



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday 16th June, 2021
Newsletter No. 11

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
July		
Tuesday 20 th	All Day	Connective Circus Prep -4
Wednesday 21 st	9.15 – 3.00	Division Netball- Selected students only
Monday 26 th	9.15 – 3.00	Division Girls Football- Selected students only
Tuesday 27 th	9.15 – 3.00	Division Boys Football- Selected students only
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-** Please follow Covid Safe Rules.

ASSEMBLY THIS FRIDAY

Weather permitting, we will be having an assembly this Friday, July 16th. Achievement Awards and birthdays over the three weeks will be acknowledged. Parents/Carers of those children receiving awards are invited to come along. Those who do attend are expected to bring a mask and be prepared to wear it if they are unable to physically distance or if they are asked to do so. All visitors are also required to sign in using our QR code system before heading out to the basketball court. The QR codes are at the office.

\$200 incentive to help with sport activates

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

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Email: quarry.hill.ps@edumail.vic.gov.au
Website: www.quarryhillps.vic.edu.au
Phone: 03 5443 3537

~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

ACHIEVEMENT AWARDS



Kind

Safiyyah A (Room 1)	being a kind and caring friend towards a new student at Q.H.P.S
Roma R (Room9)	kindly helping other children in the class with their learning.
Lila P (Room 15)	by always being respectful towards others and the environment. Well done, Lila!

Curious

Olivia Mc (Room 14)	working hard to improve her understanding when writing informative paragraphs.
Sienna M (Room17)	creating an innovative design for our class STEM challenge.
Alex J (Room 13)	making text to text connections involving force.
Aleirah H (Room 16)	settling into Term 3 smoothly and giving all activities a go!
Marli G (Room 10)	investigating ways to make a basket in STEM. Well done!
Brae S (Room 10)	investigating ways to make a basket in STEM. Well done!



Brave

Ebony Rose B (Room 6)	for learning Chinese with such a great effort and passion!
Charlotte R (Room 2)	her excellent holiday reading and reaching 100 nights of home reading.
Tully C (Room 16)	persevering during our STEM cup stacking challenge and coming up with creative solutions to problems.



Kiwanis Terrific Kids Award

The Bendigo branch of the service club Kiwanis recently approached the school offering an award to recognise 'terrific kids' in grades 5 and 6. Kiwanis is kindly offering this award at the end of each term.

Terrific Kids is about promoting character development, self-esteem and perseverance. 'Terrific' is an acronym for Thoughtful, Enthusiastic, Respectful, Responsible, Inclusive, Friendly, Inquisitive and Caring.

Our inaugural winner of the Terrific Kids Award is Aimee M from Room 16. A very deserving winner. Congratulations Aimee. The school would also like to thank Kiwanis for their generosity. It is very much appreciated.



Anaphylaxis

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 which include all students washing their hands before and after eating.

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

Loddon Mallee region cross country

Congratulations to all our students who represented our region at the Loddon Mallee region cross country event in St Arnaud today. Students ran a 2km course through bush in foggy conditions. Fletcher W (11 boys) and Jonty Mc (9/10 boys) qualified for the state championships to be run at Yarra Glen Racecourse on August 5th. Great job Quarry Hill PS runners!



News for Grade 5/6 classes

This term Grade 5/6 will be participating in croquet during their sports rotation. Our local Quarry Hill Croquet Club (QHCC) volunteers will be visiting the school every Friday for the remainder of the term, teaching skills and the game to each student. At the culmination of this, two students will be selected from each class and will visit the Croquet Club to play in a round robin. There will be photos included in coming newsletters of the students enjoying their lessons. There will be photos included in coming newsletters of the students enjoying their lessons. The QHCC hope to have an open day towards the end of term where families can come down and their children can teach them what they have learnt and play a little round.



INSIGHTS

Establishing digital boundaries for a good night's sleep



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

parenting * ideas

Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night ([Source: https://aifs.gov.au/sites/default/files/publication-documents/Isac-asr-2018-chap4-sleep.pdf](https://aifs.gov.au/sites/default/files/publication-documents/Isac-asr-2018-chap4-sleep.pdf))



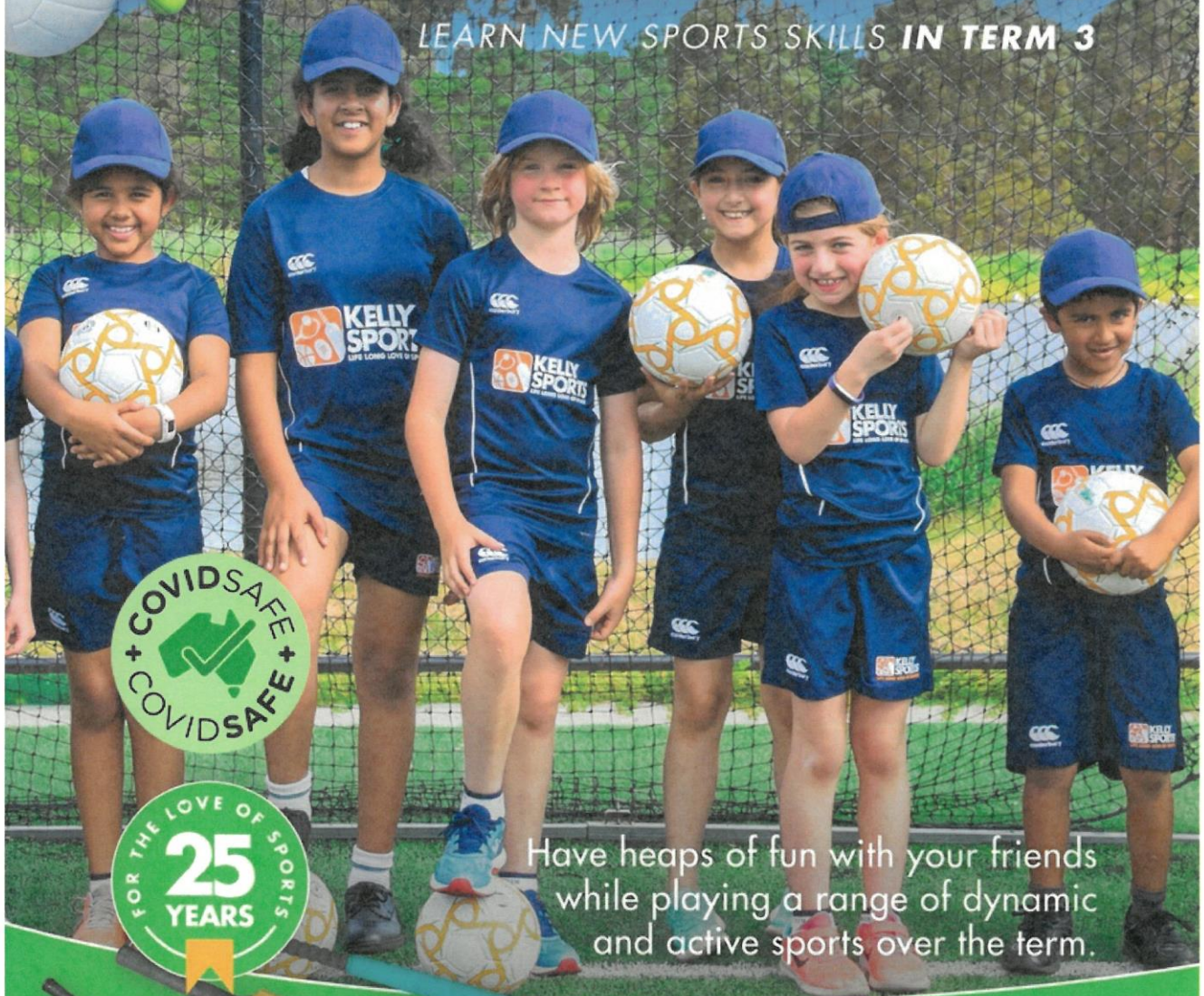
Dr Kristy Goodwin

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.



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**

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

✓ AFL

✓ 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.

\$104 FOR 8 WEEKS!!

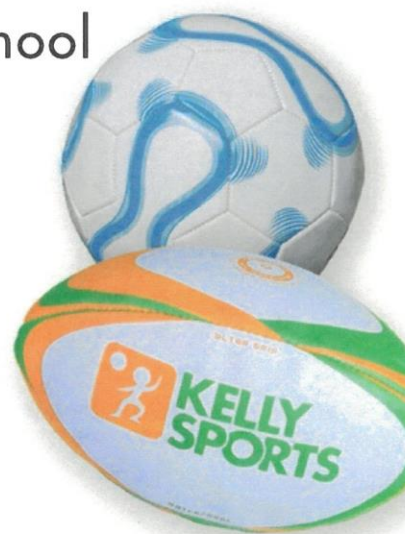
Where: Quarry Hill Primary School

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



Newsletter



A message from your Coordinator

Hello, I'm Bonnie the new Coordinator for your OSHC!

I am overly excited to be working within Quarry Hill Primary School and have already met some amazing kids!

Welcome back to term 3! I hope you all had a well-rested two weeks away from school and are back eager to learn and form new friendships.

At OSHC we have some extremely exciting activities planned such as Science experiments, Sporting activities, Arts & Craft and so much more! So head over to the app or call 1300 665 257 for any interest or queries.

Regards

Coordinator Bonnie Newcombe 😊

Activities coming up

- Out of space Week
- Nature Week
- Science Week

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.campaustralia.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.

[Visit our blog](#)

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