



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday, November 11<sup>th</sup> 2020  
Newsletter No. 18

## 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

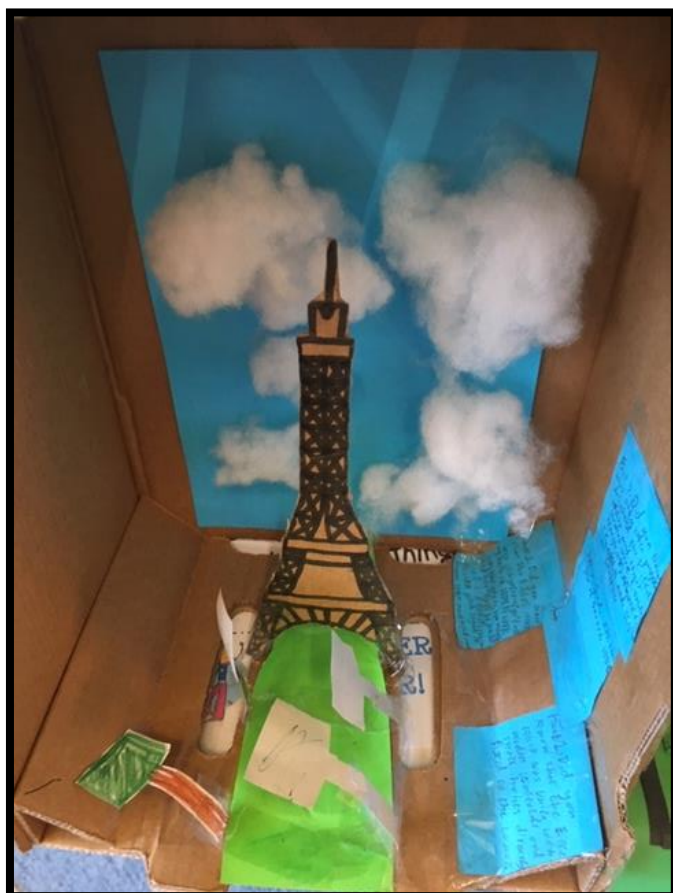
I am honest  
I am independent  
I have high expectations  
I am resilient  
I am open to feedback

## IMPORTANT DATES

	Time	Details
<b>NOVEMBER</b>		
Wednesday 11 <sup>th</sup>	11.00am 8.00pm-9.00pm	Remembrance Day- Minute's Silence Parenting Ideas Webinar-Michael Grose
Friday 20 <sup>th</sup>	All Day	Curriculum Day
Friday 27 <sup>th</sup>	3.30pm	Scholastic Book Club Due
<b>DECEMBER</b>		
Wednesday 16 <sup>th</sup>	10.00am 2.00pm	Grade 6 Graduation Lunch Reports Live on Compass
Friday 18 <sup>th</sup>	1.30pm	Last Day of Term 4-Early Finish

## REMINDERS:

- Parenting Ideas Webinar by Michael Grose – Wednesday 11<sup>th</sup> 8.00pm-9.00pm
- Curriculum Day – Next Friday, 20<sup>th</sup> November



GRADE 3/4 DIORAMA ON PARIS, FRANCE



Kind



Curious



Brave

Dear Parents & Carers,

## ENROLMENTS

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.

## BOOKLISTS FOR 2021

2021 Book lists can now be ordered online through our supplier JI Office Products at [www.jiofficeproducts.com.au](http://www.jiofficeproducts.com.au). 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 4<sup>th</sup> 2020** to ensure supplies are ready for pick up on Book Collection Day on Thursday January 21<sup>st</sup> 2021. The office will be open from 8:00am – 4:00pm on this day. Please mark this day on your 2021 diary.

## SCHOLASTIC BOOKCLUB

**Issue 8** of Scholastic Bookclub is due Friday 27<sup>th</sup> November. 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/>

## 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. Hats are available for purchase from the office at \$10.00 each.

## A CRACKING THREE WEEKS

On Wednesday the 14<sup>th</sup> of October something really *egg-citing* happened, we got chicken eggs.

Three weeks later after we put the *egg-sisting* eggs in the incubator they hatched. They were *egg-stra* soft chicks after two days. It was *egg-cellent*.

Then on the 5<sup>th</sup> of November we got to hold the *egg-cellent* chicks for the first time. They had rough orange legs and *egg-stremely* sharp claws! Their colours were yellow, black and white some were *egg-sactly* all yellow.

Some were *egg-shausted* so the new born and cold chicks stayed in the *egg-stremely egg-stra* warm incubator. Their cage is a blue bucket thing with a heated yellow shelter, with mini water bowls around it and a big water bowl and food bowl at the other end, their cage looks *egg-streme*.

The chicks are about 10 cm, the whole class *egg-stremely* wants to keep them till the end of the term but we are only allowed to keep them for 2 to 3 weeks.

In conclusion the class is *egg-sploding* to keep them!

By Sienna W and Olivia W

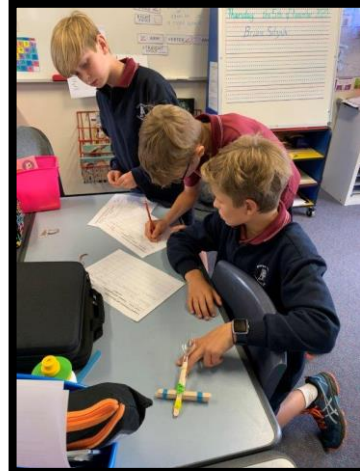




### NEWS FROM THE GRADE 3/4 CLASSROOMS

Over the last couple of weeks, the grade 3/4 s have been working hard on their Inquiry projects about Paris, France. One of the activities selected was the creation of a diorama. Famous landmarks included were The Louvre & The Eiffel Tower which are depicted in these fantastic dioramas below.

Also rooms 14A & 14B had some fun during maths last week with a catapult activity.



### ACTIVE IN ISO HOUSE CHALLENGE REWARD- FRUIT SALAD & ICE-CREAM

During remote learning Quarry Hill students participated in the 'Active in Iso House Challenge'. One of the categories was the class winner which was Room 14A. Students enjoyed a lovely bowl of fruit salad and ice-cream in the Bushland as the prize & there were many happy faces as they ate their meal. Well done to everyone that increased their activity during this week.





## STUDENT ACHIEVEMENT AWARDS

### KIND

Cody R (Room 5)	for being kind & gentle when holding the chicks.
Leni F (Room 9)	for being a kind and caring class member.
Sharlette D (Room 14A)	for understanding that everyone is different & helping other students in the grade.
Ruby P (Room 1)	for always being kind and caring towards her class mates.
Ruby G (Room 14B)	for working cooperatively with her peers!

### CURIOS

Evie L (Room 5)	for writing an egg-cellent recount about the chicks hatching.
Scarlett S (Room 6)	for successfully completing the MiniLit Program. Well done!
Jonty V (Room 6)	for successfully completing the MiniLit Program. Well done!
Jennet L (Room 5)	for successfully completing the MiniLit Program. Well done!
Chase M (Room 5)	for successfully completing the MiniLit Program. Well done!
Lula H (Room 15A)	for working very hard to improve her mathematics understanding.
Tristan N (Room 2)	for working hard to use different subtraction strategies in Maths.
Walt G (Room 14B)	for creating a detailed poster about the famous Paris train crash for our Inquiry.
Shobi B (Room 4)	for his consistent approach to all learning this term.

### BRAVE

Aiva BR (Room 6)	for coming to school with a smile ready to begin the day!
Lucas P (Room 15B)	for being independent and hard working in all subject areas.

## LOWES - UNIFORM SALE

Lowes, at the Marketplace are having a 2 day sale on 12<sup>th</sup> & 13<sup>th</sup> November for anyone wishing to purchase Quarry Hill uniform. All new and existing families are invited to visit in store to purchase uniform at a discounted price. Please see the flyer below.

## DO YOUR KIDS KNOW WHERE THEY ARE SPENDING CHRISTMAS?

Christmas can be a challenging time for many people, including those families who have separated or are going through a separation.

But holidays do not have to be a battlefield.

Join our **FREE** online session for practical tips and information on organising child-focused parenting arrangements this holiday season.

23 November 2020 6.00 PM to 7.00 PM

LIMITED PLACES. REGISTER EARLY!  
[WWW.TRYBOOKING.COM/BMPYQ](http://WWW.TRYBOOKING.COM/BMPYQ)

For more information, please contact  
Family Dispute Resolution Team on 03 5820 0444  
or 03 5438 1300


2 DAYS ONLY - 12TH & 13TH NOVEMBER

**LOWES**

**ZERO & REWARDS CARD HOLDERS**

**20% OFF**

**SCHOOLWEAR**

**& EVERYTHING ELSE!**



**SHOP IN-STORE & ONLINE**

On the day of the event, Lowes will have measures in place to restrict customer numbers and movement throughout the store. Thank you for your support. Lowes will be enforcing social distancing, Marshalls wearing hi-vis vests will be on site. We ask for your support in limiting the number of people you take with you into the store.

**DON'T HAVE A CARD? APPLY IN-STORE OR ONLINE & START ENJOYING THE BENEFITS.**

\*Offer ends midnight (AEST) 13/11/2020. Must use Zero or Rewards card to receive discount. Excludes gift cards, all suit packages & Schoolwear layby's. Cannot be combined with any other offer or discount. Floor stock only. Styles and colours may vary from store to store. No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount. Savings off original prices.

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550  
Email: [quarry.hill.ps@education.vic.gov.au](mailto:quarry.hill.ps@education.vic.gov.au)  
Website: [www.quarryhillps.vic.edu.au](http://www.quarryhillps.vic.edu.au)  
Phone: 5443 3537

**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



### Positive coping

**Goal:** Identify positive ways to cope with negative emotions.

**Activity:** Come up with five things we can do to feel better when we are sad.



### Positive coping

**Goal:** Discuss ways we can cheer up and calm down.

**Activity:** Discuss with your child:

- When I feel lonely, I can...
- When I feel angry, I calm myself down by...
- When I feel sad, I can...
- When I feel bored, I can...

**Goal:** Talk about fears and how to cope with fear.

**Activity:** Talk about:

- Things that make me afraid are...
- When I feel afraid, what are some things we do to help us manage our fears.



### Positive coping

**Goal:** Try a self-calming technique to calm down when we feel hurt or angry.

**Activity:** Try the Robot to Rag doll technique with a family member. Scrunch up tight and hard like a robot, then slowly let go to turn yourself into a floppy rag doll.

**Goal:** Reflect on the impact our actions can have on others and learn how to make a meaningful apology.

**Activity:** Talk to a family member and ask them: What is an apology? What does it feel like when someone apologises to you? What are the ingredients of a good apology?



### Positive coping

**Goal:** Think positively.

**Activity:** Encourage your child to leave a positive note for someone at home to find.

**Goal:** Practice positive coping strategies.

**Activity:** Choose an activity to do with your child.

- Draw a picture together
- Listen to soothing music
- Give each other a hug
- Do a favourite hobby

Get some other ideas from <https://fuse.education.vic.gov.au/Pages/funathome>

Reflect on how it made you feel to do this together.



## eSmart Topic: Parental Control Tools on Netflix

Netflix is an internet entertainment service available to millions of members in over 190 countries, offering TV series, documentaries and feature films across a wide variety of genres, languages and devices. Netflix's parental controls help families manage and enjoy content safely. You can customise the parental control tools to meet the needs of your family.

### How to set up a children's profile

Setting up a children's profile is the first step that enables you to manage age appropriate content.

- Access your **Manage Profiles** page by clicking **More** in your app or selecting the drop down menu in a web browser.
- Select **Add Profile** and name the profile.
- To use the Netflix Children Experience for ages 12 and under, select **Children**.
- Select **Continue**.



### How to choose maturity ratings or block shows

Viewing restrictions allow members to customise maturity ratings and provide the ability to remove specific titles from each profile.

- Access your **Account** page.
- Open the **Profile & Parental Controls** settings for the profile you want to manage.
- Change the **Viewing Restrictions** setting.
- Enter your Netflix password.
- Set the maturity rating for the shows and movies you want to allow in that profile.
- Under **Title Restrictions**, type the name of the title and click on it. You will see a list of restricted titles listed in red.
- Select **Submit**.



### How to lock profiles on your account

Profiles can be locked with a PIN code. Before content can be viewed, a PIN code must be entered.

- Access your **Account** page.
- Open the **Profile & Parental Controls** settings for the profile you want to lock.
- Change the **Profile Lock** setting.
- Enter your Netflix account password on the screen.
- Check the box to **Require a PIN** to access the selected profile.
- Enter four numbers into the PIN field. This will be your Profile Lock PIN. If you don't want children to add viewing profiles to your account without entering a PIN, select **Require PIN** to add new profiles.
- Select **Submit**.



### How to turn autoplay on or off

When the **Autoplay next episode** setting is enabled, the next episode in a series will play automatically. This can be disabled through the account page.

- Access your **Account** page.
- Open the **Profile & Parental Controls** settings for the profile for which you want to turn off autoplay.
- Change the **Playback** settings.
- Check or uncheck the option to **Autoplay next episode** in a series on all devices.
- Select **Save**.

## Dja Dja Wurrung Seasons Giranul and Wirrap

### About the Season:

Giranul and Wirrap season happen in the Gregorian Calendar months of November and December. Giranul means Perch and Wirrap means Cod.

The green represents the Kangaroo grass seed that is available at this time of the year.



### Season events/characteristics:

The weather is warming up and because it's warm, big shelters were not needed unless it rained.

It is the breeding season for fish and because of the importance of maintaining sustainable stocks for future generations, they are not hunted at this time.

## Flora in the Bushland

### The First Eel Traps in the World!

Sacred to the Gunditjmara people, the Budj Bim National Heritage Area in Victoria is a system of channels and weirs constructed thousands of years ago. Aboriginal fish farming structures are the **oldest in the world** and show the sophistication of aboriginal farming, unlike the common belief that they were just hunter gatherers.



Kangaroo Grass available to harvest, the seed is separated and grinding stones used to make flour which is mixed with water to



### SAVER PLUS EDUCATION COSTS

Anyone who is applying for a CSEF can they please be provided with a Saver Plus flyer as they are likely to be eligible to receive the \$500 to go towards their child's education.

Saver Plus participants in the Greater Bendigo Community have used their matched savings to help pay for education costs such as school uniforms, textbooks, excursions, a laptop, music tuition, instrument hire, dance classes, sports fees, lessons and equipment. It's amazing to think 87% of participants continued to save the same amount or more up to 3-7 years after completing the Saver Plus Program.

**A reminder that people may be eligible to join Saver Plus if they meet all the following the criteria:**

- be over 18 years old;
- have a Centrelink Health Care or Pensioner Concession card;
- be in receipt of an eligible Commonwealth social security benefit, allowance or payment;
- have some regular income from work (themselves or their partner) including casual, part-time, full-time or seasonal employment; and
- have a child enrolled at school (or enrolled to start school), or attend vocational education themselves.
- 

We've relaxed the rules at Saver Plus. Parents on Jobkeeper or with income from Child Support or cash-in-hand work may be now be eligible.



**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](http://www.playcricket.com.au/club-finder/club-details?Id=6013)  
FOR MORE INFORMATION CONTACT:  
Simon Harris (Junior Coordinator)  
[simon.harris72@bigpond.com](mailto:simon.harris72@bigpond.com) or 0408 338 343

**Dogs For Life - Application for Fostering**  
Thank you for showing interest i...  
[docs.google.com](https://docs.google.com)  
The Centre for Service and Therapy Dogs Australia is looking for people who can provide a loving foster home for puppies which are destined to become service dogs.  
[www.dogsforlife.com.au](http://www.dogsforlife.com.au)  
All vet bills, equipment, food and expenses are covered. The puppies will receive training whilst they are with their foster families. If you think you may be able to help out for a period of 12-16 months, please fill in the form below. Thanks in advance for helping to make a difference!



# THE BIG ART & EXPRESSION COMPETITION

November 9th - 18th



Showcase your child's talents to a national audience and win big prizes!

**1<sup>ST</sup> PRIZE:**

Apple iPad Pro 11-inch 128GB  
+ Apple Pencil (2020)



**2<sup>ND</sup>**

Wacom One 16" Creative Pen Display



**3<sup>RD</sup>**

Sphero RVR Programmable Robot



## How to enter:

1. Download the 'All About U' template from [campaaustralia.com.au/bigartcomp](http://campaaustralia.com.au/bigartcomp)
2. Let your child run free with their expression inside the template.
3. Upload your child's artwork at [bigartcomp.com.au](http://bigartcomp.com.au)
4. Share with your friends and family. The top 3 entries with the highest votes will win a prize!

**WIN BIG PRIZES**

Open to all Camp Australia families. Register with us now, for free!

Enter now at [campaaustralia.com.au/bigartcomp](http://campaaustralia.com.au/bigartcomp)

Terms and Conditions apply: visit [campaaustralia.com.au/bigartcomp](http://campaaustralia.com.au/bigartcomp) for more details.  
Entries close Wednesday 18th November, 2020



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## INSIGHTS

### A flexible approach to raising kids



This year's unique challenges have brought a sharper focus on child-rearing styles. Parents who rely on one style have often struggled to meet the emotional needs of their children.

Kids who are worried, fearful or fretting about the future initially benefit from a nurturant, empathetic approach. "I get it" is what they want to hear so they feel safe and secure. They also benefit from a firmer approach where an adult communicates "You can cope with this" is something kids need to hear when they experience change, difficulty and disappointment.

This combination of nurturance and firmness is known as an authoritative approach according to Diane Baumrind, a leading researcher on parenting styles. A purely nurturant style is known as a permissive style, while a singularly firm style is known as authoritarian.

#### Warm cat, firm dog

It's helpful to use a cat and dog metaphor when discussing the authoritative approach. As dog-owners know these pets are highly relational and respond favorably to attention. The dog style of parenting is empathetic and has an encouraging, relationship-building focus. Cats, on the other hand, are usually self-sufficient and can live happily without you. Continuing the metaphor, the cat style of parenting is more likely to challenge kids, better able to manage poor behaviour and provide solid family leadership.

#### Body language counts

The dog-cat styles are expressed through our non-verbal language – our tone of voice, posture and heads. A cat speaks in a flat, clipped voice using a minimum of words. Their head is still, its body upright and confident. A cat is calm, quiet and in control. A dog, on the other hand, speaks with lots of inflection in their voice. They'll smile a great deal and lean in when they speak. It's a warmer more approachable style suited to conversations and building relationships.

#### Which style do you identify with?

Most people naturally have a preference for one style over the other. If you defer to one then you may have to work a little harder or more consciously to bring the other side to the fore. Many parents working in partnership with each other will share the dog-cat loads. One parent is firm in approach, while the other uses a warmer, more personal approach. Sometimes parents switch styles according to the gender or personality of their children. This is quite common as boys have a tendency to bring out the firm cat in their fathers and the warmer, protective dog-side in their mothers.

Conversely, fathers often respond to their daughters in dog-like ways and anecdotally, it seems, many mothers are more naturally cat-like with their daughters. Single parents without the luxury of sharing the parenting will generally need to be flexible and move between the two styles.

## Avoid mixed messages

Get your cat and dog wrong and you risk being ineffective and failing to meet either a child's needs or the needs of a particular situation. If your first response to a child's difficulty is to be distant and unapproachable, then you are probably not meeting their immediate emotional needs. Your child or young person needs you to be approachable or dog-like when they come to you with genuine concerns. Conversely, approach a child or teen whose behaviour isn't up to standard with a dog-like approach and you'll be ignored or not taken seriously, leaving you either angry or deflated.

## Flexibility is the key

It's my experience that it's possible to move seamlessly between the two modes but it takes awareness and practice. If you naturally default to cat mode, then you may have to put some conscious effort into responding with empathy and nurturance when your child or young person struggles. Alternatively, you may practise dog-like behaviours easily but have to work on your cat side to promote independence and manage your child's behaviour. In time these switches become automatic as your awareness grows enabling you to adopt new ways of parenting. Your effectiveness and satisfaction levels will increase as you move seamlessly between the cat and dog parenting styles.

## Related webinar

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Parenting like a cat and dog' at no cost.

### About

In this webinar, Michael Grose uses cat and dog metaphors to introduce parents to two diverse styles of parenting. This will increase their ability and confidence to manage, nurture and build relationships with their children.

### When

11 November 2020 8:00pm AEDT.

### To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-parenting-like-a-cat-and-dog>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code METAPHOR and click 'Apply Coupon' Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 31 December 2020. If you're unable to make the broadcast time, just register anyway and you will get access to the recording. The recording will be available in your Parenting Ideas dashboard so you can refer to it at anytime.



### 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.