



## ART

Students have been experimenting with different pen and ink techniques in art this week – with wonderful results!





## Are you eligible for the Child Care Subsidy?

The Child Care Subsidy can provide up to 85% off your fees.  
If you're unsure about your eligibility contact Centrelink on 13 61 50.

### Great Fun in OSHC

Outside School Hours Care makes it possible for parents to work or attend to other commitments, secure in the knowledge that their children are being cared for by qualified Educators in a safe and supportive environment.

At Camp Australia, we know that the time spent at OSHC before and after school is a time for possibilities. Every session is guided by the childrens' interests and reflects their dreams and imagination.

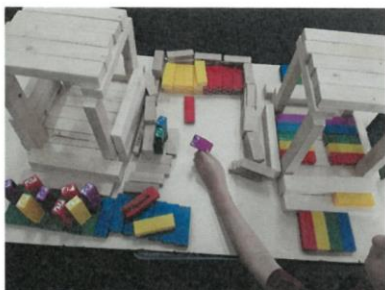
Having already spent the day in a classroom, children need the opportunity and space to explore their own interests – whether that be sports, craft or cooking – as opposed to being asked to absorb more information (unless there's homework your child needs help with!).

It's a time to form friendships outside their immediate classmates, to grow and learn, and/or to try something new. There's no travel time, traffic or complicated arrangements to be made, so your child can leave the classroom and be playing soccer, eating a healthy snack or learning how to play a board game within minutes of leaving the classroom.

To find out more about our Camp Australia OSHC service please feel free to give me a call on 0431 007 805 Monday - Friday 7:00am - 6:00pm or alternatively visit our website at [www.campaustralia.com.au](http://www.campaustralia.com.au) or call our friendly Customer Care Team on 1300 105 343. The team are available 24 hours a day, 7 days a week (except National Public Holidays).

We look forward to seeing you and your family soon!

From Hayley & the Team at Camp Australia



SOME WONDERFUL CREATIONS IN OUR CONSTRUCTION ZONE



CREATING TIE DYE SOCKS FOR HAPPY SOCKS DAY

**Safety • Meaningful • Innovative • Leadership • Education**  
*we make kids smile*



# Additional Childcare Subsidy

Available at your Outside  
School Hours Care

The Additional Child Care Subsidy (ACCS) offered by the Government is part of the Child Care Safety Net, to give the most vulnerable and disadvantaged children, as well as those from regional and remote communities, a strong start through access to quality early childhood education and care.

The ACCS includes four elements:

- ACCS (child wellbeing) - for families who require practical help to support their children's safety and wellbeing.
- ACCS (grandparent) - for grandparents who are the primary carers of their grandchildren.
- ACCS (temporary financial hardship) - for families experiencing temporary financial hardship.
- ACCS (transition to work) - for families transitioning from income support to work.



## Are you struggling to pay your Child Care Fees?

**Has one or more of the following happened to you in the past 6 months? If so, you could be eligible for Temporary Financial Hardship.**

- Death of a partner or child.
- Unexpected loss of employment, other than due to resignation or retirement.
- Loss of income or business failure due to circumstances outside of your control (such as serious illness).
- Loss of income due to the death of a former partner who was providing ongoing financial assistance in relation to the child.
- Adverse effects from a major disaster event
- Destruction of, or severe damage to, home.
- Having to leave home and not being able to return because of an extreme circumstance (such as domestic violence).
- For individuals who are still living at home and a family member has left or has been removed because of domestic violence against the individual.

## ACCS Temporary Financial Hardship

To be eligible for ACCS Temporary Financial Hardship, an individual must have had a substantial reduction in their ability to pay child care fees as a direct result of the temporary financial hardship circumstance.

Eligible families can receive a subsidy equal to the actual fee charged or up to 120% of the relevant CCS hourly rate cap (\$10.67), whichever is lower, up to maximum of 100 hours per fortnight. In most cases this means the full cost of childcare will be covered or you may be left with a small out-of-pocket cost per booking.

Individuals will need to provide evidence to demonstrate there is a link between the

circumstances they are experiencing and the financial hardship (including evidence of a substantial reduction in their ability to pay child care fees). Evidence will also need to show that the circumstance or event occurred within six months from the date the application was made.

In some cases, more than one of these circumstances may affect a family at the same time, increasing and compounding the hardship that the family is facing. Individuals can nominate one or more circumstances that have led to their situation of temporary financial hardship.

## How to apply for ACCS

**Before applying for ACCS, you need to apply for the Childcare Subsidy (CCS).**

You can apply for the CCS by first registering for a MyGov account at [my.gov.au](https://my.gov.au). Follow the prompts to apply for CCS, ensure you confirm your activity hours and then start creating your bookings with Camp Australia.

If you already have bookings with us, you should apply as soon as possible as new claims can only be backdated for a maximum of 28 days.

An application for ACCS Temporary Financial Hardship may be made by the family through their Centrelink online account. Centrelink will assess the application and advise the provider if ACCS Temporary Financial Hardship is to be paid.

**If you would like to apply for ACCS Temporary Financial Hardship and Transition to work, please contact Centrelink directly on 136 150.**

For ACCS (grandparent), please call the Grandparent Advisory Line on 1800 245 965. An application for ACCS Child Wellbeing is generally requested by a Government Department to Camp Australia.

For more information: <https://www.education.gov.au/child-care-provider-handbook>

Disclaimer: This information is up to date as of July 2020. Please check the Government website for the most up to date information.





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](https://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: **EW429**

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](mailto: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



## INSIGHTS

### Developing young people's emotional smarts



The last few months has certainly been a test of young person's emotional smarts. The ups and downs of the COVID-19 experience continues to play on the emotions of all us, but for adolescence who are going through a period of brain development, this can be a particularly tricky time. Fortunately, parents are in a wonderful position to assist and in doing so develop emotional smarts in their young people. The following strategies will help:

#### Talk openly about feelings

Your young person will benefit from being around adults who talk about their own emotions and feelings rather than ignoring or bottling things up. A focus on emotions builds their vocabulary and also gives them permission to do the same.

- Talk about the emotional impact that daily events such have on you
- Ask them how they feel or react emotionally to things that happen to them
- Use specific terms for feelings such as 'irritated', 'nervous', 'tense', 'annoyed'

#### Build awareness of the triggers

Your young person may experience mood swings due to the changes occurring in both their body and brain as well as the changes COVID-19 brings. They may feel confused and even fearful of their reactions. Help your young person recognise the situations and events that trigger different emotions. Your young person may be aware that returning to school, for example, may make them nervous but they may not realise that they become annoyed when they're told to do something rather than when they are asked.

- Discuss trigger events and moments with your young person
- Make a list of trigger moments to help him prepare for them
- Develop plans to better manage emotions before they spiral out of control

#### Encourage journaling

Young people often have difficulty internally processing many of the events that happen during the course of day, leading to confusion and worry. Encourage them to keep a daily diary or journal so they can make better sense of events and situations that impact on them emotionally. Getting their thoughts and emotions down on paper helps them gain clarity, gain control of their emotions and build better mental health. Writing thoughts and worries down prevents constant rumination, which often leads to catastrophising.

- Give your young person the privacy needed for journaling
- Remind them that posting on social media is different to journaling
- Share with your young person how you process your thoughts and emotions in healthy ways



## Differentiate between feelings and mood

Adolescence can be a confusing time, particularly when they're changing from primary school to secondary school. Feelings of confusion and self-doubt can seem like constant companions. Help your young person understand the difference between mood and feelings. A mood can stay for a long time – days and weeks – and is impacted by the lifestyle factors such as sleep, diet and exercise. Feelings are fleeting. They come and they go. They are easily shifted with simple tools such as breathing, visualisation and distraction.

## Accepting discomfort

We naturally want to feel happy and content, however life is never that simple. Your young person is more than likely learning to come to terms with that. Help them feel comfortable with unpleasant feelings such as sadness, disappointment, jealousy and frustration. Let them know that there are behaviours that can't be tolerated such as aggression and hurting others, but there is nothing so bad that they can't talk about it. Introduce them to healthy coping skills they can use to make uncomfortable situations more tolerable. These include:

- Humour: having a laugh or finding a funny side is a great coping strategy
- Normalisation: understanding that you are not the only person experiencing something helps to rationalise thinking
- Distraction: taking a break from a situation if only for a short time is very therapeutic
- Compartmentalisation: stopping an event infecting all areas of life is a wonderful coping skill
- Goal-setting: finding solutions to problems and taking the first steps needed to reach them creates a sense of hope and momentum

Emotional intelligence is a skill that grows over time. It's like working out at the gym – those muscles will take time to build. Similarly, those emotional muscles will take some time to grow stronger. They may need time to talk about and explore their feelings, and become more accustomed to experiencing feelings, even those that make them feel uncomfortable.



### 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.