



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday, November 25th 2020
Newsletter No. 19

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

IMPORTANT DATES

	Time	Details
NOVEMBER		
Friday 27 th	3.30pm	Scholastic Book Club Due
DECEMBER		
Thursday 3 rd	9.30-11.00am	Bizarre Bizarre
Tuesday 8 th	9.30am-11.00	State-wide Transition Day
Wednesday 16 th	10.00am 4.00pm	Grade 6 Graduation Reports Live on Compass
Friday 18 th	1.30pm	Last Day of Term 4-Early Finish

REMINDERS:

2021 BOOKLISTS: Due date is next Friday, December 4th to be ordered online.

www.jiofficeproducts.com.au

Payments accepted after January 1st 2021. Please see front of booklist for details.

~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



Sensory Garden Artwork-
By Brooke Wilson



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

Book lists need to be ordered online by **Friday December 4th 2020**. Payments are to be made **after** January 1st 2021 by QKR, direct deposit or by cash or card on collection day. Book Collection Day will be Thursday, January 21st & the office will be open from 8:00am – 4:00pm. Please mark this day on your 2021 diary.

SCHOLASTIC BOOKCLUB

Issue 8 of Scholastic Bookclub is due this Friday 27th 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.

STUDENT ACHIEVEMENT AWARDS

KIND

- | | |
|--------------------|--|
| Tilly S (Room 14B) | for looking out for others when they're feeling upset especially her sister! |
| Izzie J (Room 1) | for being a caring class member, always willing to help others. |
| Noah B (Room 15A) | for working collaboratively on his inquiry project. |
| Giana E (Room 5) | for always being a respectful listener to her peers and teacher. |

CURIOUS

- | | |
|--------------------|---|
| Tahni D (Room 10A) | for curiously participating in our virtual visit with Marc McBride. |
| Renae G (Room 15B) | for seeking new knowledge about the Eiffel Tower in writing. |
| Marta B (Room 10A) | for curiously participating in our virtual visit with Marc McBride. |
| Evie M (Room 4) | for her creative and well presented diorama titled "The Mean Reindeer". |
| Ollie C (Room 9) | for sharing a great response in our Inquiry lesson and explaining why differences are okay. |
| Aimee M (Room 10B) | for producing an excellent Mini Golf course drawing. |
| Zac B (Room 10B) | for producing an excellent Mini Golf course drawing. |

BRAVE

- | | |
|------------------|---|
| Henri T (Room 2) | for having his best go in all learning tasks. |
|------------------|---|

BICYCLE NETWORK SURVEY

During Term 1, 2021 we will have a representative from the Bicycle Network working with some students in our school. The aim is to encourage more students to ride, scoot or walk to school whilst also establishing some safe routes for getting to and from school. If you have a couple of spare minutes could you please fill out this survey which will help to establish a starting point for the 2021 work? Thank you

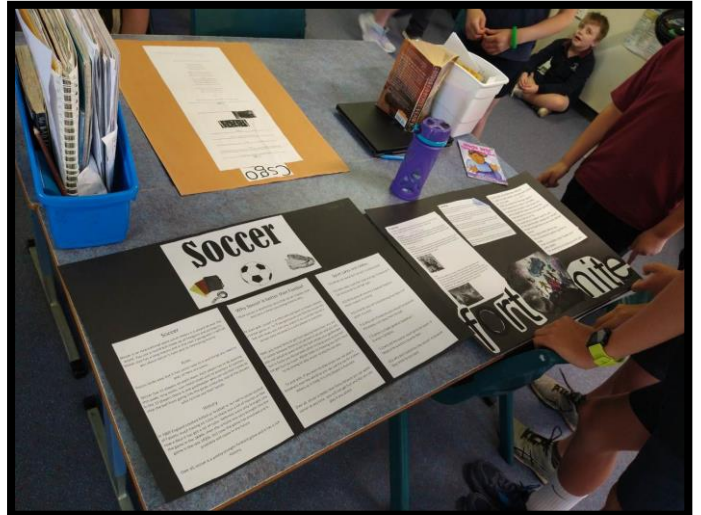
SurveyMonkey Parent link:

- <https://www.surveymonkey.com/r/R2Sparent>



GRADE 5/6 WRITING PROJECTS

All Grade 5/6 students have currently been working on writing projects. During this time students selected a writing topic of their choice. They then had to write three separate writing pieces about their topic. The purpose of the writing pieces was to Inform, Persuade and Entertain. Last Monday the students from Room 14 visited Room 10B to view the writing pieces.



BIKE EDUCATION

During the previous three weeks students from Room 10A have been completing a modified Bike Education program during our weekly sport time. They have focused on various skills designed to improve their balance and bike handling skills. During weeks 8, 9 & 10 students from Room 12B will complete the program.



VIRTUAL AUTHOR AND ILLUSTRATOR VISITS

Over the past 2 weeks students have had virtual visits from author, Isobelle Carmody, and illustrator, Marc McBride. Students were able to gain some insight into the writing process for fantasy novels as well as try their hand at some illustrating.



NEW JUNIOR PLAYGROUND

Exciting news! The plans for our junior playground are well underway. Below is a picture of what our new playground will look like with the colour scheme being based on our school values of Kind, Curious and Brave. The planned works will commence during the Dec/Jan school holidays. We look forward to the children enjoying the new playground in 2021.



NEWS FROM ROOMS 1 & 2

Room 1 & 2 have been learning about the Dja Dja Wurrung Season for this time of the year. It is the Giranul and Wirrap season which is fish breeding season. Fish are not hunted during this time. Giranul means Perch and Wirrap means cod. The colour for the season is green.

We found kangaroo grass growing in our bushland and learnt that First Nation people used the seed to grind for flour during this time of the year.

Students completed an "Always was, always will be" hand of friendship for NAIDOC week using the traditional colours of the Dja Dja Wurrung.



NEWS FROM ROOM 9

Room 9 have been busy using the bushland space to learn about capacity during Maths.



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

HEALTHY HEART OF VICTORIA ADVENTURE BINGO!

Healthy Heart of Victoria is delighted to launch **Adventure Bingo** – a fun way to explore walks across our region!

What?

The initiative invites community members to collect or download an Adventure Bingo booklet, head out on one of six walks and spot points of interest listed on the Bingo card along the way. Once three items have been checked off in a vertical, horizontal or diagonal straight line, you've got Bingo!

Adventure Bingo aims to encourage physical activity across our local region in a fun and simple way, especially for children and families. It's a free, COVID-safe way to get outdoors and have some fun!

Where?

Adventure Bingo walks are located in **Rochester, Maryborough, Kangaroo Flat, Wedderburn, Kyneton and Castlemaine.**

Plus, win sporting equipment during our prize period!

Simply send a photo of your completed Bingo card to hhv@bendigo.vic.gov.au along with your name and phone number and you're in the draw to win in our weekly sporting equipment prize draw!

For another chance to win, enter our photo prize draw! Send a photo of yourself with one of the sites on your Bingo card via Facebook message to [Healthy Heart of Victoria](https://www.facebook.com/HealthyHeartofVictoria) or via email hhv@bendigo.vic.gov.au and you're in the draw!

Prize period runs from 23/11/20 – 13/12/20

Questions?

Feel free to get in touch at hhv@bendigo.vic.gov.au or check out our [Facebook page](https://www.facebook.com/HealthyHeartofVictoria).



The poster features the title 'ADVENTURE Bingo!' in large, colorful, stylized letters. Below the title is a 3x3 grid of icons representing various outdoor items: a bird, a person walking a dog, a drinking water fountain, a bench, a picnic table, a bridge, a fire, a shelter, and a duck. The grid is partially filled with 'X' marks. To the right of the grid, there is text about winning sporting equipment by sending a photo of a completed Bingo card to hhv@bendigo.vic.gov.au. Below this, there is a green cloud-shaped box containing text about a weekly photo prize draw where users can win by sending a photo of themselves with one of the items on the Bingo card to [@HealthyHeartofVictoria](https://www.facebook.com/HealthyHeartofVictoria) or via email to hhv@bendigo.vic.gov.au. At the bottom right, there is a small text box stating the prize period runs from Monday 23 November to Sunday 13 December, 2020, and directing users to visit bendigo.vic.gov.au/HHV for full terms and conditions. The bottom left corner features the 'HEALTHY Heart of VICTORIA' logo.

ADVENTURE Bingo!

Win sporting equipment by sending us your Bingo card!

Email a pic of your completed Bingo card to hhv@bendigo.vic.gov.au along with your name and phone number and you're in the weekly draw!

Plus, win with our weekly photo prize draw

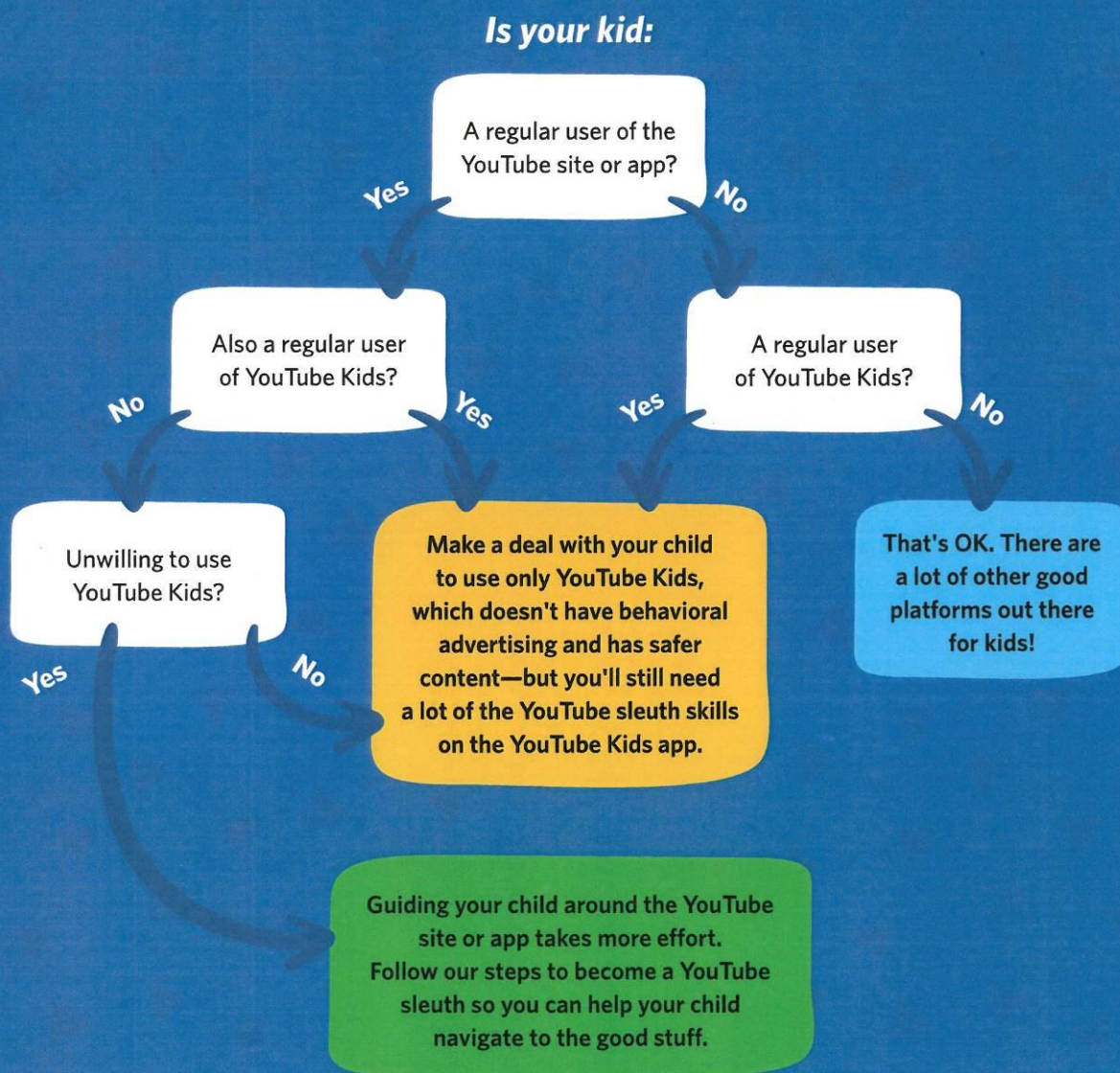
For another chance to win, take a photo of yourself with one of the items on your Bingo card and send it via Facebook message to [@HealthyHeartofVictoria](https://www.facebook.com/HealthyHeartofVictoria). Don't have Facebook? Send your photo to hhv@bendigo.vic.gov.au.

Prize period runs from Monday 23 November – Sunday 13 December, 2020. For full terms and conditions visit bendigo.vic.gov.au/HHV.

You can join in Adventure Bingo at any time! So even after our prize period is over, you can still challenge your friends and family to see who gets Bingo first!

HEALTHY Heart of VICTORIA

Parents' Decision Guide to YouTube for Young Kids



Follow These Steps to Be a YouTube Sleuth

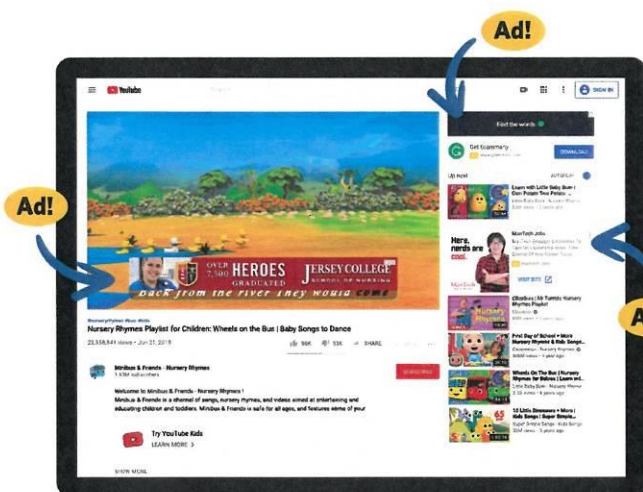
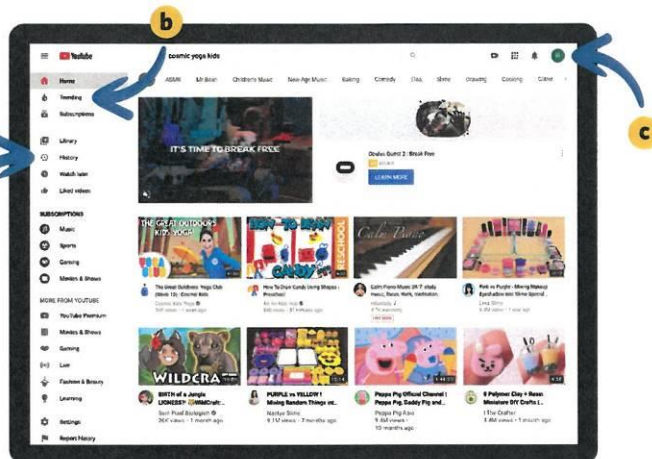
STEP 1: What's being fed to my child? Why?

The YouTube algorithm combines:

- + **a** what you've watched
- + **b** videos currently getting the most attention
- + **c** other information about you that YouTube has

= **your feed.***

*Ads will also appear mixed in with the recommended video feed—suggested videos in your feed may be inappropriate for kids!



STEP 2: What's with all the ads?

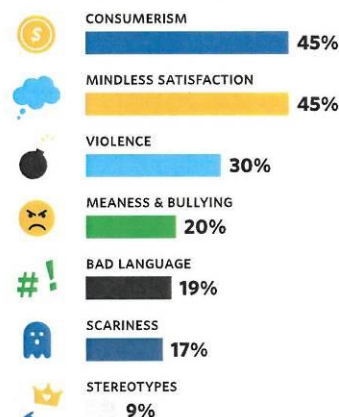
- Ads are how YouTube and YouTubers make money from your viewing.
- Some ads appear in predictable ways (before the video, on the sidebar), while others pop up and disrupt viewing (ad breaks, banner ads).
- Ads can have content similar to what your child is watching (which is called "context-based advertising"), but others may seem inappropriate for kids (such as political ads).
- Kids should know that YouTubers make money through paid promotions and sponsored content by big brands, which often isn't acknowledged visually or verbally, or through selling merchandise.

STEP 3: Are my children's favorite videos appropriate for them?

Your family is the best judge of what's appropriate for your kids. However ...

- It's important to watch along with your kids to see whether you like the messages and role models in the videos they watch.
- YouTubers do not always plan for kids to watch their videos, or they purposely avoid saying their videos are not for kids so that they can get more ad revenue.
- Many videos are designed to grab children's eyeballs (and more ad profits) by featuring toys or branded products. They're essentially long commercials.
- We found lots of problematic content in videos kids watch, including physical violence in about a third, and meanness/bullying in 1 out of 5.

Percent of videos watched that included problematic content



© 2020 COMMON SENSE MEDIA. ALL RIGHTS RESERVED.

SAVER PLUS EDUCATION COSTS

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.



2021 Junior Registration Day



Details Regarding Registration Day

Where: 140 Victoria Street, Eaglehawk, VIC, 3556

When: Sunday 31st January 2021

Time: 10:00am-12:00pm

Membership: \$40

First Session is free

Bring a friend and get another session free

Special Deal: 1st time playing badminton and sign up on registration day, you'll receive a brand new racquet.

Junior Playing Times

Tuesday Night Coaching: 6:00pm-7:30pm

Friday Night Competition: 6:30pm-8:30pm

Ages 5-18

Queries about the sport, Registration Day or Wanting to play:

Phone Number: 0499 731 811

Email: bendigobaddy17@gmail.com

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.

Foundation/1/2

3/4

5/6



Problem solving

Goal: Build collaboration and teamwork at home.

Activity: Using items that are safe and stackable (e.g. paper cups, playing cards), make a tower as tall as you can. Once your tower is complete, remove one item at a time, trying not to make the tower collapse. Or, if you have Jenga, play it together!

Goal: Work together to solve problems.

Activity: Talk about this scenario with your child: I had a disagreement with my best friend and felt left out. What are three positive ways one could solve this situation?



Problem solving

Goal: Identify and evaluate strategies to solve problems.

Activity: Encourage your child to talk to a family member and ask: *Tell me about a small problem you faced? How did you solve the problem? If you were faced with the problem again would you solve it differently?*

Goal: Differentiate between levels of problems.

Activity: With your child decide how big the following problems are. Rank them from 1 (little problem) to 3 (big problem):

- You miss your friends at school.
- You are feeling bored being at home all the time.



Problem solving

Goal: Solve personal problems.

Activity: Discuss this scenario with your child: *Your very important homework task is due today but the internet is down. How would you solve this problem?*

Goal: Solve common problems.

Activity: Discuss a repeated problem in your family and make a list of ways to deal with this problem.

INSIGHTS

The power of sorry



Our boys tend to get into trouble more than our girls. There are lots of cultural and biological reasons for this but much of it boils down to the fact that boys are still soft-wired to be 'mammoth hunters', ready to react to any threat.

Generally, boys have more muscle than girls and, with that, a physicality that gets them in strife. There's also brain research that shows that, while females tend to quickly shift emotions from the brain's limbic system to the word centres of the brain, males tend to shift them into their bodies.

This is more obvious as our boys become teens as they can be as big and strong as men, but their brains are under construction and their bodies are flooded with testosterone.

Author and counsellor Michael Gurian writes that boys tend to seek external measures of success to feel good about themselves. It is critical they maintain credibility and status in the eyes of the 'tribe'... that's their peers, not you.

Inevitably, all this means your son will probably make many mistakes; or hurt himself; hurt someone else; or make a very poor, thoughtless, seemingly stupid or cruel choice.

React with compassion not shame

How you react as a parent can significantly impact how your son recovers from mucking up. Your first reactions may be anger, disappointment or the urge to discipline harshly. However, there are other ways of reacting that can strengthen your bond with your son and ensure he learns from the experience through growth rather than shame.

Listen to him, guide him to see the impact of his poor choice, help him make it right, forgive him and ask him what he might do next time he's in the same situation.

Break down the old male-code

This code told us that men don't apologise as it's a sign of weakness. One of the most powerful things we can teach our boys is that when we make mistakes, we own up to them and we apologise if need be. Teach your boys that saying sorry when they really mean it is a sign of courage and strength, not the opposite. It is also about taking responsibility for your actions, which is important for boys to learn. They need to see the men in their lives – particularly dads – apologise.

Don't force an apology

Forcing a boy to apologise can be problematic. A genuine apology is very different to a forced apology. A genuine apology has a real sense of remorse attached to it. Coach your son to see the situation through the other person's eyes. If someone has been impacted, he needs to apologise and make amends even if he didn't intend for the consequences of his poor choice to happen. It doesn't mean he's wrong. It just means his choice affected someone.

parenting*ideas

Embrace failure

To help your son better learn about failure, have conversations about things you hear in the media where boys and men have experienced failure and recovered. Steve Smith, the former captain of the Australian cricket team who was involved in a ball-tampering scandal, is a great example. He owned his mistake, publicly apologised and he went on to have a very successful return to cricket.

Your son is going to make poor decisions repeatedly until he has enough myelin in his brain to be more mindful of the choices he makes. That is just a fact of life. As parents, your job is to, day-by-day, help your son learn a culture of accountability without a need for severe punishment, shaming or ridicule.



Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). For further details visit maggiedent.com