



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Wednesday, June 14<sup>th</sup>, 2023  
Newsletter No 9

## Our Vision:

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

## 2023 TERM DATES

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
<b>JUNE</b>		
Tuesday 20 <sup>th</sup>	Various Times	Gymnastics Prep – Grade 4 only
Monday 19 <sup>th</sup>	9.00am–11.00am 9.00am	Catholic Care Parenting Group Reports Live on Compass Pizza Lunch Orders Due
Wednesday 21 <sup>st</sup>	Various times	Student Led Conferences- Students attend their interview session with their parents. Students are only required at school for their appointment
Friday 23 <sup>rd</sup>	11.00am 2.30pm	PFA Pizza Lunch Last day of Term 2 – Early Finish
<b>JULY</b>		
Monday 10 <sup>th</sup>	9.00am	First Day of Term 3

## Reminders:

### PIZZA LUNCH ORDERS

Due Monday, June 19<sup>th</sup> at 9:00am-No late orders

### REPORTS

Semester 1 Reports will be live and available for viewing from Monday, June 19<sup>th</sup>.



mckern steel foundation

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



Kind



Curious



Brave

## FRESH FRUIT FRIDAY

Last Friday we had a surprise visit from the Bendigo Brave's player, Isaac Murphy. Isaac dropped in not just to deliver our McKern sponsored fresh fruit but also to share tips on being an elite athlete. No surprises that fresh fruit is an essential part of an athlete's diet with mandarins being Isaac's favourite. Good news for Brave's fans – children get to attend the next three home games free.

Please utilise this code for Free Tickets. BRAVES-INSCHOOL11

They have 3 home games to go - June 18, June 23 and July 15.

<https://premier.ticketek.com.au/shows/show.aspx?sh=BRAVE23>



On Friday, 9th June, the Bendigo Braves came to our school and we got to see them in the Library alongside the other Grade 5s. They told us about their team, answered our questions, and gave us free fresh fruit kindly donated to our school each Friday from the McKern Foundation.

They told us about the fruits that they liked, for example, one of them liked mandarins and ate 2 of them a day, along with 1 banana before doing training. And just before we had to leave, they let us take a photo with them and we all got a free piece of fruit.

It was super good and all the kids were able to get a super delicious apple, pear, mandarin, orange and banana before lunch. They told us how we all had a chance to go to a Braves Match using a free code, which is good for the people that love it but don't have the budget to go.

Thanks Bendigo Braves and the McKern Foundation. We love our Fruit on Fridays.

Anabel and Lotte Room 15.



## STUDENT ACHIEVEMENT AWARDS

### KIND

Olivia M (Room 17) for always trying to see the best in others. Well done.



### CURIOUS

Eli C (Room 14) for working hard to improve his mathematics skills.  
Anthony K (Room 14) for independently writing descriptive sentences about images.  
Max D (Room 17) for always having curiosities and wonderings about the world.  
Chase M (Room 11) for using known knowledge to help others in Maths.  
Charlotte B (Room 1) for making a beautiful piece of artwork in the Investigation Room!  
Will F (Room 9) for showing his learning and understanding of money during our Maths Investigations.



### BRAVE

Jonty M (Room 17) for having high expectations of his own learning. Well done.  
Sophie B (Room 9) for being confident to use her learned sounds during reading and writing.  
Alex H (Room 1) for taking risks at gym, even though he was feeling really nervous!



### SMILE SQUAD IS COMING TO QUARRY HILL PRIMARY SCHOOL

The Smile Squad team from Bendigo Health are coming to our school in Term 3, 2023.

Smile Squad is the Victorian Government free school dental program.

This means all students can get a free dental check-up, preventive services, and treatment at school.

#### How to access free dental care

We need your consent before we can provide services. Consent is usually provided by a parent or guardian.

Sign up to Smile Squad at: <https://bit.ly/smilesquadvic>

OR use the below QR code:



Paper copies of the consent form are available. Please contact the school office if you would like to request one.

The electronic consent form can be translated into more than 100 languages, and the paper form is available in 13 languages.

#### Smile Squad dental packs

All children deserve a healthy smile, and the Smile Squad free school dental program is working hard to help make sure this happens.

Your child(ren) will soon receive a free dental pack to bring home. The dental pack contains a toothbrush, full sized toothpaste, and an oral health brochure. Please take the time to read the brochure. It's full of helpful hints and tips to help your whole family eat well, drink well and clean well – for life.

Smile Squad provides standard strength fluoride toothpaste that is generally used by ages six and over, unless recommended by a dental or trained health professional.

If your child is under six, please talk to a dental or trained health professional to find out if your child might benefit from using this toothpaste. You can also choose to put the toothpaste away until they turn six or give it to someone else in your family to use.

#### Do I need to attend my child's appointment?



No, you do not need to attend your child's appointment. You can attend if you would like to, and you can take your child to the community dental clinic if you prefer.

The Bendigo Health Smile Squad team look forward to seeing you soon.

The Bendigo Health Smile Squad team look forward to seeing you soon.

## P.F.A News

### THURSDAY MORNING CUPPA CATCH UP

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. We look forward to seeing you.

### *Room 6 Goes to Gymnastics!*



**Pearl:** I had a great time doing bear crawls on the bars.



**Noah:** I was hanging and it was fun.



**Fox:** I had fun hanging onto the big bar.



**Billie:** I was climbing up the rope. It went up really high to the roof. It was hard to get the top.



**Ava:** I was on the beam that was more than 1m above the ground. I had to jump over the blocks and I couldn't look down I had to look straight ahead. It was very challenging.



**Olivia:** I was swinging and pretending there were sharks beneath me. I had to swing back to the box. I was swinging in a tuck sit.



Josh: The rope without the knots is easier than the rope with knots. I made it to the top and I touched the roof!



Alice: I was learning about doing forward rolls.



Sam: I love the bars.



Avery: I was climbing the rope. You put your feet on the knots and use your arms to try to lift yourself up. You have to be strong.



Lexie: I was swinging on the rings. It was fun!



Amara: It was really fun swinging on the bar.





**Elsie:** The bear crawl bar was helping my body's strength and it was very fun! I wanted to say, "Yay!" but my arms got very tired... but still very fun!

*Sadie: I am swinging on a high rope trying to touch the top. It is very awkward and difficult.*



*Chad: I climbed the rope and I touched the top. It was easy for me.*



**Abe:** It was a lot easier to climb the rope that had knots. I tried to do it without knots, too. It was very challenging.

**Freyja:** The gym is very fun. My favourite activity is the vault. The vault has rings and there is a space where you run up, jump onto the trampoline and then land on the crash mats.





### Cyber Safety - Social networks and children.

Social media has continued to grow in popularity with both teens and tweens. While many games and social media apps are designed for children 13+, primary school-aged children are still active online.

#### Are they old enough?

Both the physical age of your child and their level of maturity and resilience can affect their ability to have positive experiences on social media. It is a good idea to supervise your child's online activity, at least initially and certainly with younger children. Be clear on things like when and where online devices can be used and when they need to be switched off. For more information about children using social media safely go to <https://www.esafety.gov.au/parents/issues-and-advice/are-they-old-enough>

There are several alternative social networks made for children that offer child-friendly features like games and contests but also give you a chance to use them as teaching tool to get them sharing safely. These social networks give children a safer environment where they can share their experiences and engage with friends they know. They require a parent or carer to provide email authentication and approval and offer various added safety controls and content moderators. **While the content on these apps is highly moderated it is still recommended parents should monitor their child's activity on any app.** Some examples are:

**Club Penguin Island** - teaches kids on how to behave and communicate effectively and respectfully in a safe online community. Disney's Club Penguin app is as family friendly as you would expect a Disney app to be –providing a virtual realm where kids visit different 'islands', filled with games and chat rooms to interact with their friends.

**Kinzoo Family Messenger** - a child friendly social media app that allows families and friends to stay in touch in a tightly controlled environment. Kinzoo also promotes "safer self-expression" by eliminating the pressures of likes, comments, or followers. Kids can text, create their own emojis and stickers, draw pictures, and use audio and video features.

**PopJam** - Kids can use to PopJam to join communities, follow their favourite influencers, play quizzes and games, create art, use filters and stickers and connect with 'PopJammers' who have similar interests.

These are a good way to help protect younger children from online risks such as encountering harmful content and contact with strangers, but it is up to you to decide when and how they take these first steps, and how best to support them when they begin their online journey. **For more information on these and other cyber safety tips go to [internetmatters.org](https://www.internetmatters.org/resources/social-media-networks-made-for-kids/) or click the link <https://www.internetmatters.org/resources/social-media-networks-made-for-kids/>**





Be coached by  
Sandhurst premiership  
coach and netballers  
these school holidays!

**SUNDAY 25th JUNE**  
Queen Elizabeth Oval

**Session 1: 10am-1pm**  
**8-13yr olds**

**Session 2: 2-4pm**  
**14-16yr olds**

Register here



tam4d@outlook.com.au



## 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.

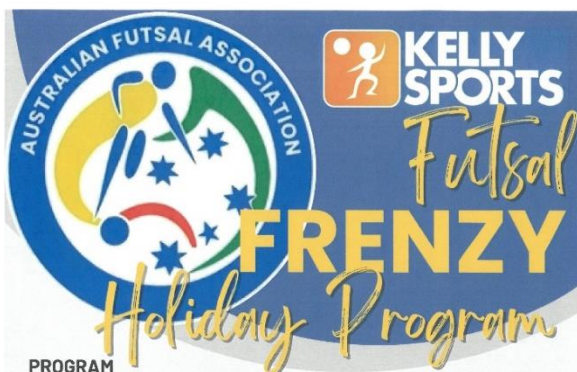
Groups are subject to maximum and minimum numbers determined seven working days prior to the event. **Early registration is encouraged.**

### RSVP to:

Online at [www.catholiccarevic.org.au/register](http://www.catholiccarevic.org.au/register) or  
via the QR code above.  
Reception | CatholicCare Victoria Bendigo P 5438  
1300 | E [bendigo.reception@catholiccarevic.org.au](mailto:bendigo.reception@catholiccarevic.org.au)

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

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



### PROGRAM INFORMATION

Learn new skills in the Futsal Frenzy skill clinic, play with friends & score goals in our match play round robin. Our Futsal Holiday Clinic is designed to increase each child's confidence, focus on teamwork & team building aspects of sport, as well as give each child the skills & knowledge to continue playing Futsal well into the future.

### FUTSAL HOLIDAY PROGRAM DETAILS

**COST:** \$35

**DAY:** THURSDAY

**TIME:** 10AM - 1PM

**PROGRAM DATES:**  
29TH JUNE, 2023

**VENUE:** VICTORY  
CHRISTIAN  
COLLEGE

**AGE GROUPS:** 6 - 12  
YEARS

• **ROUND ROBIN  
MATCH PLAY**

• **FUN GAMES &  
SKILL  
ACTIVITIES**

• **MAKE NEW  
FRIENDS**



**Website:** [www.kellysports.com.au/bendigo](http://www.kellysports.com.au/bendigo)  
**Contact:** Beau Cross  
**Email:** [beau@kellysports.com.au](mailto:beau@kellysports.com.au)  
**Phone:** 0428326924  
**Facebook:** Kelly Sports Bendigo  
**Address:** 9 Barnbougle Place, Eaglehawk, 3556

**Who can attend:**  
Boys & Girls aged 4-12 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 coaches will be passionate about working with children. They are provided with training on behavior management techniques, first aid and activity planning/delivery.

**What do you need to bring:** Appropriate clothing, jacket or sweater, 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 free approximately 12:30pm to 1:30pm each day.

**Programme activities:**  
Programme activities are designed 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 up front within 7 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.

Week 1	Week 2	Week 3	Week 4	Week 5
<b>Non 29th June</b> <b>KIDS VS COACHES</b> Buggy sports on an oval today! Kids & coaches will go head-to-head in a variety of team games. Who will come out on top in this clash for the glory? You can email the organiser in the air already!	<b>29th June</b> <b>FUTSAL FRENZY</b> Come prepared to show off your best foot & scoring prowess in today's Futsal Frenzy! The kids will get a taste of what you can see on top in this clash for the glory! You can email the organiser in the air already!	<b>30th June</b> <b>BASKETBALL ROMANZA</b> Kids start your day with our Basketball Romanza! Jump, shoot and dribble your way through the day and show off your skills in our basketball challenge activities & tournament!	<b>1st July</b> <b>MINI OLYMPICS</b> 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.	<b>2nd July</b> <b>AMAZING RACE</b> Come along today and show off your team work & problem solving skills. How quickly can we solve your way through our challenges? Prizes & medals will also be included in today's Amazing Race!
<b>3rd July</b> <b>MINI GOLF MADNESS</b> Can you conquer the gaily challenge that the Kelly Sports Mini Golf Madness challenge presents? Can you score 100 for 18 holes of crazy mini golf & challenge games also included in today's activities!	<b>4th July</b> <b>NINJA WARRIOR</b> Come along today and channel your inner ninja in our giant obstacle course! Show off your flexibility, speed & agility in what is sure to be an action-packed day. Who will become the ultimate ninja?	<b>5th July</b> <b>FOOTY COLOURS DAY</b> Come along & show off your favourite team colours with prizes! With prizes on offer, the kids will love the chance to test their skills in our longest & best football challenge, as well as our AFL & Aussie Rules.	<b>6th July</b> <b>INFLATABLE SPORTS</b> A truck load of fun is waiting for you! With super-sized inflatable games such as Captain Jack, Inflatable Soccer, Inflatable Volleyball, Inflatable challenge games and more, this is one you won't want to miss!	<b>7th July</b> <b>DYNAMIC DOGGERBALL</b> Dodge, duck, dip, dive and... DOGGIE! Our Doggerball Tournament is back! Our friendly competition will help improve your throwing and catching skills!



**PLEASE NOTE: THE THEMES 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 PROGRAMME INFORMATION CAN BE FOUND ON THE BOOKING WEBSITE**



**KELLYSPORTS.COM.AU**

BOOK ONLINE NOW AT  
[KELLYSPORTS.COM.AU](http://KELLYSPORTS.COM.AU)

0428 326 924

[beau@kellysports.com.au](mailto:beau@kellysports.com.au)

9 Barnbougle Pl, Eaglehawk, 3556

[www.kellysports.com.au/bendigo](http://www.kellysports.com.au/bendigo)



Quarry Hill Primary School, 25 Peel Street, Bendigo 3550  
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Website: [www.quarryhillps.vic.edu.au](http://www.quarryhillps.vic.edu.au)  
Phone: 5443 3537