



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday 28th July, 2021
Newsletter No. 12

Our Vision:

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

2021 TERM DATES

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

IMPORTANT DATES

	Time	Details
August		
Monday 9 th – 11 th	All Day	Grade 6 Urban Camp
Monday 16 th	All Day	Curriculum Day- Students not required
Friday 20 th	9.15 – 3.00	Division Basketball- Selected students only
Monday 23 rd – 27 th		Book Week
September		
Monday 13 th	9.15 – 3.00	Division Athletics – Selected students
Friday 17 th	2.30pm	Last Day of Term – Early Finish

Reminders:

- **Assembly-** No Assembly until further notice.
- **\$200** - incentive to help with sport activities.
- **Bookclub** - due this Friday 30th July.
- **Compass** - please check your compass for any notifications, if you are having difficulties logging into or any issues with compass please notify the school.

\$200 incentive to help with sport activities

Does your child love sport and being active? Does your family have a Health Care Card or Pensioner Concession Card? You may be eligible for up to \$200 to put towards the cost of your child's participation in physical activities.

The Get Active Kids Voucher Program helps [eligible families get their kids involved in organised sport and active recreation activities](#).

Under the program, children may be eligible to receive up to \$200 to help with the cost of membership and registration fees, uniforms, and equipment.

Special consideration also applies for children named on their own Australian Government Health Care Card or residing in care services as well as temporary or provisional visa holders, undocumented migrants or international students.

Applications for vouchers in round two of the program close at 5pm Friday 30 July.

For eligibility requirements and to apply, visit the [Get Active Victoria website](#). For more information please contact Anne Rochford. Anne.rochford@education.vic.gov.au

~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

International Competition and Assessments for Schools – ICAS

ICAS is an independent, skills-based assessment program which is conducted through the University of New South Wales. It has been running for 40 years. At QHPS we provide students in Year 3 to Year 6 with the opportunity to experience ICAS. This is optional.

Is your child sitting ICAS this year? Payment is now easier with the new online Parent Payment System. Visit <https://shop.icasassessments.com/pages/pps> and enter our unique school code **FZJ359** to pay online and confirm your child's participation.

Subject	Official sitting window	Closing date to purchase via the Parent Payment System online
English	Monday, 16 August 2021 to Friday, 20 August 2021	Sunday, 1 August 2021
Science & Spelling Bee	Monday, 23 August 2021 to Friday, 27 August 2021	Sunday, 8 August 2021
Mathematics	Monday, 30 August 2021 to Friday, 3 September 2021	Sunday, 15 August 2021

For further information access the ICAS information page, which includes pricing, online practice tests and other resources for assessment preparation.

<https://www.unswglobal.unsw.edu.au/educational-assessments/products/icas-assessments/>

eSmart Topic: Protecting information and reporting inappropriate content and conduct.

Are your kids using the following apps?

- Houseparty
- FaceTime
- Hoop
- TikTok
- Messenger
- Among Us
- Minecraft
- And many more

Learn how to protect their information and report inappropriate content or conduct with The eSafety Guide

<https://www.esafety.gov.au/key-issues/esafety-guide>

SCHOLASTIC BOOK CLUB

Issue 6 of Scholastic Book Club is due Friday 30th July. 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 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. Thanks, Amanda.

ACHIEVEMENT AWARDS

Kind

Riley T (Room 16)	for providing the class with lots of laughter during remote learning, particularly with your virtual backgrounds and crazy campfire hair.
Finn Mc (Room 10)	adding insightful comments to our class discussion to help clarify topics for his peers.



Curious

Lexi G (Room 9)	for consistently completing her Remote Learning tasks and sharing these on Webex. Well done, Lexie.
Nixon S (Room 9)	for trying his very best during Remote Learning and sharing a wonderful maths game with the class for us to try. Well done, Nixon.
Ruby P (Room 5)	her dedication to completing her home Learning packs. Well done!
Alannah H (Room 16)	completing all her home learning work to a high standard. Well done!
Oliver V (Room 16)	completing all her home learning work to a high standard. Well done!
Flynn S (Room 13)	For providing an excellent response sentence to his spelling word use. Well done, Flynn!!
Ella G (Room 10)	contributing valuable and helpful comments to our class Webex meetings.
Jonty V (Room 12)	for being an active participant during WebEx sessions.
Fred T (Room 12)	for being an active participant during WebEx sessions.
Amaya O (Room 14)	For asking lots of questions during remote learning.



Brave

Braxton B (Room 1)	for trying his best at home learning and sharing his hard work with his teacher.
Lachlan V (Room 10)	for stretching his learning during remote learning and working hard to keep up with lessons.
Connor I (Room 15)	displaying resilience and the ability to adapt to changes in the learning environment. Well done, Connor.
Lacey C (Room 17)	challenging herself over Remote Learning.
Harper-Lee (Room 17)	challenging herself over Remote Learning.



Lockdown Activities from Grade 2 students

Here's a happy pic of Lola creating an obstacle course!



Jax made a rabbit during remote learning



Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
Email: quarry.hill.ps@edumail.vic.gov.au
Website: www.quarryhillps.vic.edu.au
Phone: 03 5443 3537

Child Safe



Bill

On 26 November 2015, the Victorian Parliament passed the Child Wellbeing and Safety Amendment (Child Safe Standards)

2015, which amended the Child Safety and Wellbeing Act 2005 to introduce the Child Safe Standards that would apply to all organisations involved in child related work in Victoria.

There are 7 Child Safe Standards which are compulsory minimum standards for all Victorian schools, to ensure they are well prepared to protect children from abuse and neglect. The 7 Standards are:

1. Strategies to embed an organisational culture of child safety, including through effective leadership arrangements
2. A child safe policy or statement of commitment to child safety
3. A code of conduct that establishes clear expectations for appropriate behaviour with children
4. Screening, supervision, training and other human resources practices that reduce the risk of child abuse by new and existing personnel
5. Processes for responding to and reporting suspected child abuse
6. Strategies to identify and reduce or remove risks of child abuse
7. Strategies to promote the participation and empowerment of children.

Quarry Hill Primary School is committed to child safety and to our children being principled, caring, balanced members of our community. We are committed to the safety, participation and empowerment of our children and have zero tolerance of child abuse. All allegations and safety concerns will be treated very seriously and consistently. We have legal and moral obligations to contact authorities when we are worried about a child's safety, which we follow rigorously. The school is committed to regularly training and educating our staff and volunteers on child abuse risks and all staff undertake Mandatory Reporting training. We support and respect all children, as well as our staff and volunteers, and are committed to the cultural safety of children from diverse backgrounds, and to providing a safe environment for children with a disability.

Quarry Hill Primary School has the following Policies and documents in place to meet the Child Safe Standards:

- Child Safe Policy
- Child Safe Responding and Reporting Policy (including mandatory reporting)
- Child Safe Code of Conduct for Staff and Volunteers
- Statement of Commitment to Child Safety
- Volunteers Policy
- Working with Children's Checks Policy
- External Providers Policy

All of the above policies and documents have recently been reviewed and updated in line with our policy review schedule. These policies have been updated on our school website. All of these documents can be found on our website under the 'Child Safe' tab and the policies can also be found under the 'Policies' tab. We encourage all families to familiarise themselves with these documents.

INSIGHTS

Riding the COVID waves



The disruption caused by the pandemic continues, with the scale of its impact dependent on geography. Families in three of the nation's states are no strangers to lockdowns and the disturbance they bring to normal life. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.

We crave connection and certainty

Human beings crave certainty and human connection, both of which are severely impacted by the current pandemic. Just when life appears to return to normal, COVID case numbers can flare, sparking changes to our daily lives. As demonstrated by the massive increase in people seeking psychological support services over the last 18 months, these are difficult times for us all.

Every family has its own COVID related story consisting of loss, disappointment, hardship, frustration of some kind. While there is no magic bullet that will make living through these uncertain times easy, here are some strategies to help you and your family stay upright while you ride the COVID waves of uncertainty and change.

Model a coping mindset

Let's start with a coping mindset, the hardest and most important strategy. The leader in any group is the person who remains calm in a crisis, so as parents we need to do all we can to keep our acts together, or at least look like we are in control. Kids of all ages, but especially primary-aged students, take their cues from parents, the most important people in their lives, about how to view events. If catastrophising, anxiety and anger are modelled, then inevitably younger family members will mimic these behaviours. More significantly, these behaviours contribute to their feelings of lack of control. Alternatively, when acceptance, perspective and optimism are on display, kids learn how they can cope with uncertainty and change. This is not to suggest that parents aren't struggling, and that we shouldn't show our vulnerability to children. However, children and young people feel safer and more secure when their parents radiate a sense of calm and composure in the face of difficulty. Challenging, but essential.

Act like a middle born

Despite the negative press that middle-borns receive including 'middle child syndrome', and 'middle-child complex', this cohort is generally very resilient. Their flexibility as a result of fitting into a life pattern set by an elder sibling enables them to more easily adapt to change. Often considered less ambitious and driven than first-borns, middle children generally expect less of themselves, and are more inclined to bide their time, letting the big waves pass before riding the more accessible, easier waves to achieve success. Birth order research reveals that middle children tend to have broader social circles than children born in other positions enabling them to form social connections in many different settings. Their adaptability, lowering of expectations and wonderful approachability are examples of how to survive challenging times.

parenting * ideas

Embed wellbeing strategies into family life

If ever there was a time to make wellbeing come alive in a family, it's now. If you have previously believed kids' wellbeing is less important than homework, music or sports lessons and chores then it's time for a priority rethink. Mental health practices are most successful when they are embedded into family life, rather than being focused on when life gets hard. While no means limited to these, the most significant wellbeing practices include sticking to daily routines (to maintain feelings of control), taking regular exercise (to get rid of built-up stress and promote feel-good endorphins) and prioritising sleep (to maximise the brain's capacity to manage stress).

Only sweat the big stuff

If you find that you're arguing with your child over minor issues such as leaving clothes around the house, then it's time to let the small stuff go and focus on the bigger issues. You may need to set the parenting bar a little lower, focus less on academics, even relax screen time limits for a time if they are a source of conflict. Expect behaviour blow outs from children who have lost their own bearings – in some cases access to friends, school, and schedule. Give kids space if they regress, rather than reward tantrums with plenty of your attention, which will reward and keep the behaviour going.

Connect with your village

Are you an introvert or an extrovert? What about your kids? It matters because each group reacts differently during lockdowns. Those on the introvert end of the spectrum can feel a little too comfortable being home and away from work or school. Scheduling regular digital catch-ups with friends and family can overcome reluctance to connect. Extroverts, on the other hand, can really struggle being away from friends and need little encouragement to stay in touch, which is vital during times of uncertainty.

There are no hard and fast rules about living through this pandemic. COVID didn't come with a 'how to' manual, so most of us are writing our own rules as we go. Embrace any ideas that work for you and your family and let go of those that aren't right for you. Be mindful, that the tide will eventually turn, the waves more predictable and our capacity to deal with hardship will have been enhanced by this experience.



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.

KELLY SPORTS

WICKED WINTER SPORTS!

LEARN NEW SPORTS SKILLS IN TERM 3

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

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

COVIDSAFE
FOR THE LOVE OF SPORT
25 YEARS

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:

- ✓ Soccer
- ✓ AFL
- ✓ Basketball
- ✓ Hockey
- ✓ Touch Rugby
- ✓ Athletics

his 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 – Grade 4 students.

\$104 FOR 8 WEEKS!!

Where: Quarry Hill Primary School

When: Thursday's

Time: 3.40pm - 4.40pm

Start: 29th July 2021

End: 16th September 2021

BOOK EARLY & SAVE

Book before the 22nd of July to receive a 10% discount on your booking!

Website: kellysports.com.au/bendigo

Contact: Beau Cross

Email: beau@kellysports.com.au

Phone: 0428 326 924

Facebook: #KellySportsBendigo



AGES
GENDERS
ABILITIES

GOLDEN SQUARE BULLDOGS

GOLDEN CRICKET CLUB SQUARE

Season 2021/22

Register for season 2021/22 via play.cricket.com.au or see one of the club officials at our pre season days

Cricket Program

Session 1: Pre Season Training Fun Day
When: Sunday 1st August
Time: 9am - 11am
Where: Bendigo Stadium
Who: All genders, ages & abilities welcome for game based drills.

Session 2: Pre Season Training Fun Day
When: Saturday 11th September
Time: 10am - 12pm
Where: Golden Square Primary School
Who: All genders, ages & abilities welcome for game based drills. BBQ goodies to feed the whole family

Session 3: 2021/22 Season Launch
When: Sunday 26th September
Time: 10am - 12pm
Where: Haynes Paint Oval (Wade Street)
Who: All seniors, juniors, families, parents & friends - the more the merrier
Fun games, BBQ and meet the coaches
Club uniforms available for try on and purchase

For more information please contact:
Club President: Graham Christie 0418 521 579 - Senior Coach: Tony Marasco 0403 297 046 - Junior Coordinator: Andrew Flood 0427 365 929

goldenquarecc@outlook.com
www.goldensquarecc.com
[/goldensquarecc](https://www.facebook.com/goldensquarecc)

AGES
GENDERS
ABILITIES

GOLDEN SQUARE BULLDOGS

GOLDEN CRICKET CLUB SQUARE

Season 2021/22

Register for season 2021/22 via play.cricket.com.au or see one of the club officials at our pre season days

Cricket Program Contacts

Senior Men & U/18 Contact: Tony Marasco Ph: 0403 297 046 Email: info@goldfieldsmotorinn.com Games played Saturday mornings & afternoons. Season begins start of October	Senior Womens Contact: Sarah Mannes Ph: 0438 067 125 Email: sarahmannes1@gmail.com Games played Sundays Season begins October-November
Under 16's Contact: Jayson Lowther Ph: 0408 262 485 Email: jaysonlowther@gmail.com Games played Saturday mornings Season begins October	Under 14's Contact: Scott Alterator Ph: 0417 158 728 Email: salterator@inequidplus.com.au Games played Saturday mornings Season begins October
Under 12 Girls Contact: Mel Nicholson Ph: 0417 158 728 Email: mel.nicholson82@gmail.com Season details yet to be confirmed by the BCCA	Under 14 Girls Contact: Mel Nicholson Ph: 0417 158 728 Email: mel.nicholson82@gmail.com Season details yet to be confirmed by the BCCA
Under 11's Contact: Andrew Flood Ph: 0427 365 929 Email: juniorscoor.goldensquarecc@outlook.com Games played Friday nights Season begins October	Master Blasters (7-9 years) Contact: Brad Perrow Ph: 0407 711 895 Email: bperrow@gmail.com Played Friday nights Starts October-November
Under 12's Contact: Michael Donnelly Ph: 0426 196 335 Email: mickkazy@icloud.com Games played Sunday mornings Season begins October	Junior Blasters (5-7 years) Contact: Brad Perrow Ph: 0407 711 895 Email: bperrow@gmail.com Run on Thursday afternoons Runs Oct - Dec

For more information please contact:
Club President: Graham Christie 0418 521 579 - Senior Coach: Tony Marasco 0403 297 046 - Junior Coordinator: Andrew Flood 0427 365 929

goldenquarecc@outlook.com
www.goldensquarecc.com
[/goldensquarecc](https://www.facebook.com/goldensquarecc)

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
Email: quarry.hill.ps@edumail.vic.gov.au
Website: www.quarryhillps.vic.edu.au
Phone: 03 5443 3537



VAGTC + Department of Education & Training (DET)

FUNDED (FREE) PARENT SEMINARS SEMESTER TWO

IDENTIFY
UNDERSTAND
ADVOCATE
COLLABORATE
SUPPORT
2021

SUPPORTING SOCIAL & EMOTIONAL NEEDS
MONDAY JULY 19, 7:30 - 8:30PM - **ONLINE**

WHAT'S POSSIBLE FOR SCHOOL-BASED PROVISION
TUESDAY AUGUST 17, 7:30 - 8:30PM - **ONLINE**

WORKING COLLABORATIVELY WITH
YOUR CHILD'S SCHOOL
THURSDAY SEPTEMBER 2, 7:30 - 8:30PM - **ONLINE**

GIFTED & HIGH ABILITY CHILDREN 101
MONDAY SEPTEMBER 13, 7:30 - 9:00PM - **ONLINE**

THRIVING THROUGH EDUCATIONAL TRANSITIONS
THURSDAY SEPTEMBER 21, 7:30 - 8:30PM - **ONLINE**

Q&A WITH EXPERT PANEL
TUESDAY NOVEMBER 9, 7:30 - 9:00PM - **ONLINE**

Online Seminar Program

Participants in the 'Gifted High Ability Children 101' seminar are encouraged to watch the pre-recorded video presentation in advance, and attend the Zoom session for discussion. Participants in all other seminars are also welcome to watch the video, but these seminars are more specific to the advertised topics. *(Video and Zoom links will be sent to participants after registration.)*

Face-to-Face Seminar Program

All face-to-face sessions have been suspended for the remainder of 2021, due to ongoing challenges with planning and hosting events during the COVID-19 pandemic. We will endeavor to schedule face-to-face seminars throughout 2022 to facilitate networking and support opportunities for parents in cluster areas.

FOR PARENTS OF GIFTED STUDENTS

For more information and to register, visit www.VAGTC.org.au/seminars

The Parent Seminar Series is an initiative of the *Victorian Association for Gifted and Talented Children* (VAGTC) and funded by the *Department of Education and Training* (DET), Victoria.



Education
and Training



25