



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Tuesday, October 27th 2020
Newsletter No. 17

Our Vision:

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

2020 TERM DATES

Term 4 October 5 – December 18

2021 TERM DATES

Term 1 January 28 – April 1

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
OCTOBER		
Wednesday 28 th	All Day	Bendigo Cup Public Holiday- No School
Thursday 29 th	3.30pm	Book Club Orders Due
NOVEMBER		
Wednesday 4 th	TBC	BSE Year 7 Information Night
Wednesday 11 th	11.00am	Remembrance Day- Minute's Silence
Friday 20 th	All Day	Curriculum Day
DECEMBER		
Wednesday 16 th	TBC	Reports Live on Compass
Friday 18 th	1.30pm	Last Day of Term 4-Early Finish

REMINDER:

Bendigo Cup Public Holiday- Tomorrow, Wednesday 28th October.
No School.



BOOK WEEK 2020

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
Email: quarry.hill.ps@education.vic.gov.au
Website: www.quarryhillps.vic.edu.au
Phone: 03 5443 3537



Kind



Curious



Brave

Dear Parents & Carers,

ENROLMENTS & CLASS PLACEMENTS 2021

All families seeking to enrol their child in Prep at Quarry Hill Primary School next year should have their enrolment form completed as soon as possible.

If your child will not be attending Quarry Hill Primary School in 2021, we would appreciate you letting us know as soon as possible.

If there are any considerations for placements for student classes in 2021, that you have not already discussed with your child's teacher, Anne, or myself, please let me know in writing by Monday November 2nd, 2020.

Please note that it is not possible for parents to request specific teachers.

REMEMBRANCE DAY – WEDNESDAY 11TH NOVEMBER

At 11:00am on 11th November each year, a minute's silence is traditionally observed to remember those who have died or suffered in wars and conflicts around the world.

We will hold a minute's silence at school on Wednesday 11th November at 11.00am.

Unfortunately, due to the current restrictions, we are unable to sell poppies at school, however there is still an opportunity to support the RS. Please refer to the flyer attached to today's newsletter.

INVITATION TO PARTICIPATE IN THE 2020 PARENT OPINION SURVEY

The Parent Opinion Survey is an annual survey offered by the Department of Education and Training. It is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All parents will be invited to participate in this year's survey. All responses to the survey are anonymous.

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time before the closing date on desktop computers, laptops, tablets or smartphones.

The survey closes on **Friday November 13th 2020**.

A separate Compass note will be sent with all of the details to complete the survey.

BOOKLISTS FOR 2021

Students have already received their booklists for 2021. The school makes every effort to keep the cost of items and activities to a minimum to make it more affordable for all parents.

The process for next year will change slightly due to our learnings from COVID safe practices this year. All booklists will need to be ordered online through our supplier JI Office Products. The instructions on how to do this are on the front of the booklist.

Also, for the first time, all grade levels (including our Prep children) will have their own items which will not be shared with others. Because of this, it is important that all these items are clearly named. Full instructions on how teachers would like these labelled will be distributed on Book Collection Day in 2021.

If you have any questions about the booklists please do not hesitate to contact Narelle in the office.

Book lists need to be ordered online by **Friday December 4th 2020** to ensure supplies are ready for pick up on Book Collection Day on Thursday January 21st 2021. The office will be open from 8:00am – 4:00pm on this day. Please mark this day on your 2021 diary.

SUNSMART

Hats are now required to be worn when students are outside. Please remind your child to pack their hat and sunscreen in their bag. When it comes to using sun protection, temperature isn't a good guide. You can't see or feel UV but UV is the part of the sun that can damage skin and eyes and lead to skin cancer. SunSmart advises that Victoria's UV levels start to rise from mid-August. For SunSmart information visit <https://www.sunsmart.com.au/communities/parents>



SCHOLASTIC BOOKCLUB

Scholastic Book Club have sent **Issue 7** to our school which has been distributed to the children.

Orders are due in to the office tomorrow, Thursday 29th October. No late orders will be accepted. To order books online please find the link below.

<https://www.scholastic.com.au/book-club/book-club-home/>

Cybersafety

eSmart topic: Parents' Ultimate Guide to Parental Controls

Do you need parental controls? What are the options? Do they really work? Here's everything you need to know about the wide array of parental control solutions, from OS settings to monitoring apps to network hardware.

Click on the Common Sense Media [link](#) to read the full article

STUDENT ACHIEVEMENT AWARDS

KIND

Jaiah B (Room 14B) for kindly sharing his belongings with his peers during Maths Groups.

CURIOUS

Charli B (Room 4) for having automatic response of all maths times tables.

Mietta W (Room 10B) for making a very positive start to Term 4.

Lola D (Room 14A) for demonstrating creativity in your original presentation of your Paris project.

Rowan N (Room 14B) for being an enthusiastic participant during our Book Week celebration!

Charlotte C (Room 6) for investigating new words like "embellishment" to improve your vocabulary.

Aleirah H (Room 15B) for being creative in her Inquiry task on Minecraft 'how to build a chair'.

Sienna M (Room 15A) for her amazing use of vocabulary in her writing.

BRAVE

Evie S (Room 9) for sharing her feelings and speaking honestly during our class circle time.

Sebastian B (Room 12B) for demonstrating excellent organisation & continuing to use feedback to support your learning in math tasks.

Mason D (Room 2) for working hard in writing to hear & record the sounds he can hear in words.

Quinn C (Room 1) for being brave & taking risks with his wiring.

ART

Collaborative artworks created by Gr 5/6 Students – Can you guess the famous artwork they are based on?



Dja Dja Wurrung Seasons Boyn and Lawan

About the Season:
Boyn and Lawan season happen in the Gregorian Calendar months of September and October. Boyn means bread and Lawan means Mallee Fowl. The orange of our mural, represents the dirt Mallee Fowl make from their

Season events/characteristics:
Yam daisy is flowering. After the flowers die back, it's time to harvest the bulbs. The seed becomes available later thru to December. Bird eggs are collected early. This gives the birds a chance to lay again for hatching. During this season Dja Dja Wurrung don't hunt birds because they are laying eggs. They only hunt animals when they are not breeding.

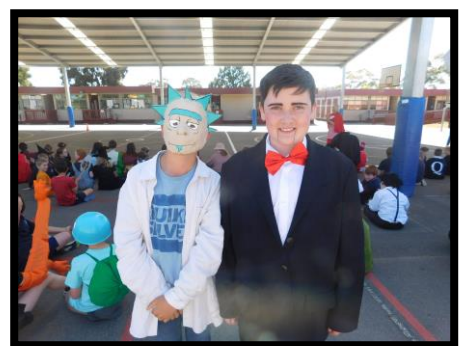
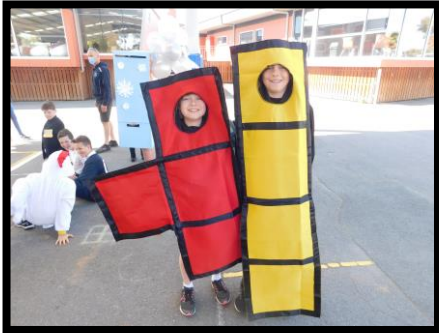
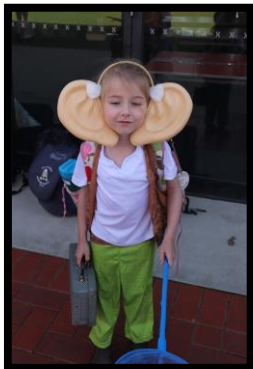
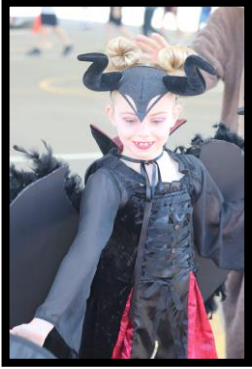
Flora in the Bushland
Malleefowli habitat has disappeared since colonisation due to changes in land management and fire regimes and is now a threatened species.

Other edible bulbs include Milkmaids, Chocolate Lily and Bulbine Lily.

Yam Daisy (Murnong) was an important staple food. Women dug the roots with digging sticks and then roasted them in baskets in an earth oven. This plant used to be everywhere but became scarce due to grazing sheep.

Icons:
Kind
Curious
Brave

BOOK WEEK DRESS UP DAY & PARADE 2020



Resilience, Rights and Respectful Relationships conversation starters for families:

Over the next few weeks we will share some activities that will help build and maintain your child's wellbeing. Most of them are short and require very few materials. The activities cover six key elements that are important to wellbeing. There are also activities that focus on positive thinking and gratitude as well as breathing exercises that promote calm. These activities are based on the Resilience, Rights and Respectful Relationships teaching and learning materials.



Understanding emotions

Understanding emotions helps your child to understand themselves and other people.

We can do this by focusing on recognising, expressing and managing emotions.

Understanding emotions is key to building empathy and self-awareness.



Personal strengths

Help to build your child's ability to recognise and understand positive qualities in themselves and others.

This will help to build your child's self-confidence and the capacity to face and manage challenges.



Positive coping

Provide opportunities for your child to discuss and learn different types of coping strategies.

This will increase your child's ability to manage stress, control impulses and overcome obstacles.



Problem solving

Your child can develop their critical and creative thinking skills to explore different types of problems.

This can build your child's ability to make responsible decisions that consider the likely consequences of different ways of solving problems.



Stress management

Learn about different calming strategies to deal with stress.

This can help your child to cope with challenges they are facing now and in the future.



Help seeking

In these challenging times, it is important to normalise asking for help.

Your child will learn to recognise situations in which to seek help, identify trusted people in their lives to ask for help and practice asking for and providing help.

Prep/Foundation

1/2

3/4

5/6



Personal strengths

Goal: Recognise our strengths by talking about things we are good at.

Activity: With your child, take turns at drawing a portrait of each other. Around the portrait write all the things you think each other is good at.



Personal strengths

Goal: Describe how we use our strengths to be a good family member.

Activity: With your child, discuss what each of your character strengths are. Draw a picture of yourselves using one of these strengths at home.



Personal strengths

Goal: Recognise our personal strengths.

Activity: Personal strengths are our positive qualities. Ask your child: What are your personal strengths? What do you think are my personal strengths? Swap!



Personal strengths

Goal: Demonstrate character strengths.

Activity: Encourage your child to do something to make life easier for someone else at home.



Stress management

Goal: Identify activities that can help to reduce our stress levels.

Activity: Ask your child to interview different family members and then draw a picture of them. Your child can ask: *What do they like to do to help them calm down or cheer up?*

Goal: Describe how we use our strengths in daily life.

Activity: With your child, watch a TV show or read a story book together and identify how a character showed any of these strengths (honesty, fairness, patience). What would the opposite of these look like?

Goal: Identify how you can use personal strengths in daily life.

Activity: Kindness is a personal strength. Being kind means you do things for others without expecting anything in return. Encourage your child to do something helpful for a family member. Ask them to share their acts of kindness with your family.

Goal: Demonstrate character strengths.

Activity: With your child, plan to do something kind for a neighbour, friend or family member.

HINT: You might like to:

- Check to see if an elderly neighbour needs help with grocery shopping.
- Call a family member you don't live with such as an uncle, aunt or grandparents to say hello.
- Write a letter or send an email to a friend and post it to them.


PLAY CRICKET

Join Bendigo United Junior Cricket Club this season

MAKE RUNS, TAKE WICKETS AND HAVE FUN

- Junior Blasters for ages 5-7
- Master Blasters for ages 7-10
- U11 cricket


REGISTER AT:
www.playcricket.com.au/club-finder/club-details?id=6013
 FOR MORE INFORMATION CONTACT:
 Simon Harris (Junior Coordinator)
simon.harris72@bigpond.com or 0408 338 343



Are you coming to BSE next year?

IT'S TIME TO SIGN UP!

Go to www.bse.edu.au/music-program to sign up and find out more.



Kindergarten Enrolments Now Open for 2021

For more information visit www.lmpa.org.au

LODDON MALLEE PRESCHOOL ASSOCIATION

Logan Square Kindergarten

NurtureOne

Dr Harris Little Pre School

Y KINDERGARTEN CLUSTER MANAGEMENT

BENDIGO PRE-SCHOOL

General Inquiries (03) 5143 1229 or enrolments@lmpa.org.au

KIDS HELPLINE & HEADSPACE

Kids' sadness and anxiety about COVID-19 can show up in many different ways.

For some helpful resources to support young people's mental health during these trying times (and beyond), please see:


[headspace](https://www.headspace.org.au/covid-19/)

: [headspace.org.au/covid-19/](https://www.headspace.org.au/covid-19/)

[Kids Helpline Official](https://www.kidshelpline.com.au/coronavirus)

: [kidshelpline.com.au/coronavirus](https://www.kidshelpline.com.au/coronavirus)

FUTSAL INSTITUTE BENDIGO



FLASH COPA TOURNAMENT

WEDNESDAY 4TH NOV U12'S FRIDAY 6TH NOV U18'S


4:15 TO 7:15PM 5:00 TO 8:00PM

3hr Tournament - Max 6 Teams - \$20 Per Player
 More age groups coming soon!

For more info contact Aidan at 0427 519 250

Spring Gully Synthetic, Stanley Ave

To register go to ausfutsal.com/GolT4



FUTSAL SCHOOL

MONDAY'S 4:15 TO 5PM FOR AGES 6 TO 10

Non Contact Training - For more info contact Aidan at 0427 519 250

Fun games & activities - Introduction into Futsal

\$77 for 7 week program

Limited spots available due to restrictions

62 Hattam Street, Golden Square

Kids' Sadness About COVID-19 May Look Like:

Anger "This stupid remote doesn't work!"	Resisting the "new order" "I'm not doing four math problems! I'm only doing one!"	Tiredness "I don't want to go for a walk. I'm too tired!"
Numbing Out ("Just 30 more minutes on the iPad!")	Displaced frustration "I didn't want lasagna for dinner. I wanted tacos!"	Boredom "I'm bored" = code for "I'm sad"

www.erinleyba.com

FUN, FAMILY, FITNESS JOIN LITTLE ATHLETICS

Season starts Friday 30th October

Learn the fundamentals of Running, Jumping & Throwing. Ages 5-15

All abilities are welcome

Free trial weekends 7th & 14th November. Register online

\$110 registration Fee

Register at <http://www.athleticsbendigo.org.au/little-athletics>

Any questions email blac@lavic.com.au

Bendigo Regional Athletics Complex
 Cnr Cook Street & Retreat Road Flora Hill

little athletics bendigo

THE POPPY APPEAL

Due to the ongoing restrictions with COVID-19 this year's Bendigo District RSL Sub-Branch Poppy Appeal has gone digital.

Simply visit our website to buy a poppy, badge or token or place an online donation by buying a virtual badge.

Did you know that every cent raised during the Poppy Appeal helps our veteran community?

Your donation allows the Bendigo District RSL Sub-Branch to tailor specialist support services to the needs of our current and former service personnel, and their dependents.

Examples include:

- Crisis accommodation for at risk veterans
- Financial assistance for families in need
- Health and wellbeing programs
- Mental health support
- Employment support

With your help and support we can change the lives of our veterans forever.

Click the button below to purchase your poppies, badges and tokens or make a donation on our website

[Visit the Poppy Appeal Shop](https://appeals.bendigorsl.com.au/)



Bendigo & District RSL

office@bendigorsl.com.au (03) 5442 2950



INSIGHTS

Parenting in challenging times



Life has a way of throwing curve balls that really test the strength and resilience of families. Personal tragedy, natural disasters and global pandemics are the types of events that challenge us all to the core, testing our emotional and social resources.

When difficulties occur children look to the adults in their lives to maintain their security and safety. When change and uncertainty reigns, kids want strong, empathetic leadership from the significant adults in their world. As a parent it can be difficult responding to a child's needs when you're trying to adjust to changes that are forced on you.

Following are some elements to consider when parenting through times of challenge, change and difficulty:

Attention

Like a television antenna your attention is tuned to pick up the strongest signal. In times of difficulty a child may not necessarily signal that they are struggling, so you may need to fine tune your attention to pick up their needs. Start to notice the small comments and subtle behavioural changes, as they may not be small at all, and can provide helpful clues to their state of mind.

Priorities

In challenging times your focus may need to shift away from schoolwork, household neatness and chores. If can move toward relationship building, maintaining wellbeing and helping each other out. Parental priorities need to shift to the immediate rather than the future, the emotional instead of the behavioural and from thriving mode to survival mode in tough times.

Permission

Children and young people often struggle to express their feelings and thoughts in the face of adversity. They look to the significant adults in their lives for guidance about how they should respond to change, loss, uncertainty and disappointment. Allow them to speak about how they are feeling. Prompt conversations through closeness and connection. Display your own vulnerability and in doing so give your kids the permission they need to express themselves in safe ways.

Collaboration

Difficult times will invariably suit a family that enjoys a collaborative, close parenting style. In collaborative families kids feel listened to and also have an ability to impact family decision making. Shared mealtimes and regular family gatherings are generally a prominent feature of collaborative families. In difficult times those families that prosper are those that value and promote close connection between siblings and parents.

Wellbeing

parenting*ideas

Child and parent wellbeing becomes paramount in times of hardship. That may mean reprioritising the importance of school and work, doing something joyful every day and practising regular wellbeing strategies such as exercise, mindfulness, deep breathing and spending time in nature. The wellbeing bucket needs to be regularly refilled during challenging times.

These five elements form the basis of a planned parent response when major difficulties occur. Be patient, be kind to yourself and be willing to reach out to the wider community for help.



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.