



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Thursday, October 6th, 2022
Newsletter No. 15

Our Vision:

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

2022 TERM DATES

Term 3 July 11 – September 16

Term 4 October 3 – December 20

2023 TERM DATES

Term 1 January 30 – April 6

Term 2 April 24 – June 23

Principal: Jo Menzel

School Council President: Claire Flanagan-Smith

PFA President: Renee Selkrig

IMPORTANT DATES

October		
Monday 10 th	9.00am – 2.30pm	LMR athletics – Selected Students
Wednesday 12 th	9.00am – 11.00am 2.30pm – 3.30pm	Workshop - Catholic Care Mental Health Expo
Friday 14 th	11.00am – 12.00pm	Zambrero Lunch
Tuesday 18 th	8.00 – 4.30pm	Grade 2 Melbourne Zoo Excursion
Monday 24 th	3.30pm	Book Club Due
Wednesday 26 th	All Day	Public Holiday- Bendigo Cup
November		
Tuesday 1 st	9.00am – 3.30pm	House Athletics Carnival
Monday 7 th	All Day	Curriculum Day – Students not required to attend
Thursday 10 th		School Disco
Monday 21 st	9.00am	Parents Workshop - Catholic Care
December		
Monday 5 th , 6 th , 7 th , 8 th , 9 th	Various	Swimming
Monday 12 th , 14 th , 15 th	Various	Swimming
Wednesday 14 th		Grade 6 Graduation Dinner
Tuesday 20 th	1.30pm	Last Day of Term 4

Reminders:

- **2 Minute Car Park** - Please do not leave your cars unattended as these are only for pick up & drop offs.
- **Second hand uniforms** – Thursday 9.00am – 10.30am and Fridays 3.30pm -3.45pm

~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



ENROLMENTS & CLASS PLACEMENTS 2023

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

If your child will not be attending Quarry Hill Primary School in 2023, we would appreciate you letting us know as soon as possible.

If there are any considerations for placements for student classes in 2023, that you have not already discussed with your child's teacher, Anne, or Jo, please let me know in writing by Tuesday November 1st, 2023.

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

SUPERVISION RESPONSIBILITIES BEFORE AND AFTER SCHOOL

At Quarry Hill Primary School, the school grounds are supervised by staff from 8.45am before school and until 3.45pm after school.

There may be staff in attendance at the school before and after those times, but those staff may be involved in tasks such as meetings or lesson preparation. This means that these staff members will not be supervising students.

A number of parents accompany their children to school and wait to see that they are settled. This practice is fine, and is certainly encouraged, as parents are supervising their own children.

Formal before and after school care is available within the school grounds and is operated by OSHClub.

Information regarding this program is available from the office, or can be accessed online at

<https://www.oshclub.com.au/>

NEWSLETTER ELECTRONICALLY

A reminder to all parents and carers that the newsletter is made available through Compass. The newsletter is also available on our school website. <http://www.quarryhillps.vic.edu.au/>

ANAPHYLAXIS AND ASTHMA

We have several children enrolled who suffer from severe allergies to a variety of things including nuts, nut products, dairy, dairy products, wheat and egg 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. We are an Allergy Aware school. Students are encouraged to wash hands before and after eating to minimise the risk of contamination.

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

Child Safe



In July 2021, the Victorian Government announced new Child Safe Standards to further strengthen child safe environments and protect children from abuse. It is vital our children feel safe and are safe.

There are now 11 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 11 Standards are:

Child Safe Standard 1 – Establish a culturally safe environment in which the diverse and unique identities and experiences of Aboriginal children and young people are respected and valued.

Child Safe Standard 2 – Ensure that child safety and wellbeing are embedded in school leadership, governance, and culture.

Child Safe Standard 3 – Children and young people are empowered about their rights, participate in decisions affecting them and are taken seriously.

Child Safe Standard 4 – Families and communities are informed and involved in promoting child safety and wellbeing.

Child Safe Standard 5 – Equity is upheld, and diverse needs are respected in policy and practice.

Child Safe Standard 6 – People working with children and young people are suitable and supported to reflect child safety and wellbeing values in practice.

Child Safe Standard 7 – Ensure that processes for complaints and concerns are child focused.

Child Safe Standard 8 – Staff and volunteers are equipped with the knowledge, skills and awareness to keep children and young people safe through ongoing education and training.

Child Safe Standard 9 – Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed.

Child Safe Standard 10 – Implementation of the Child Safe Standards is regularly reviewed and improved.

Child Safe Standard 11 – Policies and procedures that document how schools are safe for children, young people and students.

Together the 11 standards highlight the key strategies and actions we put in place to build a culture of child safety.

We will look more closely at each standard in future newsletters. All policies related to child safety can be found on our school website.

P.F.A News

Next Meeting: October, Tuesday 25th 9.00am in the multipurpose kitchen.

Join Our Facebook Page: Can't make a meeting, want to be involved, not 100% sure how much? Join our Facebook page, **Quarry Hill PFA 2022** and request to join the group.

This option is available for members to stay informed and be involved in a way that suits everybody. You can pop in or call the office for a form. You will receive an email to confirm the invitation to the page has been sent.

Uniform Shop: Second hand uniforms are available for 50c. The shop is open on Thursday 9-10:30am or Friday 3:30-3:45pm located in the multipurpose Room.

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>



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.

CYBERSAFETY

eSmart Topic: Free Webinar - Digital technologies and mental health

Learn how games, apps and social media can influence young people's mental wellbeing. This webinar is designed for parents and carers of young people aged 10 to 18.

It will cover:

- current research on young people, time online and mental health
- what to do 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.

Term 4 dates (Australian Eastern Daylight Time)

Wednesday 12 October 7.30 to 8.30 pm

Monday 17 October 12.30 to 1.30 pm

Thursday 27 October 12.30 to 1.30 pm

Register using the link: <https://register.gotowebinar.com/rt/9223357062192996109>

SCHOLASTIC BOOK CLUB

Issue 6 of Scholastic Book Club is due Monday, October 24th 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>.

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.

STUDENT ACHIEVEMENT AWARDS

KIND

Olivia C (Room 1)	for helping Mrs Morcom get the classroom ready in the morning!
Ailis O (Room 15)	for always showing a kind and caring attitude and making other students feel included.
Dayeesha CG (Room14)	for demonstrating the action of kindness towards a new student.
Eddie H Room (10)	for being kind, caring and sensitive to the feelings and thoughts of other in our classroom.



BRAVE

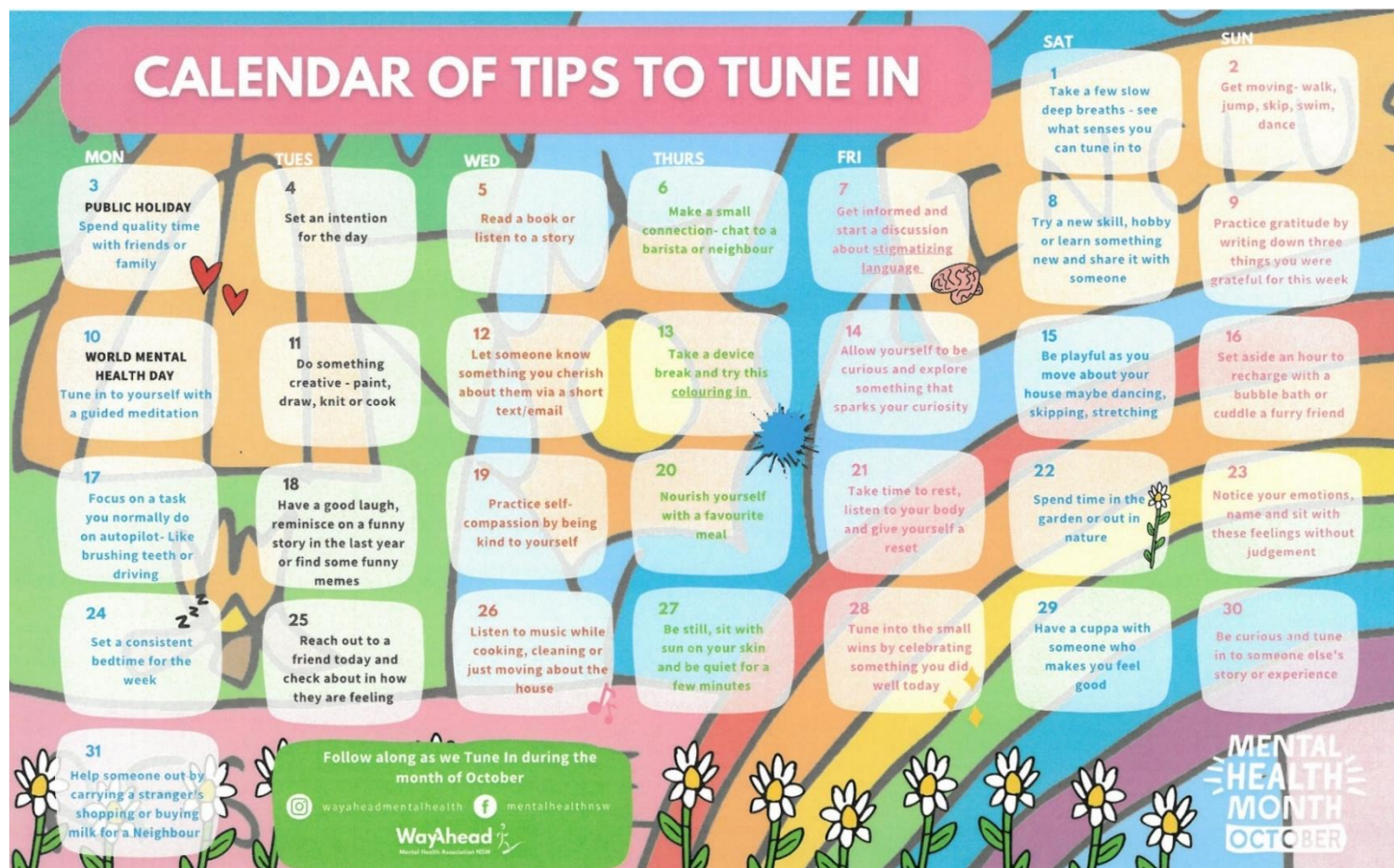
Olivia J (Room 10)	for working hard on being confident enough to share her thoughts and opinions during whole class conversations!
Renae G (Room 10)	for becoming more confident in seeking clarification or assistance when she needs to.
Jack W (Room 10)	for always joining in with class and group discussions and presenting his ideas clearly.
Vaida P (Room 12)	for being a resilient student who is open to feedback.
Hatty K (Room 9)	for making such a positive return to school!
Primrose B (Room6)	for making a wonderful start at Quarry Hill Primary School.
Arielle S (Room 6)	for confidently sharing her Show and Tell with the class.



PREPS

This week Preps have been learning about representing everyday money situations using coins.
Ms Tzaros





Welcome to National Mental Health Month.

Everyone has mental health!

Mental Health Month is celebrated each year during October. The impact of the pandemic means the important work of mental health month is even more vital to the wellbeing of our school community. It encourages us all to think about our own mental health, understand its importance in our everyday lives and encourages us to reach out when we need help.

Building Resilience, Communities and Connections is the theme. From Oct 10th – 14th, at QHPS we are going back to the basics of good mental health with a focus on diet, exercise, rest, play, relaxation, and connection.

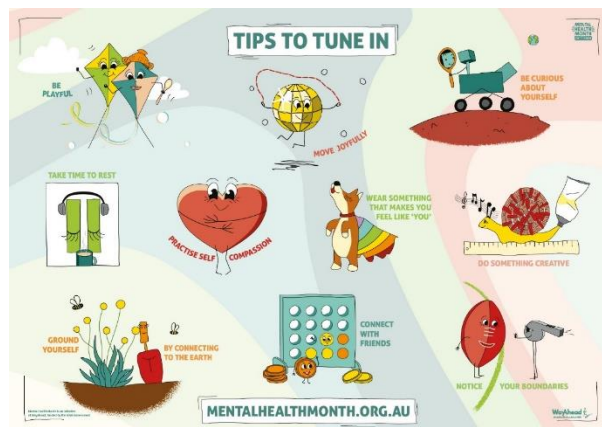
Some of the big events during the week include a workshop on Wednesday 12th starting at 9am on **Helping Kids with Big emotions**. This is facilitated by CatholicCare and explores children's experiences of emotions like anger and worry, providing practical tools to assist children to manage them.

That afternoon starting at 2.30pm on the basketball court is a Mental Health Expo showcasing the work students do to build strong mental health. There will also be some community agencies setting up stalls.

Bendigo Community Health will be running an online event on the dangers of Vaping and how to speak to your children. This will also be the 12th at 5:30pm. There is a flyer in this newsletter.

Friday 14th is a focus on eating well for a healthy headspace and students have already placed orders for a healthy Zambrero wrap. There will be lots happening during the week and we want you to get involved so keep your eyes open for further information from your class teacher. Also check out the calendar for a daily suggestion of how you can tune in to your mental health.

From the Wellbeing Team



FREE COMMUNITY EVENT

Marong Family Fun Day

- Climbing wall
- Live music
- Bubbles and balloons
- Hi Hat Bear and the Chuckleberry Farmers
- Marong Football and Cricket Club activities
- Bush dancing with Marong Primary School
- Marong Community Consultation
- Township Structure Plan
- Bendigo Regional Employment Park
- Kindergarten and Community Hub
- Community Plan



BBQ
Sausages and
veggie burgers
\$2 each

Drinks \$2 each

Simu
Welcome
أهلاً بك
ပထဝီလိပ်မင်ဘန်နီ

Sunday October 16th
10.00am – 1.00pm

Malone Park – 41 Malone Park Road
Marong



LOWES

13TH - 14TH OCTOBER

20% OFF

SCHOOLWEAR* & EVERYTHING ELSE

2 DAY VIP EVENT





SHOP INSTORE & ONLINE

*T&C'S APPLY. SAVINGS OFF ORIGINAL PRICES. ZERO & REWARDS CARD HOLDERS MUST USE CARD AT CHECKOUT.

FRESH FRUIT FRIDAY

BENEFITING IN EXCESS OF 11,000 CHILDREN

PROUDLY FUNDED AND SUPPORTED BY:



QUARRY HILL PRIMARY SCHOOL AND PARTNERS SHOWCASE



BENEFITING IN EXCESS OF 11,000 CHILDREN



FRESH FRUIT WEEKDAYS ARE BACK!

EVERYDAY, FRESH FRUIT WILL BE AVAILABLE FOR **ANYONE** TO COME AND ENJOY!

ORANGES, APPLES, PEARS, BANANAS AND MORE!!

FRESH FRUIT CAN BE ACCESSED ANYTIME FROM THEIR DISPLAY **NEXT TO THE OFFICE!!**

AGAIN, THIS IS FOR **ANYONE** TO COME AND ENJOY!!!

YUM YUM!!!

WHY WE LOVE EATING FRESH FRUIT...

THEY ARE FULL OF **VITAMINS** WHICH MAKE OUR BODIES AND MINDS **HEALTHIER**.

THEY MAKE US **STRONG** AND FULL OF **ENERGY**.

THEY LOWER THE CHANCE FOR US TO GET **SICK**.

THEY'RE **DELICIOUS!!!**



QUARRY HILL PRIMARY SCHOOL
No. 1148





ADDRESS: 25 PEEL STREET, BENDIGO, VIC

EMAIL: quarry.hill.ps@edumail.vic.gov.au

WEBSITE: www.quarryhillps.vic.edu.au

PHONE: 5443-3537

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
 Email: quarry.hill.ps@edumail.vic.gov.au
 Website: www.quarryhillps.vic.edu.au
 Phone: 5443 3537

QUARRY HILL PRIMARY SCHOOL AND PARTNERS SHOWCASE



Room 14 voice on Fresh Fruit Friday

I think we should still have fruit in school because if you have forgotten your lunch or something else you could still have fruit. I also think that we should have then fruit in our classroom because then you don't have to walk to the office. Fruit is great for our bodies because you can not eat chocolate all the time! You have to eat at least 1 or 2 pieces of fruit



Hello, I think the fruit program is a great thing because if you don't have fruit you can go up to the office and get some. It's awesome.

I honestly think they you should keep the program going. I love it sooo much. It's a great thing. Also it is great for the students at our school when you are starving you can get a fruit snack. It's awesome, I love it.

From Chloe



Fresh Fruit Friday is awesome and helps children to eat more fruit. Sometimes people can't afford to buy fresh fruit so it's a good idea to be able to not have to buy fruit and still be able to eat fresh fruit.

Firstly, if we're really hungry at school but there's no food in our lunch boxes so now we can just go to the office and have something to eat. It's good because when you get hungry it affects your learning and your grades can go down.

Secondly, lots of people get fruit but usually it can get squished then they won't eat it and it goes to waste. Lots of kids only like a certain type of fruit and now they have a huge variety in the office.

Lastly, fruit gives kids lots of healthy vitamins that can help mentally and they feel good not bad. PE is good for you to get fit but you have to feel good and healthy by eating lots of fruit.

In conclusion, all schools should have fresh fruit in the office.

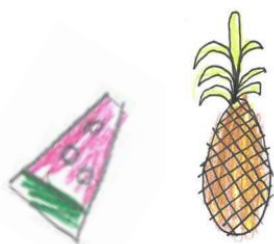
By Toby

Fresh Fruit Friday is a great thing to have because normally kids don't eat much fruit, Fruit help kids grow big and strong because it is good for your body.

When people don't have fruit for a snack. Friday Fresh Fruit saves the day by having food when kids need it. They munch and crunch on it until it is done. People love fresh fruit to eat.

Fresh fruit always saves the day for kids that are hungry. Fresh fruit is healthy as well, I don't know what is as healthy as fruit.

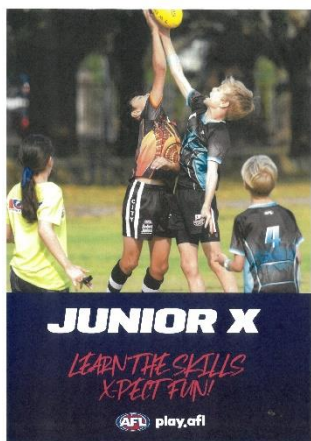
By Eva



Dear Fresh Fruit Friday Committee

Thank you for every year donating fruit to our school. You have cheered up lots of people on the day the fresh fruit arrives.

From Imogen and Izzie



JUNIOR X

*Come and play our newest version of AFL - Junior X!
Fun, fast and exciting modified games.
Bring your friends along - no previous AFL experience required!*

Thursdays - October 13th - December 1st
4:30pm - 6:00pm
Huntly Epsom Recreation Reserve, Huntly

Ages - 8-14 years old
\$40 per participant
8 week competition
Register as a Team or Individual

Contact: Maddy Pieper
Phone: 0477 888 412
Email: madeline.pieper@afl.com.au

REGISTER: Via the link or QR code below -

<https://www.playhq.com/afl/org/junior-x-bendigo/8762ccd7/register>

VAPING INFORMATION NIGHT

We invite you to a Community Information Night where we will be talking about vaping and e-cigarettes. Young people, parents, carers and others concerned about this issue are encouraged to come along.

Topics we will cover include:

- How to talk with young people about vaping
- Vaping and the impacts on your health
- Nicotine and addiction

When: 5.30pm, Wednesday October 12
Where: Online
Registrations: [Click here](#) or scan the QR code:

bendigo
Community
Health
services

SUPER SPRING SPORTS!

LEARN NEW SPORTS IN TERM 4

Have heaps of fun with your friends while playing a range of dynamic and active sports throughout term 4.

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:

✓ Tennis	✓ Basketball	✓ Hockey
✓ Cricket	✓ Athletics	✓ Crazy Circus

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.

\$154 FOR AN 11 WEEK PROGRAM
Sign up anytime and only pay for the weeks remaining in the term (\$14 per session)

School: Quarry Hill Primary School
Day: Thursday
Start Date: October 6th
End Date: December 15th
Time: 3:30pm - 4:30pm

BOOK EARLY & SAVE
Book before October 6th to receive your first week for free!

Website: kellysports.com.au/bendigo

Contact: Beau Cross

Email: beau@kellysports.com.au

Phone: 0428 326 924

Facebook: Kelly Sports Bendigo

KELLY SPORTS
BOOK ONLINE NOW AT
KELLYSPORTS.COM.AU

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
Email: quarry.hill.ps@edumail.vic.gov.au
Website: www.quarryhillps.vic.edu.au
Phone: 5443 3537