



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday April 22nd 2020
Newsletter No. 5

Our Vision:

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

2020 TERM DATES

Term 2 April 14 – June 26

Term 3 July 13 – September 18

Term 4 October 5 – December 18

Principal: Jo Menzel

School Council President: Claire Flanagan-Smith

PFA President: Renee Selkrig

PFA Vice President: Kasslea Shaw

Term 2 Celebrating Our Success

~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



P/1 Minibeasts Inquiry



Kind



Curious



Brave

Dear Parents & Carers,

Welcome to our first newsletter for Term 2!

As advised by the Department of Education and Training we will be moving to remote and flexible learning from Term 2, to help slow the spread of coronavirus (COVID-19). **This means that all students who can learn at home must learn from home. This is a very clear directive from the Victorian Government based on the advice of the Chief Health Officer.**

Although the Term will look different, we know we can share by means of the newsletter, the very many successes our students at Quarry Hill Primary are achieving. We can also share some great ideas & 'tips' for learning at home.

We are very proud of how our whole community including staff, students & families have adapted to this new way of learning. Please enjoy some wonderful results from our first week of Term.

STUDENT ACHIEVEMENT AWARDS

KIND

Room 12B for showing kindness through their collaboration and support towards each other online.

CURIOUS

Jesse B (Room 10B) for making a great start to our online learning program and displaying plenty of enthusiasm.
Jacob W (Room 10B) for his excellent presentation on a BTN topic of his choice.
Ammon I (Room 10B) for writing a fantastic narrative about his superpowers and always making a great contribution to our virtual classroom.
Lincoln N (Room 6) for showing his curiosity by making a spider web inspired by our Term 1 class novel, Charlotte's Web. His art is now shared on our Grade 2 blog. Great effort Lincoln!
Zahrah C (Room 2) for being an enthusiastic member of our online classes by sharing her ideas and work.
Eli C (Room 9) for displaying good reading habits on Epic.
Payton K (Room 15A) for asking lots of questions and becoming an independent learner during her remote learning.
Dayeesha CG (Room 1) for helping the class learn about Webex on day 1 of remote learning. You're a star Dayeesha!
Luke W (Room 10A) Well done on your work in transitioning to remote learning. I am really impressed with your efforts. Thanks Luke!

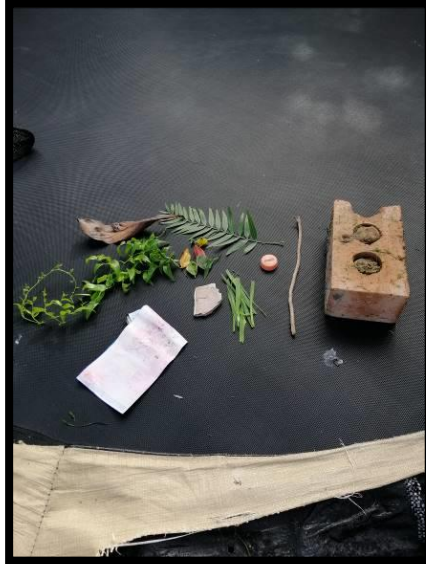
BRAVE

Hudson P (Room 5) for taking responsibility for your own learning by using email to ask questions.
Jemima W (Room 14A) for making an excellent start to remote learning.
Jordan G (Room 14A) for making an enthusiastic start to remote learning.
Ellen MW (Room 15B) for displaying great enthusiasm towards her learning by being punctual to all meetings and contributing to all discussions. Great work, Ellen!

LOOK OUT FOR YOUR AWARD IN THE MAIL!

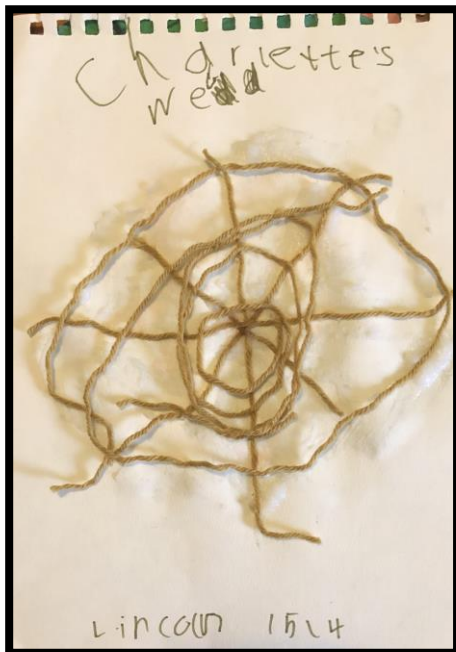
P/1 INQUIRY

This term our Inquiry is about minibeasts and we've been out looking what they can find in their garden.



Great scavenger hunting Dayeesha, looks like you had lots of fun! Super to see you're getting outside for your games and activity ☺ Keep that up. Honka, honka. Ms Tzaros.

GRADE 2-CHARLOTTE'S WEB

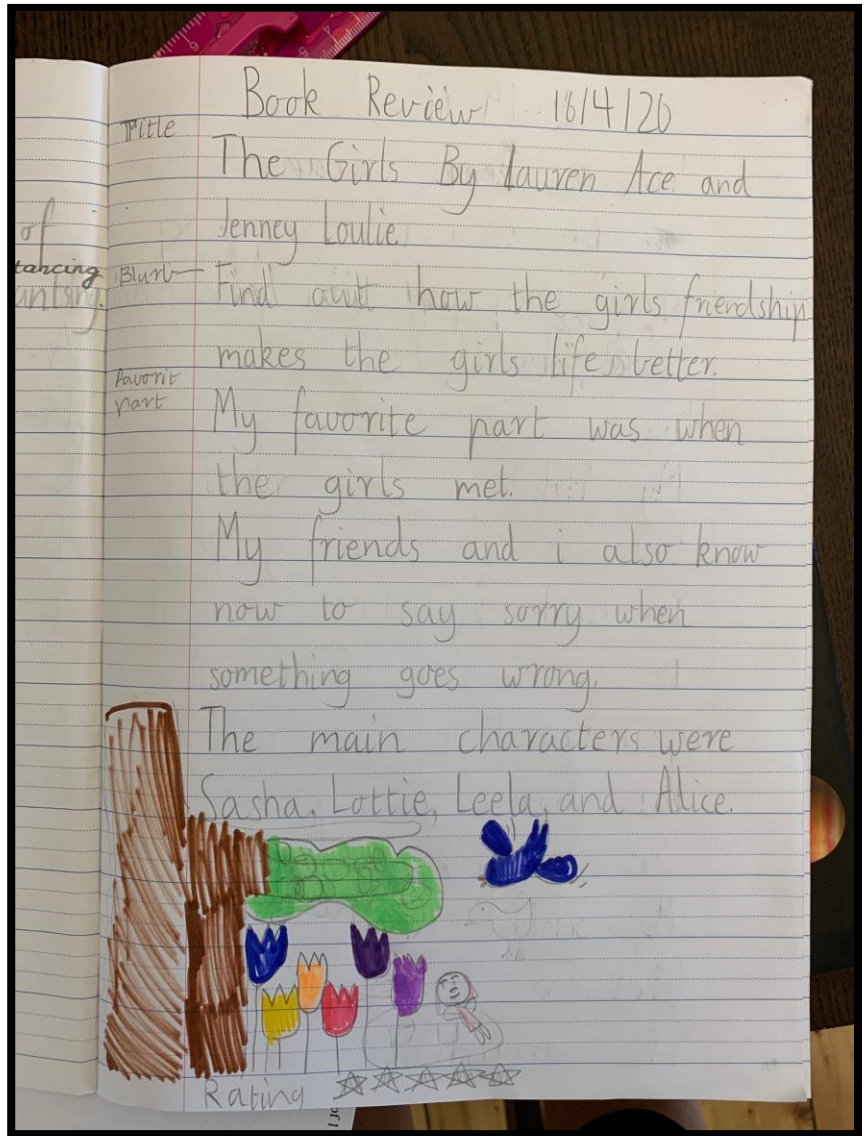


LEGO 30 DAY CHALLENGE

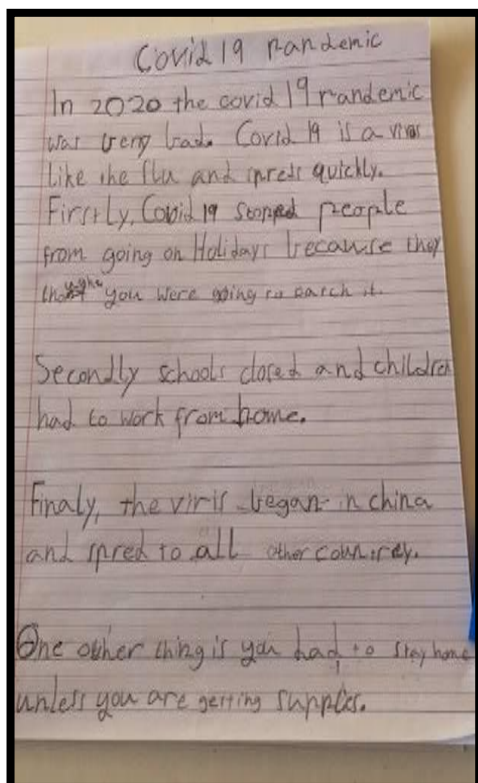
GRADE 3/4 WRITING



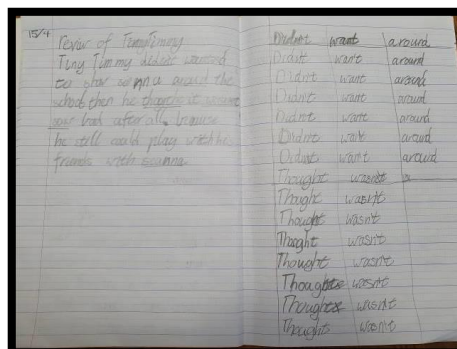
By Dyson S



By Minna J



By Harry J



By Kade S



Gratitude Scavenger Hunt!

1. Find something that is your favourite colour
Tennis Ball
2. Something that reminds you of your friends
Tennis Ball (Playing Tennis)
3. Find something that makes you happy
Tennis Ball (Also Playing Tennis)
4. Find a gift to make someone else in your family happy
Chocolate
5. A thing you love in nature
Grass
6. Something that is helpful or useful
My Computer
7. Something that was a gift from someone special
My Electric Guitar (From My Mum)

By Jacob W

SCHOLASTIC BOOK CLUB

In these unprecedented times we're all being asked to change the way we work and live. Our tradition of putting books into the hands of kids isn't going to change, but for Term 2, we're doing things a little differently. Book club can still be ordered by going online at:

<https://scholastic.com.au/book-club/virtual-catalogue-1/>

This is a online ordering and payment system. No payments will be accepted at the school. Payment is made online and delivery is to be your home address. No books will be sent to the school.

Thank you for your understanding in adapting to this new way of ordering and enjoying some great books!

Remote Learning Ideas & 'Tips'

1. Have your child's lunch box made to eliminate any stress around what to eat for that day! This can also help with maintaining some of your child's usual routine.
2. Don't forget to take some vital time out for physical activity or engage in a calming task such as:
 - Going outside, notice all the beautiful colours in the Autumn leaves.
 - Stretching
 - Listen to music
 - Deep breathing
 - Dance, cosmic yoga, ball games, skipping etc.



The Department of Education have included the information below on their website.

It's important you keep a balanced approach to home learning. Time spent using digital devices for learning should be broken up with physical exercise and offline learning tasks often.

It's also important that during this time of remote learning we maintain safe and responsible use of information and communication technologies. This includes:

the appropriate use of digital platforms, privacy and information protection
respectful online communication.

To access all the parent advice about Remote Learning use the link
[Department of Education](#)

CYBERSAFETY WEBINAR

Attached is a flyer invite to the upcoming Cybersafety webinar presented by Bendigo Community Health Services.

This webinar is on the 28/04/2020 for all parents & carers in the City of Greater Bendigo.

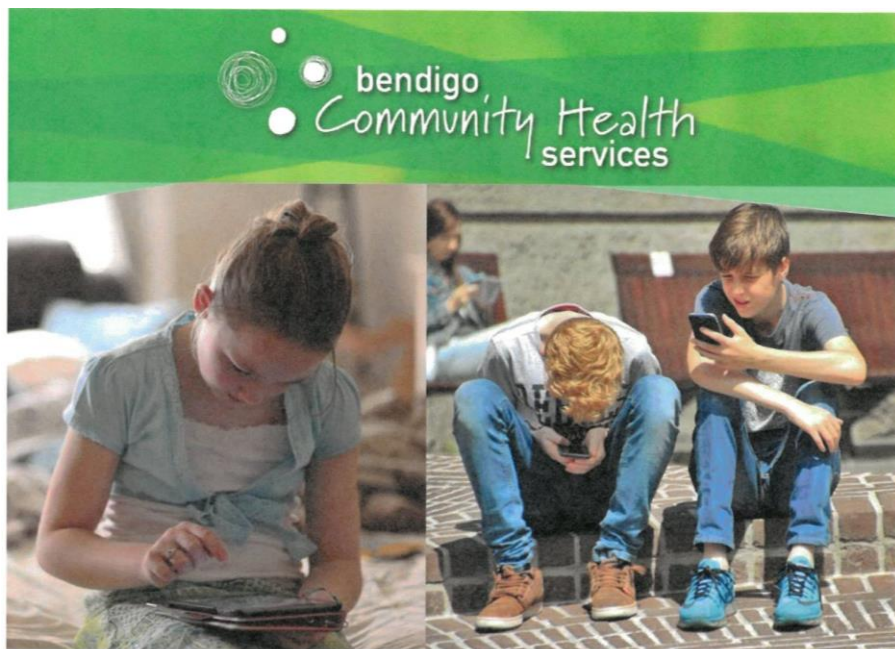
This event was originally being held at the La Trobe Visual Arts Auditorium however is now a live stream presentation by the Cyber Safety Project with Q&A.

You must register to be able to view the live stream

at <http://tiny.cc/CSPBendigo>

There will be a link to the webinar, available for 7 days if you miss or are unable to attend the webinar. If you have any questions, please contact me on

siobhansullivan@bchs.com.au or 5406 1253



Cyber safety

FOR PARENTS AND CARERS

Do you feel ready to help your child navigate the online world?

JOIN OUR ONLINE WEBINAR

Tuesday, April 28, 2020. From 7.30pm to 8.30pm online.

Register: [Cyber Safety Project](#)

FREE

We asked 2387 young people in Bendigo about online safety and this is what we found:

- Young people said "I would like to talk about how to keep safe on the internet" with their parents/carers.
- 45% of young people would seek help from a parent/carer if threatened online.
- Young people want more parent education and awareness about online safety and cyberbullying.

Cyber Safety Project expert Sam Macauley will run this free 60-minute webinar to help parents and carers:

- Discover the ins and outs of online and social media platforms such as Instagram, Youtube, Snapchat & TikTok.
- Uncover mobile apps and games that can be potentially harmful.
- Explore ways to foster positive digital experiences for children.
- Discuss ways to manage digital wellbeing for children at home.

Want to know more?

Contact our Health Promotion team member Siobhan Sullivan at SiobhanSullivan@bchs.com.au or call 5406 1200.

ACN: 136 467 715

Connect with us: www.bchs.com.au



CSEF - HAVE YOUR CIRCUMSTANCES CHANGED?

If your circumstances have changed, you may be eligible for the Camps, Sports & Excursion Fund (CSEF).

The eligibility may have changed as a result of COVID-19

The applicant must be one of the following:

a parent/carer (of the relevant student) who is:

- on the first day of term one, or;
- the first day of term two;

- a. an eligible beneficiary of either a Centrelink Health Care Card or a Pensioner Concession Card; or
- b. an eligible beneficiary of a Veterans Affairs Gold Card; or
- c. a temporary foster carer; or
- d. the parent/carer of a student who is 16 years or older and who holds a valid concession card (such as a Youth Allowance Health Care Card or Disability Support Pension Card).

The parent/carer must submit an application to the school prior to the end of term 2.

Provided the above conditions are satisfied, the amount payable is:

\$125 for Primary school students.

\$225 for Secondary school students.

Please find the application form below in the newsletter.



We're here for you, as you're here for us.

Welcome back to everyone after a well-deserved term break. Whether you're learning from home, or here at school, we look forward to a new and improved Term 2. We thank you for all your continued support and patience through these challenging times.

We understand Outside School Hours Care is vital for many parents that are not able to work from home, so that you can continue to provide essential work for the nation. Our OSHC service is open and operating for those that need our care, and will provide your children with much-needed familiarity and continuity through our engaging programs that have an increased focus on hygiene and social distancing. We offer a safe environment at your school for children to get active, try new things, connect with friends and relax.

As per the recent State Government advice, from the start of Term 2 all students who can learn from home must learn at home. This means our service is open to all children of parents who cannot work from home, vulnerable children, or children that are not able to be supervised at home on certain days and no other arrangements can be made. For these families, childcare will be provided free of charge until 30th June as per the Federal Government's announcement on the 2nd April.

Whilst care is free, we still need to know if you are coming. We ask that you get your bookings in as soon as you can, so that we can staff and resource the service appropriately, to best care for your children.



It's **FREE** to Register. (and if you want to use OSHC, you first need to register).

Register at pp.campaaustralia.com.au/account/login. Once registered, it's easy to make and manage your bookings online via our Parent Portal.

Visit our [blog](#) for helpful information and fun activities.

New articles are added each week for parents and cover various topics to help families. This month we are focusing on all things COVID-19. We talk about how to adjust to the changes you've made in your household, including fun activity ideas to entertain your child at home.

Visit the blog here: <https://campaaustralia.com.au/blog>

CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

QUARRY HILL PRIMARY SCHOOL

School Name

School REF ID

Parent/legal guardian details

Surname _____

First name _____

Address _____

Town/suburb _____ State _____ Postcode _____

Contact number _____

Centrelink pensioner concession **OR** Health care card number (CRN)

- - - **OR**

☐ Foster parent* **OR** ☐ Veterans affairs pensioner

*Foster Parents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

Student details

Child's surname	Child's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level

I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (DHS) to provide the results of that enquiry to DET.

I understand that:

- DHS will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.
- this consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DHS and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- if I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
- information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the Victorian Department of Health and Human Services and /or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant _____

Date ____ / ____ / ____



INSIGHTS

Leading the way for children during the Coronavirus pandemic



If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

parenting * ideas

Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.