



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday 17<sup>th</sup> November, 2021  
Newsletter No. 19

## Our Vision:

QHPS students are empowered to be engaged learners. Our community fosters a culture of respect and belonging.

## 2021 TERM DATES

Term 4 October 4 – December 17

## 2022 TERM DATES

Term 1 January 28 – April 8

**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

November		
Monday 22 <sup>nd</sup>		2022 Prep Transition Day
Friday 26 <sup>th</sup>	3.30pm	Swimming notes and payment due
December		
Friday 3 <sup>rd</sup>		Last day to order Booklist online
Monday 6 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> , 13 <sup>th</sup>	Various	Swimming Program-Gurri Wanyarra
Tuesday 7 <sup>th</sup>	9.30am -11.00am	State – wide Orientation Day
Wednesday 15 <sup>th</sup>	5.15pm 6.00pm	Gr 6 Graduation– Students drop off Parent and Guest arrival
Friday 17 <sup>th</sup>	1.30pm	End of Term 4-Early Finish
January		
Monday 17 <sup>th</sup> – Friday 21 <sup>st</sup>	8.00am – 4.00pm	Curriculum contributions, Book Collection Week.

## 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.
- Swimming Program: Starts Monday 6<sup>th</sup> December.
- Grade 6 Graduation Dinner: Wednesday 15<sup>th</sup> December.
- If your child is not returning to Quarry Hill Primary School in 2022 can you please notify office.

## CONGRATULATIONS

George P has been selected in the School Sport Victoria Team Vic 12 Years & Under Football State Team competing in an Interstate competition at Sydney International Cup to be held at Cromer Park Sports Complex NSW Friday 3rd December to Sunday 5th December 2021. Well done George!

## 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.

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

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 all this week. Please mark this day on your 2022 diary.

## POLICY UPDATES

We are in the process of reviewing two of our student health and safety policies – the Student Engagement and Wellbeing policy and the Bullying Prevention Policy. The purpose of these policies are to support us to develop and maintain safe, supportive, respectful and inclusive school environments and address all forms of bullying. Student focus groups have had their say and now it is your opportunity to provide feedback or ask questions. You will find the policies on the school website as drafts [here](#). Any feedback can be sent to [Quarry.Hill.PS@education.vic.gov.au](mailto:Quarry.Hill.PS@education.vic.gov.au)

## HEAD LICE

Due to the warmer weather, we have been notified of head lice at Quarry Hill Primary School. Please check your child/children's hair carefully as soon as possible and treat if necessary so we can prevent further cases. It is important that you continue to check your child's hair for any sign of live lice and eggs on a regular basis to help prevent the spread of head lice.

## 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.

## eSmart Topic: Parents Ultimate Guide to Fortnite

Are your kids caught up in the "Fortnite" frenzy? Here is everything you need to know about this popular video game. Check out the article and short clip for families:

<https://www.common sense media.org/blog/parents-ultimate-guide-to-fortnite>

### ACHIEVEMENT AWARDS

#### Kind

Scarlett W (Room 12)	For her kind and inclusive nature.
Giana E (Room 12)	For always treating those around her with kindness and respect.
Flynn S (Room 13)	For being a caring and supportive class member.
Mack S (Room 2)	For being kind, friendly and including others in his game.



#### Curious

Clara L (Room 12)	For her dedication and engagement during literacy sessions.
Mallakye N (Room 17)	For showing creativity and ingenuity when fixing our trundle wheels.
Annabelle C (Room 17)	For presenting your math work to a very high standard.
Flynn S (Room 13)	For being an active learner and a responsible student in Chinese. You have set a good example for the class!



#### Brave

Fletcher W (Room 16)	For stepping outside his comfort zone & pushing his boundaries. Well done Fletcher!
Charlie L (Room 16)	For stepping outside his comfort zone & pushing his boundaries. Well done Charlie!
Caitlin O (Room 10)	For confidently participating in class discussions. Well done!
Tanner H (Room 6)	For being confident during maths to share his thoughts and ideas!
Anjelina L (Room 14)	For working hard to learn her times tables to 10x10.
Jack W (Room 15)	For being an independent and honest student. Great job, Jack!



### REMEMBRANCE DAY

Last Thursday marked the 11<sup>th</sup> of November, Remembrance Day. Our School Captains spoke to our students over the PA about the significance of the day and why we observe a minute silence. The whole school then observed a minute silence. A wreath was laid down at our flagpole as a sign of respect for our fallen soldiers.

Lest we forget.





## NEWS FROM GRADE 5/6

Quarry Hill Croquet Club invited our Grade 5/6s to the pitch to learn the game of croquet. Room 10 were first up and had their sessions on Tuesday. They will complete their second session this Friday. So much fun was had by all and the volunteers at the croquet ran an excellent program. At the conclusion of the program, students and families will be invited to the club on a Sunday to participate in a family fun day where students can teach their families how to play croquet. Further details will be in the newsletter at a later date.



When the 5/6's returned to school, they competed in the Unboxy Challenge. Students were required to build a tall self-supporting structure which could hold the weight of a basketball.

Room 16 received commendations for their tower, shown in the image. Callum B, Ed B and Shobi B in Room 10 also received commendations for their creations.



## KITCHEN GARDEN NEWS

Last week the students in Room 17 harvest some leeks and celery which was used in Kitchen Garden to cook celery soup and leek and potato soup. The student's favourite soup was leek and potato soup.





## GRADE 2 NEWS

Grade 2 have been learning about maps and coordinates. We made our own maps and wrote instructions. Players had to follow the coordinates to find the hidden treasure!



## CIRCUS CONNECT VISIT



Quarry Hill Primary School, 25 Peel Street, Bendigo 3550  
Email: [quarry.hill.ps@edumail.vic.gov.au](mailto:quarry.hill.ps@edumail.vic.gov.au)  
Website: [www.quarryhillps.vic.edu.au](http://www.quarryhillps.vic.edu.au)  
Phone: 03 5443 3537

## Support for your kids to get active

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.

As children return to sport over the coming months, 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.

The program also provides a special consideration stream to support children residing in care services as well as temporary or provisional visa holders, undocumented migrants or international students.

Applications for vouchers in round three of the program close at 5pm Tuesday 30 November.

For eligibility requirements and to apply, visit the [Get Active Victoria website](#).







QUALITY SUPPORT SERVICES

## NDIS SUMMER HOLIDAY PROGRAM

### Ironstone Hill Activity Farm



Ironstone Hill is an activity farm offering a range of activities for NDIS participants to suit all ages and all abilities. Located only 15 minutes from the centre of Bendigo, Ironstone Hill is set amongst 20 acres of beautiful Ironbark forest.

Operating from 9-5 every day of the summer holidays (except 25/12 to 3/1), Ironstone Hill will be alive with fun and exciting activities ranging from archery, zip line, music, art and dance classes, meditation and yoga, sports, gardening, woodworking, camp oven cooking, interaction with our animals, bush walking, Nerf assault arena and so much more!

Participants can choose a mix of 1:1 supports with our wonderful support staff or small group programs with other participants.



### How to Book

All existing SASS participants should contact their SASS Care Coordinator.

All new participants need to complete an application form available at [www.sasscare.com.au/ironstone-hill](http://www.sasscare.com.au/ironstone-hill)



### Prices

1:1 sessions start at \$59.27 per hour on weekdays.

Group rates start at \$19.07 per hour on weekdays.

All sessions are for a minimum of 3 hours.



### Eligibility

NDIS participants who are self or plan managed and are primary or secondary school aged are welcome to attend.

All participants must register by 10 December 2021.



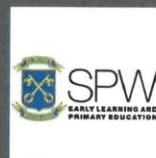
[www.sasscare.com.au](http://www.sasscare.com.au)

[info@sharronandrea.com.au](mailto:info@sharronandrea.com.au)

(03) 4432 7371

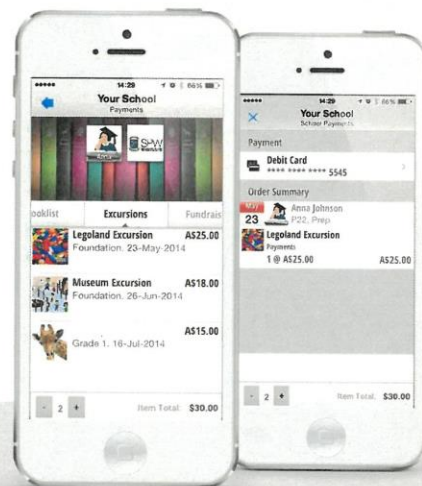


# For quicker, hassle-free canteen and school payments, try *Qkr!* today



Introducing *Qkr!* (pronounced 'quicker') by MasterCard: the easy-to-use phone app that gives you the flexibility to place orders at a time and place that suits you. *Qkr!*:

- Saves you time by letting you order and pay for school items directly from your phone;
- Reduces the need for your child to bring cash to school;
- Reduces the time school staff spend on administrative tasks



## Getting started is easy - try it yourself today

### Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



### Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

### Step 3 Find our school

Scan the QR code or type in the text label provided. Our school will also appear in "Locations Nearby" if you are within 4kms of the school

### Step 4 Register your children

When first accessing your school menu, you will be prompted to register your child. This allows you to make school orders on their behalf.

Scan QR code provided by your school

If within 4kms of the school, you can select from "Locations Nearby"

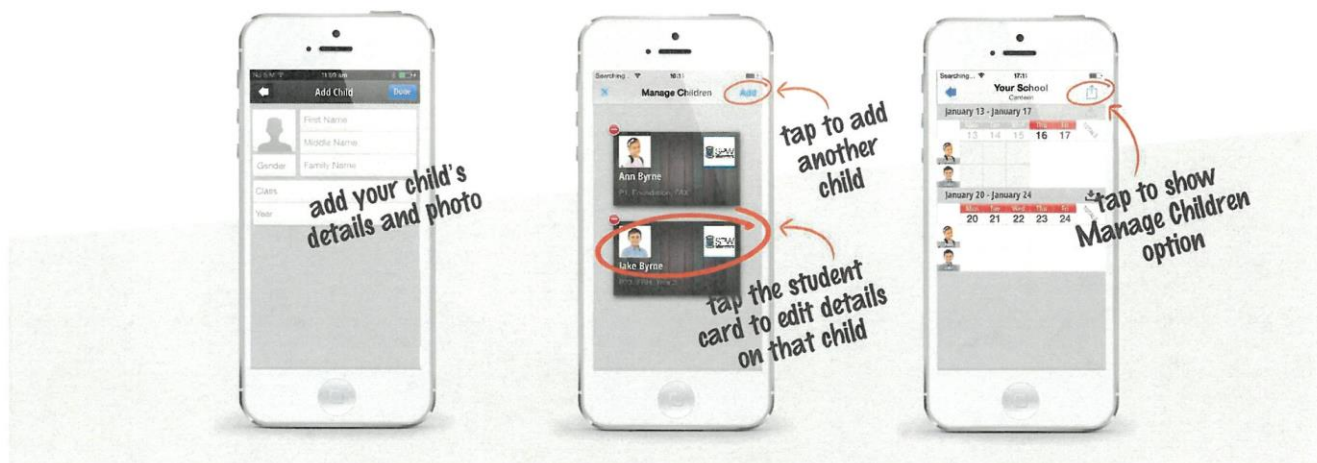
Or type text label provided by your school



**Now you're ready to order and pay for meals and other items...**

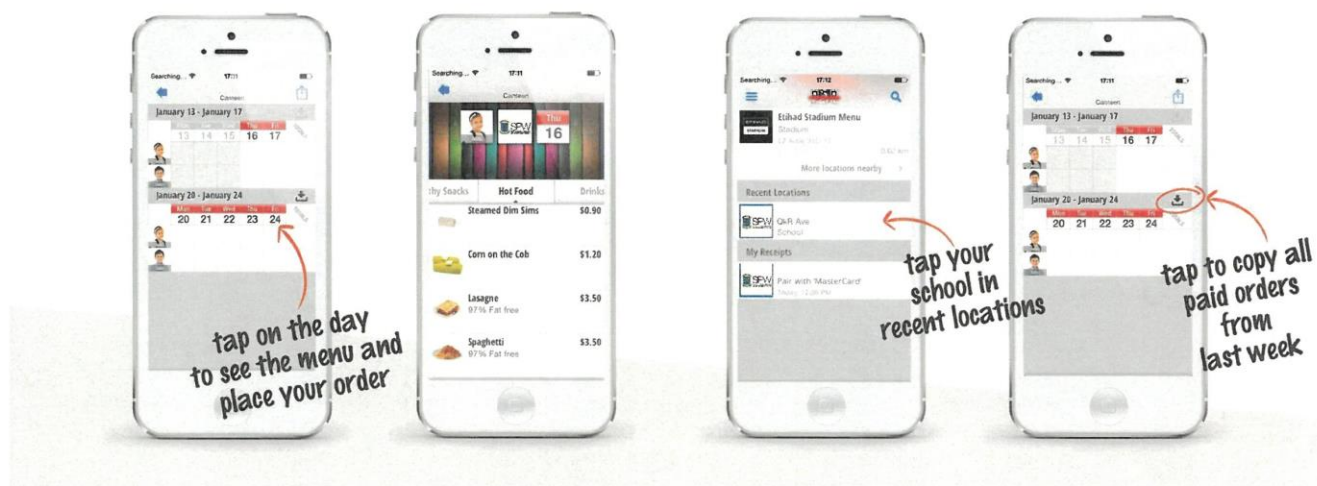


## Manage your children's details

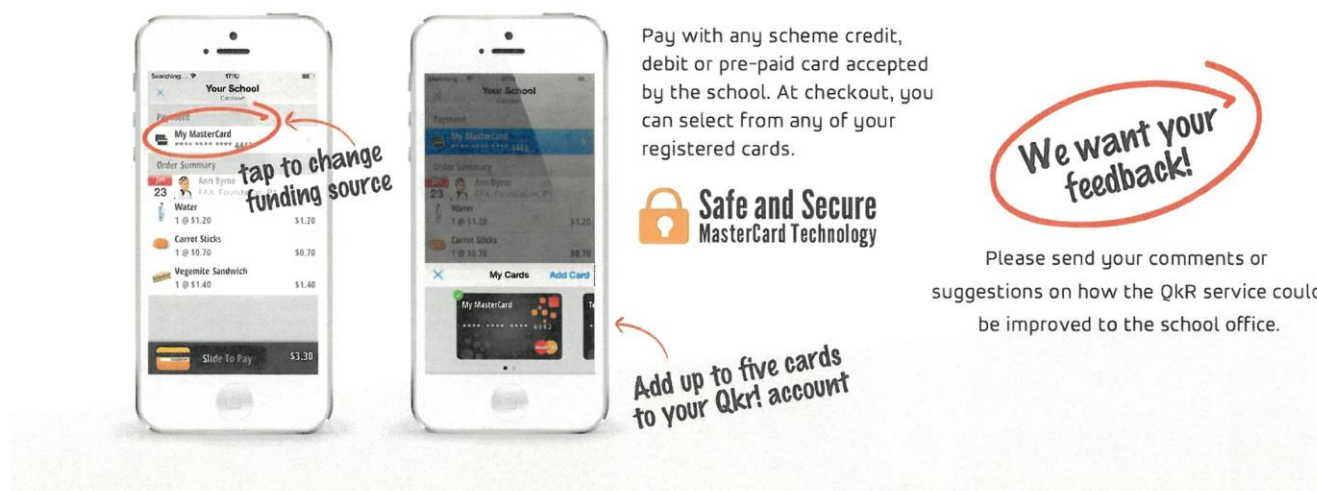


## Order meals

## Save time & re-order



## Add multiple payment cards



## INSIGHTS

### Respond honestly to dishonesty



You enter the kitchen. Your child looks at you like she's hiding something. You see cake crumbs on the bench and the tips of her fingers. 'Did you eat the chocolate cake?' Your child smiles at you, with chocolate stuck in her teeth, and innocently replies, 'No.'

You know your child is not telling the truth. The evidence is everywhere! So, what do you do?

Honesty is an essential value for children and young people to develop as it's central to building trust and community cohesion. Here are some simple, effective ways to encourage your child to be honest.

#### **Remember, telling fibs is normal**

Catching your child in a lie can be frustrating, but remembering that it's a normal part of growing up can help you keep calm. While there is a moral aspect to honesty, children in the early years of primary school tend to be very concrete thinkers, responding better to your immediate concerns such as 'I need to know you are telling the truth' instead of the moral aspects of right and wrong. For older primary aged children and teenagers, the broader issues of trust and morality are parts of the conversations you should have.

#### **Don't ask questions if you know the answer**

If your son is smeared in chocolate cake, don't say, 'Did you eat the chocolate cake?' Instead try, 'I can see you ate some chocolate cake. You must have been hungry huh?' Then pause and ask, 'Do you think I'm pleased or upset? Why? What should we do next time?' Use the awkward situation as an opportunity to find out more about what your child may need.

#### **Show the truth**

If you are a parent of a teenager, you know how easily parent-teen relationships can be harmed by accusations and criticism. If you think that a teenager may have misled you about an area of concern such as not being where they said they were, then it's probably wisest to bring your young person's attention to evidence of the truth rather than back them into a corner with an accusation. "You said you were at Jana's, but her mum said that Jana didn't have any visitors yesterday" is a statement of truth from your perspective that's invites a response from a young person.

#### **Listen to their side**



# parenting\*ideas

Things often aren't as they seem so if you think your child or young person is not being completely honest, be prepared to listen to their side of a story. This is not to suggest that you let them pull the proverbial wool over your eyes, but there are times when kids may believe they are telling the truth. Alternatively, they may have told a lie to keep themselves safe or to prevent them from following the crowd. Get your child talking, ascertain if they believe they are being truthful, and if they aren't, listen to why they bent the truth.

## Let the consequences do the teaching

Acknowledge truthfulness when a child or young person owns up to doing the wrong thing. Help them fix the dishonesty and discuss how to do better in the future. Avoid punishment as this will cause more lying in the future. Allowing the consequences to do the work helps keep your relationship intact and ensures that lessons are experienced, and responsibility is taken.

## Extract a simple promise

Studies show that children are less likely to be dishonest once they have promised to tell the truth. If they tell you the truth, and then you punish them severely, they will be less likely to tell the truth in the future, promise or not.

## Model honesty

Many adults are guilty of social 'white' lies. Such 'little white lies' that conveniently bend the truth to your advantage are commonplace. Children and young people take their cues from parents, so these little white lies show them it's okay to bend the truth in certain circumstances. You don't get away with anything when you are parent – your behaviour is always on show so stick to the truth, even when it's difficult, if you want your kids to do the same.

## In closing

Honesty takes time and maturity to learn, especially in the face of the clearly tactical advantages of bending the truth. As parents, nurture honesty in kids by modelling, discussing its merits and acknowledging that it's not always easy to be honest. And maybe, avoid keeping the chocolate cake on the kitchen table.



### 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.



# 'J' CYCLE PROGRAM

7 week program for children 7 years and above to learn track skills

**Sunday 7 November to  
Sunday 18 December**  
10:00am - 11:00am



**COACHING** - coaching for the J Cyle program is provided by Noel Sens. Noel is a renowned para-cyclist who has won 16 National Championships and Captained the 2000 Sydney Paralympic Games Cycling Team. Noel is supported in the program with other club coaches and club members.

**EQUIPMENT** - Bikes will be provided to new first year attendees to be used and housed at the Bendigo Cycling Club track. Those who have attended previously are welcome but will need to supply their own bike. A helmet must be provided by each participant which is in good order and is clearly identified as approved with Australian Standard sticker.

**REQUIREMENTS** - Auscycling Race Licence is a must (no free trial licence) From \$50.00 depending on age....[www.auscycling.org.au/membership/race-all-discipline](http://www.auscycling.org.au/membership/race-all-discipline)

**PARENTS** - there must be a parent or guardian present at all training sessions for the duration

**REGISTRATION** - Registration is at the first session on Sunday 7th November from 9:00am-10:00am.

**ARRIVAL** - after the first week, riders must arrive 9:30am for 10am start.

All enquiries to Noel Sens  
0488 435 130

Noel is an accredited Level 2  
Cycling Coach and Paralympian



## JUNIOR TOUCH FOOTBALL WORKSHOP

**WEDNESDAYS 5PM - 6PM**

**WEEKLY: NOVEMBER 10TH - DECEMBER 15TH 2021**

**Our Junior workshops will include:**

- Ball throwing & passing
- Non-contact tag
- Round robin mini-games
- Plus a variety of different drills to help participants learn & grow their knowledge of Touch Football

**JUNIORS ALL AGES WELCOME**



**LOWER FIELDS  
CLUB COURT, STRATHFIELDSAYE**



**Free 6 week workshop!**





# **ZODIACS NETBALL CLUB**

## **2022 CLUB INFORMATION & TRYOUTS SESSION**



**YOU CAN PLAY FOR FUN  
OR AT YOUR BEST WITH  
THE ZODIACS**

**SUNDAY 28TH NOVEMBER,  
11AM- 12PM**

**WHERE: ZODIACS HOMEBASE  
STRATHDALE PARK TENNIS  
CLUB  
RESERVOIR & MCIVOR ROADS,  
STRATHDALE**

**RSVP:  
THEZODIACSNETBALLCLUB@OUTLOOK.COM**

# **3 DAY EVENT**

## **18<sup>TH</sup> - 20<sup>TH</sup> NOVEMBER**

**ZERO & REWARDS CARD HOLDERS**

**20% OFF\***  
**SCHOOLWEAR**  
& EVERYTHING ELSE!

**DON'T HAVE A CARD? APPLY IN-STORE OR  
ONLINE & START ENJOYING THE BENEFITS**

\*T&C'S APPLY, SAVINGS OFF ORIGINAL PRICES. INSTORE & ONLINE



SHOP SCHOOLS ONLINE



SHOP SCHOOLWEAR

**LOWES PRACTISES COVID SAFE MEASURES.**

\*Offer available instore & online, ends midnight (AEDT) 20/11/21. Must use Zero or Rewards card to receive discount. Excludes Gift Cards & schoolwear lay-bys. Cannot be used in conjunction with any other offer, no rainchecks.

## **PAY-AS-YOU-WEAR!**

Flatten your expense curve  
by paying off your LOWES  
purchases over 12-months  
with your Zero Card.



**PLUS take an  
EXTRA 5% OFF  
your purchases.**

**FIND OUT MORE ABOUT LOWES ZERO CARD >**



We're developing a strategy for local kindergartens and the buildings they operate from and want your thoughts!

The City of Greater Bendigo is keen to get your thoughts on what is important to the Greater Bendigo community now, and in the future for pre-school facilities. We also want to know how families currently access kindergarten programs, what the barriers are to participation and what would make it easier for children to participate? This information is important because it will assist the City to develop an Early Years Infrastructure Strategy for the next 10 years.

In 2022, funded kindergarten services are being expanded to include three-year-old and four-year-old children across Greater Bendigo with local children set to benefit from this additional education.

Greater Bendigo has a growing population and the number of children in our community, aged three and four-years-old, is expected to grow from 3594 in 2021 to 3877 in 2029.

In partnership with the Victorian Department of Education and Training the City's goal is to ensure all three and four-year-old children have easy access to contemporary kindergarten programs.



## HOW CAN YOU HELP?

You can help by completing a short survey at **<https://letstalkgreaterbendigo.com.au/kindergarten-services-survey>** or via the above QR code.

By Wednesday December 1, 2021.

