The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Thursday, June 20th, 2024
Newsletter No. 9

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

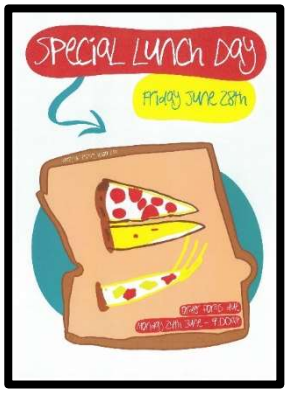
Brave
I am honest
I am independent
I have high expectations
I am resilient
I am open to feedback

IMPORTANT DATES

	Time	Details
JUNE		
Monday 24th	9:00am 4:00pm	-Pizza Lunch Orders Due -Reports Live on Compass
Tuesday 25th	9:00am – 3:00pm	District Athletics – Selected Students Only
Wednesday 26th	8:30am – 5:30pm	Student Led Conferences – Students only required to attend at their booked interview time
Friday 28th	11:00am – 12:00pm 2:30pm	-Pizza Day -Last Day of Term 2 – Early Finish
JULY		
Monday 15th	9:00am – 3:30pm	First Day of Term 3
Wednesday 24th	9:15am – 2:30pm	Division Netball – Selected Students Only
Tuesday 30th	9:15am – 2:30pm	Division Girls Football – Selected Students Only
Wednesday 31st	9:15am – 2:30pm	Division Boy Football – Selected Students Only
AUGUST		
Monday 5th	All Day	Staff Professional Development Day – Student Free Day
Monday 19th	All Week	Book Week
Wednesday 28th	12:00pm – 3:30pm 7:00pm	-Production Rehearsal -QHPS Production – Ulumbarra Theatre
Thursday 29th	All Day	Curriculum Day – Student Free Day
SEPTEMBER		
Wed 11th – Fri 13th		Grade 6 Urban Camp

Reminders:

Pizza Lunch Orders Due: Monday 24th June, 9:00am.



Kind Curious Brave

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Tune in to Phoenix FM on Friday.
On Friday at 1pm the school captains, Charlotte and Flynn, will be live on Phoenix FM. They will be interviewed about what it is like to be a student at Quarry Hill PS.
They will have a stomach full of butterflies but will do a great job proudly representing the school. Good luck Charlotte and Flynn. We will be listening in back at school.

Drawing Us Together Art Project

Students in Grade 2 and Grade 6 have been working on artworks as part of a project with Charter Hall (Lansell Square Shopping Centre, Kangaroo Flat).
They have created illustrations for poems written by Indigenous authors. Each class has been creating artwork for a different poem.

6 artworks from each grade will be displayed at Lansell Square Shopping Centre for the community to vote on. The artwork for each page with the most votes will be included in a published book of the poems.

Artworks will be on display at Lansell Square Shopping Centre, Kangaroo Flat from 29th June to 14th July – make sure you pop in and vote for your favourite!

Writing workshop

Thursday the 13th and Friday the 14th of June, groups of Grade 3/4 and 5/6 students from Spring Gully Primary School and Quarry Hill Primary School participated in writing workshops held by Author Lorraine Marwood.
It was a great opportunity to experience a full day of writing poems with Lorraine. From 'I am from poems', to 'picture poems', it helped us develop our writing skills and trying out different forms of poetry writing.
On behalf of all the 3/4 and 5/6 students who participated, we would like to thank Lorraine for her time with us. She really inspired all of the young writers in both of our schools.
Lilah and Eva.

Eat Up Australia
We're fortunate to have the support of Eat Up Australia, providing sandwiches to students in need. Eat Up tirelessly fundraises to make this possible. If you, your workplace, or anyone you know can contribute to Eat Up, please reach out to us at community@eatup.org.au. Eat Up is currently seeking donations of bread, cheese, fruit, and snacks. Perhaps you know a local business that could organize a Snack Drive.

Carlton AFLW Visit

On Wednesday Year 5's were lucky enough to have the Carlton AFLW football players visit our school.

Tarni Brown, Meg Robertson and Celine Moody all spoke to the students about their journey as female footballers, including their daily regime, training, how to handle mental health and personal wellbeing and how they have overcome injuries and disappointments along the way.

Students enjoyed the question-and-answer session and gained a wonderful insight into the life of an elite athlete.

Thanks very much to Mr Turner for organising this talk as it was inspirational!

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Cyber Safety News

Screen Time

Help your child achieve a healthy balance in their online and offline.

How much is too much?

There is no magic figure. The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine.

It can be easy to focus only on the clock, but the quality and nature of what they are doing online, and your involvement, are just as important.

Consider your child's screen use in the context of their overall health and wellbeing. For example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.

Signs that your child's online activity may be having a negative impact on them or on your family include:

- less interest in social activities like meeting friends or playing sport.
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- changes in eating patterns
- reduced personal hygiene.
- obsession with particular websites or games
- extreme anger when being asked to take a break from online activity.
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family

What to do if you are concerned

- Some of the behavioural changes described above are a normal part of growing up but, if you are concerned your child is struggling, try to find out why — there may be underlying issues such as cyberbullying, friendship difficulties or mental health issues.
- As part of your conversation, ask your child about how much time they spend online and explain why it is worrying and what they could be missing out on.
- Try not to show that you disapprove, or they might shut down communication altogether.
- Talking to your child's school may also reveal academic or social issues, and the school may also be able to provide support.

Set boundaries for digital device use in your home.

- Device-free zones and times can help you manage screen time. For example, your family plan could include rules like this:
- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime.
- all family members switch off at dinner time.
- devices charged overnight in a place your child cannot access.

Webinars:

Consent and online boundaries: how to support your primary-aged child.

As children begin to navigate the online world, they need to know how to make decisions around consent and boundaries. This webinar will outline strategies for parents and carers, as well as support those hard-to-have conversations.

It's suitable for parents and carers of children in primary school.

Tues 18 June 12:30pm

Setting your child up for success online.

An overview of having conversations about tech and online interaction, putting boundaries and rules in place, using parental controls, and monitoring your child online.

It's suitable for parents and carers of children in primary school.

Thurs 20 June 12:30pm

Understanding how to support your child with online gaming.

This webinar provides an overview of selecting quality games, understanding how to reduce the risks of gaming and how to create better gaming habits.

It's suitable for parents and carers of children and young people in primary and early secondary school.

Tuesday, 30 July, 12.30pm

For more information and to register for webinars visit
www.esafety.gov.au

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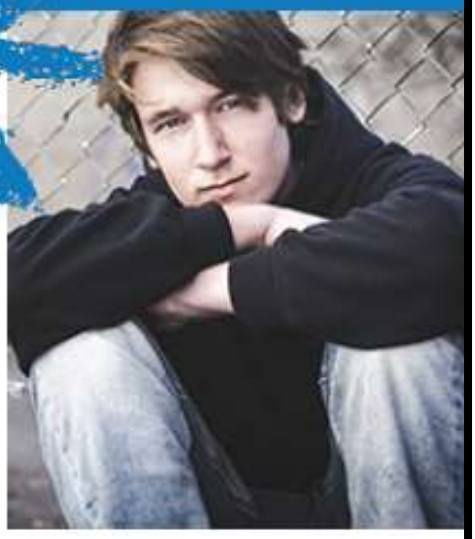
parenting ✳ ideas

insights



Managing your child's anxiety

by Michael Grose

If your child feels anxious reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.

Explain anxiety

If your child is anxious they may struggle to explain how they feel. An important first step in anxiety self-management is explaining to your child how anxiety works.

- Teach your child that the amygdala, the part of the brain that protects them, is always on high alert when they are anxious.
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion.
- Talk about the changes that happen in their body to power them up to fight or flee including; increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some.

Help recognise anxiety-inducing events

Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise his feelings of anxiety.

Respond with empathy

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as "I can see you're feeling worried about going to camp without your brother."

Managing anxious moments

Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are

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parenting ideas

nervous. These include:

- Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness
- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – "Tell me five things you see, four things you hear and something you smell"
- Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future
- Defusing their thoughts: Help your child to distance themselves from their thoughts by using distancing statements. Replace "I'm going to fail the test" with "I had a thought that I'm going to fail the test." Rather than changing their thinking, assist your child to distance themselves from unhelpful thoughts

There's a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your understanding of their feelings and be ready to support them emotionally to push their anxiety to the background.

As your school has a membership with Parenting Ideas, you can attend the upcoming webinar – Managing your child's anxiety – at no cost!

About the webinar

Join Michael Grose in this webinar where he will help parents better understand the nature of anxiety, equip them to recognise it in children, and provide practical tools to help children and young people manage and minimise their anxious states.

When

Tuesday 25 June 2019 8:00pm AEST.

Price

This webinar is $37 per person to attend, and is free of charge to families at schools that have a membership.

How parents can redeem the voucher

1. Click this link: https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-managing-your-childs-anxiety
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **ANXIETY** and click 'Apply Coupon' (valid until 25 July 2019). Your discount of $37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'

Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It.* His latest release Anxious Kids, was co-authored with Dr Jodi Richardson.

We're a Parenting Ideas school parentingideas.com.au/schools

children's health & wellbeing local

Free support for children and their families

HEAD TO HEALTH kids

0-11 YEARS PARENT EDUCATION SESSIONS

The Loddon Children's Health & Wellbeing Local will be offering weekly education session related to mental health and wellbeing for parents of children 0-11.

Sessions are open to any family with children 0-11.

Why join in?

- Meet and mix with other parents.
- Talk to mental health staff about your child.
- Raise parenting issues.
- Ask any practical questions you have about parenting at the moment.
- Gain support for yourself as a parent.

Where: Loddon Children's Health and Wellbeing Local
Bendigo Community Health Services
19 Helm St Kangaroo Flat

When: Two sessions are running each Thursday, from10-11.30am, **this session is run on line,** and 1pm – 2.30pm **is run face to face**. Topics are listed below:

If you have any questions, please contact Annette Clemments or Daniel Ellwood on 1800 433 977. Booking is encouraged using the QR code below.

Dates and topics:

July 25th 10am ADHD What is it and how do I help?	**1pm** Autism what is it and how do I help?
Aug 1st 10am Understanding anxiety & ways to support	**1pm** Sleep issues sharing what we know
Aug 8th 10am Parent mental health	**1pm** Sharing your best ideas
Aug 15th 10am Anger in kids	**1pm** Managing big feelings
Aug 22nd 10am Autism What is it and how do we help?	**1pm** ADHD What is it and how do I help?
Aug 29th 10am Supporting self-esteem	**1pm** Building social skills

So we know who to expect, and so you can receive the zoom link prior to the 10am sessions, please book in using the QR code.

bendigo Community Health services

In partnership with Bendigo Health, Bendigo and District Aboriginal Cooperative, Dhelkaya Aboriginal Corporation, Echuca Regional Health, North Central LLEN and Maryborough District Health.

The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Head to Health Kids Initiative

OFFICIAL

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KITCHEN & GARDEN.

QHPS GRADE 6.

MENU

TRIO OF DIPS & GRILLED BREAD
SMOKY CARROT DIP
CAULIFLOWER HUMMUS
BEETROOT DIP
CABBAGE FRITTERS
PEA & HAM PASTA SALAD
QUINOA SALAD

KITCHEN BLOG.

MY FRIENDS AND I ENJOYED MAKING COOKIES TOGETHER AND LOVE COOKING IN CREWS - ANONYMOUS

THIS FRITTER WAS INSANE! THE TASTE OF THE FRITTER WAS INTERESTING. THE BEETROOT DIP WAS GOATED! - CHARLIE K.

TERM 2. 2024

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KITCHEN & GARDEN.

QHPS GRADE 6.

PEA & HAM PASTA SALAD

INGREDIENTS

1 PK PENNE PASTA
1 ½ CUPS PEAS FRESH OR FROZEN
2 CUPS SNOW PEAS
1 ½ CUPS HAM CUBED/SLICED (MAY USE HAM STEAKS)
½ CUP CELERY FINELY DICED
1/3 CUP FRESH PARSLEY ROUGHLY CHOPPED
½ CUP MAYONNAISE
2 TSP DRIED CHIVES
1 LEMON JUICED
SALT AND PEPPER TO TASTE

METHOD

1. COOK PASTA ACCORDING TO PACKAGE INSTRUCTIONS.
2. ADD PEAS IN THE LAST MINUTE OF COOKING PASTA.
3. DRAIN PASTA AND PEAS AND RUN UNDER COOL WATER TO STOP THE COOKING PROCESS.
4. IN A LARGE BOWL ADD PAST, PEAS, HAM, CELERY, PARSLEY, MAYO, CHIVES AND SALT AND PEPPER. MIX WELL.
5. TASTE PASTA SALAD AND ADJUST SEASONING AS REQUIRED.
6. SERVE WARM OR COLD.

TERM 2, 2024

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STUDENT ACHIEVEMENT AWARDS

KIND		
Aurora B	Room 5	For always showing kindness to her classmates.
Mietta S	Room 14	For always being kind and caring towards others.
Dyson S	Room 11	For showing kindness to all classmates at all times. Fantastic leadership and inclusivity Dyson! Well Done!
Henri T	Room 11	For constantly showing kindness, inclusivity, and a sense of fun towards all classmates at all times. You're a star Henri!
CURIOUS		
Archer K	Room 5	For sharing his wondering during class discussions.
Edge D	Room 6	For your positive attitude towards your own learning.
Adalyn M	Room 7	For using clever addition strategies to solve problems.
Tristan N	Room 10	For contributing his thoughts and ideas more regularly to class discussions.
Ailis O	Room 11	Ailis continues to seek clarification and make thoughtful observations during knowledge and curiosity lessons. Well done Ailis!
Tanner M-C	Room 11	For excellent research on his science project. Tanner was able to create an information report to add to his volcano model.
BRAVE		
Isaac K	Room 5	For sharing his wonderings during discussion times.
Ottilie T	Room 8	For listening to teacher feedback and being resilient in doing so.
Lavender C	Room 11	Lavender has been feeling more confident in her learning and working independently more often. Keep up the great work Lavender!
Zahrah C	Room 12	For being open to feedback to improve her persuasive writing. Great effort!

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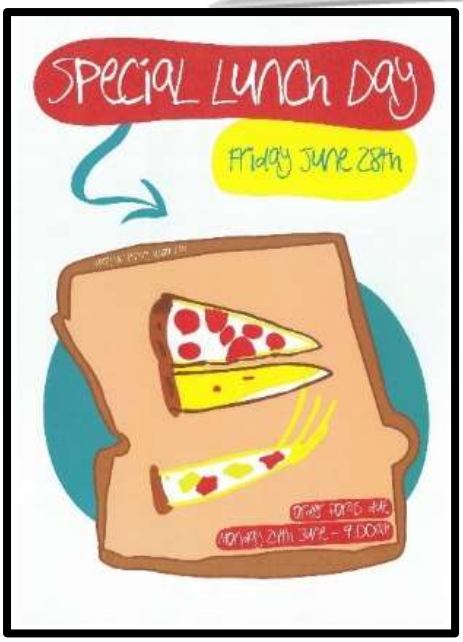
P.F.A News



On Friday the 28th June, the last day of Term 2, we are organising a special 'Pizza' Lunch Day for all students.

Order forms have been sent home and are to be handed back in to the office with payment by 9:00am Monday 24th June.

There are spare copies in the office if needed.

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!

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OSHClub NEWS

LEGENDS OF THE WEEK

Annika Johnsson

Lotte Gruenhauser

Eva Kennedy

A WORD FROM OUR COORDINATOR.

Hi everyone. Our OSHClub program is raising money for the Smith Family this month. On Friday the 21st of June, after school, we will be holding a stall outside the OSHClub room, with creations the children have made, and a guess the amount of lollies in the jar, to be purchased for a gold coin donation. Thanks, Mel

STAY and PLAY

We made gluten free pasta Carbonara!

RISE then SHINE

We made meat pies!

We had fun outside!

We made slime!

And fun inside..

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Holiday HQ Games with OSHClub

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Bendigo Braves and Bendigo Strikers home games.

BENDIGO STRIKERS

BENDIGO Braves

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