



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday 5th October, 2021
Newsletter No. 16

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

~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

October		
Wednesday 27 th	All Day	Bendigo Cup – Public Holiday.
November		
Monday 1 st	Various times	Curriculum Day -Pupil Free Day
Tuesday 9 th	All Day	Connective Circus Prep -4
Thursday 11 th	11.00am	Remembrance Day (1 Minute Silence)

Reminders:

- Hats are required from September 1st
Students who do not have a hat will be asked to stay in the undercover areas.
- Teeth on Wheels have been postponed until further notice.

Curriculum Day - Pupil Free Day

The school will be having a Curriculum Day on Monday November 1st. (This is the day before the Melbourne Cup.) This will be a pupil free day. This day will be used for reviewing 2021 and planning for 2022. This day has been approved by School Council.

Policy Updates

On our school website you will find many of our policies. The latest ones to be updated are : Visitors Policy which outlines procedures for visiting the school. An example of where this policy is used is when teacher's invite a guest speaker to the school. Volunteers' policy which is required to meet our Child Safe Standards. This policy outline requirements for volunteers to have a working With Children's Check.

BOOKLISTS FOR 2022

Students have already received their booklists for 2022.

Quarry Hill Primary School is looking forward to another great year of teaching and learning and would like to advise you of Quarry Hill Primary School's Voluntary financial contributions for **2022** can not be paid before the 1st January 2022 via QKR or direct to school.

If you have any questions about the booklists please do not hesitate to contact Narelle in the office.

Book lists need to be ordered online by **Friday December 3rd 2021** to ensure supplies are ready for pick up on Book Collection Day on from **Monday January 17th 2022**. The office will be open from 8:00am – 4:00pm on this day. Please mark this day on your 2022 diary.

SUNSMART - HATS ON HEADS

A reminder that hats are now required for outside play. The 'No Hat No Play' policy will now be enforced. Please remember to ensure your child's hat is clearly marked with their name. If you require a replacement hat please see the office. The cost of hats is \$12.00.

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>



ENROLMENTS & CLASS PLACEMENTS 2022

All families seeking to enrol their child in Prep at Quarry Hill Primary School next year should have their enrolment form completed.

If your child will not be attending Quarry Hill Primary School in 2022, we would appreciate you letting us know as soon as possible.

If there are any considerations for placements for student classes in 2022, that you have not already discussed with your child's teacher, Anne, or Jo, please let me know in writing by Monday November 1st, 2022.

Please note that it is not possible for parents to request specific teachers.

Child Safe

PROTECT

Protecting children & young people
from abuse is our responsibility



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

eSmart topic: Webinar - Parent guide to digital technologies and mental health

This Term 4 webinar will provide parents and carers with strategies to help young people and their mental health when they are online.

It is designed for parents and carers of young people aged 10–18.

It will cover:

- what do to about accidental exposure to content about suicide, self-harm or eating disorders
- using games, apps and social media to support mental wellbeing
- the pros and cons of digital mental health platforms
- strategies for young people to support friends online.

Register: <https://register.gotowebinar.com/rt/8245460212320493072>

Dates (Australian Eastern Daylight Time)

- Tuesday 19 October 7.30 to 8.30 pm
- Wednesday 20 October 12.30 to 1.30 pm
- Thursday 21 October 12.30 to 1.30 pm
- Tuesday 26 October 7.30 to 8.30 pm
- Tuesday 9 November 7.30 to 8.30 pm
- Thursday 18 November 12.30 to 1.30 pm

ACHIEVEMENT AWARDS

Kind

Dayeesha C (Room 6) For always greeting her peers and teachers with a friendly smile.



Curious

Harper H (Room 9) For investigating, measuring, and comparing at the waterplay station in the Investigation Room.

Anabel H (Room 13) For using the senses to complete detailed adjectives and Full sentences.

Lotte G (Room 12) For her excellent commitment to her studies.

Chase M (Room 12) For being an engaged learner throughout Remote Learning.



Brave

Olivia J (Room 8) For asking a friend if she could play with her.

Wes D (Room 11) For displaying persistence during remote learning.

Diane R (Room 14) For making a great start to your learning at QHPS!

Simone R (Room 14) For making a great start to your learning at QHPS!

Arielle S (Room 8) For including 3 times connectives in her holiday recount.

Lucien P (Room 15) For being a resilient student who is able to remain positive when experiencing issues with his device



News From Grade 3/4

Alex's extra work for Inquiry 'Biomes Display' for Grade 3/4 Inquiry this term.

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INSIGHTS

Everyday resilience lessons for kids



Muscles need to be exercised daily if they're to remain strong, flexible and do their jobs. Resilience is no different. If it's not exercised regularly our resilience will waste away.

Resilience is developed through regular daily use. Here are some simple ways you can encourage a child or young person of any age to flex their resilience muscles every day.

Wait until mealtime

Discourage them from random snacking when they are hungry. Encourage them to wait until mealtime. By tolerating minor discomforts such as hunger, thirst or even some worries, kids get the practise needed to help them manage bigger future hurdles that may come their way. You can build your child's tolerance of discomfort by encouraging them to delaying immediate gratification even just for a few moments.

Do more than expected

Great sportspeople routinely train more than others and push through mental and physical boundaries. Encourage your child to push through boundaries and do more than expected in small ways. Perhaps they don't just clean their bedroom but tidy the living room as well. They may aim to shoot 10 goals in a row at basketball practice but keep going until they reach fifteen. Going past the finish line is wonderful resilience practice. What else can you do that would encourage your child to do more than expected on a regular basis?

Save pocket money

Did you know that when you encourage your child to save some of their pocket money rather than spend it immediately you are teaching them to delay gratification, an acknowledged resilience attribute? Asking a child to set aside some pocket money for saving, some for charity and some for spending will help develop a balanced use of pocket money. It helps if a child can develop their own savings goal, and parental suggestions can assist. The delay of an immediate reward to achieve a greater or later reward needs to be practiced if it's to become part of a child's pattern of behaviour.

Make the bed

Resilience comes from doing things that we don't feel like doing and making a bed is one thing few people enjoy. The daily habit of making a bed (to the best of a child's or teen's ability) is a brilliant discipline to develop, which has the bonus of setting kids up well for a productive day at school. What other simple habits that fit into the "don't-like-to-do" basket that benefits either your child or others in the family?

parenting * ideas

Help when you don't feel like it

It's easy to help at home when they've had a good day at school or the weather is fine. It's much more difficult to step up and help set the table, put the rubbish out or hear a sibling read when they've had a bad day at school or the weather is stinking hot. The seemingly small act of sticking to commitments develops discipline and conscientiousness that contributes to a sense of resilience.

Smile when you don't feel happy

Feelings may be difficult to manage, but behaviour is a choice. Encourage kids to choose happy, or at least act happy by smiling rather than putting on a grumpy face. The brilliant thing about this strategy is that smiling changes their mood so that they begin to experience pleasant emotions.

It's the small, everyday behaviours we encourage in kids that have the greatest impact on their behaviour, wellbeing and resilience.



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.

Provided as a part of our school's Parenting Ideas membership

parentingideas.com.au

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www.lmpa.org.au

2021/22

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Junior Coordinator
Renae Boucher 0403 233 232

play cricket .com.au

Newsletter

Info: Coordinator- Bonnie Newcombe

Phone: 0431007805

Email: quarryhills@oshccampaustralia.com



A message from your Coordinator

Term 4- Week 1: Whacky Science Week! 4th-8th October

Welcome back families to another exciting term ahead. This term we will be exploring the outdoors more as the weather warms up so make sure your children have a hat in their bag for OSHC!

This week we will be exploring whacky science experiments with the children, science is important as it guides development in key life skills, including the ability to communicate, remain organized and focused, and even form their own opinions based on observation.

In week 2 we will be looking forward to Pixel week where the children will be able to live out their favourite video games and build their own new video game characters! This will be a great experience for some of the children to get involved in some imaginative play.

Coordinator Bonnie Newcombe 😊

Activities coming up

- Oobleck- Week 1
- Week 2 theme- Pixels
- Cooking banana muffins

What's on the menu

- Banana Muffins
- Nachos!
- FUN Fruit skewers!

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 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.



Visit our blog

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

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ROCKETEERS