



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday, April 5th, 2023
Newsletter No 5

Our Vision:

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

2023 TERM DATES

Term 1 January 30 – April 6
Term 2 April 24 – June 23
Term 3 July 10 – September 15
Term 4 October 2 – December 20

Principal: Jo Menzel

School Council President: Andrew Ellis

PFA President: Michelle Kennedy

~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

	Time	Details
April		
Thursday 6 th	Various Times 2.30pm	School Cross Country Last Day of Term 1-Early Finish
Friday 7 th	All Day	Good Friday
Monday 24 th	9.00 – 3.30pm	First Day of Term 2
Tuesday 25 th	All Day	Anzac Day Public Holiday- No School
Wednesday 26 th	All Day	School Athletics
May		
Wednesday 3 rd & 4 th	9.00am	Grade 4 Camp Pioneer Settlement
Friday 12 th	9.00am	Mother's Day Stall
Monday 22 nd , 23 rd & 24 th	9.00am	Grade 5 Camp Campaspe Downs
Thursday 25 th	All Day	Curriculum Day – Pupil Free Day
Tuesday 30 th	Various Times	Gymnastics Prep- Grade 4 only
June		
Monday 19 th	9.00am–11.00am	Catholic Care Parenting Group
Tuesday 6 th , 13 th & 20 th	Various Times	Gymnastics Prep – Grade 4 only
Wednesday 21 st	Various times	Student Led Conferences- Students attend their interview session with their parents. Students are only required at school for their appointment.

Reminders:

CURRICULUM CONTRIBUTIONS - can be paid at office or via the Compass app.



BOOK DONATIONS

We are seeking baby book donations with minimal wording per page. If you have any old baby books laying around that are no longer needed, it would be greatly appreciated if these could be donated to the school. Please send any baby book donations to the office. Books must be in good condition please.

DROP OFF AND COLLECTION ALONG PEEL STREET

It has come to our attention that the designated accessible carpark zones are being used by others during the more congested drop off and pick up times. We have a number of families in our school who require easy access to these parks. Only cars that have an Accessible Parking Permit clearly displayed on their windscreen are to use these parks please.

An Accessible Parking Permit:

- Can only be displayed when the vehicle's transporting the individual who the permit was issued to
- Must be clearly displayed so that the permit number and expiry date are visible from outside the vehicle.

Parents and carers waiting to turn into the time bound car parks along Peel Street are also reminded that it is illegal to remain stationary on the school crossing.

The City of Greater Bendigo randomly checks school zones and has been known to issue fines. We thank you for your help with this.

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/>

GRADE 6 CREW

Wednesday 23rd, we had representatives from Bunnings Michelle & Emma come to our school. Bunnings donated a lot of seedlings and plants for the students to plant in the bushland, students also erected a hothouse that was also donated by Bunnings. Due to a storm students had to go inside where they were instructed by Michelle & Emma on how to plant. Bunnings also donated footballs & Lego for each student in grade 6.

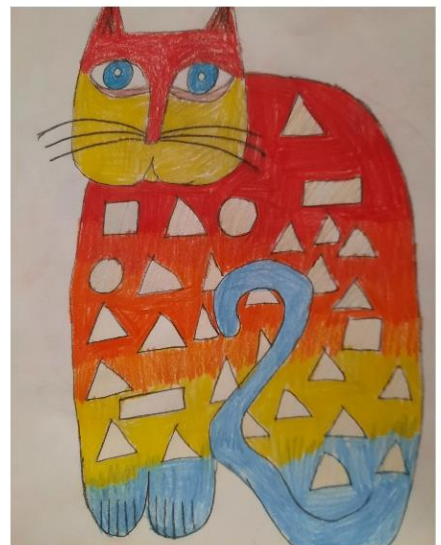
We would like to thank Bunnings for donating all the equipment, gifts and plants and for making this day so much fun.

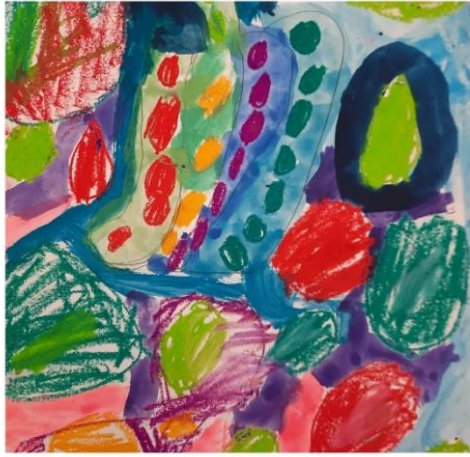


EASTER RAFFLE WINNERS

- 1st Gary M
- 2nd Aiden C
- 3rd Miller H
- 4th Mabel S
- 5th Harris V
- 6th Kiara B
- 7th Alicia G
- 8th Wyatt G
- 9th Harris V
- 10th Lucy E







GRADE 6 DANCE PERFORMANCE

Rain washed out our assembly on Friday the 24th, so our Grade 6 students put on a special lunchtime dance performance the following week to showcase their talents. Under the guidance of Mrs Mac, they stomped, slid and cha, cha, cha'd their way across the basketball court having the most amazing time. After they had finished their own performance, they invited other students to join them and together they performed the Macarena and the Chicken Dance. It was lots of fun!



ANZAC WREATHS

During art this term students from gr P-2 made a handprint with red paint. We chose red to symbolise a poppy flower. Students added drawing for the centre part of the poppy and some students created leaves as well. The handprints have been turned into wreaths to commemorate ANZAC Day. **These wreaths will be on display at Lansell Square in Kangaroo Flat from the 18 -26 April.**



THURSDAY MORNING CUPPA CATCH UP

Next Meeting: Wednesday 7th of December at 9.00am in the Multipurpose Room. Every Thursday morning at 9.00am, all parents and friends are invited to stay and have a coffee, tea and something delicious to eat! This is a lovely way to meet other people in our community and catch up on the week's events. There is no formality. You can just show up and stay for as little or as long as you want. Whilst the new toilet build is underway, the meeting area will be down in Bushland in the Eco Shed. It is a beautiful time of year down there. We look forward to seeing you.

CYBER SAFETY



Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Source: <https://nationalonlinesafety.com>



FRESH FRUIT FRIDAY

Benefiting the health and wellbeing of our Bendigo school children

SCHOOL VISITS COMING SOON!

Proudly funded and supported by:



mckern steel™
foundation



THE ULTIMATE PLAYDATE

Where friendships are made!

Amazing Adventures Await...

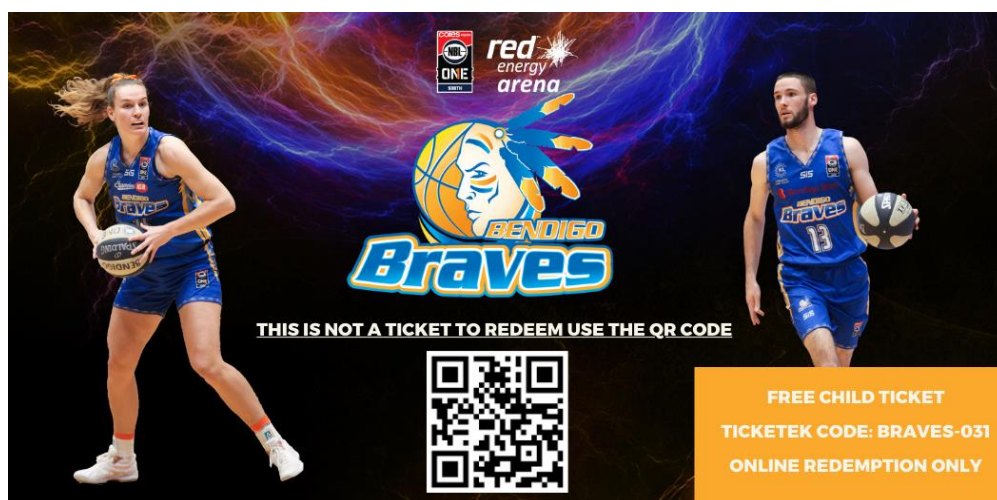
Get ready for the Ultimate Playdate these Autumn Holidays!

We have limited spots available so book in today for fun and friendships!

Scan the QR code to find out more





Find us on Facebook

red energy arena

BENDIGO Braves

THIS IS NOT A TICKET TO REDEEM USE THE QR CODE



FREE CHILD TICKET
TICKETEK CODE: BRAVES-031
ONLINE REDEMPTION ONLY



Bendigo Eaglehawk Badminton

JUNIOR REGISTRATION DAY

WHEN: SUNDAY APRIL 16

TIME: 9AM - 1PM

INVITE FRIENDS ALONG TO OUR TERM 2 REGISTRATION DAY

ENQUIRE NOW

0499 731 811
BENDIGOBADDY17@GMAIL.COM

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

KELLY SPORTS EASTER HOLIDAY PROGRAMME DAILY SPORTS SCHEDULE

WEEK 1 SCHEDULE	Monday 10th April	Tuesday 11th April	Wednesday 12th April	Thursday 13th April	Friday 14th April
8:30 - 9:00	Public Holiday	Intro/fun games	Intro/fun games	Intro/fun games	Intro/fun games
9:00 - 10:00		AFL	Touch Footy	T-Ball	Coach vs Kids Games
10:30 - 11:30		Basketball Bonanza	SNACK BREAK	Mini Olympics	Basketball
11:30 - 12:00		Volleyball	Soccer Superstars	Coach vs Kids Games	Cricket
12:00 - 1:30 LUNCH TIME		3 point shootout	Soccer Shootout	Lego Competition	Mystery Movie
1:30 - 2:30		Scavenger Hunt	Crazy Games	Ultimate Frisbee	Amazing Race
2:30 - 3:30		Tennis	Kids Choice	Mini Golf Madness	Parachute Games
4:00 - 5:00		Team Building Games	SNACK BREAK	Circus	Inflatable Soccer

KELLY SPORTS
BOOK ONLINE NOW AT:
WWW.KELLYSPORTS.COM.AU/BENDIGO

KELLY SPORTS EASTER HOLIDAY PROGRAMME DAILY SPORTS SCHEDULE

WEEK 2 SCHEDULE	Monday 17th April	Tuesday 18th April	Wednesday 19th April	Thursday 20th April	Friday 21st April
8:30 - 9:00	Intro/fun games	Intro/fun games	Intro/fun games	Intro/fun games	Intro/fun games
9:00 - 10:00	Soccer	Hockey	AFL Clinic	Inflatable Volleyball	Crazy Cricket
10:30 - 11:30	Dodgeball Showdown	Ninja Warrior	SNACK BREAK	Inflatable Soccer	Coach vs Kids
11:30 - 12:00	Kids Choice	Ultimate Frisbee	Tug of War Battle	Netball	Lawn Bowls/Bocci
12:00 - 1:30 LUNCH TIME	Lego Competition	Kids Choice games	Goal Kicking Competition	Super Sports Quiz	Mystery Movie
1:30 - 2:30	Golf	Soccer	Volleyball	Lacrosse	Basketball
2:30 - 3:30	Badminton	T-Ball	Tennis	Team Building Games	Circus
4:00 - 5:00	Parachute Games	Crazy Games	SNACK BREAK	Kids Choice	Parachute Games

KELLY SPORTS
BOOK ONLINE NOW AT:
WWW.KELLYSPORTS.COM.AU/BENDIGO



Who can attend:
Boys & Girls aged 5-12 years old.

General Information:
We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid and activity planning/delivery.

What do you need to bring: Appropriate clothing, jacket or sweatshirt, hat, drink bottle and food for morning tea, lunch and afternoon tea.

Food:
Please bring plenty of packed food and drink for morning tea/lunch/afternoon tea. Lunch will be from approximately 12.30pm to 1.30pm each day.

Programme activities:
Programme activities are adapted to suit children of all ages and children may be grouped by age depending on numbers. Programme activities may vary without notice dependent on weather conditions and programme numbers.

Payment details:
Payment is required upfront within 2 hours of your booking. A receipt will be issued when a completed booking is received. All details will be included on the receipt.

Please note:
Every care will be taken to ensure the safety of your child/ren and their property. However, organisers of Kelly Sports accept no liability for any injury sustained to your child/ren or any loss or damage to his/her property whilst on the programme.

Website: www.kellysports.com.au
Contact: Beau Cross
Email: beau@kellysports.com.au
Phone: 0428 326 924
Facebook: Kelly Sports Bendigo
Address: 9 Barnbougle Place, Eaglehawk

EASTER 2023 HOLIDAY PROGRAMME ST LIBORIUS PS - 379 EAGLEHAWK RD, 3556

WEEK 1	Mon 10th April	Tues 11th April	Wed 12th April	Thu 13th April	Fri 14th April
	EASTER MONDAY - NO SESSION	BASKETBALL BONANZA Kick start your day with our Basketball Bonanza! Jump, shoot and dribble your way through the day and show off your skills in our basketball challenge activities & tournament!	SOCCER SUPERSTARS Each of our little stars will get the chance to channel their inner Soccerero and participate in our Super Soccer challenges, activities & matches. Our Coach vs Kids penalty shootout is sure to be a hit as well.	MINI OLYMPICS Our little superstars will show off their skills in the Kelly Sports Olympics today. The kids will be split into teams and work together to try & top the medal tally in many running, jumping, throwing & team-based events.	AMAZING RACE Our little superstars will show off their problem solving, teamwork & sporting skills in our Kelly Sports style Amazing Race! The kids will work together to solve clues & complete tasks to conquer this fun-filled activity for all ages.
WEEK 2	Mon 17th April	Tues 18th April	Wed 19th April	Thurs 20th April	Fri 21st April
	DYNAMIC DODGEBALL Dodge, duck, dip, dive and... DODGE! Our Dodgeball Tournament is back. Our friendly competition will help improve your throwing and catching skills!	NINJA WARRIOR Come along today and channel your inner ninja in our giant obstacle courses. Show off your flexibility, speed & agility in what is sure to be an action-packed day. Who will become the ultimate ninja?	FOOTY COLOURS DAY Come along & show off your favourite team colours with pride! With prizes on offer, the kids will have the chance to test out their skills in our longest kick and goal kicking challenges, as well as our AFL X competition.	INFLATABLE GAMES A truck load of fun is awaiting each of our little legends today! With super-sized inflatable games such as Giant Inflatable Soccer, Inflatable Volleyball, inflatable challenge games and more, this is one you won't want to miss out on.	COACH VS KIDS Bragging rights are on offer today! The kids & coaches will go head-to-head in a variety of team battles. Who will come out on top in this clash for the ages? You can smell the anticipation in the air already!

FULL DAY: \$50
Mon - Fri, 8:30am - 5:00pm

HALF DAY: \$35
8:30am - 12:30pm

KS SESSION FULL DAY: \$60
8:00am - 5:30pm



PLEASE NOTE: THE THEME LISTED IS THE MAIN ACTIVITY FOR THE DAY. EACH DAY WILL ALSO INCLUDE OTHER SPORTS & GAMES THE KIDS WILL LOVE. OUR FULL DAILY SCHEDULE & ADDITIONAL PROGRAM INFORMATION CAN BE FOUND ON THE BOOKING WEBSITE.

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



WomenCAN Australia is recruiting women to work in aged care.
Part-time and full-time traineeships available. No experience

It's time to put yourself first, mum!

YOU DESERVE TO:

- ✓ Start a new career and FIND YOUR PLACE in a new community
- ✓ Study for FREE with other like-minded mums
- ✓ Gain valuable work experience
- ✓ GET PAID to learn on the job

Get in touch to find out more

0402 626 062 | contact@womencanaustralia.org

In partnership with: **JOBS VICTORIA**



APPRENTICE & TRAINEE CENTRE



Get work. Get supported. Get independence.



We facilitate job placements in the Aged Care sector for women in Bendigo, Echuca, Shepparton, Castlemaine, Gisborne and Kyneton in:

→ **Cleaning**

→ **Laundry**

→ **Kitchen**

→ **Administration**

Benefits

- ✓ No experience or qualifications needed
- ✓ Flexible shifts available
- ✓ We'll support you the whole way

Requirements

- ✓ Must be 18+ years
- ✓ Must have Working rights in Australia

About us

WomenCAN Australia is a registered charity helping women get back into the workforce or finding their first job. Our team gives you support to build confidence and work skills that make you more financially secure.

Contact



Trish 0434 781 942 or Michaela 0402 626 062



contact@womencanaustralia.org



womencanaustralia.org





Kids and Anger

During this workshop we will explore why children get angry, understand your response to your child's anger and gain strategies in assisting children to appropriately express anger.

✓ Big Emotions

✓ Understanding

✓ Strategies

Workshop Details:

Location: Quarry Hill Primary School
25 Peel Street, Quarry Hill, Bendigo

Date: Monday 19th June 2023
Arrival and Registration 9:00am
Session 9:15am-11:15am

Please note that this is a single session workshop.

There is no cost for this workshop.

No childcare is provided.

Groups are subject to maximum and minimum numbers determined seven working days prior to the event. **Early registration is encouraged.**

RSVP to:

Online at www.catholiccarevic.org.au/register or
via the QR code above.

Reception | CatholicCare Victoria Bendigo P 5438

1300 | E bendigo.reception@catholiccarevic.org.au

www.catholiccarevic.org.au

(03) 5438 1300 | 176 – 178 McCrae Street, Bendigo VIC 3550