The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday April 18, 2018
Newsletter No. 10

Our Purpose:
To provide a creative and nurturing learning environment that enables everyone to achieve their personal best.

Principal: Jo Menzel
School Council President: Tim Shanahan
PFA President: Clive Enever

2018 TERM DATES
Term 2 April 16 – June 29
Term 3 July 16 – September 21
Term 4 October - December 21

IMPORTANT DATES

	Time	Details
April		
Friday 20th	9.00am – 11.00am 12.00pm – 2.30pm	Grade 3 -6 Cross Country at Ken Wust Oval Grade Prep – 2 Cross Country at Ken Wust Oval
Tuesday 24th	10.45am	QHPS ANZAC Day Service
Wednesday 25th	**All Day**	**ANZAC Day Public Holiday**
Friday 27th	9.00 – 11.00am	Prep incursion Teddy Bear Hospital
May		
Wednesday 2nd	Various	School Photos
Thursday 3rd Friday 4th	8.30am – 9.30am 3.15pm – 4.00pm	School Book Fair to be held in the new Library
Friday 4th	9.00am	PFA Meeting
Monday 7th	3.45pm – 4.45pm	School Council Subcommittee Meetings
Wednesday 9th	12.00pm	Grade 3-6 Cyber Safety Incursion
Monday 21st	7.00pm	School Council Meeting
Tuesday 22nd Wednesday 23rd	Various	Gymnastics Program Prep – Grade 4 only
Thursday 24	TBC 7.00pm	Cross age celebration of Education Week Prep 2019 Information Session
Friday 25	9.00am – 11.00am 9.30am	Open Morning Prep 2019 Information Session
Tuesday 29th Wednesday 30th	Various	Gymnastics Program Continues Prep – Grade 4 only
June		
Friday 1st	9.00am	Division Cross Country – Selected Students Only
Monday 4th	3.45pm – 4.45pm	School Council Subcommittee Meetings
Tuesday 5th Wednesday 6th	Various	Gymnastics Program Continues Prep – Grade 4 only
Monday 11th	All Day	Public Holiday
Tuesday 12th Wednesday 13th	Various	Gymnastics Program Continues Prep – Grade 4 only
Tuesday 19th	All Day	School Athletics
Monday 25th	7.00pm	School Council Meeting
Tuesday 26th	All Day	Parent/Teacher/Student Led Conference (students only required at school for their appointment)
Friday 29th	2.30pm	End of Term 2 Early Finish

~OUR VALUES~

Integrity:
Being true to oneself
Being honest
Owning our choices
Respecting people, property & environment
Being Positive ambassadors for QHPS.

Sense of Belonging:
Feeling safe
Being part of a community
Being inclusive and accepting
Being committed to friendliness and caring for others.

Passion for Learning:
Being curious, inquisitive, active thinkers and engaged learners.

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Phone: 5443 3537
Fax: 5442 7590
Mobile: 0427 595 073

Dear Parents and Carers,

Welcome back to the start of a new term. I hope that you managed to make the most of the glorious weather over the holiday break. It is generally much easier to keep children entertained and engaged when there is an option to get out and about. The rain was certainly welcome over the weekend though. The cooler weather looks as if it is here to stay.

School Review 2018

As previously mentioned in the newsletter, Quarry Hill Primary School is undertaking a school review this year. Prior to the holidays, the school submitted its Pre-Review Self-Evaluation to our review panel. This self-evaluation was an opportunity for the school community to reflect on how we tracked against the goals and targets in our current four-year School Strategic Plan. This reflection helped us to identify what we believe is working well, what needs to continue and which areas may need the school's work to be improved or further developed.

Today was our Validation Day, where our staff, students and a number of parents worked with the panel as they sought to gain feedback about the school's context and needs in line with the information outlined in the self-evaluation. The information gleaned from these observations and conversations helped the panel frame focus questions and a methodology for the rest of the review.

Tomorrow is a fieldwork day. Fieldwork activities will investigate the focus questions, as developed on the Validation Day. Maryanne Pearce, our reviewer, and Damien Jenkyn, our Senior Education Improvement Leader, will also be chatting to parents at drop off time.

The evaluation is very detailed and is genuinely about supporting us on our continuing journey to improve and to deliver better outcomes for our students.

School Cross Country – Friday

Just a reminder that we have our School Cross Country this Friday. It will be held at the Ken Wust Oval in Peel Street.

- 9.00am – 11.00am Grades 3-6
- 12.00pm – 2.30pm Grade Prep – 2

Hopefully we can have lots of families come along to support our runners.

Gallipoli Oaks Project 2018

Four years ago, at the time of the 100 year anniversary of the Gallipoli landing, Kasslea Shaw applied to the National Trust of Australia (Victoria) in the hope of Quarry Hill Primary School being allocated a Gallipoli Oak seedling. At the time, the application was unsuccessful due to the high demand. Three weeks ago, Kasslea received notification that Quarry Hill will receive a Gallipoli Oak seedling this year, just in time for ANZAC Day.

The Gallipoli Oak story begins in 1914 when William Winter Cooke, a young famer from Murndal in the Western District of Victoria joined the Australian Army when World War 1 started in Europe. On the 25th of April, 1915, William landed from a ship on a beach at Gallipoli in Turkey. For 8 months, William fought in the rugged hills in the area. He noticed there were many small prickly trees that looked like holly bushes, but they had acorns, just like those on an oak tree. He decided to send a small parcel of acorns to his uncle, Samuel Winter Cooke who lived on a farm in Hamilton, Victoria as his uncle had always been interested in unusual trees. In 1916, Samuel decided to plant one acorn on his farm and gave the remaining acorns to other farmers and his old school in Geelong. It seems that only three of the trees, including the one at Hamilton, are still alive today, 100 years later.

William returned safely after the war and started farming again. His original acorn grew into a wonderful Gallipoli Oak tree that is now 10 metres tall. Some of the acorns from the original trees have son or daughter trees around Victoria. The National Trust of Australia (Victoria) now collects acorns from these trees to grow enough seedlings to plant one in every primary school in Victoria.

The Gallipoli Oak trees are a symbol of the brave servicemen and women who fought in World War 1, especially those who landed at Gallipoli in 1915.

At our school's ANZAC Day service on Tuesday, April 24th 10.45am we will show the seedling and tell the story to our school community. Our seedling will originally be planted into a large pot until such time as a suitable area can be found for it to permanently reside.

Thank you Kasslea for this wonderful opportunity to have a piece of history.

ANZAC Day Public Holiday
April 25th is ANZAC Day. This year the date falls on a Wednesday. Students do not attend school on this day.

Family Law Courts & Intervention Orders
Families that have Family Law Court Orders or Intervention Orders are requested to provide a copy to the school so that the school can act in accordance with any orders. Family Law Court Orders stipulate the rights of both parties and enable us to act appropriately and lawfully. It is also appropriate that the school is in possession of the most recent Family Law Court Orders or Intervention Orders.

SunSmart
Students are still required to wear hats until the end of April in line with our SunSmart policy.

Have a great week.
Jo Menzel
Principal

SCHOOL PHOTO DAY
By now you should have all received your photo envelope for school photo day Wednesday May 2nd. The envelope needs to be returned on photo day, not before, to your classroom teacher. If you would like a family photo please see the office for these envelopes. Family photo envelopes are to be returned to the office on the morning of the photo day. If you have any questions please see Narelle in the office.

QHPS 2018 CROSS COUNTRY

This Friday April 20th the school Cross Country event will take place around the Ken Wust Oval. Students are required to wear House colours and appropriate footwear for running. Students will require a school hat and a drink bottle to take to the reserve and a jumper in case it is cool whilst they are waiting for their race. Please apply sunscreen to your child before school and send with them in their bag. Lunch will be eaten at school as per normal. Parents are encouraged to come down and cheer on the participants. The outline of the day is as follows:-

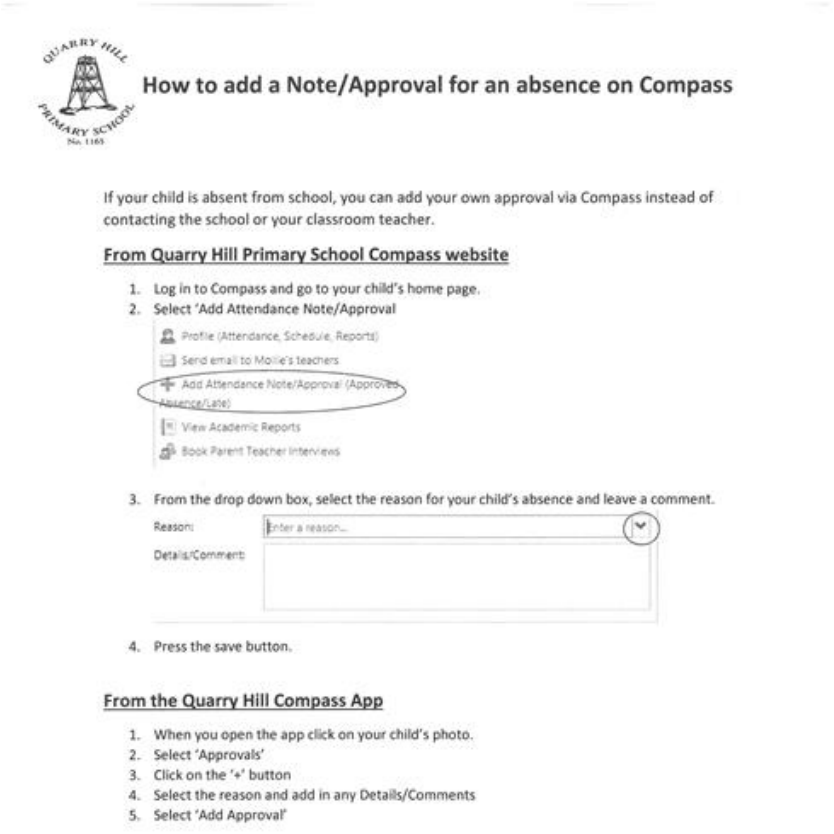
- 9.10am Grade 3-6 students will make their way down to the reserve
- 9.30am First race begins age groups 8, 9 & 10
- 10.15am Second race begins age groups 11, 12 & 13
- 11.15am Presentations at the Reserve then students return to school for lunch

- 12.10pm Prep – 2 students will make their way down to the reserve
- 12.25pm First race begins Grade 2
- 12.40pm Second race begins Prep
- 12.55pm Third race begins Grade 1
- 1.25pm Presentations at the Reserve then students will return to school

Looking forward to a great day of participation.
Ross Turner
PE Specialist

COMPASS ATTENDANCE

On Monday notes were sent home with students who had unexplained absences. It is a Department requirement that all student absences are explained. Please complete these notes and return to school as soon as possible. If your child is not attending school for any reason you need to inform us either by entering the absence on the Compass portal, phoning the school, emailing the school or by sending in a signed note. To enter an absence on Compass please follow the instructions below. If you have not as yet logged into the Compass portal or having difficulties with this please speak with Narelle in the office.



How to add a Note/Approval for an absence on Compass

If your child is absent from school, you can add your own approval via Compass instead of contacting the school or your classroom teacher.

From Quarry Hill Primary School Compass website

1. Log in to Compass and go to your child's home page.
2. Select 'Add Attendance Note/Approval

3. From the drop down box, select the reason for your child's absence and leave a comment.

4. Press the save button.

From the Quarry Hill Compass App

1. When you open the app click on your child's photo.
2. Select 'Approvals'
3. Click on the '+' button
4. Select the reason and add in any Details/Comments
5. Select 'Add Approval'

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P.F.A News

NEXT MEETING
The next PFA meeting date is Friday May 4th at 9.00am in the multipurpose room. New members welcome.

Easter Raffle:
What a tremendous effort by the school community for our Easter Raffle this year. This is great for the school and all it allows the PFA to assist the school deliver better facilities for the students. A total of 136 Prizes were won and the raffle raised a fantastic $3,306.00 including a generous donation from Greta Balsillie on behalf of the Balsillie family. These funds will be going toward a Pump and Creek Bed in the new Sensory Garden.

Prize Winners:
Winners of Prizes 1 – 10 were:

1.	Elise S	Room	10B
2.	Frej		14A
3.	Archie R		15A
4.	Rachel W		14A
5.	Aahliah F		10B
6.	Thom H		14A
7.	Tess K		5
8.	Lilly H		2
9.	Drolma L		6
10.	Lilly M		15B

Morning Tea:
On Thursday, join Heidi and other parents at 9am for a cuppa and chat in the multipurpose room. Quarry Hill Primary School values its community and encourages all to participate, grow and enhance this community. Thank you Heidi for leading this initiative.
This is also a great opportunity to make use of the 2nd hand clothing store either to obtain that next size piece or to contribute a piece of clothing which has fallen victim to the latest growth spurt. Heidi will assist you in this area.

Become a Member:
The PFA is open to all members of our school community to join. Mums, Dads, Brothers, Sisters, Aunties, Uncles, Grandparents and Carers are all eligible and welcome.
Your involvement can be small or large – just being here is appreciated - and together will create an amazing community for our children.
Come along to our next meeting or see the office for a membership form, it is just 50 cents to join and then have input in supporting our kids, their teachers and support staff.

Contact the office (Narelle) in the first instance for further information.

QUARRY HILL PRIMARY BOOK FAIR 2018

Our Book Fair will be held over two days, May 3rd & 4th 2018. This is a great opportunity to purchase some new books whilst helping our new library with some fundraising. The Book Fair will open both in the morning and afternoon to allow for parents to browse either with their child or by themselves. There will be a lucky door prize each day for those people that purchase a book from the Fair. Put the date in your diary.

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BENDIGO ATHLETIC CLUB

Bendigo Athletic Club Cross Country Season starts Sunday 29th April. Children's 1km race starts after the Senior race that commences @ 10.30am each Sunday. Focus is on Health, Fitness and Fun!

For more information visit www.bendigoathleticclub.org.au or contact the club on 0409 874 958

AWARENESS MATCH

KANGAROO FLAT FOOTBALL NETBALL CLUB

supporting amaze Shaping the future for Autism.

SATURDAY MAY 5, 2018

On Saturday May 5, 2018 Kangaroo Flat FNC will be turning blue to raise awareness for Autism Spectrum Disorder. Senior Football and A Grade Netball will wear alternate uniforms on the day that will be auctioned off for charity and KFFNC will also be running a luncheon with proceeds going directly to charity. Our chosen charity is Amaze which provides practical information and support to over 20,000 autistic people and their families every year. Autism Spectrum Disorder (ASD) affects around 1 in every 100-110 people and impacts on an individual's ability to communicate and socialise. Each individual with Autism Spectrum Disorder (ASD) is unique. Like everyone else, people with ASD have a range of skills and talents, and they face a number of challenges. Kangaroo Flat FNC wants to help our community raise vital funds and awareness of Autism Spectrum Disorder.

MATCH DAY DETAILS

Venue: Bendigo Mazda Oval (Dower Park)
Opponent: Maryborough Football Netball Club

Senior Football & A Grade Netball wearing alternate uniforms
Information stalls will be located around the venue
Post match Jumper/Dress Auction in the KFFNC social rooms
Pre-match national anthem by St Monica's Primary School Choir

Luncheon will run in conjunction – tickets available now.

Sponsored By R & M Collins HONEY PRODUCERS BENDIGO

For more information contact: community@kangarooflatfnc.com.au

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12 Metropolitan Drive, Eaglehawk VIC
M 0438 198 031
E brett@kellysports.com.au
W www.kellysports.com.au

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QUARRY HILL PRIMARY SCHOOL

MEGA MULTI-SPORTS

SOCCER - BASKETBALL – FOOTY – NETBALL –STREET HOCKEY

This program is a fantastic way to challenge and improve your child's motor and coordination skills. Our experienced coaches aim to develop and enhance the wide range of sporting skills of your child, including catching, kicking & throwing. While also improving strength, flexibility, hand-eye co-ordination, spatial awareness, co-operative skills and teamwork, all within a FUN and very SAFE environment.

WHEN:	Thursday
WHERE:	Quarry Hill PS Astro Turf/basketball courts
COMMENCING:	26/04/18
CONCLUDING:	28/06/18
DURATION:	10 weeks
TIME:	3:40pm – 4:40pm
YEAR LEVELS:	P – 6
COST:	$120

GET IN QUICK FOR TERM 2 AS PLACES ARE FILLING FAST!!

EARLY BIRD SPECIAL OFFER If you enrol your child in any program before Sunday 22nd April you'll receive 1 session FREE!!

NEW & IMPROVED ONLINE BOOKING SYSTEM!!
SIMPLY GO TO WWW.KELLYSPORTS.COM.AU ENTER YOUR POSTCODE AND ENROL FROM THERE OR FILL OUT THE BELOW ENROLMENT FORM & SEND WITH A CHEQUE OR CREDIT CARD DETAILS TO:
12 METROPOLITAN DRIVE, EAGLEHAWK VIC 3556
PAYMENT OPTIONS AVAILABLE:

ENROLMENT FORM

☐ Mega Multi Sports

School: _____ Year Level: _____ DOB: _____
Name: _____ Room No: _____
Address: _____ Post Code: _____
Phone: _____ Mobile/Work: _____
Email: _____ Medical Conditions: _____
Emergency Contact: _____ Phone: _____ Relationship: _____
At the completion of after school clinics, does your child? ☐ Go to after care ☐ Get collected Photo consent ☐
Parents' consent: I hereby authorise Kelly Sports to act on my behalf should my child require medical attention, and release Kelly Sports Bendigo from any liability for injury incurred by my child at Kelly Sports programs.
Parent/Caregiver name: _____ Signature: _____
Amount Paid: $ _____ Credit card payment: ☐ Visa ☐ Master card
Card Number: ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ Expiry Date: ☐☐/☐☐ CVV: ☐☐☐

THINGS TO KNOW
Kelly Sports is a Registered Child Care provider
Don't leave forms at the School Office
Spaces are limited so please make sure you enrol online or return form to Kelly Sports

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Go for Gold in OSHC in Term 2

Welcome back to school – we hope you enjoyed your school holidays!

Updates to Flexible Booking Options

At Camp Australia we have been super busy over the Autumn break, between having a blast at our Aussie All-Stars Holiday Clubs and finding ways that we can add more value for parents with our new Flexible Booking Options. While we make improvements to the Flex-e-Care e-card, it will be removed from our purchase options; we'll bring it back when we are confident it can suit your needs.

We have updated our premium offering of the Gold Membership. This option has **no late booking fees and no cancelation fees** up to 2 hours before the service. The minimum amount of bookings per year to pay the permanent fee has been **halved** to 20 per year pro rata – so no need to lock in to one booking per week.

As we're still in the Aussie All-Star spirit, we're offering **FREE upgrades to the Gold Membership**!

To upgrade from Silver to Gold, log on to your Parent Portal and follow the prompts before April 30.

See how we make kids smile

You are more than welcome to visit us in the program at any time. Meet the team and see how we make kids smile every day.

We look forward to seeing you and your family soon.

From the Team at Camp Australia

Program Details

To find out more about our program, view fees and to register visit **www.campaustralia.com.au** and search for your school.

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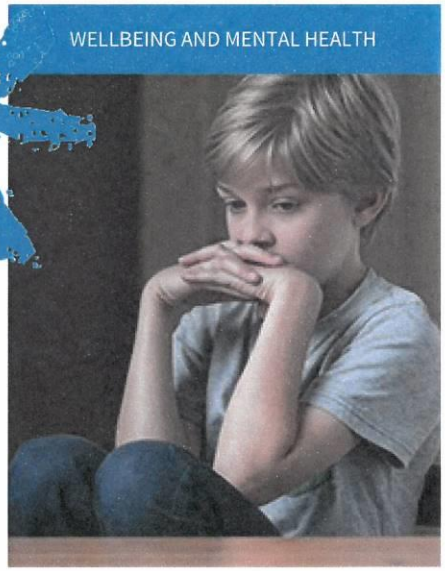
parenting ideas

insights



Understanding your child's anxious behaviour using the ABC method

by Dr Jodi Richardson

When our children are suffering they turn to us for help. Never is this more true than when they're experiencing anxiety. The experience of it is awful and they want it stopped. Now. That's all we want too: to put an end to their fear, dread and worry. To help them feel calm, happy and playful again. But the contagious nature of anxiety means that while, as parents, we're helping our children in the midst of their turmoil, we can also struggle with anxiety of our own. All those stories begin to swirl around in our minds leaving us worrying about what it all means for our child's future happiness.

The more you understand about the events that trigger anxiety in your child and the way he or she behaves when feeling anxious, the better equipped you'll be to respond in a truly helpful way.

The fight, flight, freeze or freak out response

It's important to remember that all of our kids will experience anxiety at some time or another. It's a natural and protective reaction to the anticipation of danger or discomfort, a deeply ingrained instinctive response that gears people up, big and small, to **fight** for their life, or run for it (**flight**). As well as the 'fight or flight' response, it's also been called the 'fight, flight, freeze or freak out' response. No argument there!

In the majority of cases where kids experience anxiety (which may even be trepidation or nervousness) – such as when faced with a maths test or a presentation in front of the class – when the 'danger' passes the anxiety passes too.

However there are kids who experience debilitating anxiety on a more regular basis: anxiety that interferes with their ability to function, participate in life and enjoy being a kid. In these cases it's important to develop a deeper understanding of the events that happen before and after the anxiety is displayed. The ABC anxiety technique is an invaluable tool used by psychologists when looking at behaviour patterns.

You can use it too.

The ABC technique

Anxiety can be thought of as a sequence of events, beginning with a triggering event that is called the **A**ctivator. The Activator is present before your child becomes anxious and fearful. It isn't always one thing but can be a set of circumstances or factors like tiredness and hunger. Children won't always be aware of what's triggered their anxiety but as you begin to note down the ABC's, you'll establish some patterns that will help you both.

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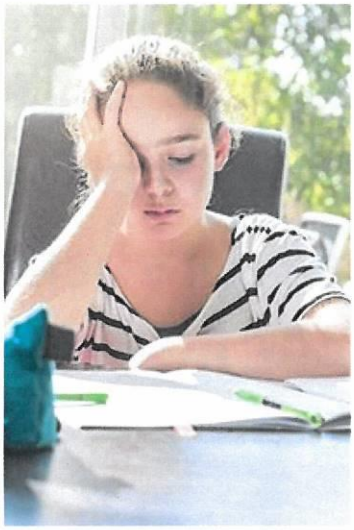
parenting ✱ ideas

The activator triggers your child's anxious **B**ehaviour. Now's about the time you might form a picture in your mind of what you witness when your little one is anxious. You'll see a whole bunch of behaviours including avoidance, anger, fear and distress, but what you won't necessarily see are the 'private' behaviours of your child such as their thoughts and feelings. Understanding these is really insightful.



Lastly, your little one's anxiety will naturally bring about a reaction from others. This can be from you, other family members, your child's friends and/or their teacher, depending on where they are. These reactions are the last part of your new tool, termed **C**onsequences. Understanding what happens in response to your child's anxiety is important, again, for understanding patterns that have built up over time.

Start by creating a table (anyway you like) similar to the one below but include more rows in yours.

Find a quiet few minutes and begin by thinking about what happens when your child becomes anxious. Describe anxious behaviours in detail in the middle column. These could be the things you witness such as crying, pacing, avoidance, clinging, etc. plus any thoughts or feelings your child has shared with you.

Let's say for example that thunderstorms trigger anxiety in your child. Their behaviour might include fear, crying, an upset tummy and hiding away from the noise.Find a quiet few minutes and begin by thinking about what happens when your child becomes anxious. Describe anxious behaviours in detail in the middle column. These could be the things you witness such as crying, pacing, avoidance, clinging, etc. plus any thoughts or feelings your child has shared with you.

At first glance the activator might seem obvious: thunder and lightning in this example. But perhaps the anxiety is triggered earlier than that. Could it begin with overhearing the storm forecast on the news or the heavy rain preceding the storm? Finally, the Consequences column is to note what happens immediately after the anxious behaviour. What happens, and how everyone feels.

Go through this same process with the other anxious behaviours you listed. There are some examples on the following page.

The ABC exercise enables you to contemplate your child's anxious behaviours and the circumstances around them including, importantly, when you're not actually in the thick of it. My guess is that you're already pretty clear about the behaviours, but after doing this exercise you'll be armed with details of the triggers (Activators) and outcomes (Consequences) as well. Combined, this understanding will give you insights into how anxiety unfolds for your child, an opportunity to reflect on your own responses to anxious behaviour, and where there might be opportunities for helpful change.

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If at any time you're at all concerned about your little one, please consult with your GP to seek advice and reassurance.

Example ABC table and anxious behaviours

Activators	Behaviours	Consequences
Thunderstorm forecast	Upset tummy, cries and hides in bedroom, won't get ready for school	Repeated reassurance, gently encouraging to get uniform on and have breakfast. Only makes things worse. Late for school, again. Feeling frustrated.
Teacher announces upcoming test	Irritable, keeps repeating "I'm going to fail", headache	Suggested making a plan to prepare for test, rejected. Consoling with arm around her telling her it's going to be okay. Both feeling really upset.

Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au

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