



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday 1<sup>st</sup> December, 2021  
Newsletter No. 20

## 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

Term 2 April 26 – June 24

**Principal:** Jo Menzel

**School Council President:** Claire Flanagan-Smith

**PFA President:** Renee Selkrig

## IMPORTANT DATES

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
Tuesday 14 <sup>th</sup>	10.30am	Special Assembly
Wednesday 15 <sup>th</sup>	4.00pm 5.15pm 6.00pm	Compass - Reports available 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.
Monday 31 <sup>st</sup>	Various	Start up Meetings

## Reminders:

- **Booklist due online by Friday 3<sup>rd</sup> December.**
- **Swimming Program: Starts Monday 6<sup>th</sup> December.**
- **Special Assembly School Leadership announcements: Tuesday 14<sup>th</sup> at 10.30am start.**
- **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.**

## BOOKLISTS FOR 2022

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 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.

## ~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

## Staffing Update for 2022

We would like to welcome back Lauren Clark and Jess Telford from parental leave.

## Exiting Staff

The following staff will not be returning to Quarry Hill Primary School for 2022:

- Zac Hare (new appointment)
- Ash Feehely (new appointment)
- Zoe Zhang (relocating)
- Tamieka McErvale (Leave for 2022)
- Tova Penno (Leave for 2022)
- Sheryl Somerville (Leave for 2022)

## Class Organisation for 2022

We will be running 13 classrooms in 2022.

The structure as follows:

Prep	2 classes
Grade 1/2	3 classes
Grade 3	2 classes
Grade 4	2 classes
Grade 5	2 classes
Grade 6	2 classes

## 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 Discord

Discord is a free app for mobile and PC that lets people chat via text, voice, or video in real time. Discord requires that users be at least 13 years old, although they do not verify users' age upon sign-up. Is Discord safe? How does it work? Here's everything you need to know about this popular chat app.

Continue reading the Common Sense Media article: <https://www.common sense media.org/blog/parents-ultimate-guide-to-discord>


### LOST PROPERTY

Located in the office is the lost property box full of unclaimed items. If your child has misplaced a jacket or another piece of clothing, could you please pop into the office at some stage in the next two week to go through the box.


All items left after this time will be donated to the second-hand uniform shop.

### ACHIEVEMENT AWARDS


#### Kind

Sully H (Room 6)	For looking out for his peers and including them outside in the yard!	 Kind
Lavender C (Room 6)	For being a respectful listener when hearing her peers read their writing!	
Caelan M (Room 10)	For always respecting those around him, even when their opinions differ.	

#### Curious

Jax E (Room 6)	For having a go at finding some 'turn around' facts for his division sums!	 Curious
Thomas A (Room 14)	For writing his buddy letter to a very high standard.	
Anabel K (Room 11)	For displaying an inquiring mind during volume and capacity activities.	
Ryan J (Room 11)	For displaying an inquiring mind during volume and capacity activities.	

#### Brave

Max D (Room 15)	For being Brave. Thank you for breakdancing and sharing 'Max's Moment'. Highlight of the week!	 Brave
Marta B (Room 10)	For presenting her debate topic to the class, even though it was confronting.	



## News form Grade 6

Last week the Grade 6 students had a Celebration Day where they went and played lawn bowls at South Bendigo Bowls Club, after bowls the students walked down to Rosalind Park where they had Grill'd for lunch and some free time. A great day was had by all.



## YMCA

Bookings are now open for our exciting Summer School Holiday Program! Incursions and Excursions are back for Summer. Check out our program and book online!



<https://childrensprogram.ymca.org.au/school-holiday-programs/bendigo>



## 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.



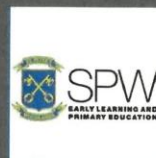
[www.sasscare.com.au](http://www.sasscare.com.au)

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

(03) 4432 7371

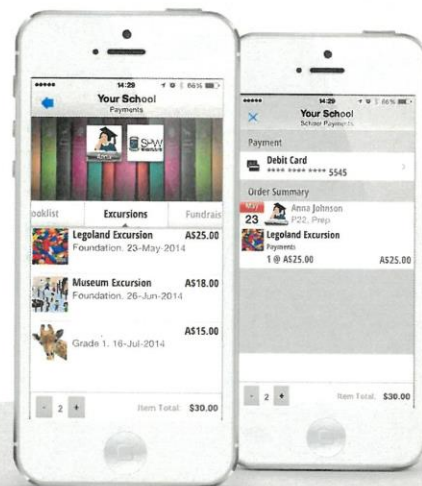


# For quicker, hassle-free canteen and school payments, try *Qkr!* today



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!*:

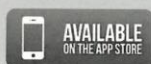
- Saves you time by letting you order and pay for school items directly from your phone;
- Reduces the need for your child to bring cash to school;
- Reduces the time school staff spend on administrative tasks



## 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

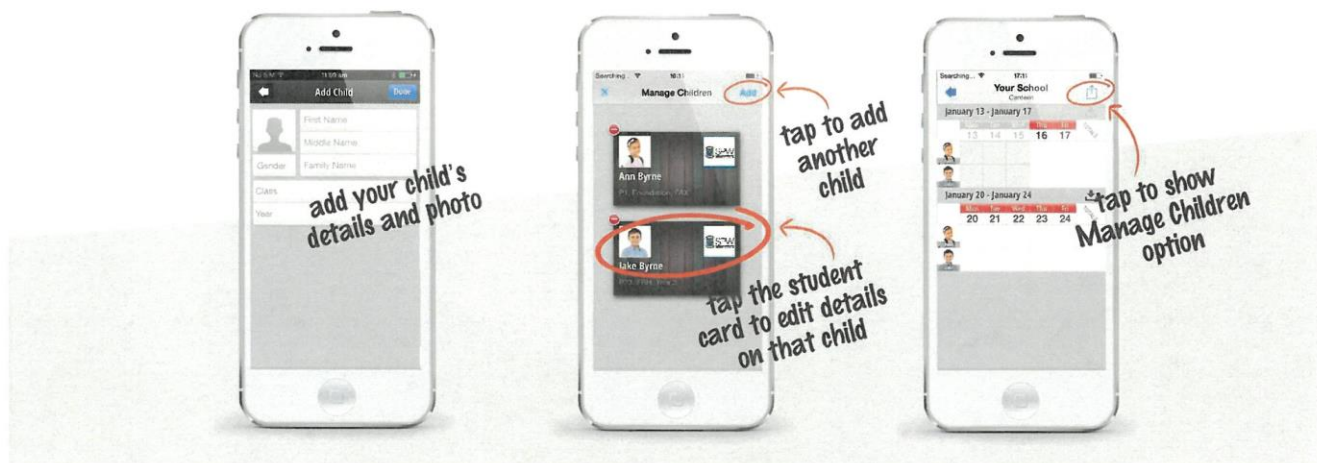
If within 4kms of the school, you can select from "Locations Nearby"

Or type text label provided by your school



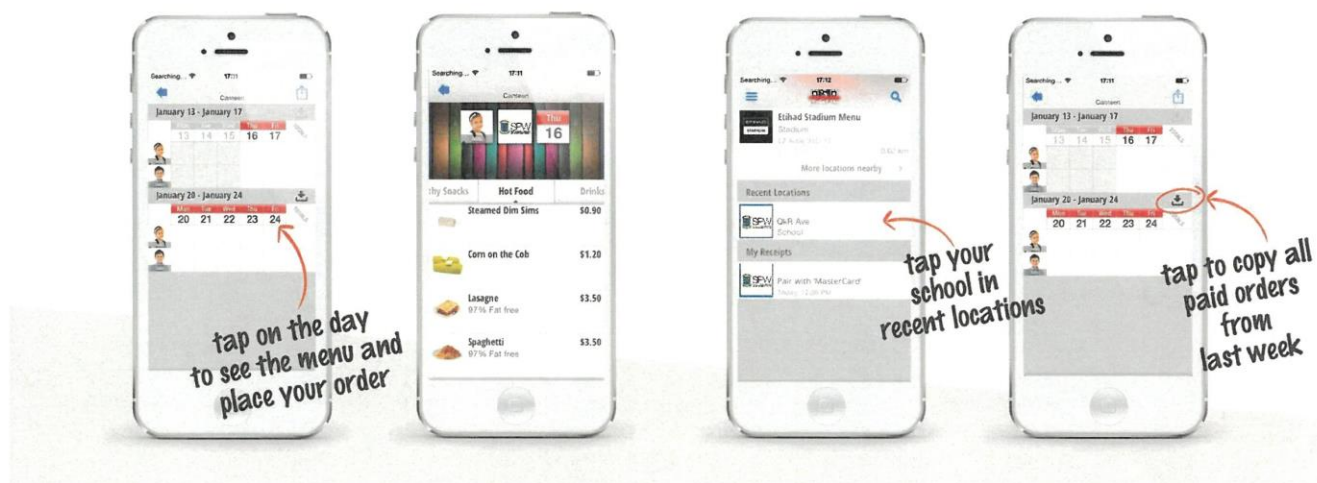
## Now you're ready to order and pay for meals and other items...

## Manage your children's details

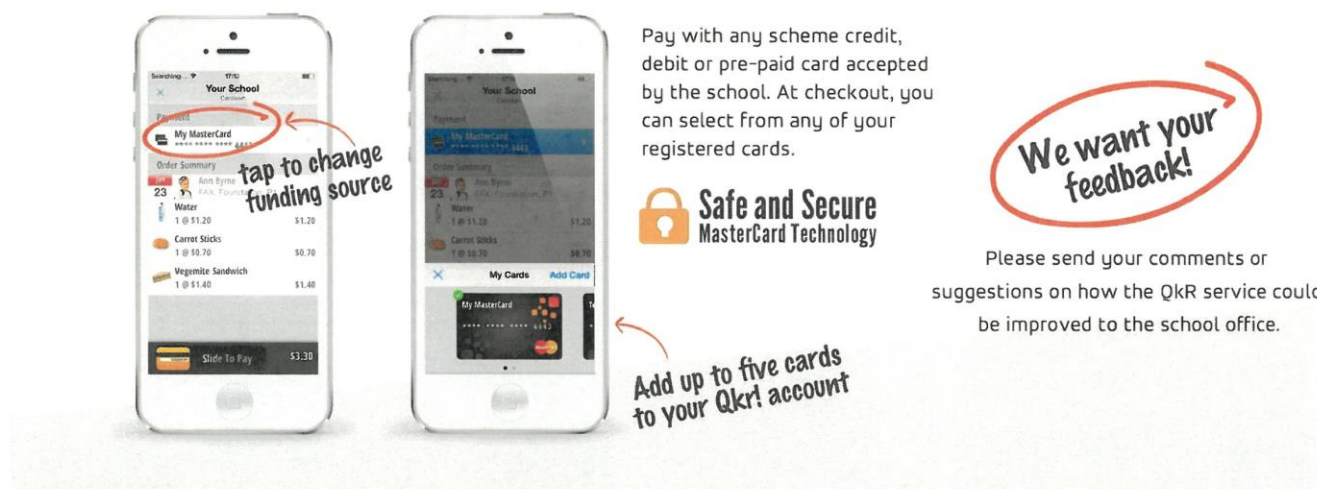


## Order meals

## Save time & re-order



## Add multiple payment cards





## INSIGHTS

### Screen time habits for good eye health



Children and teens are spending an increasing amount of time on digital devices for both learning and leisure. Lockdowns, remote learning, and online learning have resulted in a surge of young people complaining about sore eyes, blurred vision, headaches, red eyes or general eye fatigue.

Research suggests that there has been an increase in myopia (nearsightedness) rates for children and teenagers during the pandemic. Myopia is a vision condition in which someone can see objects near to them clearly, but objects farther away are blurry.

One [study](#) revealed an almost 400% increase in six-year-olds presenting with myopia symptoms during the 2020 lockdown. The phenomenon referred to as 'quarantine myopia'. Experts believe that screen time may be to blame. HCF Health Insurance data shows over 20% more school-aged children had claims entered for glasses or contact lenses in 2020, compared to five years ago.

While it may seem logical to blame these negative impacts solely on screens, there's emerging evidence to suggest that screens alone may not be triggering or causing eye strain or myopia. The pandemic has not only led to an increase in screen time but has also resulted in kids spending more time inside and less time outdoors in natural sunlight. Family history is also a known risk factor for children developing myopia.

Given that kids will need to continue to rely on digital technologies for their learning and leisure, parents, carers and educators need to equip them with the strategies that will support their eye health and reduce the impacts of screen-related eye conditions such as eye strain and myopia. Following are some simple strategies to help keep screenagers' sight healthy and in optimum condition.

#### Keep an eye on their eyes

Be on the lookout for symptoms such as headaches, blurry vision, squinting, or rubbing eyes, as they may indicate potential eye issues. Take your child to an optometrist if symptoms persist.

#### Teach them the 20/20/20/20 rule

Every 20 minutes, they should take at least a 20 second break, look into the distance for 20 metres to develop depth of vision, and blink 20 times – because when they stare at a screen their blink rate declines by 66%.

#### Remind them to close their eyes

Learning through screens is mentally taxing, depleting the two regions of the brain which process what they see and hear online. Encouraging kids to close their eyes, even if just for 10 seconds, gives these regions of their brain a much-needed break. It increases alpha waves in their brains, leaving them feeling focused and alert after a short break.

# parenting\*ideas

## Remember the arm's length rule of thumb

Remind your kids to keep all their digital devices and reading materials at least an arm's length away from their eyes.

## Brighten up

Make sure kids read with appropriate lighting, as poor surrounding light increases eye strain. You may need to adjust the brightness on the screen they are using, or the lighting in the room.

## Encourage them to head outdoors

Research shows that young children who spend more time outdoors are less likely to be short-sighted as teenagers, so ensure your children get at least two hours of 'green time' time a day. Evidence also reveals that just 40 seconds in nature will reduce stress levels.

Given that technology plays a pivotal role in kids' lives, it's essential that parents, carers and educators equip kids with the skills and strategies that will protect their eye health. This requires strategies to deploy when kids are using devices and ensuring that their tech time doesn't displace vital offline experiences, such as time in nature. Yet another reason why we need to balance their 'screen time' with their 'green time'.



### 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).



## 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**

# WE'RE HIRING

**CASUAL  
HOLIDAY  
PROGRAM  
EDUCATOR**

**BE PART OF A REMARKABLE TEAM.**

GENUINE | FUN | INNOVATIVE | INVOLVED | REMARKABLE

**{ genuine**  
: true, honest  
and sincere

**{ fun**  
: providing  
entertainment,  
amusement or  
enjoyment

**{ involved**  
: actively  
participating  
in something

**ENRICHING  
CHILDREN'S  
LIVES** SCHOOL  
HOLIDAYS

**Team  
Kids**

**APPLY TODAY  
TEAMKIDS.COM.AU/CAREERS  
1300 035 000**



## HEADING TO HIGH SCHOOL? ON YOUR BIKE!



**Time**  
10am – 2pm

**Program Dates**  
28 Nov & 5 Dec

**Cost**  
\$25 for two sessions

**Booking Essential**  
[www.trybooking.com/BVGKP](http://www.trybooking.com/BVGKP)

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

- Brush up on your riding skills
- Understand the road rules
- Learn strategies for safe on-road riding
- Prepare for independent travel

**BIKE  
BENDIGO**

**- A -  
REIMAGINING  
HEALTH  
PROJECT**  
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A Reimagining Health Project proudly  
supported by VicHealth.

About the instructors

**Nicola Dunncliff-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.

**Nathaniel Cassamento** is a Bike Ed  
instructor. An Outdoor Education student,  
he formerly studied urban planning and loves  
active transport. He currently works across  
Melbourne for Cycling Unlimited, and has a  
range of experience in various  
primary school roles.

**ACCA**  
ACADEMY OF CREATIVE ARTS  
THE ACADEMY OF CREATIVE ARTS  
PRESENTS

# TENACITY

**2021 END OF YEAR SHOWCASE AND EXHIBITION**

**MONDAY 6TH DECEMBER @ 6:00 PM**

**ULUMBARRA THEATRE**

**TICKETS \$5 AT THE CAPITAL BOX OFFICE**

**VISUAL ART EXHIBITION AT DUDLEY HOUSE**  
**7 - 12 DECEMBER**



# 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.

