



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Thursday, May 9th, 2024
Newsletter No. 6

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

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

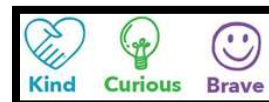
	Time	Details
MAY		
Friday 10 th	9:00am	Mother's Day Stall
Mon 13 th – Fri 17 th	All Week	Education Week
Wednesday 15 th	6:00pm – 7:00pm	Prep 2025 Information Evening
Thursday 16 th	9:30am – 10:30am	Prep 2025 Information Session and Tour
Tuesday 21 st	9:00am – 1:45pm	Prep – Grade 4 Gymnastics Program
Thursday 23 rd	9:00am – 9:30am	Parent Information Session – Camps and Excursions Program
Friday 24 th	All Day	Curriculum Day – Student Free Day
Tuesday 28 th	9:00am – 1:45pm	Prep – Grade 4 Gymnastics Program
JUNE		
Tuesday 4 th	9:00am – 1:45pm	Prep – Grade 4 Gymnastics Program
Monday 10 th	All Day	Kings Birthday – Public Holiday
Tuesday 11 th	9:00am – 1:45pm	Prep – Grade 4 Gymnastics Program
Friday 28 th	9:00am – 2:30pm	Last Day of Term 2 – Early Finish

Reminders:

Mother's Day stall – Tomorrow, students will have an opportunity to purchase a gift each from the stall, \$2 each.

Prep 2025 Information Evening - Wednesday 15th May, 6pm

Prep 2025 Information Session & Tour - Thursday 16th May, 9:30am



2025 FOUNDATION (PREP) ENROLMENTS

All government primary schools will follow the Department of Education (DE) timeline to support Foundation (Prep) enrolments for the 2025 school year.

The timeline advises families when and how to enrol their child into Foundation (Prep) at a Victorian government primary school, including Quarry Hill Primary School.

You can find information and resources about the new timeline, including factsheets, at:

www.vic.gov.au/enrolling-foundation-prep

You can apply to enrol your child in Foundation (Prep) 2025 at Quarry Hill Primary School as of now.

What you need to do:

1. Contact our school on 5443537 to book a place on one of our scheduled school tours or to learn more about our school and the enrolment application process.
2. Download the Foundation (Prep) enrolment information pack from Enrolling in Foundation (Prep)
3. Submit an enrolment application for Foundation (Prep) by Friday 26th July 2024 (earlier would be preferred)
4. You will be notified of the outcome of your application by Friday 9th August 2024. If you receive an offer of placement, you should contact our school to accept the offer by Friday 23rd August 2024
5. Take part in enrolment information and transition sessions during Term 4, 2024
6. Your child will start their first full day of Prep at QHPS on Wednesday 29th January 2025.

Enrolment applications submitted after 26th July 2024 will be processed by our school as they are received, in accordance with the department's Placement Policy.

Our School Zone

Our school zone is available on findmyschool.vic.gov.au which hosts the most up-to-date information on school zones in Victoria.

Students residing within our school zone are guaranteed a place at our school, which is determined on the basis of your permanent residential address.

In the first instance, Quarry Hill Primary School draws its enrolments from our 'designated neighbourhood zone'. This zone has been devised, in consultation with our Regional Office, taking into consideration the location of other local primary schools.

Where there is insufficient accommodation at our school for all students who seek entry, students are enrolled in the following priority order:

- Students for whom our school is the designated neighbourhood government school.
- Students with a sibling at the same permanent residence who are attending our school at the same time.
- All the students in order of closeness of their permanent residence to the 'designated neighbourhood zone' boundary.

Our school manages enrolments using the Placement Policy to ensure that students have access to their designated neighbourhood school and may enrol at another school, if there are available places.

If you have a child starting next year, we would appreciate them being enrolled as soon as possible please. (Preferably before the nominated 26th July if possible.) If you know that you will not be here at Quarry Hill Primary School next year, please let us know. This enables us to have a better idea about the number of Prep children we can enrol and about the grade levels where there may be places available for other students.

GYM PROGRAM PREP - GRADE 4 ONLY

Our Gymnastics program starts Tuesday May 21st. It will take place at Jets Gym, Golden Square for Grade Prep – 4 and the cost will be \$37.00. The lessons will be of 60 minutes duration and will be conducted by qualified Gymnastics instructors. Children are required to wear loose fitting clothing without zips and extra buttons. School polo shirts, shorts and tracksuit pants are suitable.

ANZAC Appeal

Junior School Council members did a wonderful job selling merchandise at school in the lead up to ANZAC Day to support the Bendigo District RSL ANZAC Appeal.

This appeal supports veterans and their dependants and honours the memory of all who have served in defence of our nation.

Thank you to everyone who purchased a badge, wrist band or key tag to support this cause. We had a wonderful result – raising \$355 for the Appeal.



GRIP Conference

On the 30th of April, student leaders from grades 5 and 6 participated in the GRIP leadership conference at Red Energy Arena. The event provided valuable insights into leadership, emphasising skills such as sacrifice, seizing opportunities, and effective



communication with peers from different schools. While some students initially felt reserved, by the day's end, all 15 participants were engaged, laughing, and enjoying themselves.

Additionally, Quarry Hill leaders received praise from another school for their exemplary behaviour, a testament to their commendable conduct.

Mrs Fry.



Prep - Grade 2 Waste Education Incursion

Last Thursday the Bendigo Council presented a Waste Education Incursion for Preps to Grade 2 students. The incursion supported our Term 2 overarching theme of 'Sustainability'.

Topics covered during the incursion included:

- How to sort your waste, recycling and organics
- Tips for better recycling
- Where does our waste, recycling and organics go?
- Changes to how we manage waste, recycling and organics
- What we can do to reduce our waste



SCHOOL PERFORMANCE

The Countdown is on....

Our biannual school performance "Countdown" will be held on the evening of Wednesday August 28th at Ulumbarra theatre.

All students from Prep through to Grade 6 will have the opportunity to perform on the main stage. For parents new to the school, the students will begin learning a song and dance which will be performed by their class as part of the performance. Students in Grade 5 & 6 have the opportunity to try out for main parts in the performance.

On the day of the performance the whole school is transported to the Ulumbarra Theatre for a rehearsal day. At the end of the school day students are picked up from school like normal but are then required to be taken to the Theatre for a night performance. We have a planned Curriculum Day the day after to give all the students the opportunity to rest as this is a big day for everyone.

We will release more information around ticket sales closer to the date.

Full costume requirements will come out before the end of Term 2, however, students will be tasked with creating part of their costumes and or props in Art classes leading up to our performance.

QHPS Students Shine at District Cross Country Event

The previous week saw QHPS students heading to the District Cross Country held at the Bendigo Race Course, enjoying a memorable day out.

Demonstrating commendable participation and excellent behaviour throughout the event, several students stood out with notable achievements.

Among them, Tola M, Olivia W, Sienna W, Vaida P, Nixon S, and Beth L secured places within the top 12 in their respective events. Additionally, Lexie W emerged victorious in her event, clinching the first position. Excitingly, a few of our students will soon receive invitations to compete in the upcoming division carnival.



Multicultural garden

We are excited to introduce a Multicultural garden in our new outdoor learning space that reflects the cultures of families within our school community.

To make this garden truly representative and meaningful, we are reaching out to you for your contributions. We invite you to suggest plants, vegetables, herbs, or other greenery that hold significance to your cultural heritage. Whether it's a traditional vegetable or herb used in cooking, or a plant with deep cultural roots, we welcome your suggestions.

Your participation will help to provide a wonderful learning opportunity for our students as we will use this produce as part of our Kitchen garden program. By sharing the stories behind the plants you recommend, we can educate our students about the diverse traditions and customs that shape our world.

If you can help in any capacity, please email Amie Goodwin or drop into Room 17.

amie.goodwin2@education.vic.gov.au

Ten Hints for Creating Resilient Families

Andrew Fuller

Resilience is the happy knack of being able to bungee jump through life. When the inevitable pitfalls and setbacks of life occur, it is as if you have an elasticised rope around your middle that helps you to bounce back from hard times.

Promote Belonging

The sense of belonging we have is the strongest antidote we know of for self-harm, depression and drug abuse and it's built on our sense of belonging. Children are most resilient when they have three types of belonging:

1. A sense of being part of a family
2. Having different friendships to belong to
3. Having an adult outside their family who connects with them.

Have some mooch time

We live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson and from one organised event to another. Then we wonder why, when there is a lull that they say "I'm bored". Be a counter-revolutionary. Find some time each week just to be at home without anything structured happening. Quiet times allow children to develop creativity and ingenuity.

Rediscover some family rituals

Family rituals are strong predictors of resilience. It doesn't matter whether it is the family walk after dinner, the Sunday roast, the Friday night pizza or the Saturday morning clean up- rituals are highly protective. The best rituals often cost nothing. These are the activities you hope that later on your children will reminisce and say " Mum always made sure we did." or Dad always made sure we did."

Spontaneity and curiosity

Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and

you can't give it to them by getting them to read a book.

So the really hard message here is that if you want to raise your children to have mentally healthy lives you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.

Love kids for their differences

When families' function well people are allowed to be different and to be loved for those differences.

We all know that children take on different roles. A father of three said, "It's as if they have a planning meeting once a year and say ' you be the good kid, I'll be the sick kid and the other one can be the trouble-maker! And then just when you think you've got it figured out they change roles again'".

Having children who are strongly individual and who have a sense of who they are, is a sign of good parenting. The problem may, of course be that they will then express their independent spirit in ways that you don't like. The ideal is a mix between someone who preserves their own uniqueness and is able to work with others without becoming dictated to by them. Someone who has their own independent nature but is comfortable enough with themselves to allow inter-dependence.

It is clear who is in charge

Families do not work well as democracies. In fact they seem to work best as benevolent dictatorships in which the parent or parents consult a lot with their children but at the end of the day, the parent has the final say.

Some parents fear that if they take charge that they will lose the friendship of their children, but often the reverse is true. In families where parents fail to take their own role seriously, children may feel that to express their



independence they need to engage in risk taking behaviour and avoid responsibility.

Authoritative parenting allows children to feel safe, have clear boundaries and flourish.

Consistency

Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages and who value compassion over coercion, clearly has the best outcome in terms of children's well being. It is also important that parents not be open to manipulation and work together as a team.

Life however is not always so simple and we all know from sad and sour experience that parents cannot always be consistent. Sometimes parents have different value systems or can't come to a consistent way to handle particular areas. In these situations, a second possibility is to for one parent to take charge of a particular area. This is not the most desirable solution but it is better than having parents in conflict over management issues or worse, undermining one another. In single parent families or where parents are separated the same principle applies.

Teach the skills of Self-esteem

Families that work well seem to praise one another a lot. Compliments are made, positive efforts are commented on. Optimism is in the air. Even in these families, teenagers still shrug and say, " yeah Mum" or "yeah Dad" whenever a compliment is made.

Teaching the skills of self-praise is useful. One way of doing this is to ask questions extensively about any achievement or accomplishment. Asking questions that like "How did you do that?", "How come you did so well at that test?" "What did you do?" and "Have you been doing homework behind my back?"

Know how to Argue

Families that work well know how to argue. It seems strange to say this because we all have the sense those families that work well don't have conflicts.

The family is really where we learn to resolve

disputes fairly. The way that parents teach children to resolve differences of opinion with their brothers and sisters provides the basis for sharing, negotiating and problem solving in the world beyond the family. While differences of opinion should be allowed to be expressed, children also need to learn that they will not be able to win at all costs

Parents are reliably unpredictable

With young children it is important to provide consistency and predictability. This allows them to feel sure of you. After a while though, a bit of predictability can go a long way. To many children, most parents are about as predictable as a washing machine cycle. It is important to have structure and consistency but it is also useful to act in ways that your children wouldn't expect. This keeps them interested in learning from you or least wondering what you are up to.

Perhaps the most important feature of parents in healthy families is that they realise that all of the above is desirable but not always possible and so they look at how to promote good functioning while not wasting energy on blaming themselves for the times when things don't quite work out as they had planned.

Andrew's latest book *Unlocking Your Child's Genius* (Finch Publishing) will be published in July 2015.



Subway Orders due by 8:45am every Friday.

SUBWAY >>>>
SCHOOL LUNCH

- EVERY FRIDAY
- PLACE YOUR ORDER BY 8:45AM EACH FRIDAY AT CANTEENHUB.COM.AU

PROUDLY SUPPLYING

 Quarry Hill Primary School

 SUBS FOR YOU

Say Hello at help@canteenhub.com




WELCOME TO CANTEEN HUB



GETTING READY TO PLACE YOUR FIRST ORDER

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- 5 Head to Order Now
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- 7 Select items from the approved menu & finalise your order
- 8 To place orders for multiple people. You will be asked when you finalise your first order if you would like to place another order for another profile (person)

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STUDENT ACHIEVEMENT AWARDS



KIND		
Poppy Q	Room 5	For showing kindness to all of her classmates
CURIOUS		
Caius L	Room 2	For being an enthusiastic learner during maths and showing his understanding of recording addition number sentences.
Elsie P	Room 2	For being organised with her home reading and reading each night.
Oliver G	Room 5	For sharing his wonderings during class discussion.
Eley C	Room 6	For your fantastic commitment to home reading this term.
Lucy K	Room 6	For the neat and organised approach to all learning tasks.
Adwaith R	Room 8	For discovering how to make 10 in lots of different ways!
Ariah W	Room 10	For her excellent reading records and diary entries this week. Keep up the great work!
Lilah R	Room 11	For her wonderings and questions asked about Mayan Civilizations. Your research and interesting theories were fantastic this week!
Alice L	Room 13	For your consistent organisation each morning by unstacking the classroom chairs and preparing your class materials before the bell.
Jack J	Room 13	For always contributing in class discussions and asking insightful questions during knowledge and curiosity.
Eli S	Room 14	For researching and creating questions and answers on earthquakes.
BRAVE		
Henry N	Room 5	For working hard during writing time and for attempting tricky words.
Leni F	Room 11	For showing courage and having high expectations during Interschool Cross Country. You are strong and brave Leni!
Tilly B	Room 11	For showing vulnerability and courage when choosing her goal during our 'Dreams and Aspirations' lesson. You have high expectations Tilly!



Kind



Curious



Brave

P.F.A News

MOTHERS DAY STALL – Friday 10th May

The Mother's Day Stall is tomorrow, Friday 10th May. Each class will have a turn of visiting the stall and students can purchase one gift each. All gifts will be sold for \$2. It would be great if the students can bring a named bag on the day to carry their gift home.

Funds raised at the Mother's Day Stall will go towards projects in the QHPS school grounds.

Kind regards,

QHPS Parents and Friends



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 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 narelle.jones@education.vic.gov.au

OSHClub NEWS

LEGEND OF THE WEEK

Malaya Beckett

For being kind and caring



Introducing our new coordinator, Mel!



STAY and PLAY



Mahalia brought her dog Bella in to visit our OSHC friends!

Hi everyone!
it has been a pleasure meeting all the children and their families. You have all made me feel very welcome. It has been a fabulous start to this new adventure for me and I look forward to meeting lots of new families and embarking on an adventurous term full of lots of fun and friendships.
Mel :)

We've officially named our leaf insects..
Say hello to Sticky and Steve!



RISE then SHINE

We played a very competitive game of uno



We enjoyed a bit of guitar!
(Courtesy of Sienna)



Enjoying some yogurt and berries for brekkie



We made ANZAC Biscuits



Playing a game of Connect 4 before school



And we made fried rice!



LEARN TO PLAY

Whether you are 2 years old or 70 years old, we have a program for you.

No matter the ability, experience or age!

For more information contact us
sports.office@bendigostadium.com.au

BENDIGO BASKETBALL ASSOCIATION



IDDY BIDDY BALL

SUITABLE FOR 2 - 4 YEAR OLDS

Run by our very own Bendigo Braves players, Iddy Biddy Ball is designed to give kids the opportunity to learn fundamental basketball skills and have fun in a social and friendly environment.

MONDAY - FRIDAY IN 2024
 (RED ENERGY ARENA)

SEE WEBSITE FOR DAYS & TIMES

SCAN FOR MORE INFORMATION

\$15

Pay as you go

45 minute skills session
 Coffee (For mum or dad)
 Fruit (For the kids)



BENDIGO BASKETBALL ASSOCIATION

BIDDY BALL

SUITABLE FOR 4 - 8 YEAR OLDS

Biddy Ball is designed to give kids aged 4 - 8 the opportunity to learn fundamental basketball skills and have fun in a social and friendly environment.

MONDAY / TUESDAY / THURSDAY
 (RED ENERGY ARENA)

4:15PM - 5:00PM

SCAN FOR MORE INFORMATION

\$50

Per term

45 minute skills session
 Optional T-shirt for \$20



BENDIGO BASKETBALL ASSOCIATION

FORD AUSSIE HOOPS

SUITABLE FOR 6 - 10 YEAR OLDS

Aussie Hoops is a national program which provides an environment where children of all abilities can achieve on the court and reap the rewards of skill development, enhanced self-esteem, social co-operation and grassroots sports participation.

TUESDAY & THURSDAY
 (RED ENERGY ARENA)
 4:00PM - 5:00PM

SCAN FOR MORE INFORMATION

\$132.50

New participant

or

\$89.50

Returning participant



BENDIGO BASKETBALL ASSOCIATION

ACCESS ALL ABILITIES

SUITABLE FOR ALL ABILITIES

The Bendigo Basketball Association in conjunction with Red Energy Arena, runs the Access All Abilities (AAA) program for persons with a disability.

WEDNESDAYS
 (RED ENERGY ARENA)
 4:00PM - 5:00PM

SCAN FOR MORE INFORMATION

\$5

Pay as you go



BENDIGO BASKETBALL ASSOCIATION

WALKING BASKETBALL

SUITABLE FOR SENIORS

Walking Basketball is a low impact, social and fun way aimed to get adults and seniors into physical activity.

Whether you've played basketball before and are wanting to try something new, everyone is welcome to come and join Walking Basketball.

WEDNESDAYS
 (RED ENERGY ARENA)
 10:30AM - 11:15AM

SCAN FOR MORE INFORMATION

\$15

Pay as you go

45 minute skills session
 Coffee/Tea
 Cake/Biscuits



BENDIGO BASKETBALL ASSOCIATION



OPEN DAY

Did you catch us at the Bendigo Easter Festival?
Like what you saw?
Come and find out more about our Lion, FuWa & Dragon Teams.
Check out what we do and how YOU can get involved!





NEW MEMBERS WELCOME!

Sunday, 19 May

10.30am – 2.00pm

Quarry Hill Community Hall - Hamlet Street, Quarry Hill



KIDS BASEBALL

BOYS & GIRLS
5-16
Years Old

Looking to try a new sport during 2024?
Come down have a throw with the
Bendigo East Juniors!

TRAINING ON NOW

Every Wednesday
6:00pm to 7:30pm
Ken Wust Oval

JUNIOR PLAYERS WANTED!

Follow us on Facebook & Instagram, alternatively you can contact us through our website at www.bendigoeastbaseball.com



FREE TRIAL LESSON!

