



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Thursday, February 22<sup>nd</sup>, 2024  
Newsletter No. 2

## Our Vision:

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

## 2024 TERM DATES

Term 1 January 30 – March 28  
Term 2 April 15 – June 28  
Term 3 July 15 – September 20  
Term 4 October 7 – December 20

Acting Principal: Anne Rochford

School Council President: Andrew Ellis

PFA President: Michelle Kennedy

PFA Vice President: Rhayven Milliner

## ~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>FEBRUARY</b>		
Thursday 22 <sup>nd</sup>		Back To School Picnic <b>CANCELLED</b>
Friday 23 <sup>rd</sup>	9:15am – 3:30pm	Teeth On Wheels Visit
Friday 23 <sup>rd</sup>	1:15pm	Early Assembly – Premier Jacinta Allan Presenting Leadership Badges
Wednesday 28 <sup>th</sup>	All Day	Prep Students Rest Day
Thursday 29 <sup>th</sup>	All Day	CENSUS Day
<b>MARCH</b>		
Wednesday 6 <sup>th</sup>	All Day	Curriculum Day- Pupil Free
Monday 11 <sup>th</sup>	All Day	Labour Day Public Holiday
Tues 12 <sup>th</sup> – Wed 13 <sup>th</sup>		Grade 4 Swan Hill Camp
Wednesday 13 <sup>th</sup>	9:00am	NAPLAN Commences
Friday 22 <sup>nd</sup>	12:00pm – 2:00pm	Multi Age Day – World Water Day
Wednesday 27 <sup>th</sup>	9:00pm – 2:30pm	Cross Country at Ken Wust Reserve
Thursday 28 <sup>th</sup>	9:10am	Special Assembly to Draw Easter Raffle
Thursday 28 <sup>th</sup>	2:30pm	Last Day of Term 1
<b>APRIL</b>		
Monday 15 <sup>th</sup>	9:00am – 3:30pm	First Day of Term 2
Tuesday 16 <sup>th</sup>	9:00am – 1:00pm	School Photo Day
Wednesday 17 <sup>th</sup>	9:00am – 3:00pm	House Athletics Carnival
Mon 22 <sup>nd</sup> – Tues 23 <sup>rd</sup>		Grade 3 Corop Camp
Mon 22 <sup>nd</sup> – Wed 24 <sup>th</sup>		Grade 5 Kyneton Camp

## Reminders:

### PRESENTATION OF LEADERSHIP BADGES

Assembly will be at 1:15pm this Friday, 23<sup>rd</sup> February. Premier Jacinta Allan will be presenting leadership badges.

### BACK TO SCHOOL PICNIC HAS BEEN CANCELLED

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



## SCHOOL COUNCIL ELECTIONS

The Annual General Meeting for Quarry Hill Primary School Council will be held on Monday March 18th, 2023, at 5.45pm. This meeting will precede the Annual Reporting Meeting when the School's Annual Report will be presented.

In 2024 there are three parent vacancies, a community member (as required) and Two DE vacancies by rotation for a two-year term, and any interested parents are urged to nominate for School Council. The whole school benefits from a variety and diversity of opinion on council, and the value of fresh ideas and enthusiasm should not be underestimated.

The current School Council is as follows: Retiring this election (2024) Parent Members: Claire Flanagan-Smith, Nadia James, Andrew Ellis, DE Members Anne Rochford, Narelle Jones.

Retiring next election (2025) Parent Members Elia Andrews, Travis Toms, Rhayven Milliner and Karissa Cameron, DE members Merryn Walker.

Thank you to the retiring members who have made valuable contributions to School Council. Retiring councillors, who meet eligibility criteria, are welcome to nominate for further tenure on School Council.

Nomination forms are available from the office. Nominations are to be lodged at school by 3.30pm on Thursday February 29<sup>th</sup>. A ballot, if required, will be held on Thursday 7<sup>th</sup> March 2024. Please do not hesitate to come and have a chat if you have any questions regarding School Council.

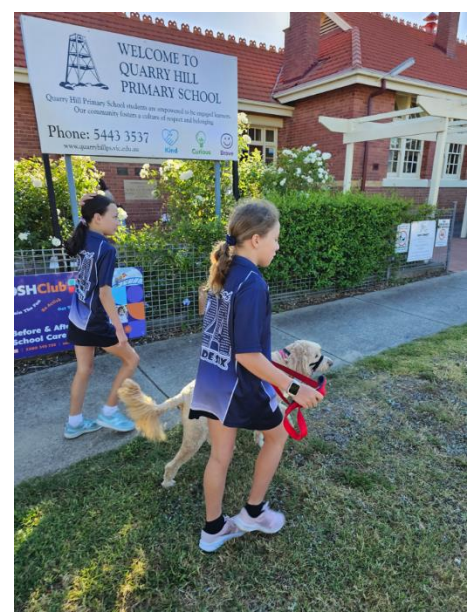
## PRESENTATION OF LEADERSHIP BADGES

Local MP, Premier Jacinta Allan, will be coming to present our 2024 school leaders with their leadership badges on Friday, February 23<sup>rd</sup> at 1.15pm. The assembly will be held on the basketball court. All parents and community members are welcome to attend.

## FERDI'S RETURN

Ferdi had a leisurely return to school this week following the extended holiday break. You may have heard from your children that Ferdi has recently been diagnosed with epilepsy, which has sparked interesting conversations among our students. Surprisingly, it turns out there are several other dogs in our community who share this condition.

Ferdi's return to school has been met with enthusiasm from both his old friends and the new ones he's yet to meet. Currently, he is gradually adjusting to the school routine and is spending only a few hours a day at school. If you happen to see Ferdi on campus, we encourage you to come by and say hello! Your warm greetings will surely make his school days even brighter 😊



## BEING SUNSMART AT QHPS

Can you believe we have been slip, slop slapping with Sid the Seagull since 1981, well before many of you were born! Since 2010 there have been 5 S's of sun safety – check in with your child to see if they know the other 2.

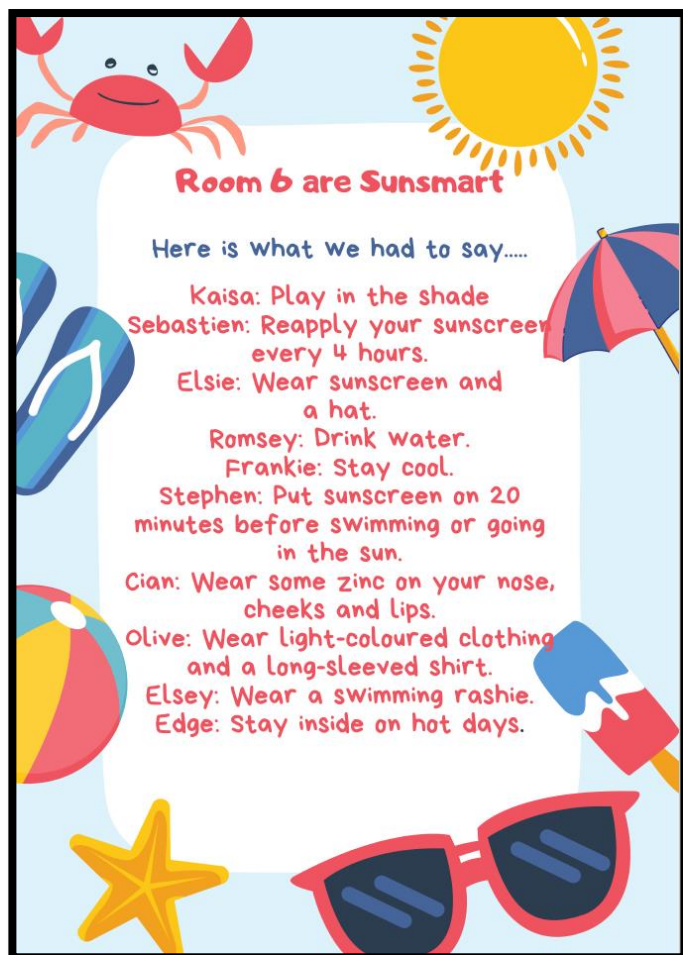
At Quarry Hill Primary School we are a sun smart community and are members of SunSmart Schools.

Sun protection is a shared responsibility. At School Council this week our SunSmart policy was reviewed, and the most recent policy can be found on our school website [sunsmart\\_policy.pdf](http://quarryhillps.vic.edu.au/sunsmart_policy.pdf) ([quarryhillps.vic.edu.au](http://quarryhillps.vic.edu.au))

The Cancer Council of Victoria describe sun protections as “an essential life skill for any child growing up in Australia.” This is why being SunSmart is always a learning focus in classrooms during our Creating Our Learning Environment topic. Research

<https://www.firstfiveyears.org.au/child-development/raising-a-sunsmart-generation-of-children>

also tells us it is parents and carers who play the critical role in children developing good sun protection habits – keep up the great work. We have included a parent information sheet in this newsletter which is a great summary of sun protection at QHPS.



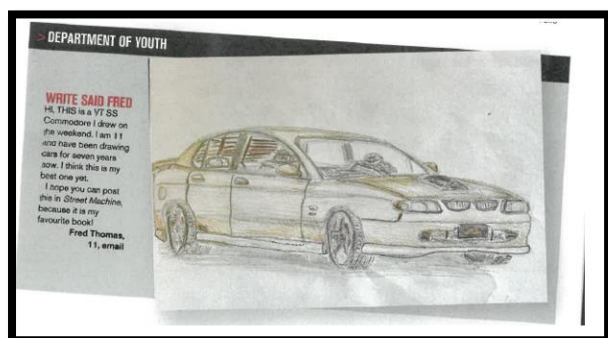
## CROSS COUNTRY

The QHPS House Cross Country event will take place at the Ken Wust reserve on Wednesday March 27th from 9.15am.

Grade 3 - 6 will be run between 9.15am - 11.00am with presentations at the end of the morning session.

Prep - Grade 2 will be run from 12.00pm - 2.00pm with presentations at the end of this session.

Students are encouraged to wear their house colours. Parents and carers are invited to come and watch the event.



## FREDS DRAWINGS

Fred in Rm 17 has been busy drawing some amazing cars, just like this one that was seen in an issue of *Street Machine*. Well done, Fred!





## Building resilient children at Quarry Hill Primary School

In our 2023 student Attitude to School Survey, only 69 % of our students believed they had normal or high resilience. This is fairly representative of Year 4-6 children across the state. This means that 31% of our students said their resilience was low. Resilience is part of the Social and Emotional Learning program delivered to students, teaching them it is more than bouncing back from life's inevitable obstacles; it also helps us approach new situations and challenges with a positive mind set. We want all our students to thrive and manage uncertainty however we need to remember resilience is a skill and like all skills (reading, bouncing a ball, riding a bike) some children need more practise and stepped out support than others. On Wednesday, May 1<sup>st</sup>, CatholicCare will be running a workshop at QHPS on Building Resilience in Kids. We would love to see as many parents as possible attend. Remember, resilience in children, teenagers and adults goes up and down at different times so this workshop is for everyone. Please register early.



## Building Resilience in Kids

Resilience is the ability to cope with the ups and downs of life. Learn how you can help kids develop skills, habits and attitudes for building resilience.

Resilience is not just about managing current stressors, but also developing skills for dealing with challenges throughout life and enhancing mental health.

- Building good relationships
- Independence
- Confidence to face challenges
- Managing emotions

✓ Resilience    ✓ Independence    ✓ Managing Emotions

### Workshop details:

Location: Quarry Hill Primary School

Date: Wednesday 1<sup>st</sup> May, 9.00am-11.00am

### Register:

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

P (03) 5438 1300

E [bendigo.reception@catholiccarevic.org.au](mailto:bendigo.reception@catholiccarevic.org.au)

Please note that this is a single session workshop.

There is no cost for this workshop.

Groups are subject to maximum and minimum numbers. Early registration is encouraged.

Hosted by:



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

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





# STUDENT ACHIEVEMENT AWARDS



## KIND



Lincoln-Jensen B (Rm 5)

for patiently teaching Miss Walker how to play chess.

Eva K (Rm 11)

for being a dedicated, kind and thoughtful Grade 5 buddy!

Ava S-D (Rm 11)

for giving compliments freely to other members of our class and helping her peers and teachers throughout the week.



## CURIOUS



Millie G (Rm 2)

for working hard to learn and say rhyming words.

Emilia M (Rm 8)

for investigating how nuts & bolts work in room 4.

Alyssa S (Rm 9)

for her dedication and focus during our oral language practice.

Chloe T (Rm 10)

for taking care to ensure her Sydney tourist brochure was beautifully presented!

Wyatt G (Rm 11)

for asking and answering lots of general knowledge questions about our class novel and for giving 100% in many tasks last week.



## BRAVE



Jaxon D (Rm 1)

for persisting with his 'stop and spell', even though he found it tricky.

Logan T (Rm 6)

for a brave start to Grade 2, setting high expectations for his learning.

Eli T (Rm 7)

for making a wonderful start at his new school.

Bex C (Rm 13)

for displaying courage during her Junior School Council speech in front of her new peers. Congratulations on being selected as room 13's Grade 4 JSC representative.

Hara L (Rm 13)

for making a wonderful start at her new school. It is a pleasure having you in room 13.

Darcy B (Rm 14)

for delivering her Junior School Council speech to the class.



## P.F.A News

Easter is fast approaching and with that comes our much-loved Easter Raffle. To help make this possible we kindly ask each student to bring in one Easter themed delight to become one of many raffle prizes available to be won on March 28th. This could be anything from Easter eggs, stuffed toys (must be new with tags) Easter crafts -sticker books, colour books and such like gift ideas. We ask all donations be taken straight to the office this year. Tickets have been sent home today with the eldest students. If you have missed these or need more, please contact the office to arrange ticket books to be sent home with students.

This year you will find 10 tickets in each book, which will equate to \$20 a book, or \$2 per ticket. Please do not feel any pressure to sell them all, just return unsold tickets with sold tickets to the office by 3.30pm Wednesday, 27th March. Please be sure student's names and room numbers are clearly printed on the tickets so we can get them to the rooms for collection. If selling to friends and family, there is plenty of room on the back of the ticket for further information. There will be a special assembly held at 9:10 am on Thursday, 28<sup>th</sup> March to draw the winners, all families are welcome to attend.

 QUARRY HILL  
PRIMARY SCHOOL's

# EASTER RAFFLE



## THURSDAY, MARCH 28<sup>th</sup>

**10 GRAND EASTER PRIZES  
AND MUCH, MUCH MORE TO WIN**

### \$2 per TICKET

• WINNERS DRAWN on Thursday the 28th of March •

• FUNDRAISING for Beautification of School Grounds •

• DONATIONS of Easter theme needed and can be dropped off at the Office •

All tickets and money must be returned to  
the office by 3:30pm, Wednesday, March 27th

The Parents and Friends AGM and first meeting for the year will be held on Thursday 7th March, 10.00am in the Multipurpose Room. All parents and caregivers are welcome to come along.

We would like to invite you to share a cuppa after school-drop-off on Thursday mornings. This term the cuppa-time will be held in the peace of the bushland and eco-shed, so please wander down around 9am!

It is an excellent opportunity to make some new friends, reconnect with old ones and to be part of the school community. All welcome, including pre-schoolers!

## **QUARRY HILL JUNIOR FOOTBALL CLUB**

Welcome back to the 2024 season! Registrations are now open for another fantastic year at Quarry Hill Junior Football Club and we welcome all new and existing members to our family friendly club. All registrations, payments and hoodie orders can be done online via PlayHQ. **2024 Registration Fees: Under 9s and 10s - \$120. Under 12s - \$150**

*NB: A family discount of 10% applies for two or more family members*

**Quarry Hill Hoodies:** Child Size Hoodies - \$70. Adult Size Hoodies - \$80

Please enter the name you would like on the back of the Hoodie in the text box provided.

**Registration Afternoon:** We are having a registration afternoon on Thursday the 29<sup>th</sup> of February from 3:45pm – 4.45pm at Ken Wust Oval Quarry Hill. We will have devices available to register if required and we will be able to answer any questions.

We will also be having a free boot swap so please bring along any old boots to swap for your current size. Most importantly the children can have a kick and a run around.

To register for the 2024 season please complete the online registration. Online registration is to be completed via Quarry Hill Junior Football Club's page on PlayHQ, please find the link below (in the event this link doesn't work, just copy and paste it into your browser).

All parents/guardians who will be assisting during the season must also be registered online as a volunteer/team manager or coach. The BJFL has a mandatory rule that all officials must be registered and this can be completed in conjunction with your child/s online registration. All volunteers are welcome.

Registration link: <https://www.playhq.com/afl/register/9d54df>

Please let us know if you are interested in joining our club's volunteer committee, it's a great friendly team who are committed to providing the kids a safe and fun place to play football. The workload isn't onerous and we would love some new faces helping out.

We don't want any barriers to prevent the kids from playing football so should any families need support with payment arrangements please do not hesitate to contact Leigh confidentially on the below details.

If you have any questions please don't hesitate to contact club President Leigh Martin on 0400 541 000 , or via email at [leigh@matlec.com.au](mailto:leigh@matlec.com.au)

We are looking forward to another great season in 2024.

**GO DEES!**

Quarry Hill Junior Football Committee



## Kitchen Crew

Over the last couple of weeks grade 6 students have begun navigating the kitchen during Thursday crew sessions creating delicious recipes for all the class to taste and enjoy. One of our first topics to cover is safety and cleanliness during preparation of food. Each student has participated in basic knife handling, learning the importance of setting up a safe workstation and basic knife cuts using our safe food handling grips like the claw and bridge. Mastering knife skills will be something we continue throughout the year and a life skill they will keep for ever. As the year progresses students will master different cooking methods and learn to read recipes that we hope they will replicate at home. Last session we made delicious apricot balls, these make a great little treat for snacks in the lunch box, we hope you all give them a go at home.

### Apricot Balls

#### What you will need:

200g plain sweet biscuits

250g dried apricots

125g butter

80g brown sugar

50g desiccated coconut + extra ½ cup for coating rolled apricot balls

200g sweetened condensed milk



#### How to create delicious Apricot Balls

1. Finely chop dried apricots.
2. Finely crush biscuits in a food processor or using a rolling pin.
3. Melt butter and brown sugar.
4. In a large bowl combine all ingredients and mix well.
5. Roll measured mixture into balls and coat in coconut. Place in fridge to chill until serving.

*Enjoy* 😊



## Managing separation anxiety at school drop-offs



Going to school for most children is a positive experience however some children can struggle making the transition from their home environment to school. It's naturally distressing to see your child upset at school drop-off but there is a great deal you can do to make school drop-offs easier for you and your child.

### Breaking the cycle of separation anxiety at school

A child's clinginess, crying or tantrums at school drop-off can be disturbing for you as a parent. Despite putting on a brave face, you can feel guilty that somehow you're the cause of this behaviour. Unless something traumatic has occurred then leaving your child at school is a normal part of life, something your child will get used to. The following strategies may help eradicate your child's tears and fears when you take them to school:

#### Tell the story

Prepare your child thoroughly each morning for what will happen when you leave your child at school. Repeat the story each morning before school so they can fully prepare for drop-off.

#### It takes two

Involve your child's teacher in the drop-off process as they will be the person who must deal with an upset child. In extreme examples, at the start of term or after a long absence, a later starting time may give your child a chance to say goodbye in more relaxed circumstances.

#### Give me five

Rituals are both personal and reassuring so develop a special goodbye ritual that you consistently use when you leave your child each morning. Your special ritual may be simple such as a special wave or kiss, or fun such as a high five, low five, fist pump bursting into a hand explosion. Then leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

#### Reduce the rush

Is your child a morning star or night owl? Many children are slow starters in the morning, which can mean that they're frequently rushed and arrive at school in highly anxious states. Do all you can to reduce morning stress, which may include earlier bed and waking times; laying out school clothes the previous evening and making minimal demands on their time.

#### This is the place

Location carries memory so choose carefully the place you say goodbye to your child. If a kiss or hug at the school-gate means a happy child, then you've probably found your goodbye place. Experiment with your goodbye location until you find one that works.

#### It's your job

If goodbyes continue to cause tears, tantrums or clinginess consider, if possible, saying goodbye to your child at home and allowing another adult – your partner or another parent – to take your child to school.

### If separation anxiety continues

If your child's separation anxiety interferes with their concentration and learning, prevents them from making friends, is excessive and goes longer than a month, consider getting professional support. Separation anxiety left unchecked can lead to school refusal and other anxiety disorders later on.

For professional support consult with welfare teacher at your child's school, your local general practitioner or local council for suitable health care professionals in the area.



#### 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.



**SGUSC**  
**FAMILY FUN DAY**  
**FEBRUARY 25**  
 STANLEY AVENUE, SPRING GULLY




- ✓ SKILLS AND DRILLS
- ✓ UNIFORM SALES
- ✓ SMALL SIDED GAMES
- ✓ REGISTRATION ASSISTANCE

**UNDER 6 TO UNDER 10: 10 AM - 12 PM**  
**UNDER 12: 10 AM - 11 AM**  
**UNDER 14 TO UNDER 16: 11 AM - 12 PM**

**GOLD COIN DONATION - BBQ LUNCH SERVED AT 12 PM**  
**NEW AND RETURNING PLAYERS WELCOME!**

40 YEARS OF THE RED AND WHITE 1984 - 2024

40 YEARS OF THE RED AND WHITE 1984 - 2024




**2024 PLAYER REGISTRATIONS NOW OPEN**

REGISTER AT [PLAYFOOTBALL.COM.AU](http://PLAYFOOTBALL.COM.AU)

**BENDIGO FORD FUN RUN 2024**  
**SUNDAY 3 MARCH**




 **REGISTER NOW** [bendigofordfunrun.com.au](http://bendigofordfunrun.com.au)

<b>1km</b> KIDS DASH	<b>5km</b> RUN/WALK TSFN BUSINESS & SPORTS TEAM CHALLENGE	<b>10km</b> FUN RUN	<b>21.1km</b> HALF-MARATHON
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**BENDIGO HEALTH**  
 All proceeds support the Bendigo Health Foundation

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: 5443 3537





### **Join a great local soccer club**

Golden City Football Club is looking for new players.

We're an inclusive, family friendly club and we are looking for players from all age levels and experience to play in our 2024 season starting in April. All are welcome! We have all-girl teams at all age levels and around half of our juniors are female. We are looking for any junior players who would like to experience the World Game. Soccer is a great sport for boys and girls and the FIFA Women's World Cup held recently in Australia and New Zealand has seen a wave of new participation in junior soccer across the Bendigo region. We support and encourage both men and women to be coaches and managers.

Our junior season starts after the Easter school break and runs for 16 weeks. Junior games are played on Saturday mornings on small-sided pitches with modified rules to make the games inclusive, engaging and fun. Training takes place once a week at our home ground, Shadforth Park, Fenton Street, North Bendigo. You can register <https://registration.playfootball.com.au/common/pages/reg/WelcomeRegPlus.aspx?entityid=7336> . We are also having registration days at our clubrooms at Shadforth Park on Monday 26th Feb 4pm-6.30pm; Saturday 2nd March 10am-1pm; and Wednesday 6th March 4pm-6.40pm, where you can get assistance with registration and ask questions.

Please get in touch for further information.

Email [goldencitysc@gmail.com](mailto:goldencitysc@gmail.com), see our Facebook page or visit [www.goldencityfc.com](http://www.goldencityfc.com)