



# The Poppet Head

Weekly newsletter of Quarry Hill Primary School  
Thursday, September 19<sup>th</sup>, 2024  
Newsletter No. 14

## Our Vision:

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

### 2024 TERM DATES

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>SEPTEMBER</b>		
Friday 20 <sup>th</sup>	9:00am – 2:30pm	-Footy Colours Day -PFA Pie Lunch Day -Last Day of Term 3 - Early Finish 2:30pm
<b>OCTOBER</b>		
Monday 7 <sup>th</sup>	9:00am – 3:30pm	First Day of Term 4
<b>NOVEMBER</b>		
Thursday 7 <sup>th</sup>		2025 Prep Transition Session
Monday 11 <sup>th</sup>	9:00am – 3:30pm	Curriculum Day – Student Free Day
Friday 22 <sup>nd</sup>		2025 Prep Transition Session
Thursday 28 <sup>th</sup>		2025 Prep Transition Session
<b>DECEMBER</b>		
Tuesday 10 <sup>th</sup>	9:00am – 11:00am	Statewide Transition Day
Tuesday 17 <sup>th</sup>		Grade 6 Graduation
Friday 20 <sup>th</sup>	9:00am – 1:30pm	Last Day of Term 4 – Early Finish

## Reminders

Thank you to the families that have returned their child's swimming forms for next term. On the note there is a link to complete your child's swimming level, please ensure this is completed.

Don't forget, tomorrow is:

- Footy colours day
- Pie lunch day
- Assembly at 2:05pm (weather permitting)
- Last day of Term 3 – 2:30pm Finish



## Policy Updates For Your Feedback

This week we added three draft policies to the school website for your feedback.

- Inclusion and diversity  
[https://www.quarryhillps.vic.edu.au/uploaded\\_files/media/draft\\_inclusion\\_and\\_diversity\\_policy\\_2024.pdf](https://www.quarryhillps.vic.edu.au/uploaded_files/media/draft_inclusion_and_diversity_policy_2024.pdf)
- Safe environments  
[https://www.quarryhillps.vic.edu.au/uploaded\\_files/media/draft\\_safe\\_environments\\_policy.docx.pdf](https://www.quarryhillps.vic.edu.au/uploaded_files/media/draft_safe_environments_policy.docx.pdf)
- Smoking, vaping and other drugs  
[https://www.quarryhillps.vic.edu.au/uploaded\\_files/media/draft\\_smoking\\_vaping\\_and\\_others\\_drugs.docx.pdf](https://www.quarryhillps.vic.edu.au/uploaded_files/media/draft_smoking_vaping_and_others_drugs.docx.pdf)

Firstly, there is the revised Inclusion and Diversity policy. This policy celebrates the diversity in our school community and identifies how we promote inclusion. It also covers our key legal obligations in relation to discrimination.

The Safe Environments policy and the Smoking, Vaping and Other Drugs policy are part of the work we are doing supported by Bendigo Community Health to address the milestones in the Healthy Schools Achievement Program. This is part of our focus on enhancing health, wellbeing, learning and development outcomes.

If you have any feedback on these policies, please email either [Anne.Rochford@education.vic.gov.au](mailto:Anne.Rochford@education.vic.gov.au) or [Rebekah.Fry@education.vic.gov.au](mailto:Rebekah.Fry@education.vic.gov.au) or give us a call on 5443 3537.

## End of Term 3

Tomorrow marks the end of another fun and productive Term here at Quarry Hill Primary School. There will be an assembly at 2:05pm (weather permitting) followed by an early dismissal at 2:30pm.

We hope you all have a wonderful break, we look forward to seeing you all back here on Monday the 7<sup>th</sup> October.

## Grade 6 Camp

Last week our Year 6 students headed to Melbourne to attend camp. We stayed at the Urban Camp in Parkville during our time in Melbourne.

Our activities consisted of:

- \*Eureka Tower.
- \*Cruising the Yarra River.
- \*Ten Pin Bowling.
- \*The Melbourne Market.
- \*The Shrine of Remembrance.
- \*The MCG tour/museum.
- \*Quiz night at the Urban Camp and
- \*The Melbourne Zoo.

The quiz night and cruising the Yarra River were new to our itinerary this year and the other activities being previously included in our camp activities.

Without a doubt the favourite activity was our time spent at the Melbourne market where an interesting array of food and miscellaneous items being purchased. All students represent QHPS well and it was great to see the kids enjoying themselves in Melbourne.





## FOOTY COLOURS DAY

On Friday 20th September, our QHPS House captains are running a 'Footy Colours Day' fundraiser for the Fight Cancer Foundation.

Students are encouraged to wear their favourite Footy colours to try and raise money to help people in need.

We will have a short parade in the morning on the Basketball courts where students, teachers, friends and family can show off their footy colours.

Instead of bringing a gold coin on the day, those wishing to donate to this wonderful cause can do so online by following the link below.

<https://www.footycoloursday.com.au/fundraisers/quarryhillps/footy-colours-day-2024-school>



# Quarry Hill Primary School invite parents to a workshop on Tech Strategies for Families

Date: Wednesday the 23rd of October

Time: 9am – 11am

Cost: Free

## About the Workshop

Reflect on technology use in your family, considering both the challenges and the opportunities.

### Parenting

Parenting in a world driven by technology presents a set of challenges for parents, guardians, grandparents and carers. Tech is a part of our reality, but by setting boundaries around its use is not always easy.

### Join other parents and carers in this workshop which:

Presents current research

Helps you reflect on tech use in your family, considering both challenges and opportunities

Explores strategies that focus on creating a safe and healthy tech environment for your family

For more information, please ring Quarry Hill P.S and ask for Kerry or to register click on the link

[Tech Strategies for Families - CatholicCare Victoria](#)

# Chess in the Mall

**Friday Sept 27**

**10:30am-2:30pm**

*Come and enjoy a game of chess in the*

***Hargreaves Mall***

*at the Williamson St end*

***-Giant chess boards***

***-Boards for social games***

***-Simultaneous Display***

**All ages and skill levels welcome. Free. No bookings required.**

**For more information call Andre on 0409 848 829**

Event is weather dependant. If wet, event will be cancelled.

# AUSSIE Self Portraits

Grade 5 and 6 students have been working hard this term to create a self-portrait inspired by the artist Peter Drew.

Peter Drew is an artist from South Australia. He is well known for his screen printed 'Aussie' poster series, which he has pasted up on walls in public spaces all around the country. He reproduces black and white photographs from the national archival collection, updating them with some colour. Peter adds one word, 'Aussie', to the bottom of each poster. The black and white photographs were taken in Australia during the White Australia Policy.

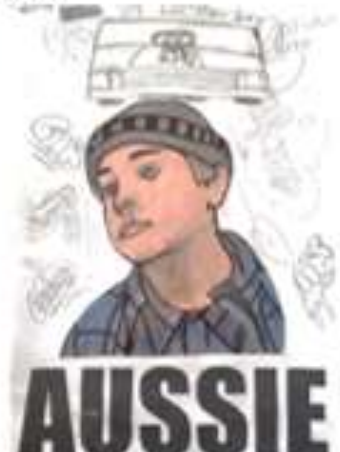
In discussing Drew's work, we talked about stereotypes and the diverse cultures that make up Australia today.

Gr 5/6 students used photography and mixed media materials including paint, pencil and markers to create their own Aussie poster reflecting their own identity as an Aussie and objects and places that are meaningful to them.

Pop into the office foyer and the art room to see more of these fantastic artworks.



Peter Drew with his artwork of Monga Khan.



## Cyber Safety News

### Online gaming information for parents and carers

#### Online gaming has many benefits

##### Gaming can be a way to:

- Have fun and be entertained.
- Relax and reduce stress.
- Keep the mind active.
- Develop creativity.
- Strengthen decision making and strategic skills.
- Connect with others.

For most gamers, playing is a casual pastime. But a growing number of people play or watch competitive gaming (or eSports) as individuals, teams or families. Many gamers belong to vibrant and active communities.

Gaming can be used for a range of other purposes. These include general school education, right through to specialist workplace training (for example, flight simulations and various defence and cybersecurity exercises).

While gaming often has positive effects on the mental health and wellbeing of participants, it also has risks — like most online activities.

This information sheet provides practical tips and links to further information, so you can help your child reduce the risks and maximise the positive experiences of gaming online.

#### State of play

According to a major Australian gaming industry report:<sup>1</sup>

- Typical daily casual game play is 10 minutes, twice a day; typical daily in-depth game play is 1 hour.
- 47% of gamers are female.
- 78% of gamers are over the age of 18.
- The average age of an Australian gamer is 34 years old.
- Adult players have been gaming for an average of 12 years.



Competitive gaming, known as eSports, is a multi-billion dollar industry that includes many gaming genres and titles, such as *League of Legends* and *Counter Strike: Global Offensive*. Gamers also watch eSports to learn strategies to improve gameplay.

1. Source: [Interactive Games & Entertainment Association](#)

#### Gaming risks

It is important to take a balanced view and recognise that gaming, like everything online, has its pros and cons.

eSafety research has found that people playing online games can be exposed to risks including:

- **Cyberbullying** (for example threats, verbal abuse, ganging up, exclusion).
- Inappropriate language, **age-inappropriate content**, or **access to pornography**.
- **Unwanted contact** from others, including 'grooming' by a sexual predator.
- **In-app purchasing**.
- Themes or elements that may encourage young people to gamble now or later in life.
- Giving out too much **personal data**.
- Spending too much **time online**.



Many multiplayer games involve hundreds or even thousands of people playing at the same time. The gamers can communicate with friends and strangers through web cam, private messaging or online chat functions. This increases the risk of contact from online abusers or bullying from other players.

#### Managing gaming

The best way to help your child manage the risks is to take an active interest in their gaming.

##### Select the right privacy settings

Make sure your child only joins games suitable to their age and maturity. The privacy settings can also be restricted so your child only plays or chats with gamers they know.

##### Choose the right games

Collaborate with your child on game purchases — have them suggest the game they wish to play or purchase. Ask them to find out the recommended age, information about the content and how to use the privacy settings.

To identify if a game is beneficial, ask:<sup>2</sup>

- Are there emotional benefits? (Is it fun?)
- Are there cognitive or learning benefits? (Do you need to solve problems?)
- Is creativity required? (Do you build stuff?)
- Is it a social game? (Do you connect with other players and is the connection safe?)

#### Ratings and reviews

You can look up games on the [Australian Classification website](#) to check their rating and other information about the content, to help you decide if it is suitable for your child. Check out the video [Quick guide to Australian classification ratings](#).

The [eSafety Guide](#) has information about popular online games, apps, social media sites and other digital platforms. The guide explains what the game is and how people use its tools and functions. It also provides the gaming company's age recommendation and links to key safety information, including how to report and block abusive players.

eSafety can direct an online service or platform to remove illegal content or ensure that restricted content can only be accessed by people who are 18 or older. [Find out more](#) about illegal and restricted online content.

[Commonsense media](#) provides parents with reviews of the latest games and apps (as well as movies, TV shows and books).

2. Dupon, S. (2016) Parents guide to gaming. Manningham YMCA

#### Get involved

##### Co-play

Many gamers watch video tutorials or 'walkthroughs' to help them play. You can watch these with your child so you can both understand the games better. Learn the lingo with your kids — you can search online together to check the meaning of terms like 'walkthroughs', 'first player shooter' and 'PVP'. Play the game yourself, or even get into the habit of co-playing with your child.

##### Listen and ask questions

Have a conversation with your child about common gaming issues using the [eSafety kids](#) and [eSafety young people](#) pages to guide them. You can workshop strategies to deal with upsetting or inappropriate behaviour and learn together how to report, mute and block abusive players.

#### Co-design rules

Kids are more likely to follow rules if they helped to create them. Part of the discussion and negotiating is explaining why a rule might or might not work.

One of the things that may help to manage your child's gaming is negotiating the time they are allowed to spend online — before they start playing. Together you could decide a limit on how many games or levels can be completed, or the length of playing time.

It's also good to establish rules about when and where digital devices and consoles can be used. For example, making it clear that games have to be played in open family areas not in bedrooms, homework has to be finished first, or screen time ends an hour before sleep.

#### Help regulate time online

You may be concerned that your child is spending too much time playing online games. There is no magic number for 'healthy' hours or minutes. If gaming is balanced with other activities and sleep, there is usually no need for concern. Many young people game a lot and still study, socialise and feel happy.

But if gaming starts to have negative impacts on your child or your family, you may need to encourage them to better regulate their time online. You can read more about the [signs to look out for](#) when your child is spending too much time gaming. It may be useful to get your child to reflect on the [impact gaming is having on their life](#) by helping them do a self-evaluation.

If you have serious concerns about your child and online gaming or gambling, seek professional advice from a doctor, psychologist or school counsellor. Gaming disorder has now been recognised by the [World Health Organization](#)

as a mental health condition and there are practitioners who specialise in internet overuse problems. eSafety does not recommend any particular practice but there are listings on [nirx](#).

[Responsible gambling Victoria](#) has information to support conversations about gaming and gambling.

For other relevant advice and resources you can also check out our list of [counselling and support services](#), or go directly to [KidsHelpline](#), [eheadsace](#) or [Beyond Blue](#).



For more information visit  
[www.esafety.gov.au](http://www.esafety.gov.au)



# STUDENT ACHIEVEMENT AWARDS



<b>KIND</b>		
Harry G	Room 6	For his kind, polite and friendly nature.
Phoebe P	Room 9	For always being willing to help others in our classroom!
Arya R	Room 17	For always willing to help your classmates and Teacher.
Lincoln N	Room 17	For always being a supportive classmate and helping others.
<b>CURIOUS</b>		
Wynter B	Room 10	For demonstrating excellent writing skills and using persuasive techniques.
<b>BRAVE</b>		
Charlotte C	Room 17	For being brave and sharing your leadership experience with our future leaders.
Dhruv S	Room 17	For being resilient during your work and open to feedback.
Izzie J	Room 10	For accepting and acting on feedback to improve your persuasive letter.

## P.F.A News



### Mango Orders

The PFA is once again running The Mango Fundraiser this year, after a short hiatus. Our delicious mangoes are grown in sunny north QLD, just south of Townsville.

The Mango Fundraiser only use Bowen Special Mangoes which are more formally known as Kensington Pride Mangoes. They are packed in a single layer tray and each tray will usually have between 12 and 20 mangoes, with a total tray weight of approximately 7kg. As well as having a great taste, Mangoes are packed with nutritional goodness – Vitamin C (one Mango contains your recommended daily allowance), Vitamin E, Beta-Carotene, antioxidants, Potassium & B Vitamins. They are low in fat & Cholesterol free. When you buy Mangoes from the Mango Fundraiser you know the fruit is coming directly from the farm to you. Your Mangoes aren't being held for long periods in storage or ripening rooms.

Order forms will be available early next term. The Mangoes will cost \$28 for a 7kg tray, and will be delivered to school sometime in the week starting December 9th. More accurate delivery details will be communicated later in the year.

Thank you for supporting this PFA fundraiser!





1. Your teams club Football
2. Your teams Football Jersey!
3. A training clinic for you and your class mates!
4. 2 Runner up prizes - \$50 Bicknells Intersport Vouchers



Child's first name \_\_\_\_\_

Team Supported \_\_\_\_\_

Child's age \_\_\_\_\_

Child's School \_\_\_\_\_

**Terms and Conditions**

Entry is open to children aged 12 years and under and must be received at the Bendigo Real Estate office by 25th of September, 2024. Printed copies are available at our office. Judges decision is final. Winners will be notified by telephone or email, please ensure your details are correct when entering so we can contact you if you're the winner! Please refer to the Bendigo Real Estate privacy policy at <https://www.bendigorealestate.com.au/privacy-policy/>



**Confidential Parent or Guardian Contact Information**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_

Please tick this box if you would like to receive market updates for your area, or feel free to contact us for a no-obligation property appraisal (03) 5441 4555.

A note from your local optometrist

## The importance of Good Vision for Your Child

Dear Parents/Guardians,

Good vision is essential to your child's overall development. If there are concerns about your child's vision, our optometrists can help you understand your child's condition and available treatments.

Did you know that sore eyes, headaches, and vision issues can potentially lead to learning difficulties? Our optometrists can check how well the eyes see, how well they work together, and how healthy they are.

**Why should your child see an optometrist?**

It's a good idea to book your child in for an eye test before they start school and every two years after that. This will ensure that your child's eyes are performing at their optimum. Regular checks can detect eye problems that children may not be aware of.

It is also a good idea to take your child to an optometrist if your family has a history of poor vision or eye diseases. Some eye problems in children can be prevented or treated if they're picked up early.

**Signs could include:**

- ❑ has trouble seeing – for example, your child can't see words clearly when reading or is behind in their reading abilities
- ❑ has eye problems like frequent blinking or squinting, is rubbing their eyes more than usual, complaints of headaches or eye discomfort
- ❑ has trouble concentrating
- ❑ has literacy difficulties
- ❑ can't see the whiteboard clearly at school
- ❑ is clumsy – for example, they bump into things or knock things over
- ❑ has poor hand-eye coordination
- ❑ holds books very close to their eyes or sits very close to the TV
- ❑ tilts their head noticeably to one side

If it turns out that your child has poor vision, they might need prescription glasses. Our optometrists will advise you on the options of treatments required.

Ph: 5441 8077

Book online: [bendigoufs.com.au/optical](http://bendigoufs.com.au/optical)

Bendigo  UFS optical

## Big Deals for Little Eyes

KIDS PACKAGES FROM ONLY \$199\*



Book your child's eye test with us today and see our caring team who are dedicated to a vision of success now and into the future!

\*conditions apply

afterpay  available

Upgrade to 2 pairs from \$249\* | Instore, Hargreaves Street Bendigo

Ph: 5441 8077

Book online: [bendigoufs.com.au/optical](http://bendigoufs.com.au/optical)

Bendigo  UFS optical

## KIDS CROCHET & HAND SEWING CLASS

Ages 8-12

WEEKLY CLASS  
\$20/WK

MONDAYS 3:30 - 5PM  
HONEYSUCKLE COTTAGE STUDIO  
25 HONEYSUCKLE ST, BENDIGO

Classes go at each child's pace and all materials are provided

For more details call Liena on 0406474321  
or email [lienalacey@gmail.com](mailto:lienalacey@gmail.com)

accg  
ACADEMY OF CREATIVE ARTS



## Find your tribe!



Band. Dance. Drama.  
Visual Art. Vocal.

Information on BSE website. Applications close September 19th  
For further inquiries, please email [aca@bse.vic.edu.au](mailto:aca@bse.vic.edu.au)

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