



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday March 3<sup>rd</sup> 2021  
Newsletter No. 3

## 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 17

**Principal:** Jo Menzel

**School Council President:** Claire Flanagan-Smith

**PFA President:** Renee Selkrig

## ~OUR VALUES~

### Kind

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

### Curious

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

### Brave

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

## IMPORTANT DATES

	Time	Details
<b>MARCH</b>		
Friday 5 <sup>th</sup>	10.45am	Assembly Jacinta Allan MP badge presentation
Monday 8 <sup>th</sup>	All Day	Labour Day Public Holiday-No School
Wednesday 17 <sup>th</sup>	3.30pm	Book Club close
Monday 29 <sup>th</sup>	9.00- 11.00	Photo Day
Tuesday 30 <sup>th</sup>	9.10 – 12.00 12.10 – 2.00	Cross Country Senior Cross country Junior
<b>April</b>		
Thursday 1 <sup>st</sup>	9.00am 2.30pm	Assembly / Easter Raffle draw Last Day of Term 1-Early Finish
Monday 19 <sup>th</sup>	All Day	First Day of Term 2
Wednesday 21 <sup>st</sup> – 22 <sup>nd</sup>	All Day	Grade 3 Camp Kookaburra Corop
Monday 26 <sup>th</sup> -27 <sup>th</sup>	All Day	Grade 4 Camp Swan Hill
<b>May</b>		
Wednesday 26 <sup>th</sup> – 28 <sup>th</sup>	All Day	Grade 5 Camp Anglesea
<b>August</b>		
Monday 9 <sup>th</sup> – 11 <sup>th</sup>	All Day	Grade 6 Urban Camp

## 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.
- **Assembly-** Jacinta Allan MP presenting badges.
- **Labour Day-** Monday 8<sup>th</sup> March **Public Holiday**

### **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.

### **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.campaustralia.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>

### **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.

## 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 15<sup>th</sup> 2021 at 5.45pm**. This meeting will precede the Annual Reporting Meeting, when the School's Annual Report will be presented.

## STUDENT ACHIEVEMENT AWARDS

### KIND

Tye D (Room 8)	for being a kind friend to his classmates.
Payton K (Room 10)	displaying kindness towards all students.
Billy B (Room 16)	for helping a prep student learn the rules of Q.H.P.S.



### CURIOUS

Abe Boase (Room 8)	being a curious learner in the Investigation Room.
Katie G (Room 13)	working hard to identify 3 digit numbers in expanded form.
Lilah R (Room 6)	for creating wonderful descriptive sentences in her information report!
Quinn C (Room 1)	for always seeking knowledge by asking questions in class discussions.
Lily H (Room 17)	working hard in maths, developing your understanding of column addition.
Sebastian M (Room 9)	for working really hard to learn about rhyming words.



### BRAVE

Avery S (Room 8)	being brave when she is attempting her learning tasks.
Alice L (Room 8)	sharing her ideas with Mrs St. Clair. Well one Alice.
Elijah B (Room 8)	attempting to complete his learning tasks independently.
Lucie E (Room 1)	for trying to get the most out of herself by reading challenging books.
Eddie H (Room 14)	for using his initiative to ask to set up a chess club.
Nikita F (Room 5)	participating in class discussions and sharing her answers to problems.
Mietta S (Room 2)	for being brave and asking questions when unsure.
Mollie E (Room 15)	for being brave and putting in lots of effort into her JSC speech.
Rhiannon T (Room 10)	for bravely applying for Junior School Council.
Alexis C (Room 10)	for bravely applying for Junior School Council.



## ONLINE BOOKING

Your school has decided that school photos will only be available to order online this year.  
We are now also offering green screen online.

#### THE BENEFITS OF BEING ONLINE

- No need for envelopes to be returned to the school office.
- No cash on school grounds or children's bags.
- Easy order tracking and record keeping
- 15 different backgrounds to choose from.



Quarry Hill Primary School - 2021

Contact: [info@leadingimage.com.au](mailto:info@leadingimage.com.au) or call 1800 750 586

INDIVIDUAL & FAMILY PHOTOS CAN BE ORDERED WITH THE SAME ACCESS KEY

To order your school photos you need to log onto  
**<https://www.leadingimage.com.au>**  
Click on Order your school photos.  
and enter the access key below.

\*Preferred Browser is Google Chrome\*

**Access Key: GDZPM8EA**

Packages are available to order with this access key.

**Family photographs must be ordered by 4:30pm the night before photo day.**

**IF YOU DO NOT ORDER BEFORE THIS TIME YOU WILL NOT BE ABLE TO HAVE A FAMILY PHOTO TAKEN.**

LEADING  
IMAGE  
School  
Photos

LEADING  
IMAGE  
School  
Photos





Find out how at  
[esafety.gov.au/sid](https://esafety.gov.au/sid)



[Video 1: Tips for parents to start the chat about online safety with their children \(parents & carers\).](#)

[Video 2: Tips on how to spot fake news & misleading information \(For students & parents\).](#)

[Video 3: Tips to help you decide what to share online. \(For students & parents\).](#)

## Room 5

Students in Room 5 shared their remote learning actives with each other. It is great to be back at school!





# Room 9 Preps: Curiosity in the



# Investigation Room

What happens in the Investigation Room?

Learning  
Reading  
Writing  
Maths  
Cooperation  
Problem Solving  
Risk Taking  
Fine-motor skills  
Letters  
Numbers  
Construction  
Making friends  
Sharing  
Handwriting  
Independence  
Exploring  
Fun  
Confidence  
Kindness  
Curiosity  
Bravery  
Inquiry  
Engagement



Room 9 have been enjoying spending time each morning in our Investigation Room. Here the students are encouraged to be curious about the different learning stations that have been set up. Students are free to explore at their point of interest. They have been achieving some wonderful things in this space.



## Hearing Awareness Week March 1 – 7 2021

Hearing Awareness Week is an initiative of the Deafness Foundation designed to raise awareness of the impact of hearing loss and strategies to prevent hearing damage. Hearing loss is life-altering. It is often preventable, so awareness in our young people is critical.

This year Quarry Hill Primary School will be supporting Hearing Awareness Week by asking students to donate a gold coin during the week of March 1<sup>st</sup> to 7<sup>th</sup>. Classes will be completing activities within the classroom to assist students to realise the importance of looking after their hearing. Students will receive a butterfly pin to wear during the week.

If you would like to donate a gold coin for a pin please ask your child to see the office in the morning during Hearing Awareness Week with their donation.

Thank you in anticipation of your support.

### Our Vision

Deafness Foundation aims to improve wellbeing and promote equity for people who are deaf and hard of hearing by focusing on:

- 1: Access
- 2: Awareness
- 3: Diagnosis, Prevention & Treatment

### Our Priorities

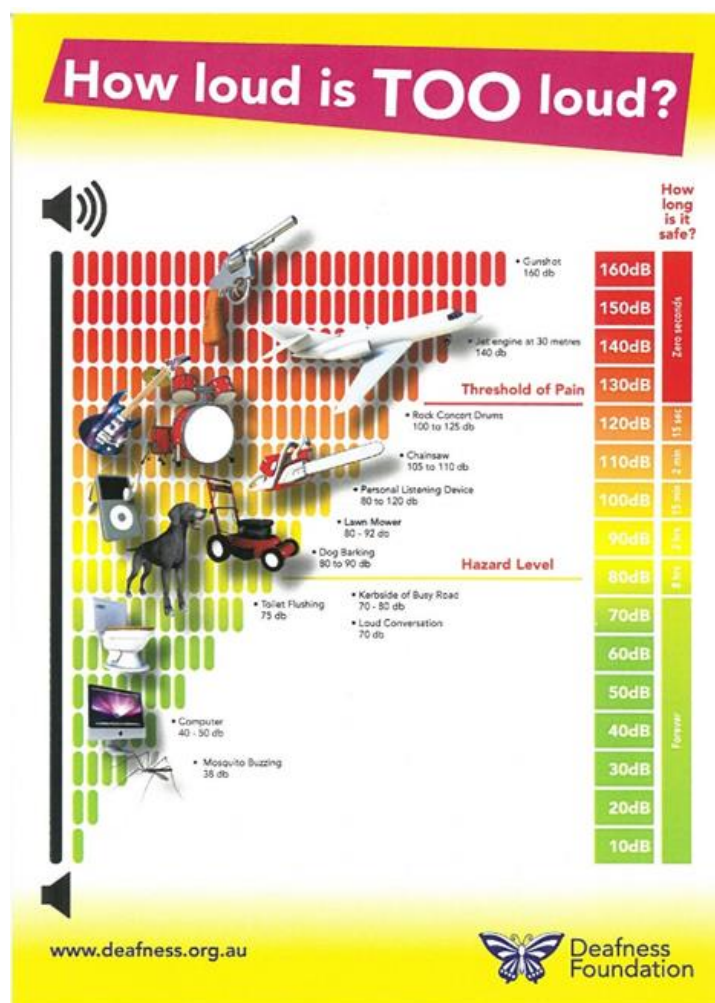
- 1: Minimise incidence of preventable hearing loss
- 2: Enhance awareness of issues for people who are deaf or hard of hearing
- 3: Strengthen & build partnerships and collaborative relationships
- 4: Support people with hearing loss
- 5: Serve Australia wide
- 6: Increase and diversify fundraising

### To Connect With Deafness Foundation

- m: PO Box 42 Nunawading 3131  
t: 03 9738 2909  
e: [enquiries@deafness.org.au](mailto:enquiries@deafness.org.au)  
w: [deafness.org.au](http://deafness.org.au)  
f: [facebook.com/deafnessfoundation](https://facebook.com/deafnessfoundation)



Deafness  
Foundation



Kind



Curious



Brave



If you'd been a parent from the 50s, 60s, or 70s, you may have reddened a few bottoms in your time.

Spanking (or smacking) was the normal way of punishing or "correcting" a child's behaviour. Thankfully, we no longer see physical discipline as the go-to method today. Study after study has shown how ineffective it is, along with the psychological damage it can cause.

**However, in a lot of cases, we've replaced it with something that's not much better: yelling at our kids.**

The truth is that there are far better ways to guide your children into listening without spanking or screaming. That's what we're diving into with the next Happy Families webinar.

In **The Screaming Spiral: Why We Yell At Our Kids... And How To Break Free** webinar, we'll explore why parents blow up, and more importantly, how to kick the habit while still getting our kids to cooperate.

Here's a little of what we're going to cover:

The **5 reasons your child isn't listening to you** despite repeated requests

- How our **children train us to repeat ourselves** - and yell... and why
- **What the research says about yelling** and the impacts on children and parents
- **Strategies** for getting the kids to pick up their mess, put their plates in the sink, leave the park without tantrums, and hang their towels - all **without you yelling**
- **10 pro-tips and listening hacks** that will LITERALLY change your life

The webinar is happening on Thursday, 11 March, at 8pm AEDT.

Hope to see you there!

**P.S.** If you read this with a rising sense of guilt, please know that yelling is a normal response to stressful parenting situations, and we often do it without thinking. The best way to change that "automatic" behaviour is to learn more and use that to reshape your habits, which is the very reason I'm hosting this webinar.

**FREE LIVE WEBINAR + RECORDING**

## **THE SCREAMING SPIRAL**

**WHY WE YELL AT OUR KIDS... AND HOW TO BREAK FREE**

**THURSDAY 11th MARCH, 8pm AEDT**

**7pm QLD | 5pm WA | 7.30pm SA | 10pm NZ**

**ONE CLICK REGISTER**

**ONE CLICK REGISTER**



## Guitar Lessons 2021

Quarry Hill P.S are happy to announce that Guitar Lessons will continue in 2021. Details of lessons are outlined below:

### Teacher

Mr Darren Netto – Guitar on Fridays

email : [darrenccp129@gmail.com](mailto:darrenccp129@gmail.com)

Mobile – 0415243432

### Lessons

Lessons will occur on a weekly basis every Friday between 8:30 and 11:30 am. Students will participate in a 30-minute lesson in groups of no more than 3.

### Cost

\$15 per lesson – paid on a termly basis. Mr Netto will send an invoice at the beginning of each term. Payment is made directly to the teacher who will specify methods of payment upon enrolment.

### Absences

A credit will be given for lessons that have been missed due to teacher absence. Parents will be notified if this occurs. Credit will also be given if a student is absent from a lesson and gives sufficient notice (at least 24 hours).

### Equipment

All students are required to bring a display book with plastic pockets to their lesson. It is recommended that students bring their own guitars to their lessons.

### Student behaviour

Students will have the same behaviour expectations as when they are in the classroom. If student behaviour is in any way disruptive to others in the lesson, the teacher will do the following:

- Remind student of expected behaviour, naming what they need to stop or change.
- Repeated misbehaviour in same lesson – students asked to return to classroom, missing the remainder of their lesson. Teacher and parent notified.

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### Guitar Lesson Enrolment Form

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Has the student had lessons on this instrument before? Y / N

### Parent contact information:

Name: \_\_\_\_\_ Ph: \_\_\_\_\_ Email: \_\_\_\_\_

I have read and agree to the Guitar Lesson outline above including student behaviour expectations.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

(Parent Signature)



## 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](http://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](http://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

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 \_\_\_\_ / \_\_\_\_ / \_\_\_\_







**ZERO & REWARDS CARD HOLDERS**

2 DAYS ONLY - 11TH & 12TH MARCH

**20% OFF  
SCHOOLWEAR  
& EVERYTHING ELSE**



**Not the right size? - No worries!**

See our exchange and return policy on our website.

**SHOP IN-STORE OR ONLINE**

On the days of the event, Lowes will have measures in place to restrict customer numbers and movement throughout the store.

Lowes will be enforcing social distancing with marshalls wearing hi-vis vests on site. We ask for your support in limiting the number of people you take with you into the store.

Thank you for your support.

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

\*Offer ends midnight (AEST) 12/03/2021. Must use Zero or Rewards card to receive discount. Excludes gift cards, all suit packages & schoolwear laybys. Cannot be combined with any other offer or discount. Floor stock only. Styles and colours may vary from store to store. No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount.



**NEW SEASON**



**BENDIGO FUTSAL JUNIOR UNDER 8 & 10'S  
WEDNESDAY NIGHTS KICKS OFF 17TH FEB**

**Fun Languages** for Little Linguists

**Fun after-school Language Clubs 4 Kids**

**Fun FRENCH (Beginner Primary)**

Mondays 3.45pm - 4.45pm  
Mondays 5pm - 6pm

**Fun FRENCH (Intermediate Primary Level I)**

*Done a bit of French before?*  
Tuesdays 3.45pm - 4.45pm

**Fun FRENCH (Advanced, 10-15yrs)**

*Know lots of vocab?*  
Tuesdays 4.50pm - 5.50pm

**Fun CHINESE (Beginner Primary/Intermediate 10-15yrs)**

Mondays 3.45pm - 4.45pm  
Wednesdays 3.45pm - 4.45pm  
Saturdays 9am - 10am

**Fun JAPANESE (Beginner Primary)**

Taking expressions of interest for new class

**Fun Auslan (Beginner Primary)**

Tuesdays 3.45pm - 4.45pm  
Saturday mornings 9am - 10am



\*ASK us about our Fun Language classes for **Pre-schoolers (2-5yrs)** on Monday mornings - Choose from French or Mandarin (Chinese). 45min classes for parent & child. Full of games, songs, craft, puppet play and drama/role play

**Are you interested in a fun, bilingual, after-school experience for your child?**

**CLASSES HELD CENTRAL BENDIGO**

Our passionate Language Teachers use games, craft, songs, puppets, drama/role plays and other fun activities to get your child using the language naturally & quickly. Affordable & Fun

Programs designed especially for young learners. Play-based and delivered in an immersion environment. **Sessions are messy, loud and full of laughter...** Everyone is welcome!

*Imagine your child putting on a play of 'The Three Little Pigs' in French, or playing shops & transacting in Mandarin, or walking to the cafe after-school & ordering in Japanese....*

**We can help your child become multilingual....**

Enquiries to Sally-Anne Symes m: 0418 390 824

e: sally-anne.symes@lclclubs.com.au

Welcome back to the 2021 season!!!!!!!!!!

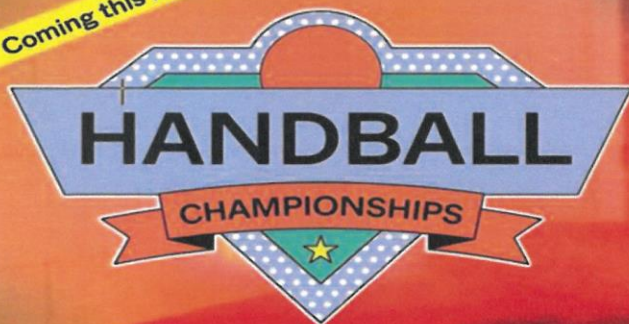
Registrations are open for another fantastic year at Quarry Hill and we welcome all new and existing members to our family friendly club **Below is the link to Quarry Hill Junior Football Club's SportsTG web page for online registration:** <https://membership.sportstg.com/regofrm.cgi?aID=12586&pKey=963da2469d15710787e4804f19f4a477&cID=36839&formID=36056>

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





Coming this March



Whether your child calls it Handball, Downball or 4-Square – it's the game that they all know and love.



Handball, also known as Downball and 4-Square, is every child's favourite sport. The sound of every recess and lunchtime bell signifies another opportunity to compete with friends.

We wanted to give children a chance to prove themselves on the big stage - so we are excited to introduce the Handball Championships.

For more information visit  
[www.campastralia.com.au/handball](http://www.campastralia.com.au/handball)

Register for  
Handball now  
through your  
Parent Portal



### Visit our blog

New articles are added each week for parents and cover various topics to help families.

Visit our blog

### It's free to register

To attend our program, you must register your child. You can register an account with us at [pp.campastralia.com.au](http://pp.campastralia.com.au) or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



### Key Dates

8 - 19  
March

Official Practice in After School Care at Your OSHC

22 - 26  
March

Service Championships in After School Care at Your OSHC

School  
Holidays

Rocketeers Championships  
\*More information on our website

2  
May

Regional Championships



### Prizes

Total prize pool of \$12,000 split across all Regional Champions.

Plus, each Your OSHC and Rocketeers Service Champion wins a Trophy!



ROCKETEERS

## EXTRAORDINARY HOLIDAY ADVENTURES

Join us for our very first mission.

**BOOKINGS NOW OPEN**

[www.campastralia.com.au/rocketeers](http://www.campastralia.com.au/rocketeers)



Every child that attends receives a FREE merchandise pack including T-shirt, Badge and Booklet!

Your  
OSHC.

[www.campastralia.com.au](http://www.campastralia.com.au)





## INSIGHTS

### Grandparents as carers



At school pick up time it's common to see people in their '60s, '70s and older greeting young children after school. In secondary school many students are welcomed home by someone in that age group. You may well think that these are grandparents doing a spot of childcare while parents are at work, but increasingly grandparents and relatives of a grandparenting age are caring full-time for children.

#### A time of mixed feelings

Grandparents who care full-time for children usually do so following a family crisis or loss. Becoming the full time carer can come as a shock. Many grandparents report that their world is turned upside down when they take on full time parenting roles. Not only are they prevented or restricted from participating in their ongoing interests, many experience their life in limbo as they may not know whether the parenting role is permanent or temporary.

While grandchildren may feel safe being with grandparents after a crisis or experience of loss, it's difficult to move from a highly relational grandparent mode to be the person who sets boundaries, makes sure homework is done and gets kids to school on time each day. On top of this many grandparents experience a mixture of emotions including grief for the death or disappearance of a child, anger for being placed in a situation they didn't want or shame for a difficult family situation.

#### The benefits of being grandparent carer

Conversations with grandparent carers reveal that many grandparents cherish the opportunity to be close to their grandchildren. For men, in particular, the chance to make up for time and milestones that they missed with their own children helps make their time looking after grandchildren worthwhile. Some grandparents also report finding a new lease of life when they become carers.

Mark, a grandparent raising four primary-aged children appreciates the benefits that experience provides. He claims, "I don't stress nearly as much as I did when I was bringing up my two children. Some of the things I used to fight over with them seem ludicrous now. I'm more patient, more understanding and more fun to be around now with this lot. I laugh more now too."

#### Looking after yourself

According to the Raising Children Network, grandparents who care for children "have higher levels of depression and anxiety and (experience) more physical and emotional health problems than grandparents who aren't carers." The extra responsibilities that come with being a grandparent carer such as dealing with money worries, facing legal issues and lack of peer support means that grandparent self-care is paramount. Age-related exercise, social interaction, a good diet, enough sleep and regular medical check-ups need to be part of the wellbeing regimens for grandparent carers.

## In closing

Like parents, grandparents benefit from being part of a school community. A welcoming school community can be a wonderful asset for those who are raising children the second time around.



### 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.



## 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**