



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Thursday, July 25<sup>th</sup>, 2024  
Newsletter No. 10

## 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

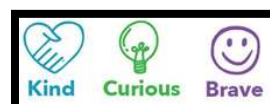
### IMPORTANT DATES

	Time	Details
<b>JULY</b>		
Tuesday 30 <sup>th</sup>	9:15am – 2:30pm	Division Girls Football – Selected Students Only
Wednesday 31 <sup>st</sup>	9:15am – 2:30pm	Division Boy Football – Selected Students Only
<b>AUGUST</b>		
Friday 2 <sup>nd</sup>	3:30pm	Book Club Due
Monday 5 <sup>th</sup>	All Day	Staff Professional Development Day – Student Free Day
Monday 5 <sup>th</sup>	9:00am	School Production Tickets go on Sale
Wednesday 7 <sup>th</sup>	All Day 9:10am	-Preps 100 Days Brighter Celebration -Parade in Quadrangle
Friday 23 <sup>rd</sup>	9:00am – 9:30am 12:00pm – 2:00pm	-Book Week Parade -Multi Age Activities
Wednesday 28 <sup>th</sup>	12:00pm – 3:30pm 7:00pm	-Production Rehearsal -QHPS Production – Ulumbarra Theatre
Thursday 29 <sup>th</sup>	All Day	Curriculum Day – Student Free Day
<b>SEPTEMBER</b>		
Wed 11 <sup>th</sup> – Fri 13 <sup>th</sup>		Grade 6 Urban Camp
Friday 20 <sup>th</sup>	9:00am – 2:30pm	Last Day of Term 3 – Early Finish 2:30pm

## Reminders:

If your child is unwell, please remember to contact the school by:

- Logging a Compass attendance note
- Phoning the office on 5443 3537
- Emailing your child's teacher



## **New Staff**

Tara Butler (Room 11 Thursday, Friday) and Justin Condely (Room 16 Friday) have joined our teaching staff for Semester 2. We are excited to have them onboard and warmly welcome them to the QHPS team.

## **2025 Enrolments**

Do you have a child starting school in 2025, if so, please make sure enrolment forms are handed to the office by tomorrow, **Friday 26<sup>th</sup> July**. Enrolment forms can be collected from the office or for more information and to download an enrolment form, follow this link - [www.vic.gov.au/enrolling-foundation-prep](http://www.vic.gov.au/enrolling-foundation-prep)

## **Prep 100 Days Brighter Celebration**

To celebrate 100 days of learning the Preps will be having a special day on Wednesday 7th August. The theme is '100 Days Brighter.' Preps are encouraged to wear something bright to celebrate on the day, such as colourful socks, ribbons in hairstyles, wigs, jumpers or pants. We will be having a small parade in the quadrangle at 9:10am after marking the roll, feel free to stay and give us a cheer!

A reminder about the school's Photographing, Filming and Recording Students Policy, we ask that any parents/carers or other members of our school community photographing, filming or recording students at school events (e.g. concerts, sports events etc) do so in a respectful and safe manner and that images of students are not publicly posted (e.g. to a social media account) without the permission of the relevant parent/carer

## **Scholastic Book Club**

Issue 5 of Scholastic Book Club is due Friday 2<sup>nd</sup> August. No late orders will be accepted. To order the books online and pay with your credit card via the LOOP facility visit <https://mybookclubs.scholastic.com.au/Parent/Login.aspx> The LOOP facility eliminates the need to put your credit card number on the order form and/or hand over cash. For paper copy book orders please include your child's name and classroom number and/or teacher on the top of the form and return to office with correct payment by due date.

## **Resilience Bingo**

Over the coming days, students will receive a copy of "Resilience Bingo." The goal is for them to complete the board of activities before the due date (to be confirmed) and return it to their teachers. Their entries will then be entered into a year-level draw for a chance to win a small prize.

This year, we have placed a strong emphasis on resilience and hope to continue these conversations at home. Students may be able to recognise times when they have demonstrated resilience on their own, or they may need some assistance in identifying these moments to cross an item off the board.

Resilience involves various skills, including:

- Growth Mindset: Believing that you can get better at things by working hard and not giving up.
- Optimism: Expecting good things to happen and looking on the bright side.
- Grit: Sticking with your goals and working hard, even when it's tough.
- Self-Advocacy: Knowing what you need and speaking up for yourself.
- Perseverance: Keeping on trying, even when things are difficult.

It would be wonderful for parents and students to engage in meaningful conversations about these aspects of resilience, reinforcing their importance and fostering a supportive environment at home. This activity relies on an honesty system. Although it's easy for students to mark off tasks without doing them, it's beneficial to complete each activity to truly help build and strengthen resilience.



### Phoenix FM

Laidie, Kieran and Mrs McErvale were lucky enough to speak on air at Phoenix FM this week. It was wonderful to hear these guys on the radio promoting the upcoming Quarry Hill Primary School 'Countdown' performance.

### Subway Lunch

Subway Lunch orders continue this term. Please make sure orders are placed before 8:45am Friday mornings. Here are the instructions again on how to order. 😊



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

**WELCOME TO CANTEEN HUB**

**GETTING READY TO PLACE YOUR FIRST ORDER**

- 1 Create a new profile at [app.canteenhub.com.au/register-customer](http://app.canteenhub.com.au/register-customer)
- 2 Add Profile: Set up children or yourself under the Profiles tab
- 3 Search for your school via postcode or name
- 4 Select your class
- 5 Head to Order Now
- 6 Select the person you are ordering for
- 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)

help@canteenhub.com    www.canteenhub.com

## App checklist for parents



### Checklist

The aim of this checklist is to help you navigate the app world and give you the tools to ensure you and your family enjoy safe and positive online experiences.

#### ■ Do your research

- [The eSafety Guide](#) is a good starting point.
- Other sources include [Common Sense Media](#) and [ConnectSafely](#), which review the most popular apps.
- Search for recent reviews from Google Play and Apple Store.
- Discuss the benefits and risks with family or friends who use the app.

eSafety tip: Check whether the app can be used for [content sharing](#), [photo and video sharing](#), [messaging and online chat](#), [voice chat](#), [video calling](#), [live streaming](#), [gaming](#), [in-app purchasing](#), [online relationships](#), [location sharing](#) and [encryption](#).

#### ■ Check the age rating and requirements

- Apps usually state a minimum age for users in their terms of use but they don't all have verification requirements.
- [The eSafety Guide](#) includes the stated age for many popular apps.
- [Common Sense Media](#) makes an independent assessment of provides age recommendations.
- Check the advice on the eSafety Parent page [Are they old enough?](#)

eSafety tip: When deciding if an app is suitable for your child, think about their level of maturity and judgement as well as the age recommendation.

#### ■ Consider privacy – read the terms and conditions and ask yourself these questions:

- What information does the app request?
- Does the app provide privacy protections?
- Can you restrict who sees your profile?
- Who can find you in a search?
- What information can people see about you?

eSafety tip: See the eSafety page [Connecting safely – Apps](#) for more advice. [The eSafety Guide](#) contains links to information about how to adjust privacy settings in popular apps.



# Cyber Safety News

## ■ Check the permissions and other settings – read the community guidelines and ask yourself these questions:

- What permissions does the app request?
- What information the app collect?
- Does the app need microphone and/or video camera access to perform its functions?
- What are the default settings?
- Do you need to change default settings, initially and after each update?
- Does the app allow in-app purchases?

eSafety tip: See the eSafety Parents page [Taming the technology](#) for advice on using parental control and safe browsing tools.

## ■ Safety check

- Can you report things in the app? (For example: online abuse, impersonator accounts, offensive or illegal content).
- Is the in-app reporting process easy and clear?
- Are the in-app reporting options limited or can you report a wide range of safety concerns?

eSafety tip: Let you child know they can come to you for help if anything makes them feel uncomfortable or unsafe and they won't be in trouble. You can help them [report serious online abuse](#) to the eSafety Commissioner.



Term 3, 2024

## Free eSafety parent and carer webinars

Join eSafety's expert education team for a free live webinar designed for parent and carers.

### Term 3 topics:

- **Understanding how to support your child with online gaming**  
Suitable for parents and carers of children and young people in primary and early secondary school.
- **Consent and online boundaries: How to support your primary-aged child**  
Suitable for parents and carers of children in primary school.
- **An introduction to online safety and emerging technologies**  
Suitable for parents and carers of children and parents in primary and secondary school.



For more information and to register for webinars visit  
[www.esafety.gov.au](http://www.esafety.gov.au)

INSIGHTS

## Establishing digital boundaries for a good night's sleep



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study\*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

### Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

#### Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

#### Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

#### Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

# parenting \* ideas

## Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

## Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

\*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night ([Source: https://aifs.gov.au/sites/default/files/publication-documents/leac-asr-2018-chap4-sleep.pdf](https://aifs.gov.au/sites/default/files/publication-documents/leac-asr-2018-chap4-sleep.pdf))



### Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit [www.drkristygoodwin.com](http://www.drkristygoodwin.com).





# STUDENT ACHIEVEMENT AWARDS



<b>KIND</b>		
Maggie R	Room 13	For always being kind and caring towards others.
<b>CURIOS</b>		
Mila H	Room 7	For successfully reading half past on an analogue clock.
Jobe L	Room 8	For being curious in word activities.
Ailis O	Room 11	For asking questions to expand your own knowledge. Well done.
Aedan F	Room 14	For showing an interest in our knowledge & curiosity topic.
<b>BRAVE</b>		
Oden M	Room 2	For his 'brave write' about his school holidays.
Olivar J	Room 6	For a brave and confident start at QHPS. Welcome to Room 6!
Abigail E	Room 10	For showing great resilience, making a great start to term 3 and completing all her work despite a burnt hand.

## P.F.A News

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!

**You're invited!**

Sandhurst Junior Development Academy training session.

These sessions will be run at the QEO by Sandhurst FNC senior coaches Ash Connick & Bryce Curnow and are open to all U12 top age players.

**Tuesday 30 July & Tuesday 13 August, 4:00pm – 5:15pm.**

For further information contact Cam Davie 0421 926 778 or email [junior.football@sandhurstfnc.com.au](mailto:junior.football@sandhurstfnc.com.au)




To register your interest, please complete the link below or scan the QR code, by Monday 29 July 2024  
[Sandhurst Junior Football 2024 Development Training Academy Registration \(office.com\)](https://www.sandhurstfnc.com.au/development-training-academy-registration)





Kind



Curious



Brave



# OSHClub NEWS

## HOLIDAY HQ

A WORD FROM  
OUR  
COORDINATOR..

Hi everyone.

After an extremely fun filled winter holiday program, we are excited to welcome you all back for term 3!

We are looking forward to another fantastic term and would like to welcome all our new families joining our OSHClub family! I look forward to getting to know you all.

Mel



Lots of fun was had with new and old friends




We also had a fashion show!

### THE SMITH FAMILY FUNDRAISER STALL

THANK YOU TO EVERYONE WHO DONATED TO OUR SMITH FAMILY FUNDRAISER AND GUESSED THE AMOUNT OF LOLLIES IN THE JAR! YOUR SUPPORT IS GREATLY APPRECIATED!!! QUARRY HILL RAISED OVER \$200. A BIG CONGRATULATIONS TO PHOEBE FOR GUESSING THE AMOUNT OF LOLLIES IN THE JAR!



BENDIGO VOLLEYBALL ASSOCIATION



**VOLLEYBALL**

PRIMARY SCHOOL AGES

ALL SKILL LEVELS WELCOME  
4:30 - 6:00 PM  
RED ENERGY ARENA, COURTS 4, 4A AND 5  
\$40 PER PERSON

**2024 DATES**

•	SUNDAY JULY 21 - COME AND TRY
•	SUNDAY JULY 28 - WEEK 1
•	SUNDAY AUGUST 4 - WEEK 2
•	SUNDAY AUGUST 11 - WEEK 3
•	SUNDAY AUGUST 18 - WEEK 4
•	SUNDAY AUGUST 25 - WEEK 5
•	SUNDAY SEPTEMBER 1 - WEEK 6
•	SUNDAY SEPTEMBER 8 - JUNIOR DRAGON CITY TOURNAMENT AND PRESENTATIONS

BENDIGO VOLLEYBALL ASSOCIATION | VOLLEYBALL@BENDIGOSTADIUM.COM.AU



Bendigo Thunder All Girls Auskick and Superkick Program Details: 4:00pm – 5:00pm starting Tuesday 6th August for 5 weeks at Weeroona Oval, Bendigo.

Cost: \$50 per participant

Auskick Registration Link:

<https://www.playhq.com/afl/register/c2c5c5>

Superkick Registration Link:

<https://www.playhq.com/afl/register/5a7eb5>

CHOOSE YOUR FOOTY ADVENTURE

**BENDIGO THUNDER ALL GIRLS AUSKICK AND SUPERKICK**

STARTING TUESDAY 6TH AUGUST FOR 5 WEEKS

**Bendigo B.W.F.C.**  
Women's Football Club Inc

**nab AFL Auskick**  
4-8 year olds

QR Code

Come find your awesome at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.

**AFL Superkick**  
8-12 year olds

QR Code

Level up your footy with skills and modified match play in weekly sessions. NAB AFL Superkick is tackle-free and great for Auskick grads and newbies alike.

VISIT PLAY.AFL