

The Poppet Head

Weekly newsletter of Quarry Hill Primary School Thursday, March 21st, 2024 Newsletter No. 4

Our Vision:

OHPS 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 Tam Community minded I belong

Tam a learner I seek knowledge I ask questions I explore and wonder T create

Curious

Brave

I am honest I am independent I have high expectations I am resilient I am open to feedback

IMPORTANT DATES

	Time	Details
MARCH		
Friday 22 nd	12:00pm – 2:00pm	Multi Age Day – World Water Day
Tuesday 26 th	9:00am – 2:30pm	Cross Country at Ken Wust Reserve
Thursday 28 th	9:10am – 9:30am	Special Assembly to Draw Easter Raffle
Thursday 28 th	9:00am – 2:30pm	Last Day of Term 1 – Early Finish
APRIL		
Monday 15 th	9:00am – 3:30pm	First Day of Term 2
Tuesday 16 th	9:00am – 1:00pm	School Photo Day
Wednesday 17 th	9:00am – 3:00pm	House Athletics Carnival
Mon 22 nd – Tues 23 rd		Grade 3 Corop Camp
Mon 22 nd – Wed 24 th		Grade 5 Kyneton Camp
Thursday 25 th	All Day	ANZAC DAY – Public Holiday
MAY		
Wednesday 1st	9:00am – 11:00am	Building Resilience in Kids Workshop
Wednesday 15 th	6:00pm – 7:00pm	Prep 2025 Information Evening
Thursday 16 th	9:30am – 10:30am	Prep 2025 Information Session and School Tour
Tuesday 21st	9:00am – 1:45pm	Prep – Grade 4 Gymnastics Program
Friday 24 th	All Day	Curriculum Day – Student Free Day
Tuesday 28 th	9:00am – 1:45pm	Prep – Grade 4 Gymnastics Program

Reminders:

EASTER RAFFLE – Donations, raffle tickets and money to be dropped off at the office by Tuesday the 26^{th of} March. Raffle drawn at 9:10 am Thursday 28th March at a special assembly.

CROSS COUNTRY – Tuesday 26th March at Ken Wust Reserve.

LAST DAY OF TERM 1 – Thursday 28th March, 2:30pm finish.

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





EASTER RAFFLE

Easter is fast approaching and with that comes our much-loved Easter Raffle, 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 any sold tickets and any Easter donations to the office by 3.30pm Tuesday 26th March. The Easter Raffle will be drawn at a special assembly at 9:10am Thursday 28th March, all families are welcome to attend. Here is a sneak peak of some of the amazing prizes we have so far.



FRUIT SNACK

Could all families please remember to send fruit with your child each day for their fruit snack.

CROSS COUNTRY CHANGE OF DATE – Due to a clash with another local school, the QHPS House Cross Country date has changed to **Tuesday the 26**th **of March**. The event will take place at the Ken Wust reserve on Tuesday March 26th from 9.15am. Grade 3 - 6 will be run between 9.15am - 11.00am with presentation happening at the end of the morning session.

Prep - Grade 2 will be run from 12.00pm - 2.00pm with presentation happening 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.

SCHOOL PHOTO DAY

Our School Photo Day will be held day 2 next term **Tuesday 16th April** from 9.00am. All orders are to be completed online www.leadingimage.com.au using the access key **C7RPNNC4**. If you would like a family photo, this needs to be ordered by 4.30pm the day before photos. No late orders of family photos can be taken.

Please contact me if you have any questions.

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GRADE 4 SWAN HILL CAMP

All staff and grade 4 students enjoyed their time away at the Swan Hill Pioneer Settlement Camp. The weather was extremely hot, however, everyone had a really great time.







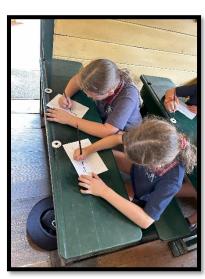












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HARMONY WEEK

Today marks the start of Harmony Week 2024, with the theme 'Everyone Belongs'. It's a celebration that recognises Australia's diversity and brings people together from many different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone.

Harmony Day is also the same day as the United Nations International Day for the Elimination of Racial Discrimination. Students across the school have participated in various Harmony Day activities today and there have been many discussions about Human Rights and Social Justice across the classes.





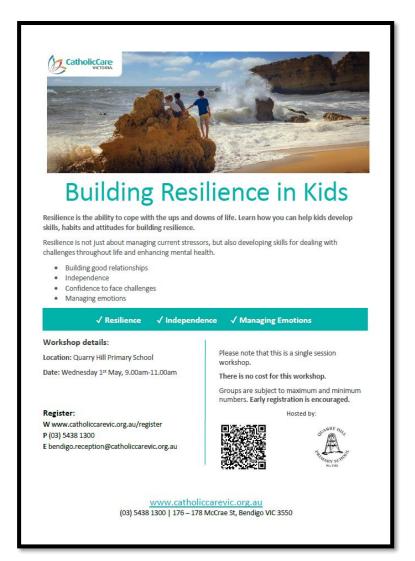
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BUILDING RESILIENCE IN KIDS

The building resilience in kids workshop will be here at Quarry Hill Primary School on Wednesday 1st May from 9:00am – 11:00am. Early registration is encouraged. If you require any further information, please contact our wellbeing officer Kerryn Phillips: Kerryn.Phillips@education.vic.gov.au

Resilience... it's a familiar word isn't it? But what does it really mean? Resilience is the ability to cope when things go wrong. It's a child's ability to cope with ups and downs and bounced back from challenges they experience during childhood.

Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life, during adolescences and adulthood.



As a parent or carer, you can help to develop essential skills, habits and attitudes for building resilience at home by helping your child to:

- Build good relationships with others including adults and peers
- Build their independence
- Learn to identify, express and manage their emotions
- Build their confidence by taking on personal challenges

Parents play a really important part in modelling and approach during stressful times. Children learn and take cues from the adults around them. Being mindful of how we approach stressful situations and the skills we use to resolve challenges is essential in helping our children devel resilience. Parents can also play an active role in supporting children during stressful times by facilitating problem solving steps to work through situations positively. Over time, these skills can then be developed by the child, so they are able to more independently resolve difficulties. A great video by KidsMatter explaining resilience in Kids: https://www.youtube.com/watch?v=KP5sG4qb3Rk

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Creating resilient kids together

Resilience is the ability to 'bounce back' from problems and setbacks.

What are the skills that develop resilience and wellbeing?

It's important for your child to learn the personal and social skills that will help them to become more resilient and cope with problems and difficult situations that may come their way. Here are some of the skills we have been practising.



Self-awareness skills

- Be able to identify their strengths and challenges.
- Be able to know what might influence their successes and mistakes.
- Be able to see that the way they think about mistakes and negative situations can affect how they feel and behave.
- Be able to self-reflect on their behaviour and decisions
- Be able to accept setbacks and problems are a normal part of everyday life and know that these situations often don't last and will improve with time or effort.

THANK YOU FOR PLAYING A VITAL ROLE IN YOUR CHILD'S RESILIENCE AND WELLBEING EDUCATION.



Self-management skills

- Be able to manage strong feelings such as fear and anger and turn these moods into better ones.
- Manage impulses that may present a risk to their safety and wellbeing.
- Be able to make plans, be organised, selfdisciplined and courageous to achieve goals.
- Be able to predict problems and solve problems.
- Have age-appropriate levels of independence.
- Be able to focus on the positive things in negative situations.
- · Use thinking that is grounded in fact and reality.
- Find something funny in a setback to help keep things in perspective.

Social management skills

- Have the skills to make and keep friends.
- Be able to sort out conflict and cooperate with friends and peers.
- Be able to make decisions based on safety and respect for self and others.
- · Be able to ask for help when required.

Social awareness skills

- Be able to read, predict and respond empathically to others' feelings and needs.
- Appreciate others' points of view.
- Not exclude others because of their differences
- Know where to go to ask for help at home, at school and in the community.
- · Believe that relationships matter.

32 | K/PP FOCUS AREA 1: Resilience and Wellbeing

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Koorie Student leaders Group



This term Koorie students from Gr 3- 6 have been meeting once a week to help build their leadership skills and to promote Koorie culture and voice at Quarry Hill Primary School.

We have learned about some of the traditional bush foods that are growing in our gardens at Quarry Hill and created a booklet to help share that information. Check out our notice board outside Room 3 where we will highlight important dates, artwork, and other information we would like to share with the school community like the Dja Dja Wurrung Seasons.















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Cyber Safety News

Webinars for parents and carers

Online safety and social media: TikTok, YouTube and Instagram

This webinar provides an overview of managing different functions of social media, including chat and privacy settings, as well as positive conversations about social media use, managing content and reporting negative online experiences. It's suitable for parents and carers of children and young people in primary and early secondary school.

Term 1 dates (Australian Eastern Daylight Time)

26 March: 12:30 pm

How safe is TikTok?

Using any social network can be risky, but it's possible for kids to safely use the app with adult supervision (and a private account). TikTok has different rules for different ages:

- Users under age 13 can't post videos or comment, and content is curated for a younger audience.
- For kids age 13 to 15, accounts are private by default. Only friends can comment on videos, and other users can't duet (explained below) with your videos.
- Only users <u>age</u> 16 and over can livestream and use direct messaging, and only users over 18 can buy, send, or receive virtual gifts.
- In March 2023, TikTok announced a time limit of 60 minutes/day on users under 18, requiring a
 password to be entered for further access to the platform.

TikTok also offers some tools for parents and caregivers to further limit how much time kids spend on the app and what kids can see. Parents and caregivers can also use Restricted Mode to reduce mature content, or Family Safety Mode to pair their account with their kid's account to control settings completely.

Is TikTok appropriate for kids?

TikTok can be a kid-friendly experience if you supervise your kids, use safety settings, and stick to songs you already know. But TikTok's emphasis on popular music means many videos include swearing and sexual lyrics, so it may not be age-appropriate for kids to use on their own.

How can you make your TikTok account private?

To make your TikTok account private, go to your profile page and select the three-dot icon in the top-right corner. On the "Settings and privacy" page, tap Privacy. That takes you to the Discoverability page. Toggle the switch for Private Account. On this page, you can also control other safety and privacy features, such as who can send you comments and direct messages, and who can do a duet with you. Using the Friends setting or turning those features off completely limits contact with strangers.

TikTok introduced the Family Pairing mode in 2022, which lets parents link their account to their kid's account. It includes the ability to set daily viewing time limits, put a kid's account on Restricted Mode to limit their exposure to content that may not be appropriate, and turn off their ability to send and receive direct messages. Parents can also disable their kid's search functionality and prevent other users from seeing which videos their kid has liked.

For more information or to register for webinars visit https://www.esafety.gov.au/parents/webinars https://www.commonsensemedia.org/

Email. quarry.mil.ps@euumaii.vic.gov.au Website:www.quarryhillps.vic.edu.au



STUDENT ACHIEVEMENT AWARDS



KIND		
Leni F	Rm 11	For being an excellent role model for kindness and friendship. Leni is
		easy-going, patient, fair and honest.
Taite C-S	Rm 11	For always being such a kind and caring friend to everyone in our
		class. Taite is cool, calm and awesome.
Jone Win K	Rm 14	Thank you for helping clean up the dining area after our meals at
		camp.
Olivia W	Rm 17	For being a super inclusive member of our school. I appreciate your
		kindness.
CURIOUS		
Lola B	Rm 1	For exploring different diagraph sounds in words in the Investigation
		Room.
Mason B	Rm 1	For being an inquisitive investigator in the Investigation Room,
		exploring float and sink!
Ted T	Rm 7	For seeking new knowledge by reading each night.
Jed T	Rm 8	For being ready for learning, showing good listening on the mat.
Dyson S	Rm 11	For constantly asking questions, seeking knowledge and giving 100%
		effort in everything you do. Well done Dyson!
Henri T	Rm 11	For an excellent social justice poster on Human Rights. Henri's writing
		and artwork was very impressive!
Chase M	Rm 16	For working hard in class.
Kieran M	Rm 16	For making connections between the traditional names of Dja Dja
		Wurrung seasons and local places.
Anabel H	Rm 17	For doing an outstanding job in knowledge and curiosity at celebrating
		inspiring woman in Australian history.
Charlie K	Rm 17	For always challenging yourself across all areas of Maths.
BRAVE		
Addison H	Rm 2	For her amazing 'Brave' writing about our storybook 'There's a bear
		on my chair'.
Olivia C	Rm 12	For being an independent student with high expectations. Great job!
Layla B	Rm 16	For always showing responsibility in class.









COMMUNITY CUPPA & HOT CROSS BUN MORNING

Next Thursday morning, March 28th is our much-anticipated Easter Raffle. To add to the fun, parents and the school community are invited to come along to a coffee and hot cross bun morning on the Junior Astro Turf from 8:30am. Come and enjoy a cuppa and chat at school before the raffle prizes are drawn. The raffle prizes will be drawn at a special assembly starting at 9.10am.

To help with the morning we would love any donations of hot cross buns, all flavour options and varieties welcome. Donated hot cross can be dropped at the Multipurpose Room Kitchen on the morning of Thursday 28th, from 8:30am. Please include a list of ingredients with the hot cross buns to assist with any dietary needs. We hope lots of families can come along and enjoy the fun of the morning!



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!

CALL OUT TO FATHER'S / CARER'S

A few students were aware last year that many mother/carers were volunteering for both the Father's and Mother's Day stalls. They noticed some of their friends found it difficult because they wanted to buy gifts without their special person at the stall seeing.

A small group of father/carers have responded to this and are calling on other father/carers for their support. If you can give your time to help wrap gifts in the multipurpose building on Wednesday the 1st or 8th of May after drop-off, it would be greatly appreciated. Alternatively, if you can help out at the stall on Friday the 10th of May from 9.00-11.00am in the multipurpose building, the children would appreciate being able to purchase gifts with a little more ease for the special person in their life.

A current Working with Children Check (WWCC) will be required for volunteering at the store. A volunteer WWCC is available at no charge from https://service.vic.gov.au/find-services/work-and-volunteering/working-with-children-check
Please email your availability, and a photo of your card or a digital WWCC to

Please email your availability, and a photo of your card or a digital WWCC to narelle.jones@education.vic.gov.au

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Chess on the Hill



U18 Junior Tournament

Saturday March 23 10am-12pm

@ The Old Church on the Hill 36 Russell St Quarry Hill

5 x 10 minute games- gold coin donation for entry

*Chess on the Hill meets every Saturday 10am -12pm for fun, social chess

For more information call Andre on 0409 848 829

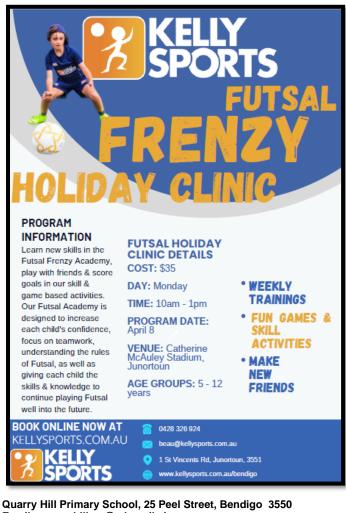




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Boys & Girls aged 4-12 years old.

General Information:
We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. Our friendly saff 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

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: 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.

programme numbers.

Payment details:
Payment is required up-front 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:

Please note: Every core 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

www.kellysports.com.au/bendigo

Contact: Beau Cross Email:

beau@kellysports.com.au Phone: 0428 326 924

Facebook: Kelly Sports Bendigo Address: 379 Eaglehawk Rd, Eaglehawk, 3556

EASTER '24 HOLIDAY PROGRAMME ST LIBORIUS PS STADIUM - 379 EAGLEHAWK RD

PROGRAMME NOT ON TODAY

> **EASTER** MONDAY



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



MINI OLYMPICS Our little superstars will show off their skills in the Kelly Sports Olympics today. The kids will work together to try & top the medal tally in many running, jumping, throwing &



MINI GOLF MADNESS Can you conquer the almighty Kelly Sports Mini Golf Challenge? Get yourself ready for 18 holes of crazy, Mini Golf fun, with prizes & challenge games also included in today's activities.



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!



INFLATABLE SPORTS A truckload of fun is awaiting each of our little legends today! With supersized inflatable games such as Giant Inflatable Soccer, Inflatable Volleyball, inflatable challenge games & more, this is one you wont want to miss!

FULL DAY: \$52 8:30am - 5:00pm



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!

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



NINJA WARRIOR 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?

> HALF DAY: \$35 8:30am - 12:30pm OR 1pm - 5pm



AMAZING RACE
Come along today & show off
your teamwork & problem
solving skills. How quickly can
you weave your way through
our crazy challenges? Hidden
prizes will also be included in
today's Amazing Race!

*FULL WEEK DISCOUNTS ARE AVAILABLE ON THE



DODGE, duck, dip, dive and....DODGE! Our holiday Dodgeball Tournament is back. Stretch up & come along for our Day 1 fun!
Today is going to be an absolute BLAST!!

BOOK ONLINE NOW AT **KELLYSPORTS.COM**

KELLY SPORTS

Boys & Girls aged 4-12 years old.

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

Website: www.kellysports.com.au/bendigo

Contact: Beau Cross

Email: beau@kellysports.com.au Phone: 0428 326 924 Facebook: Kelly Sports Bendigo Address: 1 St Vincents Rd, Junortoun.

CATHERINE MCAULEY COLLEGE STADIUM - 1 ST VINCENTS RD, JUNORTOUN



EASTER MONDAY



FOOTY COLOURS DAY Bragging rights are on offer today! The kids & coaches will go headto-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





BIG BASH SMASH
Come and show off
your power hitting in our
Crazy Cricket competition!
Today will be jam-packed with
action. On today's
schedule we have Touch Footy,
Amazing Race, Circus skills,
Kids Choice & Coach vs.
Kids Games



TENNIS GIANTS
Today will be action packed with
the awesome team from GIANT
TENNIS dropping in to run an
hour long coaching clinic for the
kids. The kids will also be treated
to a range of fun games & the
chance to take home prizes in our
lunchtime fastest serve
competition.



AMAZING RACE
Come along today & show off
your teamwork & problem
solving skills. How quickly can
you weave your way through
our crazy challenges? Hidden
prizes will also be included in
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Kick start your day with our
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