



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday March 31<sup>st</sup> 2021  
Newsletter No. 5

## 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>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>		
Tuesday 18 <sup>th</sup>	9.00am – 2.45pm	School House Athletics Carnival
Tuesday 25 <sup>th</sup>	9.15am – 2.45pm	Gymnastic Program Prep – Grade 4
Wednesday 26 <sup>th</sup> – 28 <sup>th</sup>	All Day	Grade 5 Camp Anglesea
<b>June</b>		
Tuesday 1 <sup>st</sup>	9.15am – 2.45pm	Gymnastic Program Prep – Grade 4
Tuesday 8 <sup>th</sup>	9.15am – 2.45pm	Gymnastic Program Prep – Grade 4
Tuesday 15 <sup>th</sup>	9.15am – 2.45pm	Gymnastic Program Prep – Grade 4
<b>August</b>		
Monday 9 <sup>th</sup> – 11 <sup>th</sup>	All Day	Grade 6 Urban Camp

*Parents and carers of award winners are invited to attend the assembly.*

## 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.

## Congratulations

We would like to congratulate Caitlin O, Abbey S and Rhiannon T for representing Bendigo in under 11 soccer last weekend, well done!

## **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>

## **School Uniform**

It is wonderful to see the majority of our students wearing full school uniform. With the change in weather upon us, there are some variations that are beginning to creep in that are not part of our dress code.

The information below is from our Student Dress Code Policy.

Children are expected to wear the following:

- navy/white checked school dress, navy pinafore
  - white, maroon or navy short or long-sleeved polo shirt with logo
  - navy rugby top with logo
  - bomber jacket with logo
  - navy shorts, trousers or skorts
- ❖ Shoes are to be flat heeled with enclosed toes. Sneakers are preferable for all physical education activities.
  - ❖ Socks & tights must be in school colours.
  - ❖ Broad brimmed hats as issued by the school are to be worn for all outside activities from September 1<sup>st</sup> to April 30<sup>th</sup>. (In line with our Sun Smart Policy)
  - ❖ Children are encouraged to wear clothing with the school logo. All other logos are unacceptable.
  - ❖ Stripes on pants, shorts, shirts or windcheaters are not allowed.
  - ❖ Shorts and trousers must be plain navy blue - denim clothing is not allowed.
  - ❖ No jewellery to be worn except for ear studs and watches.
  - ❖ Students are expected to wear their hair tied back when long enough to do so.
  - ❖ Hair bands, ribbons, clips etc. must be in school colours.
  - ❖ Sunglasses are acceptable but must comply with minimum ASA standards and be clearly named.
  - ❖ In cold weather, skivvies or long sleeve t-shirts in school colours may be worn under uniform.
  - ❖ Coats and wind proof jackets are preferred in school colours.

The continued support of our school community in ensuring the wearing of school uniform is greatly appreciated. Part of the purpose of the uniform is that it allows all students to feel equal. It helps reduce competition between students on the basis of clothing.

If your child has outgrown their jumpers and jackets, the PFA has a number of second hand garments for sale for 50 cents. Please contact the office if you are interested. Please note that sizes are limited.

## 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.

## Production Update 2021

After consultation with the Greater City of Bendigo Events Manager, we will need to further postpone the already rescheduled Quarry Hill school production until 2022. Historically this has been an inclusive P-6 event celebrating and showcasing the hard work that students undertake throughout the year into a final whole school stage show. Unfortunately, due to the COVID density limit requirements (for performers) at local venues we are unable to find a suitable venue to hold a school wide production. This includes the Ulumbarra Theatre.

To give children opportunities to perform, we will focus more on assembly performances this year to showcase students' creative performance work. Jeremie Collard will use Music classes for this purpose. Susan Steele will also ask her keyboard students to perform as well. Families will be notified prior to their child's performance in order for them to make arrangements to attend.

It is disappointing news, but something beyond our control.

# Cybersafety

## eSmart Topic: Beacon - Cyber Safety Educational App

Beacon is a free cyber safety educational app designed to keep parents and carers up to date with trusted, tailored information, to help keep their kids safe online.

Beacon is designed specifically for parents as a personalised, one-stop-shop for reliable information about the online world. It arms parents and carers with the knowledge they need to confidently help navigate their children's digital behaviour and reduce harms we know are associated with being online.

Beacon will shine a light on the online world with:

- Articles and videos backed by the latest research
- Tailored content and alerts, unique to your family needs
- Create your own family agreement
- Help and services that are available to you and your family



Kind



Curious



Brave

**Beacon can be downloaded for free at the App Store or Google Play.**

<https://beacon.telethonkids.org.au/>

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Phone: 03 5443 3537



## STUDENT ACHIEVEMENT AWARDS

### KIND

Chad C (Room 8)  
Jobe B (Room 2)  
Ryan D (Room 1)  
Charlie K (Room 13)

for showing kindness to all of his friends and classmates.  
being a kind and caring class member by setting up the class each morning.  
always being respectful of others in the classroom.  
for supporting his teacher and helping her with the classroom routines.



### CURIOS

Nixon S (Room 9)  
Noah S (Room 8)  
Sullivan H (Room 6)  
Isaiah M (Room 14)  
Jack B (Room 17)  
Mietta W (Room 17)

for exceptional mathematical thinking in the Investigation Room.  
always showing curiosity when learning new things.  
for his hard work and focus during reading group.  
for fabulous work on designing an ad to convince classmates to exercise daily.  
meeting his learning goal and completing his comic for his narrative.  
for writing an engaging narrative, you did an excellent job to create a picture in the readers mind.



Tom R (Room 13)  
Arya R (Room 12)

for an enthusiastic and careful approach to his learning.  
excelling in the area of literacy in Term 1. Well done Arya

### BRAVE

Lily M (Room 9)  
Olivia C (Room 8)  
Ailis O (Room 6)  
Summer H (Room 10)  
Asher K (Room 15)  
Walt G (Room 10)  
Lacey C (Room 17)  
Ella G (Room 10)

being brave to write her name and know the name of her letters and sounds.  
for sharing her ideas during class discussions.  
persisting with her part – part – whole numbers during maths.  
being brave and always giving her best possible effort.  
for being independent and honest class member of Room 15. Well done!  
always giving everything a crack even when he is unsure!  
for completing such a beautiful piece of 'table manners' poster!  
always putting in her best efforts and showing enthusiasm and interest for all classroom activities.



## National Day of Action against Bullying and Violence

Friday March 19<sup>th</sup> was the National Day of Action against Bullying and Violence. This initiative is all about connecting schools and communities to find workable solutions to bullying and violence.

This year Quarry Hill, decided to focus on our value of Kind and what that means and looks like when interacting with others. Multi-age sessions saw younger children working with older children doing activities to that championed kindness.





# Cross Country



Quarry Hill Primary School, 25 Peel Street, Bendigo 3550  
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Website: [www.quarryhillps.vic.edu.au](http://www.quarryhillps.vic.edu.au)  
Phone: 03 5443 3537



# Flynn's Story

Why Ferdi should definitely be allowed to come into our class room

Dear reader Ferdi is absolutely fun and should certainly come into our classroom.

Here are 3 ground breaking reasons why Ferdi should obviously come into room 13

Firstly, all the students clearly love having Ferdi in the room and a lot of <sup>people</sup> undoubtedly hardly get to see

Ferdi and some people don't even have a dog how frustrating do you think that is?

Secondly, can't you see how much Ferdi loves coming in? He unquestionably definitely doesn't want to miss out on seeing one single class if he doesn't get to how hard do you think that feels to him?

Last of all, Ferdi absolutely likes being in different classes and if he doesn't get enough time he will feel unbelievably bad you definitely don't want that happening right?

In conclusion Ferdi should obviously come into our classroom thanks for reading Flynn.



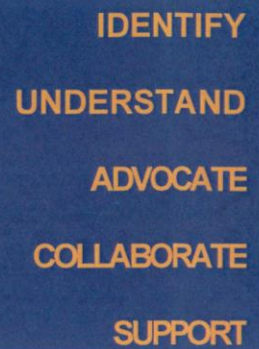
The Get Active Kids Voucher Program helps eligible families get their kids involved in organized sport and recreation activities by reimbursing the cost of membership and registration fees. Eligible children may be able to receive up to \$200 each.

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Based on themes that arose as ‘high interest/high needs’ in the 2020 seminars, these seminars are designed to foster positive and collaborative home/school partnerships, and to connect parents with each other to provide networking and support.

**The seminars provide thematized exploration of elements of the following categories:**

<b>Identify</b>	-Definitions & identification of giftedness & talent
<b>Understand</b>	-Understanding the characteristics & needs of gifted kids
<b>Advocate</b>	-How to advocate for your child
<b>Collaborate</b>	-Building positive home/school partnerships
<b>Support</b>	-Enriching your child's learning at home
	-Where to go for resourcing

For booking and information, please visit [www.VAGTC.org.au/seminars](http://www.VAGTC.org.au/seminars) and book via the TryBooking link for your area of interest.



The Regional Seminar Series is an initiative by the VAGTC and funded by the Department of Education and Training, Victoria

## 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 \_\_\_\_ / \_\_\_\_ / \_\_\_\_



# CASTLEMAINE STATE FESTIVAL 2021

FESTIVAL HAPPENINGS  
19 MARCH – 4 APRIL

## EDUCATION PROGRAM

For this year's special COVID-safe Festival we have created a suite of very accessible education packages.

Registered schools will receive a Learning Guide to prepare them for the Festival, a video recording of their selected event to watch in school, and either an in-school live workshop with the artist or a pre-recorded artist talk/workshop to view. We offer packages focusing on Yorta Yorta musician **Allara**, South Sudanese singer/songwriter

**Ajak Kwai**, and a visual arts-based package called **Jessie Boylan and the Weathermakers**. You can also look out for students from Campbells Creek PS, Chewton PS and Elphinstone PS in the Festival performance of **One Sky Many Stories**.

The **XYZ Media Team** is back with a vengeance: young people aged 12-26 cover all aspects of the CSF 2021, bringing their own special perspective to our program through previews, reviews and artist interviews under the mentorship of local media experts.

## FAMILY PROGRAM

In addition to opportunities for young people to participate in the Festival through directed workshops, there is also an array of beautiful performances and artworks for the whole family to enjoy together. Whether it's exploring the solar system with **Inventi Ensemble Kids Planets**, watching circus performers fly through the air in **One Fell Swoop**, grooving out with the **Teeny Tiny Stevies** or rocking out with **Otto & Astrid**, you will be sure to have a ball! And if that is not enough, what better than some garden inspiration at **Our Village** and **Buda's Secret Garden**.

## VOLUNTEERING

It is always a pleasure for us to welcome new and previous volunteers to be part of our wonderful Festival team! For this year's Festival, we still have ushering and visual arts hosting shifts available to fill over the two weeks. What a great way to enjoy the variety of inspiring performances, exhibitions and activities that we have in store throughout the Festival. If you would like to register to be a volunteer, please visit [castlemainefestival.com.au/support/volunteer](http://castlemainefestival.com.au/support/volunteer) and we will be in touch with the roster for you to select the shifts that you are available for. The volunteer induction will take place on Monday 15 March at 6:30pm and is important for all volunteers to attend as it will cover COVID-Safe training.

For more information on all aspects of our program, please visit [castlemainefestival.com.au](http://castlemainefestival.com.au).

We very much look forward to seeing you at the Festival!

Castlemaine State Festival Team  
[information@castlemainefestival.com.au](mailto:information@castlemainefestival.com.au)  
03 5472 3733

# FALCONS NETBALL CLUB

Est. 1960

Are you wanting to join a Netball team in 2021 but don't know where to go?

Do you want to play netball but not sure if you know the rules or not sure if you will fit in?

Come play with us at Falcons and our qualified coaches will teach you in a fun and friendly environment.

Are you in Grade 5 or 6 wanting to play netball? We have a position for you!

Under 13s we have a couple of places available.

For more information, please make contact with Danielle on

0432 185 037

Or via email at

[falconsnetballclubbendigo@gmail.com](mailto:falconsnetballclubbendigo@gmail.com)



# AUTUMN Holidays

N°41

Team Kids



BEST HOLIDAY PROGRAMS in Australia

VOTED BY YOU

REGISTER It's Free TODAY  
[teamkids.com.au/register](http://teamkids.com.au/register)

Book now!  
[TEAMKIDS.COM.AU](http://TEAMKIDS.COM.AU)  
1300 035 000

# 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



Jason Belmonte  
World Number One &  
Bowl Patrol Ambassador

For more information or to register go to [www.bowlpatrol.com.au](http://www.bowlpatrol.com.au)

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Phone: 03 5443 3537



# AWESOME AUTUMN SPORTS!



**KELLY SPORTS** BOOK ONLINE NOW **KELLYSPORTS**

## MULTI-SPORTS PROGRAMME

TERM 2 2021 INFORMATION

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

**This term we will focus on the following sports:**

- ✓ Street Hockey
- ✓ Soccer
- ✓ AFL Football
- ✓ Basketball

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. Why not join in the fun and learn from our qualified coaches and teachers!

**For Prep – Year 4 students.**

**\$117 FOR A 9 WEEK PROGRAM**

Sign up anytime and only pay for remaining weeks in the term

**Kennington P.S. – Mon, 3.25pm-4.25pm**  
**Holy Rosary P.S. – Tues, 3.25pm-4.25pm**  
**Spring Gully P.S. – Wed, 3.25pm-4.25pm**  
**Quarry Hill P.S. – Thurs, 3.30pm-4.25pm**  
**St Francis P.S. – Fri 3.30pm-4.30pm**  
**No session June 14th due to Labour Day**

**BOOK EARLY & SAVE**

Use the voucher code 'earlybird' before April 5th to save 10%

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**GET IN TOUCH**

<b>Contact:</b> Beau Cross	<b>Email:</b> beau@kellysports.com.au
<b>Phone:</b> 0428326924	<b>Website:</b> https://www.kellysports.com.au
	<b>Facebook:</b> Kelly Sports Bendigo



## School Holidays start NEXT WEEK! Book NOW and we'll take care of the rest

You won't want to miss YMCA School Holiday Programs  
- act fast to secure your spot!

Programs are running from **Tuesday 6 April – Friday 16 April**  
and bookings are filling up fast.

Head to:

[www.childrensprogramms.ymca.org.au/school-holiday-programs/locations](http://www.childrensprogramms.ymca.org.au/school-holiday-programs/locations)



Kind



Curious



Brave

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# Newsletter



## 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!

## MISSION: LAUNCH PROGRAM

Kennington Primary School

Address: Crook Street KENNINGTON VIC 3550

Phone: 0423 793 535 Program Times: 07:00 am - 06:00 pm



<p><b>Tue 06 Apr</b> Mission: Take-off</p> <p>Your mission is about to launch! Don't miss our first mission briefing as we start a new journey as Rocketeers. Enjoy group activities, make a fidget spinner, meet old friends and make new in the amazing photo booth created just for you!</p> <p>Full Fee \$78.85   After Max. CCS* \$11.82</p> <p> Incursion</p>		<p><b>Wed 07 Apr</b> Operation: Handball Championships</p> <p>The National Handball Championships have begun! Now our Crew are on the hunt for the best handball champion in Rocketeers. Winners will be off to the Regional Championships!</p> <p>Full Fee \$73.85   After Max. CCS* \$11.07</p> <p> Base Camp Day</p>	
<p><b>Thu 08 Apr</b> Adventure: Movie Mania at Bendigo Cinemas</p> <p>A cinema animation adventure at Bendigo Cinemas brings the intelligent Danny Dawkins to a new world...where monsters live! It's time to fight them to save his new school. Note: Please arrive at Base Camp by 8:45am.</p> <p>Full Fee \$100.35   After Max. CCS* \$15.05</p> <p> Excursion</p>		<p><b>Fri 09 Apr</b> Project: Deliciously Italian</p> <p>Recruit, your mission is to make a feast with pizza and gummies! Your commander and crew will supply the ingredients and guide you, on your way to make the best slice from scratch. For dessert, enjoy some vegan zesty orange gummies!</p> <p>Full Fee \$86.85   After Max. CCS* \$13.02</p> <p> Incursion</p>	
<p><b>Mon 12 Apr</b> Experience Takeover: Footy Kicks</p> <p>SEDA Activate joins us at our Base Camp for an AFL clinic. You will challenge yourself with hand-eye coordination and build some great skills!</p> <p>Full Fee \$89.35   After Max. CCS* \$13.40</p> <p> Incursion</p>		<p><b>Tue 13 Apr</b> Operation: Wellness Retreat</p> <p>Wellbeing is important to all of us and at Base Camp, we'll be highlighting the things that can be done to look after yourself each day.</p> <p>Full Fee \$68.85   After Max. CCS* \$10.32</p> <p> Base Camp Day</p>	
<p><b>Wed 14 Apr</b> Experience Takeover: Rainbow Race</p> <p>Cross the finish line with an explosion of colour at our Rainbow Race! Get into the spirit with music blasting and cheer each other on with some fun challenges before the race. You'll be provided with your own goggles, bandana and t-shirt on the day.</p> <p>Full Fee \$94.35   After Max. CCS* \$14.15</p> <p> Incursion</p>		<p><b>Thu 15 Apr</b> Project: Coders and Handball Championships</p> <p>Experience four coding games, including how to code a robot with the help of a remote! Continue coding at home with Coding Cards set and a Boardgame. The challenge is then on with the National Handball Championships. Get ready for some handball action!</p> <p>Full Fee \$88.35   After Max. CCS* \$13.25</p> <p> Incursion</p>	
<p><b>Fri 16 Apr</b> Adventure: Battle On and Mini Golf at Zone Fun Park</p> <p>Prepare to activate your stealth as we battle it out in Laser Tag at the Zone Fun Park! Get your swing ready for mini golf too! Note: Please arrive at Base Camp by 8:45 am.</p> <p>Full Fee \$105.35   After Max. CCS* \$15.80</p> <p> Excursion</p>			



### 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

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## INSIGHTS

### Managing anxiety before it becomes a problem



The president of Australian Primary Principals Association (APPA) recently highlighted the enormity of the anxiety problem that children are facing. A survey of primary schools across Australia conducted by the APPA showed that 80% of school leaders regard anxiety as a significant issue for children.

Research shows that childhood anxiety left unmanaged will almost certainly re emerge, highlighting the importance of early detection and management of anxiety. Parents, as first responders, play an important role by minimising the impact of stressful moments before they lead to full-blown anxiety. Here's how they can help.

#### Recognise anxiety triggers

Recognising the events that trigger anxiety is the first step in helping a child to manage their stress. Rapid or unpredictable change, new social situations, unfamiliar events and difficult experiences are the most common anxiety stressors for kids.

#### Know how it shows

Stress and anxiety show in many ways however most children display anxiety behaviours that are unique to them. Typically, anxiety shows through physical signs such as chest pains, nausea and headaches. Anxiety can be observed through behavioural clues such as avoidance of activities, aggression, concentration difficulties and constant fiddling and movement. Worrying, overthinking and catastrophising are also common in children who experience anxiety. Knowing how anxiety shows in your child will alert you to respond appropriately with support and understanding.

#### Give kids tools to manage their states

Once anxiety is experienced it never truly disappears. It's always there in the background. Anxiety needs managing so kids can get on with their lives rather than become overwhelmed by stress and worry. Providing children with tools to manage their thinking, emotional and physical states prevents anxiety from becoming debilitating. Management tools such as deep breathing, mindfulness and exercise as well as techniques to help kids distance themselves from their anxiety-inducing thoughts help them minimise the impact of stress.

#### Help them understand how anxiety works

Children who understand what happens in their brains and bodies when they are stressed are better able to manage their anxious states. Providing children with a thorough knowledge of how anxiety works and how it shows empowers them to push their worries into the background while they get on with their lives. Managing anxiety takes practice, but it's absolutely essential if children are to flourish rather than become overwhelmed by stress and worry.

## In closing

Stress and anxiety have accelerated with the impact of the pandemic. The growing rate of anxiety is no one's fault, however it does mean that parents need to become more knowledgeable about how anxiety works, how it shows and how you can help your children.



### 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**