



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday 25th August, 2021
Newsletter No. 14

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
September		
Thursday 2 nd	3.30pm	Book Club Loop closes.
Monday 13 th	All Day	Curriculum Day - Students not required. Division Athletics – Selected students only. (TBC)
Friday 17 th	2.30pm	Last day of Term – Early Finish.
October		
Monday 4 th		First Day of Term 4
Monday 11 th	All Day	Regional Athletics – Selected students only. (TBC)
Tuesday 12 th	All Day	Connective Circus Prep -4
Tuesday 19 th	All Day	Teeth on Wheels visit.
Wednesday 27 th	All Day	Bendigo Cup – Public Holiday.

Reminders:

Shingles alert

We have recently received notification that a member of our school community has been diagnosed with shingles.

It is important for you to be aware of the symptoms for shingles. Shingles is caused by the same virus responsible for chickenpox. Shingles is a skin rash characterised by pain and blistering which usually appears on one side of the face or body.

The virus responsible for shingles can be spread to a person who has not had chickenpox disease or vaccinations when a person comes into contact with the fluid contained in the blisters either directly or indirectly.

Please refer to the attached document from the Better Health Channel in conjunction with the Department of Health & Victorian State Government.

Should you feel that you need to seek medical attention please contact your doctor and let them know of your suspicions prior to your appointment. This will prevent further spreading.

[shingles notification letter 18.8.21.pdf](#)

[Shingles.pdf](#)

~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

SCHOLASTIC BOOK CLUB

Issue 6 of Scholastic Book Club is due Thursday 2nd September. 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.

SUNSMART

When it comes to using sun protection, temperature isn't a good guide. You can't see or feel UV but UV is the part of the sun that can damage skin and eyes and lead to skin cancer. SunSmart advises that Victoria's UV levels start to rise from mid-August. Please remind your child to pack their hat and sunscreen from September 1st. For SunSmart information visit

<https://www.sunsmart.com.au/communities/parents>



ACHIEVEMENT AWARDS

Kind

Aleisha W (Room 5)
Spencer F (Room 17)

always being kind and including others.
showing patience and kindness with your classmates, helping them understand some maths.

Max D (Room 11)

always being able to lift our spirits and make our class smile.



Curious

Willow T (Room 2)
Tom R (Room 13)
Scarlett W (Room 12)

for using the Essential Assessment website to improve her maths skills.
for creating an amazing sentence with his spelling words.
being engaged and excellent participation in her Webex session.



Brave

Safiyyah A (Room 2)
Minna J (Room 15)

for confidently sharing her maths problems that equalled 22 during our Webex.
Always striving to achieve her personal best and displaying a committed approach to Remote Learning. Great effort, Minna.

Demi M (Room 11)

working hard to develop her resilience and the ability to adapt to changes in our learning environment.

Jacob D (Room 11)

displaying a positive attitude towards his learning and trying his best in his tasks.

Summer H (Room 11)

stretching herself during remote learning and working hard to keep up with lessons.

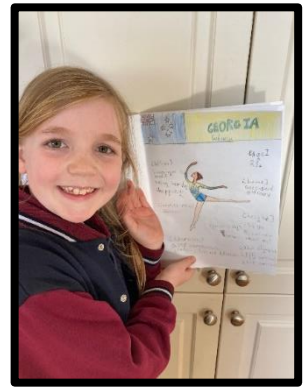
Lacey E (Room 14)

for setting herself high expectations during remote learning.



News from Room 6

In the latest lockdown I asked Room 6 students to create a poster about an Olympic athlete of their choice. Imogen made her poster on Georgia Godman and sent Georgia a picture of the poster she'd made! Georgia responded back.



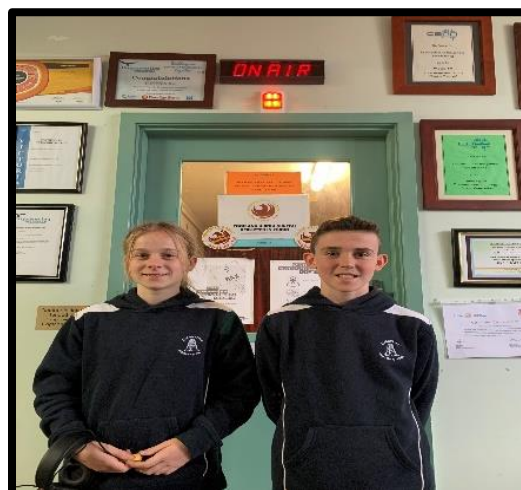
Boys & Girls Division Netball

Congratulations to all the students that represented our school last Friday in netball. All students had a fantastic day representing the school and showed great sportsmanship. Thank you to Sophie Davies for coaching the girls and Amanda for her first aid support.



Radio News

On Friday August 20th our two School Captains, Ollie and Marli gave a radio interview to Phoenix FM with John Pearce & Janeen Barker where they discussed their experience as leaders, personal goals, people who have inspired them and what students at QHPS value about their school. They received wonderful feedback about their readiness to participate, organisation and preparation, as well as their presence on-air. Well done Ollie and Marli!



eSmart topic: eSafety's parent guide to popular apps

Learn how to help young people safely use popular apps including TikTok, Instagram, Snapchat and YouTube.

This webinar is designed for parents and carers of young people aged 8-13.

It will cover:

- an explanation of the popular apps used by young people
- case studies, research, and targeted advice
- ways you can support the young people in your life to have safe, enjoyable online experiences.

Register: <https://register.gotowebinar.com/rt/1521578272517430029>

Dates (Australian Eastern Standard Time)

Tuesday 31 August 7.30 to 8.30 pm

Monday 6 September 12.30 to 1.30 pm

Tuesday 7 September 7.30 to 8.30 pm

Friday 10 September 12.30 to 1.30 pm

Girls In Stem

On Sunday September 5th our amazing girls in STEM are taking over Discovery!

From 10:30am till 2:30pm all families from one of our Girls in STEM schools will get free entry to Discovery so they can cheer on and support our Girls in STEM as they show off and share their STEM skills. Just say the name of your school at the door between the hours of 10:30am and 2:30pm on Sunday September 5th and you can come join the fun.



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

Helping to reduce pandemic fatigue and fear in children

Pandemic fatigue refers to the mental exhaustion that comes from the sustained increase of stress and uncertainty during the global pandemic of COVID-19. The devastating impact of the coronavirus threatens our sense of control and safety causing concern, fear, and excessive worry.

Increasingly, the issues surrounding COVID-19 and other life-threatening local, national, and global events are exposing children to adult issues they are developmentally ill-prepared to fully understand. While younger children depend mainly on parents and teachers to interpret information about adverse or life-threatening events, older children may gain information from a range of sources that are not always reliable.

Children often believe what peers say and can view events using black-and-white thinking with the inevitable tendency to see things in extremes, which can lead to worry and even anxiety.

What teachers and parents can do?

1. Use the language of hope and reassurance

- Reassure the child, with honesty, that as difficult and disturbing the situation appears, our related feelings can be managed.

Promote optimism by discussing ways health officers, school and other community and world leaders are working to keep us safe. Explain how global, national, state and territory and local strategies are helping to reduce the impact of the virus and reassure children that the crisis will eventually ease and end.

2. Provide tools so they can help themselves

- Teach mindfulness activities and relaxation techniques to all children to 'anchor' them in the present moment and to help them to manage their feelings. For example, teach Window Breathing. Simply take a 4-second-deep breath in, followed by a 4-second-deep breath out and repeat, while your eyes follow around the four sides of a window.

3. Build a sense of safety and connection

- While class discussion is always a worthy endeavour, small group teacher-led chats allow the child to listen and share items of interest, including thoughts or worries, in the safety of a small peer group in the classroom or via video-conference.

After school hours, parents might provide a supervised space to allow their child to chat for a set time to a friend, classmate or relative before or just after dinner via a video-chat tool and perhaps play a suitable online game together.

4. Provide a sense of control engagement

- Encourage children to go outdoors, to move about, exercise and spend time engaging with the natural environment. Create learning activities that make use of time outdoors. Observation of numbers and types of birds at intervals throughout a day or week, photos of changing cloud formations, sketching of plants, flowers, and trees, increasing stamina with physical activities such as number of star jumps, improving bouncing, dribbling or goal throwing skills with basketballs, keeping a balloon, ball or rolled up socks in the air.

Sharing concerns and seeking further assistance

It is a general principle that if you notice something worrying about a child, your observations or concerns should be conveyed to the parents/carers. Equally, parents/carers should share information about any worrying emotional responses with the teacher, so they are better placed to assist in supporting the child's wellbeing and can make reasonable adjustments to support learning.

Children's emotional responses will vary in nature and severity. Common emotions following and during a significant adverse event include fear, confusion, anger, loneliness, and sadness.

If the child shows ongoing distress or reactions such as withdrawal, acting out in class, the schoolyard or home, aggression, obsession with disturbing or violent thoughts or persistent sleep problems, refer the child via their parents to their GP or a psychologist.

For immediate help or information: Call Lifeline 131 114, or visit beyondblue.org.au



Hi All,

At CatholicCare in Bendigo we are currently developing a new workshop for parents around the use of technology. We'd love to capture what issues parents are facing so we have designed a very short two-minute survey.

I would be very grateful if you could please share this with your school community via your school newsletter/facebook page? The survey will be open until 30th August. We will be running the workshop initially via zoom in Term 4.

<https://www.surveymonkey.com/r/kidsandtechnology>

Please get in touch if you would like to know more.



Upcoming Webinar for Parents

Dr Kristy Goodwin presents: Taming digital distractions

Dr Kristy Goodwin is a digital wellbeing and peak-performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!) She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy worked as an educator for fourteen years before becoming an academic and speaker who's on a mission to help children, teens and adults tame their technology habits so they're not a slave to the screen.

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend this webinar at no cost.



Watch from any device, any location



See the expert as they speak



Catch up recording available

Valued at \$39 per person
No charge for our school community



Watch an overview from Dr Kristy Goodwin

parentingideas.com.au

parenting*ideas

About the webinar

Technology is an integral part of life for our children – it's the portal for their leisure, learning and connection. However, digital technologies can also disrupt a child's focus, put a dent in their learning and compromise their wellbeing. In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

Key learning and discussion points include:

- how long we should expect focused attention from children and teens
- the research behind why digital distractions are interfering with our children's attention
- how some technologies have been intentionally designed to be captivating and alluring
- why banning technology isn't the solution
- how to teach children and teens how to build a 'fortress around their focus' and leverage the benefits that technology offers them

The webinar will be held on 8 September 2021 at 8–9 PM AEST.

Redeem your webinar – it's easy!

To redeem your webinar click or copy and paste this link:

www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions

1. Click 'Add to cart'
2. Click 'View cart'
3. Enter the voucher code TAMING and click 'Apply'
4. Enter your school's name to verify your eligibility. The \$39 discount will then be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 8 December 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Articles for parents

On the Parenting Ideas website you can also view and receive helpful articles to support your parenting journey.

Read up on topics such as resilience, siblings, bullying, digital and social media, friendships, confidence, behaviour, anxiety, girls, boys, learning and education.

Subscribe today – it's free.



parentingideas.com.au

parenting*ideas

OSHC AT HOME

Powered by OSHClub

WEEKLY PLANNER

- Activity Sheet
- Video Activity
- Reading Corner
- Challenge
- Live Stream

- STEM
- Art & Craft
- Mindfulness
- Physical Activity
- Cooking

OSHClub
Outside School Hours Care

- All Ages
- Ages 5-7
- Ages 8-12
- Hands On
- Hands Off

MONDAY

GOOD VIBRATIONS DANCE CLASS BY CDI

Join Creative Dance Industries for a fantastic new jazz dance routine to the tune of "Good Vibrations". Slip into some comfy clothes and stretch your limbs, it's time to get funky.



TUESDAY

KIDS KITCHEN: NICE CREAM

Feeling a little hungry? Join Christine in the kitchen to make this easy and yummy Banana Chocolate Nice Cream. Mmmm who doesn't love 'Nice Cream'.



WEDNESDAY

BLOTTED PAINT BUTTERFLIES

Grab your paints and paper! We're making beautiful, blotted paint butterflies with Educator Lynette. This activity can get a little messy so we recommend wearing a smock or an old shirt!



THURSDAY

DANCE YOGA FUN

Educators Hannah and Clare are going to teach you a dance yoga routine. For this one, you can grab a partner or do it by yourself. Shake out your limbs and let's get moving.



FRIDAY

AT-HOME CELERY EXPERIMENT

Have you ever wondered how plants get water from their roots all the way up to their leaves? This simple celery experiment shows how coloured water travels up a celery stalk.



PAINTED GLASS JARS

Paints out and smocks on. Today we're going to make decorated glass jars. How will you use your new painted jar? You could use it to keep your pencils in or maybe even as a vase.



PEG TIGGY MOOVOSITY

A fresh twist on a classic game. Time to stretch your legs and get moving? Why not try Peg Tiggy from Moovosity. You can play with a sibling or get the whole family involved in the fun.



KIDS KITCHEN: RICE PAPER ROLLS

Rolling for a yummy lunch time break? Well then this is the one for you. Join Educator Danielle in the Kids Kitchen to make some rice paper rolls with your favourite fillings.



BEE ROCK ART

Let's get painting and create little rock bees to go around your garden. All you need are some stones or pebbles, paint, brushes and your creativity.



LOOSE PARTS PLAY

Gather up a range of household objects for some loose parts play with Educator Chantelle - make sure you bring your creativity and imagination! What will you create?



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
- ✓ Basketball
- ✓ Touch Rugby
- ✓ A.F.L
- ✓ Hockey
- ✓ 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 – Grade 4 students.

\$78 FOR 6 WEEKS!!

School: Quarry Hill PS

Day: Thursday's

Time: 3:40pm - 4:40pm

Start: Thursday 12th of August

End: Thursday 16th of September



- Website: kellysports.com.au/bendigo
- Contact: Beau Cross
- Email: Beau@kellysports.com.au
- Phone: 0428 326 924
- Facebook: #KellySportsBendigo

KELLY SPORTS
BOOK ONLINE NOW AT
KELLYSPORTS.COM.AU

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

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FOR THE LOVE OF SPORT
25 YEARS

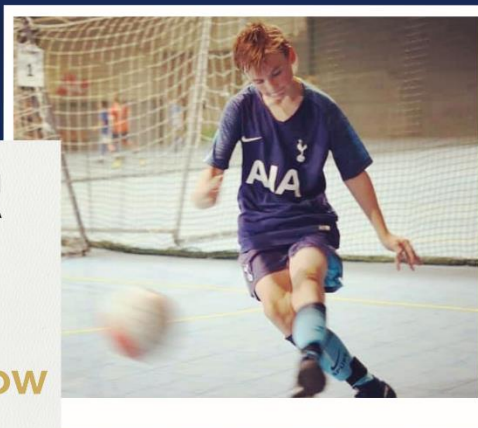
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Website: www.quarryhillps.vic.edu.au
Phone: 03 5443 3537

Newsletter



A message from your Coordinator

Hi Families

Last week Quarry Hill Primary OSHC participated in National Science Week. Our kids enjoyed a series of fun, exciting learning experiences, such as Self inflating balloons (Image below) and a Fizzy fun nation wide science experiment!



Within the following weeks we are looking forward to a Nature scavenger hunt, loads of art and craft as well as sporting activities and learning about the process of sewing seeds as the weather warms up.

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campaustalia.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.



Activities coming up

- Planting carrots inside!
- Nature scavenger hunt
- Leaf printing

What's on the menu

- Banana muffins
- Vegemite scrolls
- Fruit skewers

Visit our blog

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

[Visit our blog](#)

Your
OSHC.

www.campaustalia.com.au

