



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday 8<sup>th</sup> September, 2021  
Newsletter No. 15

## 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

Friday 10 <sup>th</sup>		Prep -2 return to school.
Friday 17 <sup>th</sup>	2.30pm	Last day of Term – Early Finish.
<b>October</b>		
Monday 4 <sup>th</sup>		First Day of Term 4
Monday 11 <sup>th</sup>	All Day	Regional Athletics – Selected students only. (TBC)
Tuesday 12 <sup>th</sup>	All Day	Connective Circus Prep -4
Tuesday 19 <sup>th</sup>	All Day	Teeth on Wheels visit.
Wednesday 27 <sup>th</sup>	All Day	Bendigo Cup – Public Holiday.

## Reminders:

- Hats are required from September 1<sup>st</sup>**  
**Students who do not have a hat will be asked to stay in the undercover areas.**

## Book Week Dress Up Day 2.0!

It was lovely seeing so many Book Week characters online the other week. So many families went to a lot of trouble to make it special for the children. All going well, we would like to give families the opportunity to repeat this day when we are back onsite during Term 4. We may not be able to have parents in attendance, but it would be wonderful for the children to see all the costumes of other students. This event is just being flagged at this stage as a date cannot be set until we know more about what Term 4 will potentially look like.

## 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 1<sup>st</sup>. For SunSmart information visit <https://www.sunsmart.com.au/communities/parents>



## ~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

## 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>

## ANAPHYLAXIS AND ASTHMA

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

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

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

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

## ACHIEVEMENT AWARDS

### Kind

Rhiannon T (Room 10) for her positive compliments and email to her teacher! They are lovely to receive and very valued.



### Curious

Iris M (Room11) for her dedication to completing her remote learning work.

Callum B (Room11) for contributing valuable and helpful comments to our class WebEx meetings including a great Circuit Kahoot.

George T (Room 11) for excellent attitude and effort in all areas during Remote Learning 7.0.

Fern W (Room 2) for making a wonderful monster out of recycled material to demonstrate push and pull.

Jesse B (Room 10) for his amazing You Tube clip about Kinetic Energy. It was an impressive effort!

Olivia W (Room 13) for having great responses to the poetry task. The wording and sentence structure was great, Well done!

Harry J (Room17) for creating a very detailed house plan for your diorama.



### Brave

Summer H (Room 11) for trying her very best at remote learning and sharing her hard work with her teacher.

Ben L (Room11) for his spectacular effort during Remote Learning 7.0

Edwards B (Room 11) for working at home and producing a great Be the Teacher Video.

Salva Mc for really stretching himself during remote learning including creating his Kinetic Energy site and working so hard to keep up with slides

Ehli R (Room 10) for working hard during remote learning, even when motivation becomes low. Well done!

Anjelina L (Room 14) Being an independent learner by always attending our WebEx sessions and completing all the required learning tasks on time.

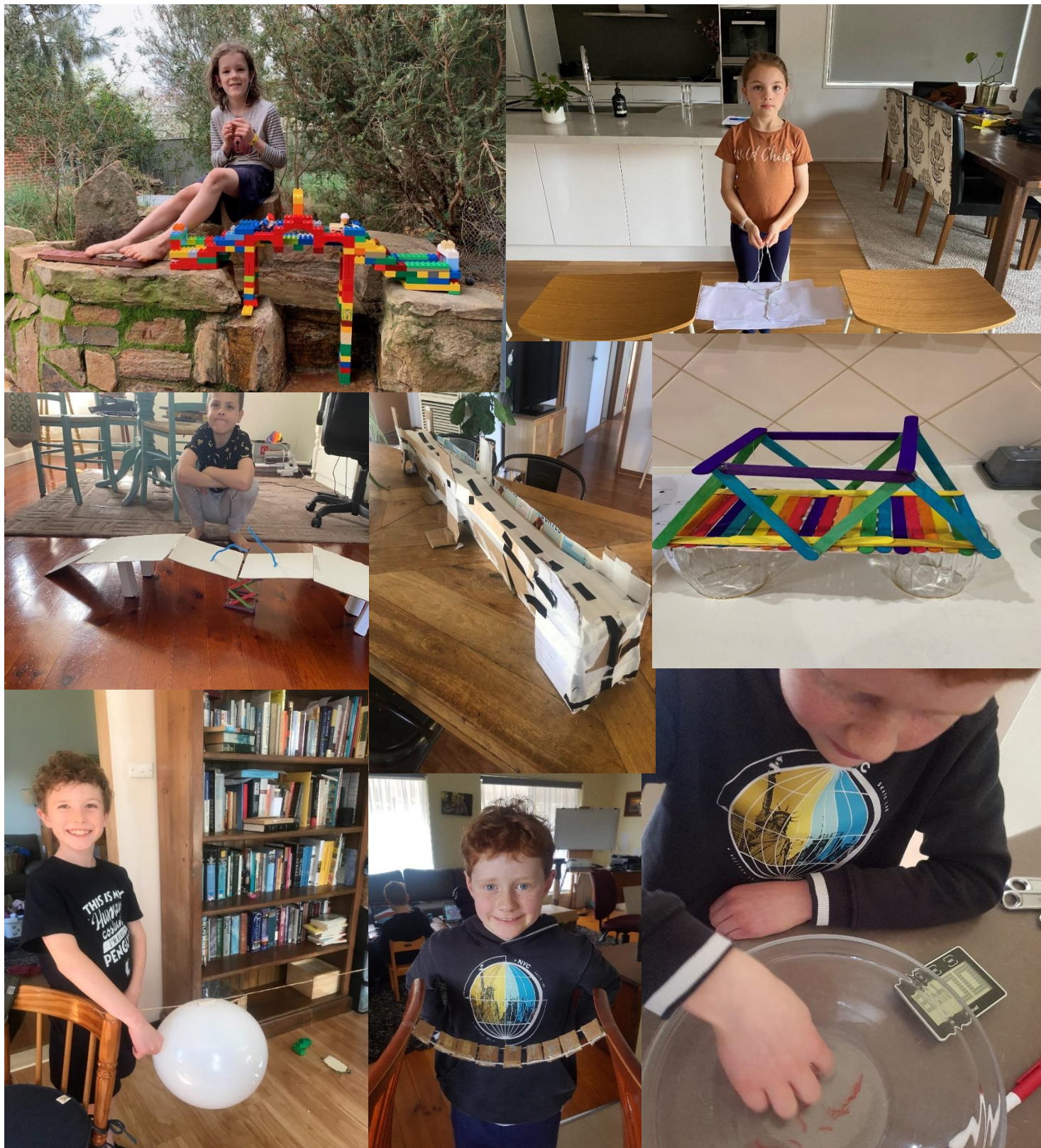
Alice W (Room 16) for using her lockdown time to take her learning further and making changes to her work based on feedback".





# Remote Learning Room 13

## Bridge Building





# Prep to Grade 2 Remote Learning

### Push / Pull Monsters

Children used materials from their recycling bin to make a monster. The monster had to have a push action **and** a pull action.



My Push Pull Monster  
Ripe is a friendly monster. She is made out of recyclables. She has used a tiny teddy bear, two empty bottles, a lollypop jar and string, toilet paper rolls. Ripe's arms pull up when I lift the string. When she walks she pushes her legs forward.

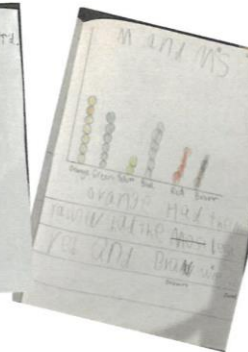
### Money

Children placed coins under a blank piece of paper to create coin rubbings.



### Cooking

Children cooked or baked something for a family member. Once finished they rewrote the ingredients.



### Data Representation and Interpretation

Two tasks were children finding 10 different toys from their home to arrange into groups and the second, graphing a packet of M & M's.

# Remote Learning

## Room 5



Dyson, Avery and Nixon have been learning about 'equal share' in Maths and have been creating pizza fractions with chalk outside.

Anthony: His robot has moving arms and bottle tops to help it roll!



Aleisha and her brother Lincoln used their design and technology skills and invented three different types of catapults for the 'push and pull' challenge. They catapulted marshmallows!



Macie and Slater working on their Data Representation and Interpretation Maths activity- what colours are your shoes?





We would like to thank Linton from Raw Boards for donating this lovely bench seat to our school, it has been placed beside the stairs at the Library on the Astro Turf.



The weather was so lovely last Friday that the some of the students that attended On-Site learning went down to the Bushland and made a pyramid.

### **eSmart topic: Australia's Biggest Child Safety Lesson**

Yesterday was Australia's Biggest Child Safety Lesson. Quarry Hill Primary School takes part each year. This year Australia's Biggest Child Safety Lesson teaches children key personal safety concepts in a fun and age-appropriate way. This year the focus is 'Help Seeking'.

Key learning objectives

To RECOGNISE safe and unsafe situations and body clues.

To REACT to keep ourselves safe.

To REPORT unsafe situations.

The Early Years and Junior primary version of Australia's Biggest Child Safety Lesson is suitable for children aged 4 to 7 years. Click the link to view the 10min lesson.

[https://www.youtube.com/watch?v=bUz9X4n\\_B9s](https://www.youtube.com/watch?v=bUz9X4n_B9s)

The Upper Primary version of Australia's Biggest Child Safety Lesson is suitable for children aged 8 to 12 years. Click the link to view the 15min lesson.

<https://www.youtube.com/watch?v=cqM2T4mHX0>

## INSIGHTS

### Prioritising mental health in the digital world



Whilst there may not yet be conclusive evidence linking digital media use to poor mental health outcomes there's no denying that it's one of the chief concerns facing parents and educators of children and adolescents, growing up in a digital world. The contradictory research findings confirm that this is a complex topic.

There's certainly consensus in the research that young people are heavy technology users, which comes at a cost of their psychological and physical needs. Their digital behaviours eat into the time that was once available for three pillars of mental health – sleep, relationships and exercise.

#### Minimising sleep disruption

Sleep is vital for mental wellbeing and emotional regulation in childhood and adolescence. Inadequate amounts or poor-quality sleep can cause mental health issues. Studies consistently show that Australian children and teens aren't getting enough sleep. Digital device use is also linked to sleep disruption, impacting the sleep-wake cycle. The Lancet study suggested that nearly 60% of the impact of young people's psychological distress could be attributed to disrupted sleep and exposure to cyberbullying.

Parents need to remind children and young adolescents about the critical role sleep plays in their psychological wellbeing. Parents can help adolescents foster healthy social media habits by establishing a digital curfew, keeping devices out of bedrooms and discouraging teens from 'bookending' their day with social media as it can easily trigger the stress response at these times.

#### Maintaining healthy relationships

Positive relationships are fundamental to a young person's psychological wellbeing. Adolescents are biologically wired for relational connection. They want to be part of a tribe. Whilst teens and pre-teens may insist that technology connects them and caters for their relational needs, if used excessively or inappropriately, technology use can compromise their relationships and deteriorate their mental health.

Parents need to encourage and sustain opportunities for real interactions amongst adolescents. When we connect in-person the brain releases oxytocin, the social bonding hormone, which isn't replicated online. The need for keeping a balance between digital and face-to-face interactions is paramount.

#### Ensuring sufficient exercise

Sedentary social media and digital consumption frequently replaces physical movement on weekends and after school, which are the opportunity times for kids' sport, free play and outdoor activities. Brain science now informs us that physical exercise boosts serotonin and neurotransmitters such as dopamine and norepinephrine that play a critical role in regulating adolescents' mood. Lack of exercise is now being linked to the current anxiety epidemic that we are seeing in young people.



# parenting\*ideas

Parents need to ensure that children experience a minimum of 30 minutes exercise, and teens a minimum of 60 minutes. "Go outside and play" is a term that this generation needs to hear as frequently as children in past eras.

## In closing

The research into the links between kids' digital technology use and their mental health presents a complex picture that defies simplistic conclusions. Blanket statements and headlines that suggest screens and social media are to blame for kid's poor mental health aren't helpful as technology is now a part of all our lives. However, there is enough evidence to suggest that the key pillars of mental health outlined above can be severely impacted by the overuse of digital technology. All things in moderation, a common guideline for healthy living, is best when considering kids' social media and digital technology use.

## Dr Kristy Goodwin presents a related webinar: Taming digital distractions

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Taming digital distractions' at no cost.

### About

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.

### When

Wednesday 8 September 2021 at 8:00 PM AEST

### To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code TAMING and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. 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.



### Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and 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 translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit [www.drkristygoodwin.com](http://www.drkristygoodwin.com).





## Junior Ranger a Very big bushwalk!

**Parks Victoria are offering  
FREE ranger hosted activities these holidays.**

Get active, get curious and get outdoors in our parks with Junior Ranger fun for kids aged between 6 to 12 years old.

On **Sunday 26<sup>th</sup>** September, all Junior Rangers are invited to join Parks Victoria Rangers, and lots of other organizations on a VERY big bushwalk to celebrate Victoria Nature Festival week!

You can join a Junior Ranger guided walk at **10.30 am @ Kennington Reservoir** OR explore a new area in your neighborhood and send a us a photo!

Children must be accompanied by an adult.

All Junior Ranger activities are managed in alignment with the Victorian government guidelines for coronavirus (COVID-19).

**Bookings essential.**

**[www.juniorrangers.com.au](http://www.juniorrangers.com.au)**



Healthy Parks  
Healthy People®





## supporting your young person's mental health: parent / carer webinar

headspace National are hosting a webinar for parents and carers of young people to support their mental health.

Information presented will:

- Strengthen your understanding of mental health, and wellbeing.
- Build skills and strategies to support the mental health, and well-being of your young person.
- Explore the conversational approach to talking about mental health and well-being.
- Build awareness of local, State, and National support services available to young people.

**Date:** 13 Sept 2021 AEDT,

**Time:** 7 – 8:15PM

**Where:** Zoom Webinar

### How do I register?

[Click here](#) to register via Eventbrite, or copy the [URL](#) below into your web browser:

You will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. Please note this webinar will not be recorded.

All those who register will receive a digital information pack after the webinar that includes key messages as well as links to resources and support services.

### Contact

For more information email:  
[programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



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2021/22

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contact Kelly Berry on [juniorcoordinator@mgmccricket.club](mailto:juniorcoordinator@mgmccricket.club)

...start dates t.b.c. and subject to COVID restrictions

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