



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday 20<sup>th</sup> October, 2021  
Newsletter No. 17

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

## Reminders:

- **Mask are required for Grade 3-6 students and recommended for Prep – Grade 2 students.**
- **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.**
- **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 1<sup>st</sup>. (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.

## 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** cannot be paid before the 1<sup>st</sup> 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 3<sup>rd</sup> 2021**, to ensure supplies are ready for pick up on Book Collection Day on from **Monday January 17<sup>th</sup> 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 1<sup>st</sup>. For SunSmart information visit <https://www.sunsmart.com.au/communities/parents>



## SUNSCREEN

The Department of Education and Training provides schools with the following information regarding sunscreen:

- Apply SPF 30 (or higher) broad spectrum, water-resistant sunscreen
- Apply a generous amount to clean, dry skin at least 20 minutes before going outdoors
- Re-apply sunscreen every two hours (whether or not the label tells you to do this) or more often when sweating or swimming
- Check and follow the use-by date stated on the packaging
- Store sunscreen below 30°C
- Do not rely on sunscreen alone as it does not provide full protection - combine with other sun protection measures
- Develop strategies that remind children to apply sunscreen before going outdoors.

Students should:

- Be able to apply their own sunscreen
- Be reminded to reapply sunscreen
- Have access to their own sunscreen for all outdoor activities.

Because there is a small risk of allergies and the potential for cross-infection from sunscreen use, parents are required to provide sunscreen for their child/children. Children are encouraged to practice applying sunscreen at home so they can develop this skill ready for school.

Please note; the school does not provide sunscreen for mass use. Teachers will not apply sunscreen to students.

## 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 1<sup>st</sup>, 2022.

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

## eSmart Topic: 5 Signs Your Child has a Healthy Relationship with Screens.

Do you ever worry about how much time your child spends engaged with a screen? This short clip outlines 5 signs to look for in determining whether your child has a healthy relationship with screens.

To view the clip: <https://www.common sense media.org/videos/5-signs-your-kid-has-a-healthy-relationship-with-screens>

## - CommonSense Media

### One Box

For the past three-year Quarry Hill P.S has been supported by the One Box program which is an initiative that provides Australian families with a free weekly box full of fresh fruit, veggies, milk and bread over the full school year. If you would like to be a part of the program for 2022 or would like some extra information on this great initiative, please give Kerry a ring on either Monday or Wednesday.

## Head Lice

We have been notified that Head Lice are on the move again as the weather is warming up. Please check your child's hair carefully and treat if necessary so we can prevent any further cases.

It is important that you continue to check your child/ren's hair for any signs of lice and eggs on a regular basis to help prevent further cases.

## SCHOLASTIC BOOK CLUB

Issue 7 of Scholastic Book Club is due Friday 22<sup>nd</sup> October. 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

Malakai B (Room 9)	For being kind to himself, others and our learning environment.
Logan H (Room 17)	For being kind and helping a classmate find a safe place for his work.
Jack J (Room 1)	For always using his initiative and helping others when they need it.
Jonty V (Room 12)	For always displaying wonderful sense of humour.
Evie L (Room 12)	For her kind and caring nature. Always pleasant to be around.



### Curious

Sienna N (Room 6)	For having a sensational start to her term! Well done.
Jobe B (Room 2)	For successfully inserting borders, pictures and changing the font in a Word doc.



### Brave

Lola D (Room 10)	For getting back into school, after remote learning, with ease! Well done.
Pip J (Room 10)	For handling remote learning like a champion. Well done!
Kade B (Room 10)	For starting Term 4 with ease. Back into routine with high expectations of himself.
Eddie Mc (Room 17)	For showing bravery and resilience during our Bike Ed program.
Ivie P (Room 14)	For independently completing research for her diorama project to a high level.
Jax E (Room 2)	For demonstrating greater focus and persistence during reading tasks.



## INSIGHTS

### Helping your family manage uncertainty



Uncertainty is part of life and yet our brain, which creates our thoughts and feelings, loves certainty and predictability.

The pandemic has created more uncertainty in families, schools and communities than most people can recall in their lifetimes. With no clear end point, more stress and anxiety may well be triggered. In small doses anxiety heightens your sense of focus, giving you an increased level of energy, and increases your chances of managing a potential challenge that has appeared. In large doses, this anxiety is problematic, as it can cause feelings of being overwhelmed and even panicked.

#### The lesson of being real

Many fears and unexpressed emotions lie beneath the stress of navigating uncertainty. Be prepared to share your emotions with your children, especially feelings of sadness. They experience grief every time they lose the opportunity to spend time with loved ones, go on holiday or return to school to see friends.

Grief is not a sign of weakness. It shows you are human. Let your children see you cry and give them the agency to know what to do. They can grab a tissue, they can give you a hug and, if they're old enough, they can make you a cuppa.

Your children need to see that when bad things happen to adults, they can feel upset for a time. There are many ways you can help children cope with uncertainty.

#### Normalise uncertainty

Teach your children that nothing is permanent. Good things come and go. So will tough times. Change is a part of life and can be positive or challenging. Share stories about how your family recovered from hard times. Adaptability and flexibility are key components of resilience, which can be nurtured in childhood.

#### Make choices that ease fear and anxiety

Remind your children and young people that they are not powerless. Resting, reading and relaxing are great tools to ease fear and anxiety. This might include taking deep breaths, listening to music, or making others laugh. Getting outside to play or walk the dog is another simple way to ease the nervous system.

#### Focus on the things you can control

Simple habits and routines really make a difference. When everything is changing routines and rituals such as regular family mealtimes, bedtimes and wake up times help maintain a sense of normality. These rituals provide an important anchor helping them feel in control.

# parenting \* ideas

## Encourage your kids to have a 'gratitude attitude'

Though times are no doubt really tough for many, you can choose to feel grateful for the things you have, and the people love, and you can model this mindset with your children.

## Maintain hope

Hope is an important antidote to feeling stuck in fear. Encourage feelings of hope by sharing wonderful memories via photos or videos which can lift everyone's spirit. Plan a new experience to happen when that becomes a possibility.

Children and young people need to understand that life can be an unpredictable ride and together you can adapt and find a way through to each new day.

The greatest tool you have as a parent in these times is to remember that you are the 'safe base' for your children and young people. If you can embody that, and help them feel that no matter what, your love and support is a certainty, then the uncertainty around us all becomes a lot more manageable.



### Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). She is the mother of four sons and a very grateful grandmother. For further details visit [maggiedent.com](http://maggiedent.com)

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

[parentingideas.com.au](http://parentingideas.com.au)



Enrol now for funded 3 and 4 year old Kindergarten in 2022.

FREE for concession card holders

Up to 5 hours of funded 3 year old kindergarten in 2022

 **LODDON MALLEE PRESCHOOL ASSOCIATION**

[www.lmpa.org.au](http://www.lmpa.org.au)

**2021/22** Come join us! **MAIDENGULLY MARIST CC**

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contact Kelly Berry on [juniordoordinator@mgmcricket.club](mailto:juniordoordinator@mgmcricket.club)

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**woolworths CRICKET BLAST**

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MGMCC proudly supported by  **BENDIGO STADIUM** 

**HEADING TO HIGH SCHOOL?**

**ON YOUR BIKE!**

Time  
10am – 2pm

Program Dates  
17 & 24 October

Cost  
\$25 for two sessions

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**Riding & road safety program for teens & tweens**

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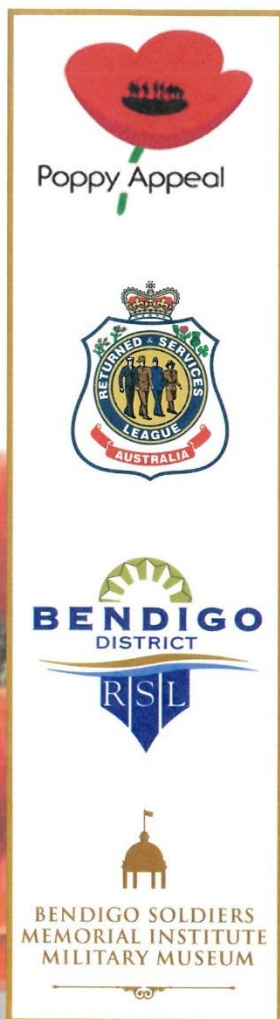
About the instructors  
**Nicola Dunnidiff-Wells** is an accredited Bike Ed Instructor and AustCycle Skills Coach. President of Bike Bendigo and mother of three, she is passionate about supporting active travel to school.

**Finn Wrigley** is a passionate cyclist with a degree in Outdoor Education. He also has Bike Ed and mountain bike guiding certificates. In his spare time, Finn does pottery and goes bike touring with friends.

**A - REIMAGINING HEALTH PROJECT**  
proudly supported by  VicHealth

A Reimagining Health Project proudly supported by VicHealth.





# Poppy Appeal



Purchases can be made  
via our online store  
<https://appeals.bendigorsl.com.au/>

Donations can also be made  
directly by scanning this QR Code

