



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday February 3rd 2021
Newsletter No. 1

Our Vision:

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

2021 TERM DATES

Term 1 January 28– April 1
Term 2 April 19 – June 22
Term 3 July 12 – September 17
Term 4 October 4 – December

Principal: Jo Menzel

School Council President: Claire Flanagan-Smith

PFA President: Renee Selkirk

~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 |
|----------------------------|---------|-------------------------------------|
| FEBRUARY | | |
| Wednesday 10 th | All Day | Prep Rest & Testing Day |
| Friday 12 th | 10.45am | Assembly |
| Wednesday 17 th | All Day | Prep Rest & Testing Day |
| Wednesday 24 th | All Day | Prep Rest & Testing Day |
| MARCH | | |
| Monday 2 nd | 9.00am | Prep First Full Week of School |
| Wednesday 3 rd | All Day | Curriculum Day- Pupil Free |
| Monday 8 th | All Day | Labour Day Public Holiday-No School |
| April | | |
| Thursday 1 st | 2.30pm | Last Day of Term 1-Early Finish |
| | | |

Reminders:

- **CSEF-** Do you hold a concession card?
You may be eligible for CSEF. Please see the office.
- **Book Fees-** Please see the office if you have not paid for your booklist & school fees.
- **Permission Forms-** Please return your students 2021 Permission forms ASAP to your classroom Teacher.



Kind



Curious



Brave

Dear Parents and Carers,

Welcome to the 2021 school year! A special welcome to our new Quarry Hill families joining us for the first time.



OUR NEW PREPS FOR 2021

Monday was the first full day of school for our Prep students this year. The excitement and anticipation of the children was amazing to witness. For the most part, they settled really well and quickly set about making new friends. Most parents seemed to cope quite well too! An extra hug was required for some, but everyone left fairly composed. It's a big day for everyone involved. A big thank you to all parents for adhering to the physical distancing and for not entering the classrooms. This was very much appreciated.

Camps, Sports and Excursions Fund applications

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps and sporting activities.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

Payment amounts this year are \$125 for eligible primary school students. Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances.

If you would like to apply for the first time, please contact the school office on 54433 537 and ask for an application form.

You can also download the form, and find out more about the program and eligibility, on the Department of Education and Training's [Camps, Sports and Excursions Fund web page](#).

Check with the school office if you are unsure, and please return completed forms to the school office as soon as possible.

SCHOOL CAPTAINS AND VICE CAPTAINS FOR 2021

Marli G and Ollie O will be the Quarry Hill School Captains this year. They will be ably assisted by Riley T and Caitlin O who will take on the Vice-Captain roles. Congratulations to these four young people. It is a big commitment to take on leadership roles, and we feel confident that they will do a wonderful job.

HOUSE CAPTAINS

Congratulations are also extended to the following students for obtaining the role of House Captain for 2021:

Peel House – Tully C (Captain) and Tom H (Vice- Captain)

Amer House – Ted K (Captain) and Billy B (Vice- Captain)

Malcolm House – Annabelle C (Captain) and Ollie H (Vice- Captain)

Harkness House – Harper Lee B (Captain) and George P (Vice- Captain)

STAFFING FOR 2021

| NAME | ROOM | GRADE |
|---|------|-------|
| TEACHING STAFF | | |
| MARIA TZAROS | 5 | 2 |
| JANE ST CLAIR | 8 | PREP |
| LORRAINE BERIMAN | 13 | 3 |
| BRAD SHEPHERD | 5 | 2 |
| MERRY WALKER | 9 | PREP |
| ERICA DEMPSTER (M,T) TONYA VAN DEURSE (W, Th, F) | 17 | 5/6 |
| TESS DAVIES | 6 | 2 |
| TAMIKA MCERVALE (M, T, W,) ROSS TURNER (Th, F) | 12 | 3 |
| SARAH EDWARDS | 14 | 4 |
| CLINTON DONOHUE | 15 | 4 |
| BEK FRY | 10 | 5/6 |
| CRAIG HARROP | 11 | 5/6 |
| AISLING FEELEY | 16 | 5/6 |
| ZAC HARE | 1 | 1 |

Specialist Teachers

| | |
|--------------|-----------------|
| Art | Brooke Wilson |
| Music | Jeremie Collard |
| PE | Ross Turner |
| Chinese | Zoe Zhang |
| Intervention | Tova Penno |
| Intervention | Bonnie McIntyre |

Principal Class

| | |
|---------------------|---------------|
| Principal | Jo Menzel |
| Assistant Principal | Anne Rochford |

Non-teaching Staff

| | |
|-------------------------|-----------------|
| Business Manager | Narelle Jones |
| Administration | Amanda Dole |
| Admin/Education Support | Luci Hauke |
| Education Support | Tim Murphy |
| Education Support | Tyryne Jones |
| Welfare Worker | Kerryn Phillips |

SUPERVISION RESPONSIBILITIES BEFORE AND AFTER SCHOOL

At Quarry Hill Primary School, the school grounds are supervised by staff from 8.45am before school and until 3.45pm after school.

There may be staff in attendance at the school before and after those times but those staff may be involved in tasks such as meetings or lesson preparation. This means that these staff members will not be supervising students. I know that a number of parents accompany their children to school and wait to see that they are settled. This practice is fine, and is certainly encouraged, as parents are supervising their own children.

Formal before and after school care is available within the school grounds and is operated by Camp Australia. Information regarding this program is available from the office, or can be accessed online at <https://www.campaustalia.com.au/Schools/QuarryHillPrimarySchool/3550/B294>

REGISTERING FOR OUT OF HOURS SCHOOL CARE – CAMP AUSTRALIA

To help families prepare for the new school year, bookings for Outside School Hours Care are now open for 2021. It is recommended families register an account with Camp Australia and always book in advance.

Parents/guardians must register their child by completing an online enrolment form via the parent portal. It's important that parents/guardians fill out all compulsory enrolment documentation for their child and notify of any medical conditions, illnesses etc., to ensure the health and safety of all children in the program.

Families can register for free at <https://pp.campaustralia.com.au/account/register-contacts>

BOOK COLLECTION DAY

Thank you to parents for their positive co-operation in collecting books on the Book Collection Day. A big thank you too for the work undertaken by Administration and Education Support Staff in making this process so seamless. A lot of work goes into the organisation of this process.

Please contact the office if you have any further questions about school supplies.

COVIDSAFE ASSEMBLIES

We are very keen to begin school assemblies again but are very mindful that we still need to adhere to the density limits that are currently in place. As such, we will modify the agenda, change the time and limit the number of visitors invited to attend. Changes are as follows:

- Assemblies will be held at 10.45am on Friday mornings. They will be held on the basketball court.
- If they are available, Parents/Carers of those children receiving awards are invited to come along. Award recipients are announced in the newsletter on the Wednesday. Parents/carers who do attend are expected to bring a mask and be prepared to wear it if they are unable to physically distance or if they are asked to do so. They are also required to sign in using our QR code system, signing in at the office before going out to the basketball court. Please note, no seating will be available.
- At this stage, assemblies will be limited to birthday announcements and awards. Performances will be held over until density limits are eased.

Our first assembly will be held on Friday 12th February at 10.45am.

ANAPHYLAXIS AND ASTHMA

We have several children enrolled who suffer from severe allergies to a variety of things including nuts and nut products which can result in them going into anaphylactic shock. Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

At Quarry Hill several strategies are in place to deal with this. We are an Allergy Aware school. Students are encouraged to wash hands before and after eating to minimise the risk of contamination.

Often boxes and packages are sent to school for art construction activities and are very useful. However, do not send any packages for use at school that have contained nuts or nut products so that we can minimise the risk of children with allergies coming into contact with products that may cause a reaction.

Action Plans for Anaphylaxis and also for Asthma are required for all children who suffer from either, and must be obtained from the family doctor. Please ensure that your child has an updated plan if they suffer from asthma or are at risk of experiencing anaphylaxis. A copy of this plan must be provided to the school immediately.

ASTHMA ALERT - SPACER USE IN SCHOOLS

A reminder to families of children with asthma of the new policy regarding single person spacer use.

This means that schools are no longer able to wash, sterilise and re-use spacers and face masks from their asthma emergency kits when assisting students and children with asthma symptoms.

Spacers should always be used when administering reliever 'puffer' medication because:

- Using a spacer with a 'puffer' ensures that more medication reaches the airways.
- Spacers are much easier for children to use than a 'puffer' alone, and allows school and preschool staff to help students/children during an asthma attack, often in an emergency situation.
- Spacers are an essential part of the Asthma First Aid procedure that Victorian schools/preschools are instructed to follow.

Asthma first aid kits should only ever be used as a back-up for when a child with asthma does not have their own spacer available, or if it is a first asthma attack or the cause of breathing difficulty is unknown. If your child requires medication and does not have their own spacer, a cost of \$10.00 will be charged to cover the purchase of the spacer.

Even if your child has mild asthma, it is essential that their medication and spacer (and a compatible face mask if under 5 years old) is always available to school staff. To ensure that a spacer is not left at home, we would recommend that parents/carers purchase a second spacer for their child to have with them at school at all times if possible.

For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au

STUDENT ACCIDENT INSURANCE ARRANGEMENTS

The Education Department does not provide personal accident insurance for students. Parents and guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs, unless the injury is caused by the negligence (carelessness) of a Department or School Council employee or volunteer.

Students' accident insurance policies are available from the private insurance market. These cover a range of medical expenses not covered by Medicare. They can be obtained by parents for individual students.

Parents of students at Quarry Hill Primary School are reminded that Quarry Hill Primary School does not have a whole of school policy.

PRIVACY REMINDER

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#)

Please take time to remind yourself of the school's collection statement, found on our website

<https://www.quarryhillps.vic.edu.au/page/180/School-Policies>

For more information about privacy, see: [Schools' Privacy Policy – information for parents](#). This information also available in nine community languages.

A DATE FOR YOUR DIARIES: CURRICULUM DAY (PUPIL FREE DAY) – Wednesday 3rd March 2021

School Council has approved a Curriculum Day on Wednesday 3rd 2021. This day will be used by staff to participate in mathematics professional learning work on Performance and Development Goals, as well as the development of Individual Learning Plans.

This will be a Pupil Free Day.

PREP REST DAYS IN FEBRUARY

Parents of Prep children are reminded that for the month of February Prep children do not attend school on a Wednesday.

A DATE FOR YOUR DIARIES: SCHOOL COUNCIL ELECTIONS – WE'D LOVE YOU TO BE INVOLVED!

The Annual General Meeting for Quarry Hill Primary School Council will be held on **Monday March 15th 2021 at 5.45pm**. This meeting will precede the Annual Reporting Meeting, when the School's Annual Report will be presented.

There are three parent vacancies, a community member and one DET vacancy by rotation for a two year term, and any interested parents are urged to nominate for School Council.

The whole school benefits from a variety and diversity of opinion on Council, and the value of fresh ideas and enthusiasm should not be underestimated.

The current School Council is as follows:

Retiring this election (2021)

Parent Members

Joan O'Brien, Jessica Ireland-Smith, Elia Andrews

DET Members

Sam McCloud

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550

Email: quarry.hill.ps@edumail.vic.gov.au

Website: www.quarryhillps.vic.edu.au

Phone: 5443 3537

Retiring next election (2022)

Parent Members

Claire Flanagan-Smith, Clare Dullard, Michelle Grose, Carlene Egan

DET Members

Anne Rochford, Narelle Jones

I would like to thank retiring members, all of whom have made valuable contributions to School Council. Retiring councillors, who meet eligibility criteria, are welcome to nominate for further tenure on School Council. Nomination forms are available from the office. Nominations are to be lodged at school by 4:00pm on Friday February 26th 2021. A ballot (if required) will be held on Wednesday March 3rd 2021.

NEWSLETTER ELECTRONICALLY

A reminder to all parents and carers that the newsletter is made available through Compass. The newsletter is also available on our school website. <http://www.quarryhillps.vic.edu.au/>

Have a great week.
Jo Menzel
Principal

STUDENT ACHIEVEMENT AWARDS

KIND

| | |
|---------------------|---|
| Charlie K (Room 13) | for respecting the classroom environment and assisting with daily setting of room 13. |
| Gabe N (Room 14) | helping and supporting a new student in our school. |



CURIOUS

| | |
|------------------|---|
| Dyson S (Room 5) | working with numbers in the thousands in maths. |
|------------------|---|



BRAVE

| | |
|----------------------|---|
| Jordan W (Room 11) | for attempting new and difficult maths tasks. |
| Evie Mc (Room 17) | for having high expectations of herself and producing an excellent recount. |
| Riley T (Room 16) | for contributing to all our class discussion and providing constructive feedback when needed. |
| Eli C (Room 15) | for being a motivated learner in the classroom. |
| Ziggy Davis (Room 6) | for making a confident start to her new school with a big smile on her face! |
| Shea G (Room 10) | joining the Q.H.P.S community confidently. Well done! |
| Finn M (Room 10) | joining the Q.H.P.S community confidently. Well done! |
| Braxton B (Room) | for settling in so well into his new classroom. |



SCHOLASTIC BOOKCLUB

Issue 1 of Scholastic Book Club is due Tuesday, February 16th 2021. No late orders will be accepted.

To order the books online and pay with your credit card via the LOOP facility visit

<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

The LOOP facility eliminates the need to put your credit card number on the order form and/or hand over cash. For paper copy book orders remember to please include your child's name and classroom room number and/or teacher on the top of the form and return to office with correct payment by due date. Thank you.

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.



**Bendigo Senjuns
Hockey Club**

Junior and Senior teams available to join:
U9 mixed, U11 mixed, U12 girls, U13 mixed, U15 mixed, U18 mixed, Senior Men, Senior Women

Registration Day:
Sunday 7 February 12.30pm-2.30pm at the Bendigo Hockey Ground (Ashley Street, Ironbark)
BBQ and drinks included **PLUS** a lucky door prize!
We have hired the turf from 1.30pm-2.30pm, so bring your gear for a hit around.
Uniforms will be available on the day to borrow (for Juniors players) or to buy (for Senior players).

Training: Is on Wednesdays 5.30pm-6.30pm for Juniors and 6.30pm-7.30pm for Seniors
at the Bendigo Hockey Ground (Ashley Street, Ironbark). Turf training begins Wednesday 10 March.

Come down and have a try! No experience necessary. We welcome everyone!

For more information: senjuns@gmail.com, 0408 294 095



Falcons N.C would like to invite new and current players to come to our registration and team selections for season 2021.

Registration for all players from grade 3 to 18 years old will be held on
Date: Saturday 6th February 2021
Place: 150 Neale Street Flora Hill (Neale Street club rooms)
Times: 9am to 12pm

Trainings to commence from the 18th of February

For further information contact
Danielle on 0432 185 037

falconsnetballclubbendigo@gmail.com



Free- Autism – workshop for parents



Early Days is a series of FREE workshops for parents of young children on the autism spectrum. They are also suitable for parents who feel their child may be on the spectrum but have not received a formal diagnosis.


BOWL PATROL

A NEW WAY TO LEARN TO BOWL

Bowl Patrol is a program for primary school aged children to learn the basic skills of tenpin bowling.

- Bowl with a qualified coach
- Inclusive support resources
- Vouchers accepted where applicable
- \$99 for 8 weeks
- Bowl Patrol T-Shirt, Cap & Drink Bottle included



BOWL PATROL WILL BE HELD AT:

Bendigo Bowling Centre
159 Hargreaves St,
Bendigo VIC 3550

Starting Tuesday 4.00pm
9th February

For more information or to register go to www.bowlpatrol.com.au

FREE WORKSHOPS

DOES YOUR CHILD HAVE AUTISM?



Early Days is a series of FREE workshops for parents and other family members of young children (0-7 years) who are on the autism spectrum. They are also suitable for parents who feel their child may be on the spectrum but have not received a formal diagnosis.

Encouraging Interaction:
through play and social learning workshop for parents

Part 1: Tuesday 30th March 2021: 7.30pm – 9.00pm
Part 2: Wednesday 31st March 2021: 7.30pm – 9.00pm
**must attend all workshops*

What this workshop offers:

- Understanding play, social learning
- Strategies to scaffold and encourage play and social learning

More about Early Days workshops

- Free to attend
- Held in small groups of 12 and gives you an opportunity to meet other parents

Workshops held remotely via Zoom

It is highly recommended you attend the "My Child and Autism" workshop prior to attending this workshop



For more information about this workshop or other workshops and to register
<https://www.amaze.org.au/support/early-days/>





Early Days is a series of FREE workshops for parents and other family members of young children (0-7 years) who are on the autism spectrum. They are also suitable for parents who feel their child may be on the spectrum but have not received a formal diagnosis.

My Child and Autism Workshop for Parents

Part 1: Wednesday 10th February 2021: 7.30 – 9.00pm
 Part 2: Thursday 11th February 2021: 7.30 – 9.00pm
 Part 3: Wednesday 17th February 2021: 7.30 – 9.00pm
**must attend all workshops*

What this workshop offers:

- Learn about ASD and what it means for your child and your family
- Learn practical strategies that can make a difference to your child's development
- Learn how to navigate early intervention

More about Early Days workshops

- Free to attend
- Held in small groups of 12 and gives you an opportunity to meet other parents

Workshops held remotely via Zoom

It is highly recommended you attend this workshop prior to attending any other Early Days workshops



For more information about this workshop or other workshops and to register
<https://www.amaze.org.au/support/early-days/>



Early Days is a series of FREE workshops for parents and other family members of young children (0-7 years) who are on the autism spectrum. They are also suitable for parents who feel their child may be on the spectrum but have not received a formal diagnosis.

Understanding Behaviour Workshop for Parents

Part 1: Tuesday 2nd March 2021: 7.30 -9.00pm
 Part 2: Wednesday 3rd March 2021: 7.30 -9.00pm
 Part 3: Tuesday 10th March 2021: 7.30 -9.00pm
**must attend all workshops*

What this workshop offers:

- Understanding why your child has behavioural issues.
- Learn how to identify the purpose of your child's behaviour.
- Learn how to develop strategies.
- Plan for success.

More about Early Days workshops

- Free to attend
- Held in small groups of 12 and gives you an opportunity to meet other parents

Workshops held remotely via Zoom

It is highly recommended you attend the "My Child and Autism" workshop prior to attending this workshop



For more information about this workshop or other workshops and to register
<https://www.amaze.org.au/support/early-days/>



BACK TO SCHOOL SPORT!

LEARN NEW SPORTS IN TERM 1

Have heaps of fun in the sun with your friends while playing a range of dynamic and active sports over the term.

BOOK ONLINE NOW AT
KELLYSPORTS.COM.AU

25 YEARS FOR THE LOVE OF SPORT

INFORMATION FOR PARENTS

MULTI-SPORT PROGRAMME

Programmes run weekly on one day a week for one hour.

This term we will focus on the following sports:

- ✓ Tennis ✓ Cricket ✓ T-Ball ✓ Athletics

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

For Prep – Year 4 students.

PRICES: \$112 FOR 8 WEEKS

Quarry Hill Primary School –Thurs: 3:30pm-4:40pm

Be coached by a fully qualified teacher with over 10 years experience, trained in Physical Education. Want to take your game to the next level or just learn a heap of FUN new skills? Then our Multi Sports Program is for you!

BOOK EARLY & SAVE

Enrol your child before Sun 7th Feb 2021 to receive your first session FREE!

Website: kellysports.com.au
 Contact: Brett Harris
 Email: brett@kellysports.com.au
 Phone: 0438 198 031
 Facebook: #KellySportsBendigo



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

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit
www.education.vic.gov.au/csef

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2019, you do not need to complete an application form in 2020 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools in 2020 or you did not apply in 2019.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020.

Check with the school office if you are unsure.





CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

QUARRY HILL PRIMARY SCHOOL

School Name

School REF ID

Parent/legal guardian details

Surname _____

First name _____

Address _____

Town/suburb _____ State _____ Postcode _____

Contact number _____

Centrelink pensioner concession **OR** Health care card number (CRN)

- - - **OR**

☐ Foster parent* **OR** ☐ Veterans affairs pensioner

*Foster Parents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

Student details

| Child's surname | Child's first name | Student ID | Date of birth (dd/mm/yyyy) | Year level |
|-----------------|--------------------|------------|-------------------------------|------------|
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I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (DHS) to provide the results of that enquiry to DET.

I understand that:

- DHS will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.
- this consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DHS and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- if I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
- information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the Victorian Department of Health and Human Services and/or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant _____

Date ____ / ____ / ____



Welcome back!

Quarry Hill Primary School

Welcome back to the new school year. It's a new year full of new opportunities to adopt healthy habits and establish new routines.

Whilst 2020 wasn't what we had expected, I hope that 2021 is a year of change for the better.

My hope for all students and families is that we can hit the ground walking, riding, scooting and skating to school. Let's leave the car at home and swap it out for a healthier, more environmental and economic option by actively travelling to school. For those of you that live further from school, try walking the last 500 metres or kilometre to school – every bit of exercise makes a difference!

I'll be working closely with your school throughout the year and encourage you all to say hi if you see me on the school grounds, or please reach out using my email below.

I've included in this newsletter two simple resources to help you get off on the right foot in 2021:

1. A list of tips and tricks to help parents help their kids become more active and to support your school in promoting riding, walking, scooting and skating to school
2. An active travel checklist that covers everything you need to know and do to get active

All the best for your first week back at school and I look forward to meeting as many of you as I can.

Declan Napier

Ride2School Coordinator

declann@bicyclenetwork.com.au



Parent link:

<https://www.surveymonkey.com/r/9FG3DJC>

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

(tips & tricks to)



Get involved!



We know every parent wants to see their child thrive, both mentally and physically!

So how can you support your kids in becoming more active? Check out this list for inspiration and tips on trying new things at home, getting involved within your school community and engaging with the Ride2School program.

1. Team up with other parents to have your kids active travel to school together.
2. Create a fun 'walk & chalk' route from home to kid's school to prepare them to travel independently.
3. Speak with other parents about your experience riding, walking, scooting or skating to school.
4. Lead by example - ride or walk yourself to work (if able).
5. Plan ahead to make it as easy as possible to ride or walk to school and arrive on time. Pack lunches early, have the kids sleep in their uniforms (maybe not?), whatever works best for you!
6. Put a calendar on your family fridge and mark active travel days into your weekly schedule.
7. Set up some sort of prompt in your home as reminder to active travel (helmets by the door, magnet on the fridge) - somewhere obvious and unavoidable.
8. Use the trip to school as an excuse to start your morning off the right way. Adults need at least 30 minutes of exercise every day too, remember?
9. Join or start a parent's group that assists with implementing initiatives at school and communicating with the Ride2School team.
10. Each time you avoid jumping in the car, put a dollar in a jar to help incentive your family and reward your efforts at the end of the month.
11. Check out the 'Parent Place' on the Ride2School website for some handy instructional videos to help you get started.
12. Spend some time riding or walking with your kids on weekends to help teach them the road rules and build their confidence on the bike.



**RIDE2
SCHOOL**



Active Travel Checklist

Name: _____

Age: _____

Grade: _____

**TRANSPORT
CHOICE:**

Bicycle



Walk



Scoot



Skate



THIS WEEK I TRAVELLED TO SCHOOL WITH MY GUARDIAN/OLDER SIBLING

1 DAY

2 DAYS

3 DAYS

4 DAYS

5 DAYS

WHEN I CROSS THE ROAD, I SHOULD?

S _____ **L** _____ **L** _____ **T** _____

MAKE SURE YOU PRACTICE THESE STEPS AT EACH ROAD CROSSING.

I KNOW THE WAY FROM
MY HOUSE TO SCHOOL?

YES

**NOT
SURE**

If you don't know the way to school by yourself, you may need to practice a few more times with your guardian/sibling so you can feel confident.

HOW LONG DOES IT TAKE
ME TO TRAVEL TO SCHOOL?

..... minutes

I CAN WALK WITH A FRIEND
OR SIBLING TO SCHOOL?

YES

**NOT
SURE**

Talk to your friends at school who might live close to you and see if they would like to walk, ride, scoot or skate with you to school. If you are unsure who lives nearby, ask your school to hold a Ride2School Squad session. Details can be found on our website.

I HAVE WORKED OUT AN ACTIVE TRAVEL
PLAN WITH MY GUARDIAN/SIBLING?

YES

**NO,
BUT I
WILL**

Make sure you develop an Active Travel Plan (find out how in our parent portal) with your child.

I AM READY TO WALK, RIDE, SKATE
OR SCOOT ON MY OWN?

YES

**NOT
YET**

Keep practicing all of the steps above until you are ready to ride, walk or scoot to school by yourself.



ride2school.com.au

What is OSHC and why is it right for your family?

OSHC stands for Outside School Hours Care. Camp Australia's OSHC service provides enrichment and care for primary school-age children outside school hours and during the school holidays. Depending on your school, it can cover Before School Care, After School Care and Vacation Care.

At Camp Australia, our vision is *To support families in achieving their dreams* and our promise that is that we will *Guide Your Child's Growth*.

To do that we take a unique approach to OSHC based on over 30 years of experience.

Enriching experiences that children love

Our experienced educators involve your child in designing the experiences that make up our OSHC program. Our industry leading approach to program development ensures that your child is at the heart of what we do each day.

A place for friendships to form

OSHC is a great place for your child to meet new friends and bond over shared interests. We design programs that bring children together so they can connect and grow outside school hours.

Easy, hassle-free care

Our service is available to all families, no matter the need. Our extended hours offer peace of mind so you can manage work, health, study and more stress-free. Plus, our industry leading Parent Portal gives you unrivalled access to make and manage your bookings.



FREE to Register

Once registered, you'll be able to easily make and manage your bookings online via our Parent Portal at pp.campaustalia.com.au

Are you eligible for the Child Care Subsidy?

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



Introducing our brand-new Parent Portal app for smartphone

Earlier this year, we conducted customer focus groups to get direct feedback from parents regarding their experience with Camp Australia.

This research highlighted the need to have a streamlined way for parents to access their accounts and manage their bookings and enrolments; and informed the design for our brand-new Parent Portal app for smartphone.

- Easy booking features.
- Simple booking calendar overview.
- Track your spend.
- Contact your service Coordinator.
- Update your and your child's details.



Search for **Camp Australia Parent Portal** on the App Store or Google Play, download the app and register free with us now.

Vision Statement

Quarry Hill Primary School students are empowered to be engaged learners. Our community fosters a culture of respect and belonging.

Values

1. Kind

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



Kind

2. Curious

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



Curious

3. Brave

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



Brave