



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday, December 9<sup>th</sup> 2020  
Newsletter No. 20

## 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
<b>DECEMBER</b>		
Wednesday 16 <sup>th</sup>	9.45am 4.00pm	Grade 6 Graduation Reports Live on Compass
Friday 18 <sup>th</sup>	1.30pm	Last Day of Term 4-Early Finish
<b>JANUARY 2021</b>		
Thursday 21 <sup>st</sup>	8.00am-4.00pm	Book Collection Day
Thursday 28 <sup>th</sup>	8.45am-4.45pm	Start Up Meetings - Grades 1-6 & Prep Interviews
Friday 29 <sup>th</sup>	9.00am	First Day of School-Grades 1-6 & Prep Interviews
<b>FEBRUARY</b>		
Monday 1 <sup>st</sup>	9.00am	Prep First Day of School
Wednesday 3 <sup>rd</sup>	All Day	Prep Rest Day
Wednesday 10 <sup>th</sup>	All Day	Prep rest Day
Wednesday 17 <sup>th</sup>	All Day	Prep Rest Day
Wednesday 24 <sup>th</sup>	All Day	Prep Rest Day
<b>MARCH</b>		
Wednesday 3 <sup>rd</sup>	All Day	Curriculum Day – Pupil Free

## REMINDERS:

**Grade 6 Graduation: 9.45am arrival with a 10.00am start.**

**Last day of Term 4: Friday, December 18<sup>th</sup> Early finish at 1.30pm**



## BIZARRE BAZAAR MARKET

## ~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



Dear Parents & Carers,

### **BOOK COLLECTION 2021**

Collection Day is on Thursday January 21<sup>st</sup> 2021. The office will be open from 8:00am – 4:00pm on this day.

Payment can be made on this day or by QKR or direct deposit after January 1<sup>st</sup>, 2021. Please see the front of the booklist for payment instructions.

### **STUDENT LEADERSHIP FOR 2021**

Opportunities are given to current Grade 5 students to apply for the roles of School Captain and House Captain. Other leadership roles include Environment Leaders, Koorie Leader, Girls in STEM, Library Leaders, Junior School Council and KidsMatter. The School Captains and House Captains are selected this year whilst the other leadership positions are finalised next year.

Congratulations to our student leaders for 2021:

#### **School Captains:**

- Marli G
- Ollie O

#### **Vice-Captains:**

- Riley T
- Caitlin O

#### **House Captains:**

**Amer:** Ted K (Captain) and Billy B (Vice-Captain)  
**Harkness:** Harper Lee B (Captain) and George P (Vice-Captain)  
**Malcolm:** Annabelle C (Captain) and Ollie H (Vice-Captain)  
**Peel:** Tully C (Captain) and Tom H (Vice-Captain)



Photos of our assembly will be posted on the website shortly.

The students applying for each of the roles are also expected to demonstrate our school values of Kind, Curious and Brave. The activities vary in each leadership role, but so many of the qualities overlap.

It is an exciting opportunity for our students.

### **CLASS ORGANISATION, TEACHERS & ROOMS FOR 2021**

As well as warmly welcoming Tamioka back, I would also like to welcome Ash Feehely to Quarry Hill Primary School. Ash has already done some work at our school and has met a number of our students already. She is very excited to be working with us in 2021. Shengjie's replacement is currently being sourced. The employment process for our new Chinese teacher will be finalised before the end of the year. I will share this information as soon as it comes to hand.

We have had an unexpected change to our staffing occur which is of the exciting variety! Sam McCloud has accepted a job at Specimen Hill Primary School for 2021. This is a wonderful opportunity for Sam, and whilst we are extremely sad to see him go, it is an exciting new chapter in his career. I would like to take this opportunity to say a big, big thank you to him for his outstanding contribution to our school. He is a much loved teacher and staff member, and he will be missed.

Zac Hare will be Sam's replacement and he will be working with Brad Shepherd in the Grade 1 team. Zac is very excited to be working with us and will hopefully meet his grade before the end of the year. We are currently working through this arrangement. Brad and Zac will make a formidable team and they will be working out of Rooms 1 and 2 in 2021.

### **STAFFING UPDATE FOR 2021**

Tamioka McErvale (working 3 days a week - Monday, Tuesday, Wednesday)

Aisling (Ash) Feehely

Zac Hare

Chinese Teacher (TBC - working 2 days a week)

## EXITING STAFF

The following staff will not be returning to Quarry Hill Primary School for 2021:

Jess Telford (Family Leave for 2021)

Hayley Coates (Leave for 2021)

Sheryl Somerville (Leave for 2021)

Shengjie Chiu (Family Leave for 2021)

Sam McCloud (Specimen Hill PS)

Based on our current numbers, we will be running 14 classrooms in 2021.

The structure will be as follows:

Prep	2 classes
Grade 1	2 classes
Grade 2	2 classes
Grade 3	2 classes
Grade 4	2 classes
Grades 5/6	4 classes

Our numbers in the Grade 5/6 area do not fall neatly into straight grade sizes, hence the composite classes in years 5 and 6. I know I say this every year, but it really holds true:

*At Quarry Hill Primary School, I would like to believe that the quality of teaching, combined with student interest and engagement are considered more important than class structure, whatever form that might take, providing a differentiated curriculum that caters to all children as individuals, according to their needs is the school's ultimate goal.*

It is also fair to say that the pandemic has had an impact on Pre-school to Prep transition across the board, and many schools are still expecting enrolments to occur before the end of the year and perhaps early into next year.

If enrolment numbers fluctuate at any year level it may mean that the classroom organisation may need to be revised prior to the start of the 2021 school year.

Please note – we are changing the numbering system of the classrooms by removing the A and B component of the portable classrooms. The room numbers around the quadrangle remain the same. The new numbers will be on the rooms from the start of the 2021 year.

GRADE	TEACHER	ROOM
PREP	JANE ST CLAIR	8
PREP	MERRY WALKER	9
ONE	BRAD SHEPHERD	2
ONE	ZAC HARE	1
TWO	MARIA TZAROS	5
TWO	TESS DAVIES	6
THREE	LORRAINE BERIMAN	13 (formally 14B)
THREE	TAMIEKA MCERVALE (Mon, Tues, Wed)/ROSS TURNER (Thurs, Fri)	12 (formally 14A)
FOUR	SARAH EDWARDS	14 (formally 15A)
FOUR	CLINTON DONOHUE	15 (formally 15B)
FIVE/SIX	BEK FRY	10 (formally 10A)
FIVE/SIX	ERICA DEMPSTER (Mon, Tues )/TONYA VANDEURSE (Wed, Thurs, Fri)	17 (formally 12B)
FIVE/SIX	CRAIG HARROP	11 (formally 10B)
FIVE/SIX	ASH FEEHELY	16 (formally 12A)

## TUTORING PROGRAM 2021

We were informed earlier this month that the state government would be injecting \$250 million into schools to fund a 2021 tutoring program. This program has been designed to support students whose learning has been disrupted as a result of the COVID-19 pandemic. All schools have been given a monetary allocation to support the introduction of this program. We are currently in the process of organising staffing to support those students

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

identified as needing additional assistance. The money that has been allocated to our school will allow us to offer a support program for 2021.

### **'START UP' MEETINGS 2021 FOR GRADES 1 – 6**

On Thursday, January 28<sup>th</sup> 2021, we will be conducting our 'Start Up' Meetings for Grades 1 - 6.

Each student and his or her parents/carers attend for a scheduled 15-minute meeting with the classroom teacher. A note will go home at the end of the year explaining how to book your appointment through the Compass Portal. It is a chance to introduce yourselves and to discuss issues, concerns and expectations for the year. Even though this day is still a long way off, it is important to get the process underway before the end of the year. Please see the attachment towards the end of the newsletter on how to book an interview on Compass.

All **Grade 1 – 6** students begin their first full day on Friday, January 28<sup>th</sup> 2021.

Please note, **Prep interviews** will also commence on **Thursday, January 28<sup>th</sup>**. These interview times are organised by the Prep Teachers. A separate note with interview times will be sent home to Prep parents. These interviews will continue on **Friday, January 29<sup>th</sup>** (and the Wednesdays during the month of February – as required). Our Preps will commence their **first full day of school on Monday, February 1<sup>st</sup>**.

Prep students have a 'rest day' on Wednesdays for the month of February plus the first Wednesday in March (March 3<sup>rd</sup>).

### **A DATE FOR YOUR DIARIES: CURRICULUM DAY (PUPIL FREE DAY) – WEDNESDAY MARCH 3<sup>RD</sup> 2021**

School Council has approved a Curriculum Day on Wednesday, March 3<sup>rd</sup> 2021. This day will be used by staff to work on Performance and Development Goals, as well as the development of Individual Learning Plans. This will be a pupil free day.

### **END OF YEAR DISMISSAL**

Just a reminder that school finishes on Friday December 18<sup>th</sup> at the earlier time of 1.30pm.

### **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**

Lachlan V (Room 14B)	for looking out for other people and checking if they're okay.
Lachlan B (Room 10A)	for understanding that everyone is different and being inclusive.
Tamika D (Room 12B)	for always demonstrating kindness towards your fellow class members.

#### **CURIOUS**

Aliyah R (Room 8)	for trying hard to hear and record the sounds in words.
Oisin F (Room 5)	for demonstrating his knowledge of symmetry by confidently completing symmetrical drawings.
Levi P (Room 5)	for demonstrating his creativity when making his robot.
Fred T (Room 5)	for demonstrating his creativity when making his robot.
Esther J (Room 12B)	for developing some very wonderful creative products for your Bizarre Bazaar Stall.

#### **BRAVE**

Caelan M (Room 14B)	for setting himself a challenge at the beginning of the year and finally earning his pen license!
Marta B (Room 10A)	for contributing to class discussions even when you find it a challenge.
Summer H (Room 14A)	for creating a wonderful diorama.
Kohan JL (Room 14A)	for persisting and completing his book vs movie persuasive writing.
Ayrlea A (Room 15A)	for always trying her best even when things are challenging.
Natahlia C (Room 10A)	for working hard to stay positive and keep a happy attitude in all aspects of your life. Well done!
Jaiden P (Room 9)	for being brave enough to have a go at his writing!

Henri T (Room 2)	for working hard in reading group and successfully completing the MiniLit program. Congratulations!
Nikita F (Room 1)	for working hard in reading group and successfully completing the MiniLit program. Congratulations!
Georgie H (Room 8)	for working hard in reading group and successfully completing the MiniLit program. Congratulations!
Anthony K (Room 9)	for working hard in reading group and successfully completing the MiniLit program. Congratulations!
Sienna N (Room 9)	for working hard in reading group and successfully completing the MiniLit program. Congratulations!
Tilly D (Room 2)	for working hard in reading group and successfully completing the MiniLit program. Congratulations!
Wyatt G (Room 8)	for working hard in reading group and successfully completing the MiniLit program. Congratulations!
Tadhg F (Room 6)	for working hard in reading group and successfully completing the MiniLit program. Congratulations!
Giana E (Room 5)	for working hard in reading group and successfully completing the MiniLit program. Congratulations!
Annabelle M (Room 6)	for working hard in reading group and successfully completing the MiniLit program. Congratulations!

## BICYCLE NETWORK

Hello students and parents of Quarry Hill Primary School!



**BICYCLE  
NETWORK®**

My name is Declan and I'm from Bicycle Network's Ride2School team. I am the coordinator working with your school, to make it easier for you to ride a bike, walk, scoot or skate to school each day.

You're so lucky to have a school that cares not only about academic success, but also your physical and mental wellbeing. It's my role to work with each and every one of you to help figure out what you all need to start riding to and from school and support you along the way.

I will be your school's number one supporter and encourager of active travel. It's my hope to work closely with students, and parents and begin having conversations so you can all get the most out of this program as possible in 2021.

I'll be working with the teachers in your school, but this really is a group effort. This will take all of us supporting and encouraging one another to be a happier and healthier community. It will be an ongoing, long-term and life changing commitment.

I've included my details below so as that you have the opportunity to get in touch and ask questions and to share your ideas and thoughts. Please feel comfortable reaching out, and I hope to hear from you all soon.

**Declan Napier**

**Ride2School coordinator**

[declann@bicyclenetwork.com.au](mailto:declann@bicyclenetwork.com.au)

# 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





## THE UNBOXY CHALLENGE

This term, UNBOXY and Bendigo Tech School are opening up a challenge to Bendigo Schools to submit innovative Unboxy Projects utilising the Unboxy Kits.

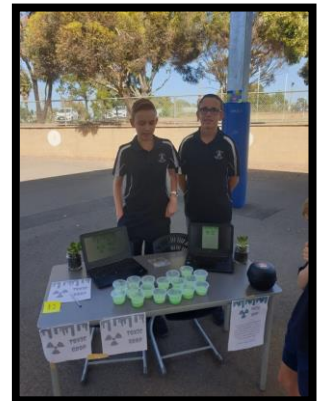
Rooms 10A and B are participating in the challenge to utilise the Unboxy Kits in wonderful ways, to compete in one of the three Categories – Engineering, Visual Art or Wellbeing.

We are forming teams, developing ideas and creating. We will then submit our design to the Bendigo Tech School to be in the running for some great prizes for our school.



## BIZARRE BAZAAR MARKET

On Thursday 3<sup>rd</sup> December, the Grade 5/6 students had the opportunity to display & sell their items that they had made for the Bizarre Bazaar Market. Students from other grades were then encouraged to come & see the fantastic inventions our senior students had created & purchase items at between 50c & \$2.00. Students raised \$1200.00 which will go towards Foodshare. Well done on a fantastic effort!





## NEWS FROM THE P/1 CLASSROOMS

P/1 have been learning about length and measuring using different ways. We have also been brave guessing/estimating how long objects are, then measuring to check how close our guesses were.



## 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 ROOM 14B

The Grade 3/4 students had great fun exploring capacity during Maths. Students have also been working hard on their constructions for their inquiry projects. They had to write a narrative and then choose either a setting or character to create!



## Cybersafety

### eSmart topic: How to help kids stay safe online

Even if you are home with your children, it is not possible to monitor all their online activity. The eSafety Commissioner advises that it is important to speak with children about online safety issues to help them make good online choices.

Some steps that eSafety recommend to help protect young people include:

- Use parental controls and safe search options

This can help block your child from accessing specific websites and applications. However, this should always be used in combination with other safety strategies.

- Check smart toy settings

You can help keep smart toys safe by creating strong passwords, turning off location settings and limiting the amount of personal information shared.

- Look out for unwanted contact and grooming

You can help limit unwanted contact by making accounts private and encouraging children to delete requests from strangers.

- Know the signs of cyberbullying

Some signs to watch out for include being upset after using the internet or phone, changes in personality and becoming secretive about online activities.

For the full list of advice, please visit [eSafety](https://www.esafety.gov.au).

This information has been sourced from the eSafety Commissioner





# Start Up Day Interviews

Thursday 28<sup>th</sup> January 2021

8.45am-4.45pm

Start Up day interviews can be booked via our Compass platform towards the end of January. A Compass notification will be sent out during the holidays to let you know the date the interview bookings will open.

Students in **Grade 1-6** are only required to attend school in full school uniform for their 15 minute booking time on Thursday 28<sup>th</sup> January 2021.

Please bring all of your child's supplies from the booklist, labelled as per the instructions provided.

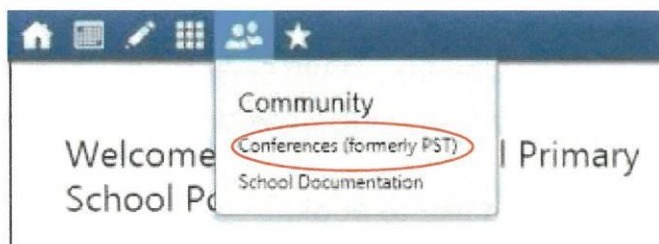
## How to book Start Up Day Interviews on Compass

*Please use the following steps to assist with making your online bookings.*

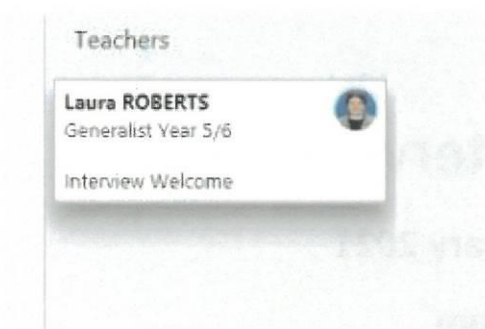
1. Log in to Compass at <https://quarryhillps-vic.compass.education>
2. After logging in you will be taken to your dashboard where you can see a photo of your child or children.

Click on the icon  and then select **Conferences**.

**If you have more than one child attending our school you will need to book a conference time for one child and then repeat for another child/children.**



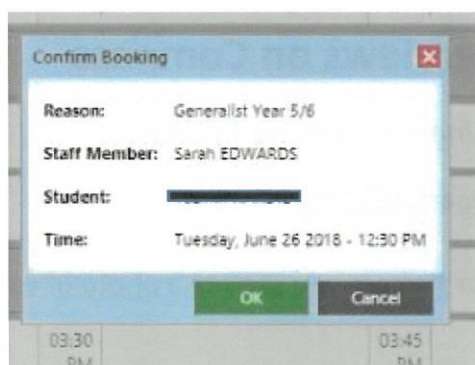
3. After clicking on the **Conferences** link you will be taken to the Conference Bookings page. This page will allow you to select the teacher you are making the booking with.



4. Once you have selected the teacher, click on an available time slot you would like to make a booking for. Available timeslots will be shown in white and unavailable in grey.

09:00 AM	09:15 AM	09:30 AM	09:45 AM
10:00 AM	10:15 AM	10:30 AM	10:45 AM
11:00 AM	11:15 AM	11:30 AM	11:45 AM
12:00 PM	12:15 PM	12:30 PM	12:45 PM
01:00 PM	01:15 PM	01:30 PM	01:45 PM
02:00 PM	02:15 PM	02:30 PM	02:45 PM
03:00 PM	03:15 PM	03:30 PM	03:45 PM
04:00 PM	04:15 PM	04:30 PM	04:45 PM
05:00 PM	05:15 PM	05:30 PM	05:45 PM

5. Once you have selected the time you wish to book for select **ok**.



*Please follow the following steps if making a booking from the Compass App*

1. Open the app on your phone.
2. Select the icon with three lines in the top left hand corner.
3. Select conferences.
4. Choose the interview you are booking for – 2020 Start Up Day Interviews
5. If you have multiple children, you will need to book one child at a time.
6. Select your child's teacher.
7. Then select the time slot you would like to book.
8. Click confirm booking.

All interviews will take place in your child/s classroom.  
If you are unable to attend with your child on this day please contact your child's classroom teacher to schedule a time at a later date.



## 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](mailto: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](mailto: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](mailto:hhv@bendigo.vic.gov.au) or check out our [Facebook page](https://www.facebook.com/HealthyHeartofVictoria).

**Welcome summer with a free community ride & swim!**  
**Sunday 13 December**

Two ride options:

**Shorter ride (12km) - START: GOLDEN SQUARE POOL 10AM**  
This ride follows the Bendigo Creek Trail to the Play-o-saurus playground. After a short break we'll return on the creek trail to the pool (several road crossings). Ride at your own pace. Suitable for younger kids + newer riders.

**Longer ride (20km) - START: CHRISTMAS TREE (Rosalind Park Piazza) 10AM**  
We'll ride on-road to Golden Square, then take the Bendigo Creek Trail to Crusoe Reservoir, ride around the res, then return to the pool via the creek trail. Moderate pace, suitable for older kids + adults.



Both rides return to Golden Square Pool.  
Pool open 11am-noon: free swim for all riders + icy poles for kids.  
Bring water, spares/puncture repair, your mask, and a snack if you like.

It's free, but [PLEASE REGISTER](https://www.trybooking.com/BLYON) to keep us COVID-safe: [www.trybooking.com/BLYON](https://www.trybooking.com/BLYON)

Bike Bendigo Community Rides are held on the second Sunday of every month.

**HEADING TO HIGH SCHOOL?  
ON YOUR BIKE!**



Time  
9.15am – 1.00pm

Program Dates  
18–19 Jan

Cost  
\$25 for two sessions  
(\$20 earlybird until 31 Dec)

Booking Essential  
[www.trybooking.com/BNKIU](https://www.trybooking.com/BNKIU)

**School holiday program for teens & tweens**

- Brush up on your riding skills
- Understand the road rules
- Learn strategies for safe on-road riding
- Prepare for independent travel

**BIKE BENDIGO**

About the instructors  
**Nicola Dunncliff-Wells** is an accredited Bike Ed Instructor and AustCycle Skills Coach. President of Bike Bendigo and mother of three, she is passionate about supporting active travel to school.

**Megan Horgan** holds a Bike Ed Instructor certificate and has worked as a National Standard Cycling Instructor in the UK. Megan loves her active lifestyle and seeing others enjoy the fun and freedom of riding!



**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.

 <p><b>Understanding emotions</b></p> <p>Understanding emotions helps your child to understand themselves and other people.</p> <p>We can do this by focusing on recognising, expressing and managing emotions.</p> <p>Understanding emotions is key to building empathy and self-awareness.</p>	 <p><b>Personal strengths</b></p> <p>Help to build your child's ability to recognise and understand positive qualities in themselves and others.</p> <p>This will help to build your child's self-confidence and the capacity to face and manage challenges.</p>	 <p><b>Positive coping</b></p> <p>Provide opportunities for your child to discuss and learn different types of coping strategies.</p> <p>This will increase your child's ability to manage stress, control impulses and overcome obstacles.</p>
 <p><b>Problem solving</b></p> <p>Your child can develop their critical and creative thinking skills to explore different types of problems.</p> <p>This can build your child's ability to make responsible decisions that consider the likely consequences of different ways of solving problems.</p>	 <p><b>Stress management</b></p> <p>Learn about different calming strategies to deal with stress.</p> <p>This can help your child to cope with challenges they are facing now and in the future.</p>	 <p><b>Help seeking</b></p> <p>In these challenging times, it is important to normalise asking for help.</p> <p>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.</p>

Foundation/1/2

3/4

5/6

 <p><b>Stress management</b></p> <p><b>Goal:</b> Recognise how stress can feel in the body.</p> <p><b>Activity:</b> With your child, tell each other about a situation when you felt stressed. How did the body respond to this stress (eg. sweaty palms; butterflies in your tummy).</p> <p><b>Goal:</b> Discuss coping strategies for stress.</p> <p><b>Activity:</b> Write a list of actions with your child that you can take to deal with stress, fear or anger. Name this list: <i>Our Family's Calming Strategies</i>. Display this list somewhere at home.</p>	 <p><b>Stress management</b></p> <p><b>Goal:</b> Identify a range of strategies that can be used to deal with strong emotions.</p> <p><b>Activity:</b> With your child, come up with a list of positive strategies your family can use to relax or calm down.</p> <p><b>Goal:</b> Put a stress management strategy to practice.</p> <p><b>Activity:</b> Do something active with your child. Turn off screens, get out and play in the backyard, listen to music, draw together or have a dance! Get some ideas from <a href="https://fuse.education.vic.gov.au/Pages/funathome">https://fuse.education.vic.gov.au/Pages/funathome</a></p>	 <p><b>Stress management</b></p> <p><b>Goal:</b> Identify ways to cope with stress.</p> <p><b>Activity:</b> With your child, share a time you felt stressed and explain how you managed this. Then swap!</p> <p><b>Goal:</b> Practice ways to cope positively with stress.</p> <p><b>Activity:</b> Create a stress-free space or a space within your home that your family can use to wind down.</p>
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## REGISTRATIONS ARE NOW OPEN FOR THE 2021 JUNIOR FOOTBALL SEASON

The South Bendigo Junior Football Club are ready to bring our young players back out onto the football field in 2021.

Registrations are now open for Under 9, Under 10, Under 12, Under 14 and Under 16 Boys; and Under 12 and Under 14 Girls.

**CLICK HERE TO REGISTER**

[https://websites.sportstg.com/club\\_info.cgi?c=0-6149-80384-530094-26494864&clubID=80384](https://websites.sportstg.com/club_info.cgi?c=0-6149-80384-530094-26494864&clubID=80384)

For more information please contact Shaun Langdon  
Email: [jnfbpresident@southbendigofnc.com.au](mailto:jnfbpresident@southbendigofnc.com.au)  
Phone: 0413 922 625



**KELLY SPORTS** Summer

## HOLIDAY PROGRAMME

Mon 11th to Thurs 21st Jan 2021

Join us for a fun-filled School Holiday Programme including A Year of World Cups, Lots of Sports, Awesome Games & **MUCH MORE!**

Some activities may need to be swapped for other exciting ones!  
Go online to check out a full, up-to-date timetable for your school.

FOR THE LOVE OF SPORTS  
**25 YEARS**

BOOK ONLINE NOW AT  
**KELLYSPORTS.COM.AU**

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



# Getting Ready to Attend



## ARRIVAL TIME



Please ensure children are signed in no later than 9am.



### Booking and cancellations

Bookings are subject to availability and may be placed/amended until 11:59 pm the night prior to attendance via your TeamKids online account. An additional fee of \$5 per child applies to bookings made inside 7 days of attending. Cancellations must be received before 8am the day prior to attendance. If inside this time frame, full fee will be charged.



### Pack a Healthy Lunch

A delicious, nutritious, morning and afternoon tea are provided in all programs. Children are required to bring a packed lunch and refillable water bottle.

When packing your child's lunch, please consider that some children in attendance have been diagnosed with food allergies or the risk of anaphylaxis.



### Medical Information? Have a Plan

If your child has Asthma, Anaphylaxis, an Allergy or any other medical condition, upload plans to your TeamKids account and bring along a completed Risk Minimisation Form, found on our website. Please provide required medications to your venue coordinator on the first day of attendance - in their original packaging, clearly labelled with your child's name and a use-by date.

\*\*Please note children are unable to attend our venues without their medication and action plans.



### Receiving child care subsidy

After your TeamKids booking is placed, you must log into your MyGov account to check you have a confirmed enrolment.



### Extended Hours of operation

During the school holidays, our customer service team are available from 7:00 am till 6:30 pm.



### What to wear

At TeamKids we love to get outside, so please remember to pack a hat - clearly labelled and wear suitable footwear for running around. Where possible avoid wearing singlets, thongs and open-toed shoes.

Ideally, please apply sunscreen before coming to the program, and the children will reapply later in the day. If your child is susceptible or reacts to different sunscreens, please bring your own sunscreen and bring this to the attention of our educators. The Cancer Council recommends using a high protection sunscreen (Minimum SPF 30) with a high UVA rating (4-star minimum).



### Double check TeamKids Room Location

It is very important to double check our website prior to attending, in case of a room change. We are sometimes required to temporarily change rooms due to school building maintenance over the school holidays. Last minute changes will be announced via SMS to attending families.



### Electronic Sign-in/out

All TeamKids venues require electronic sign in/out. Any person signing your child in or out from TeamKids care MUST be listed on your TeamKids account and know your TeamKids account pin number, if this has been activated. These details can be updated via your TeamKids account at any time.



### Additional Needs

For new families, our TeamKids Inclusion Manager will discuss attendance options for children with additional needs before they attend. Please contact Customer Service on 1300 035 000.

Please note: We require a minimum of four weeks' notice for funding applications for children requiring an extra staff member to help support their time with us. Places cannot be guaranteed if less notice is given.

Please call with any questions: 1300 035 000

TEAMKIDS.COM.AU

1300 035 000



# St Therese's Primary - Kennington

8:00 AM - 6:00 PM

ARRIVE BY 9AM ON EXCURSION DAYS



21 DEC - 25 DEC	21 MONDAY	22 TUESDAY	23 WEDNESDAY	24 THURSDAY	25 FRIDAY
	<b>ALOHA</b>	<b>ALOHA</b>	<b>ALOHA</b>	<b>ALOHA</b>	<b>ALOHA</b>
	LUAU PARTY AND PERFECT PINEAPPLE	BEAT THE HEAT! AND INVISIBLE INK GAMES	FESTIVE WONDERLAND AND FESTIVE POM POM		
	Alpha & welcome! TeamKids is throwing a Luau Party & we can't wait for you to join us. We'll make a splash while we play the Lei loss game. Tourist Race & make a rad Sea Turtle Craft to take home.	As the weather warms up outside, TeamKids is here to help you Beat the Heat! We'll have a splashing time with Water Balloon Spoon Races & Paper Sea Creature Monsters. *Towel & change of clothes required.	Tis the season for a Festive Wonderland at TeamKids! Today, we'll get to celebrate the silly season with all our friends as we play Elf Express, Cheerful Charades & weave fuzzy Yarn Diving Trees.		
	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43		

4 JAN - 8 JAN	4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	8 FRIDAY
	<b>SHIPWRECKED AND TREBUCHET 3D PUZZLE</b>	<b>SENSATIONAL SUMMER AND HOUSE OF CARDS</b>	<b>JURASSIC ADVENTURE AND DUCT TAPE WALLS</b>	<b>BOWLING AND CHAIN REACTION STEM CHALLENGE</b>	<b>EARTH DAY WARRIORS AND SUN PRINTS</b>
	Ahoy, me hearties! We've found ourselves Shipwrecked at TeamKids. You'll need your sea legs for this pirate adventure. We'll have a blast playing Treasure Chest, Sharks & Minnows & creating Colourful Parrot Pals.	What's your favourite thing about Summer? At TeamKids, we love backyard cricket, tossing a Frisbee & digging our toes into the sand. You'll get to experience all that & more today in Sensational Summer!	Are you ready to rock, mini paleontologists? Today, we're going on a Jurassic Adventure at TeamKids! Together, we'll dig for dinosaur fossils & unearth secrets hidden for millions of years. We can't wait for you to join us!	There's no time to spare! TeamKids is hosting our very own bowling tournament & we need your help to knock down as many pins as possible! Are you & your friends up for the challenge? *Socks required.	Let's recycle, not throw away! We're making a difference each & every day. We'll play Animal Traffic Lights, run a Rainforest Obstacle Course, & learn more about our planet through Nature Earth Art.
	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43

\*Child Care Subsidies may apply. \$5 Admin Fee per family. \$5 Late Fee apply within 7 days per child. Payment plans available.

\*\*Experience/Activity Fee. Programs may be subject to change. Third Party Payment Fees apply. See Terms and Conditions for cancellation policy.



Find a venue  
teamkids.com.au/venues

Choose your ADVENTURE!  
Book Now

TEAMKIDS.COM.AU

1300 035 000



# St Therese's Primary - Kennington

8:00 AM - 6:00 PM

ARRIVE BY 9AM ON EXCURSION DAYS



11 JAN - 15 JAN	11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY
	<b>ROCK OF SEAGULLS AND SPRING BIRDS</b>	<b>SPACE TECH AND PIZZA TAG GAME</b>	<b>DON'T PRESS THAT BUZZER! AND SUNDAY FUNDAY</b>	<b>MOVIE - THE CROODS 2 &amp; PLUSH BUNNY</b>	<b>NEVER NEVER LAND AND DIY BOUNCY BALLS</b>
	We're going to have a hoot at TeamKids with Flock of Seagulls! Today is all about our feathered friends that grace the skies. We'll play Hawks & Doves, Seed Dash & create Pet Birds to take home with us.	Houston, Space Tech has landed at TeamKids! Join us as we launch ourselves into virtual & augmented reality to complete a mission to Mars. We'll even get to build our own rockets. It'll be out of this world!	STOP! Don't Press That Buzzer! There's a buzzer at TeamKids that we're not meant to press... but what happens if we do? We'll find out as we are immersed in a world different from the one we know in this drama workshop.	Today is going to be a showstopper because TeamKids is off to the movies to see The Croods 2! What will our favourite prehistoric family get up to this time? *Popcorn provided. *Allergy alert.	Today, your every wish will come true as TeamKids transports you to Never Never Land! Let's fly on in to play Horses, Knights & Cavaliers, find our way out of the Labyrinth Maze & create DIY Flags.
	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43	Base Fee \$62.50 Exp Fee** \$14.00 Daily Total \$76.50 After Max CCS* \$11.48	Base Fee \$62.50 Exp Fee** \$15.00 Daily Total \$77.50 After Max CCS* \$11.63	Base Fee \$62.50 Exp Fee** \$30.00 Daily Total \$92.50 After Max CCS* \$13.88	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43

18 JAN - 22 JAN	18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY
	<b>POLAR BEAR PLUNGE AND CURIOUS CRAFT ENABERS</b>	<b>GRAVITRAX AND STRAW LOOMS</b>	<b>LONG GUILY SPLASH PARK AND JET BALL GAME</b>	<b>EPIC CASTLE CONSTRUCTIONS &amp; BATTLE DAZZLE BUBBLES</b>	<b>KIDS VS ADULTS AND TUMBLING TOWER BLOCKS</b>
	What do polar bears eat for lunch? Ice bergs - you're in for a cool day as we take on the Polar Bear Plunge! We'll play Water Games & design Pop Up Polar Bears. *Towel & change of clothes required.	Today, we're mastering Gravitrax, the new epic marble run. It's so cool you won't want to put it down! We'll choose from a variety of tiles, levels & tracks to propel our gravity spheres to the finish line in record time.	We're cooling off at our favourite gold rush-themed water zone, Long Gully Splash Park! We'll need our bathers today because we're definitely getting soaked at all the different splash pads. *Towel & change of clothes required.	This is not a drill! TeamKids is prepared for extraordinary Epic Castle Constructions. We'll work to build our own unique castles using various materials. Then, we'll combine them all to create one MEGA castle.	Today, it's Kids vs Adults at TeamKids! Who do you think will win? This will definitely be one for the ages. We'll zoom through Balloon Cup Races, the 3-Colour Challenge & the Roll & Draw game.
	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43	Base Fee \$62.50 Exp Fee** \$16.00 Daily Total \$78.50 After Max CCS* \$11.78	Base Fee \$62.50 Exp Fee** \$16.00 Daily Total \$78.50 After Max CCS* \$11.48	Base Fee \$62.50 Exp Fee** \$16.00 Daily Total \$78.50 After Max CCS* \$11.78	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43

25 JAN - 29 JAN	25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY
	<b>PARTY PLANET AND MODEL ROCKETS</b>	<b>SPORTS MANIA! AND RETURN BALLS</b>			
	We want you to strut your stuff at the TeamKids Party Planet! Today, we're celebrating traditions from all around the globe. We'll do a Lion Dance, make Desert Festival Camels & float away with Hot Air Balloon Craft.	Today, we're all sporting superstars in Sports Mania! So, wear your favourite team colours & join in on the action. We'll play Pinball Soccer, 4-Way Capture the Flag & create Bouncing Basketballs.			
	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43	Base Fee \$62.50 Exp Fee** \$7.00 Daily Total \$69.50 After Max CCS* \$10.43			

TEAMKIDS.COM.AU

1300 035 000

Phone: 5443 3537

## 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



# SCHOOL HOLIDAY PROGRAM SUMMER 2021

## WEEK 1 4 - 8 JAN

### TIE DYING WORKSHOP

Mon 4 Jan



Let's get tie dying and create colourful items to take home. What can we make with cool colours and our imagination?

### A DAY AT THE RACES

Tue 5 Jan



Join us for a full day of racing challenges including egg and spoon, 3 legged and sack races, plus design the ultimate paper plane for our flying competition and heaps more!

### ART AND CRAFT SPECTACULAR

Wed 6 Jan



Are you ready to get creative? We have a day full of arty, crafty fun to help you create your own masterpieces! Have a go at new art ideas and crazy art activities!

### READY, STEADY, COOK!

Thu 7 Jan



Today the food journey is in your hands. You get to make a variety of delicious foods to enjoy throughout the day. Yummy!

### Y CINEMAS\*

Fri 8 Jan



Today we welcome you into our very own gold class cinema! Select your session time and movie, then be welcomed into the movie with your gold ticket. Yes, of course there will be popcorn!

## WEEK 2 11 - 15 JAN

### ONE DAY CRICKET

Mon 11 Jan



Howzat! Cheer on your team mates as we bowl, bat and catch in our very own One Day Cricket spectacular. Learn and practice your batting and bowling skills.

### INVENTIONS AND CREATIONS

Tue 12 Jan



Create your own invention from recycled materials and showcase it to your friends. We will have heaps of other creative activities on hand too.

### YOGA AND MINDFULNESS

Wed 13 Jan



Explore yoga and movement through our yoga classes and get in touch with your inner self through mindfulness.

### DIORAMA CREATIONS

Thu 14 Jan



Let your imagination run wild and create a mini world in a box using all sorts of miniature materials.

### LET'S DANCE

Fri 15 Jan



Get your dance shoes on, we've got a huge day of hip hop dancing, dance jam and karaoke planned. Create your own dance routine and show us your moves.

# SCHOOL HOLIDAY PROGRAM SUMMER 2021

## WEEK 3 18 - 22 JAN

### BACKWARDS DAY

Mon 18 Jan



It's a day of everything backwards! Let's have fun by wearing all our clothes backwards - shirt and socks inside out... Say 'hello' for 'good-bye' and 'goodbye' for 'hello'. Write and say your name backwards and plenty of games.

### Y PHOTOGRAPHERS

Tue 19 Jan



Today we see the world through your eyes! You could decorate your own photo frame to put a printed photo inside or create props for the photo booth and have fun making poses to photograph!

### BACK TO NATURE

Wed 20 Jan



Calling all budding green thumbs! Today we get our hands dirty as we decorate our very own pots and plant them out. You can then take your plant home to look after and watch it grow.

### CRAZY HAIR DAY

Thu 21 Jan



There's no better way to have some fun, than having crazy hair! - the coolest colours, to the weirdest hairstyles, there's hours of fun to be had. Plus face painting!

### SPLASHTASTIC

Fri 22 Jan



What better way to spend a hot summer's day than getting wet and playing water games? If this sounds like fun then today will be perfect for you! Come prepared to get wet!

## WEEK 4 25 - 27 JAN

### LEGO MASTERS

Mon 25 Jan



You've seen the show, now test yourself in our Lego Masters day. Use your skills in our solo and team Lego Challenges. Lots of brick building fun!

### CLOSED PUBLIC HOLIDAY

Tue 26 Jan

### HAWAIIAN LUAU\*

Wed 27 Jan



Aloha! We're getting tropical and preparing for a Hawaiian Luau. Come dressed up for the beach as we discover art, costumes and food from this beautiful island.

## Give your child an opportunity to grow and learn through new experiences.

If your child is aged between 5 - 12 years old and enrolled in primary school, they will love our school holiday program!

Our School Holiday Programs are created with the right mixture of fun, adventure, creativity and discovery; helping kids become more confident and independent. In addition to the advertised program each day we have a diverse range of indoor and outdoor activities planned to cater for each child's interests and abilities.

### What to bring

- Lunch and snack (Nutritious & NUT FREE)
- Water bottle, broad brim hat and sunscreen

### Additional needs

Children with additional needs are welcome to attend our program. Families must contact the CSHD Coordinator at least four weeks prior to the holiday program to discuss the individual needs of your child so that we ensure we have everything in place to support your child to participate in the program.

### Bookings and Fees

- All bookings are subject to availability.
- Bookings are made via the casual booking calendar.
- Bookings will not be accepted on the day unless places, adequate staffing and resources are available.
- Additional permissions are required for excursions.
- Cancellations must be received in writing seven (7) days before the last day of school term.
- A late fee of \$2 per minute applies when a child is picked up after closing time.
- Please speak to service about any dietary requirements

\$84 per day - bookings can be made through your My Family Lounge account  
What to bring: Don't forget your broad brimmed, bucket or legionaries hat, sunscreen, snacks, lunch and drink bottle.

## BENDIGO SCHOOL HOLIDAY PROGRAM

Lightning Reef Primary School | 74 Holmes Rd, North Bendigo VIC 3552  
p: 0428 516 192 | e: bendigo@ymca.org.au | w: childrensprogramsymca.org.au



## Gifts For Families. Thanks to you.

Every child  
deserves  
a happy  
Christmas.

After everything we've gone through this year, we all want Christmas to be extra special. But for many families, it will be so much tougher to afford gifts for their children.

Your support will help us make sure there are gifts under every Christmas tree in our local community.

Drop off your gift or gift card at Uniting Bendigo Emergency Relief, 25 Forest Street, Bendigo

Phone: 03 54434972

or donate online:  
<https://giftsforfamiliesunitingbendigo.gofundraise.com.au/>



Uniting is the community services organisation of the Uniting Church in Victoria and Tasmania.



**Uniting**



## Gift ideas and suggestions

We need gifts and gift vouchers to suit children of all ages particularly for teenagers who often miss out due to a lack of age appropriate gifts.

### Babies and toddlers

- Toys - rattles, plush or bath toys
- Blankets and bedding items
- Building blocks or Duplo
- Story or educational books
- Clothes, pyjamas, bathers, shoes

### Children 4-8 years old

- Outdoor games - frisbees, balls, cricket set
- Board and card games
- Plush toys, dolls, action figures
- Cars, trucks or trainsets
- Building blocks or Lego
- Story or colouring in books
- Craft supplies - paint, pencils
- Clothes, pyjamas, bathers, shoes
- Dress up outfits and accessories

### Children 9-14 years old

- Board and card games
- Reading and activity books
- Outdoor equipment - skateboard, bikes, scooters
- Fun stationery and stickers
- Headphones or speakers
- Clothes, pyjamas, bathers, shoes

### Teenagers

- Books
- Make up - lip gloss, nail polish, gift packs
- Body lotions, perfume, aftershave or deodorant
- Accessories - headbands, jewellery, hats, scarves
- Handbags, backpacks, wallets or purses
- Craft supplies - paint, pencils
- Sports and fitness equipment
- Headphones



Uniting is the community services organisation of the Uniting Church in Victoria and Tasmania.



**Uniting**

Email: [quarryhill.ps@education.vic.gov.au](mailto:quarryhill.ps@education.vic.gov.au)  
Website: [www.quarryhillps.vic.edu.au](http://www.quarryhillps.vic.edu.au)  
Phone: 5443 3537



## INSIGHTS

### Building deep emotional connections with kids



Imagine your child comes to you upset that a sibling or friend has cheated in a game. There are a number of ways to respond, including telling them not to worry (“Let it go!”), advising them how to handle it (“Next time you keep the score.”) or empathising emotionally (“You must feel disappointed.”)

Each is a legitimate response for a parent and teacher to make, but only the latter builds a deep emotional connection. Importantly, the empathetic response builds a child’s or young person’s emotional intelligence as it taps into their ability to recognise current feelings.

#### How emotional connection works

Kids crave to be understood by others, especially by the people they love or respect. When you accurately feed back how a child or young person is feeling you demonstrate that you really care. Strong relationships are formed on the bedrock of care, kindness and compassion.

#### How to give emotional feedback that connects

Giving accurate emotional feedback to an upset child or teenager takes practice. It requires that you pay attention, move into the present moment, listen to a child and identify the feeling behind their words. High or loud emotions such as anger, annoyance and panic are often easier to identify than low or muted emotions such as worry, discouragement or loneliness.

An effective way to connect on emotional level is to listen to what a child has to say, and then think back to a time you were in a similar situation. Imagine if a child says they feel horrible because their friends laughed at them when they made mistake in class. Rather than respond immediately, think back to a time when you made a mistake in front of others and identify how you felt. Embarrassed, ashamed, or annoyed? “I bet that you felt embarrassed and annoyed when your friends laughed at you.” Your child may tell you that you’re off the mark, but they’ll more than likely appreciate the empathy you show.

#### Feed back the positive emotions too

You don’t have to wait until something challenging happens to connect with a child on an emotional level. Accurately mirror positive feelings such as relief (after a stressful situation has passed), enthusiasm (as they begin something they love doing) and chilled (as they put their feet up at the end of the day). We all experience many emotions throughout the day. The ability to accurately recognise and feed back the emotions of children and young people is a wonderful way to build connections of quality and depth.





## 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.