

Newsletter No 21, 2021

Thursday 22nd July, 2021



Address: Gaol Rd, Bendigo 3552
Phone: 5443 3367

Purpose of Camp Hill Primary School is to develop and nurture lifelong learners within an engaging, global learning community, where the uniqueness and contributions of individuals are valued, shared and celebrated.

Following are the **core values** in which we strongly believe; they underpin our purpose and are the guiding principles of our school.

Caring: Being kind, helpful and sympathetic toward other people.

Honesty: To always tell the truth.

Confidence: Believing in yourself and others.

Respect: Recognising the rights, feelings, wishes and individual differences of others through our speech and manners.

Trust: Safely express opinions, beliefs, thoughts, and feelings in a secure environment.

Email Address: camp.hill.ps@education.vic.gov.au

Web Address: www.camphillps.vic.edu.au

Calendar 2021

Tuesday – Friday	20 th – 23 rd July	Year 5/6 Norval Camp in Halls Gap – NEW DATE
Monday – Thursday	2 nd – 5 th August	Parent/Teacher Interviews – NEW DATE
Tuesday - Friday	10 th – 13 th August	Year 5/6 Norval Camp in Halls Gap
Wednesday	28 th July	Students return to on-site learning
Monday - Thursday	2 nd – 5 th August	Parent/Teacher Interviews
Monday	9 th August	Elmore Bakery orders due back
Tuesday	10 th August	100 Days of School celebration
Tuesday	17 th August	Curriculum Day – NO STUDENTS
Friday	20 th August	Jet's Gym for 4 weeks every Friday – Foundation students only

PRINCIPAL'S REPORT

Return to School

For those parents who may have missed my message on Tuesday, students will return to on-site learning next Wednesday 28th July. Students will remain in remote and flexible learning until that time.

Parent/Teacher Interviews

Parent teacher/teacher interviews have been moved to week 4 of the Term to accommodate the current remote learning period. Interviews will be conducted on the same day, at the same time, but will be on either the 2nd (Preps), 3rd (Grade 1-2), 4th (Grade 3-4) or 5th (Grade 5-6) of August. Parents will not need to rebook interviews unless they are unable to attend on the day. If you require a change to an existing booking time, please contact the office or your child's teacher. In the event that parents are not allowed on-site, interviews will be conducted via Webex or phone.

Netbooks Computers

Netbook computers are available to borrow from school for home use, if you require a laptop please contact the office and arrangements will be made to have the laptop delivered to the gate. Netbooks and chargers will need to be returned to the office Wednesday morning at the resumption of on-site learning.

Parents On-site

At the moment parents are not permitted to come on-site, however as we draw closer to the return to on-site learning the restrictions may change, parents will be informed via email of the changes as they occur.

On-site Learning

Please be aware of the criteria for students attending on-site during the remote learning period. In the case of essential workers (identified on the essential workers list) both parents must identify as essential workers are not working from home and no other arrangement for supervision can be made. On-site learning is a last resort, the school is operating on a skeleton staff, as teachers are required to work from home. Applications for on-site learning for next week are due by 4.00pm today, late submissions will not be considered.

Parent Opinion Survey

Earlier this week families would have received a letter of invitation to participate in the annual parent opinion survey. We encourage parent feedback as it assists the school with programming and planning. If you could set aside a few minutes to complete the survey it would be greatly appreciated.

DET Wellbeing Services

It can be challenging to process and manage changes to routines and the uncertainty that comes with COVID-19 and related restrictions – including moving to remote learning. To support our school community during this time, resources and support are available for parents, carers and families.

These resources will help to support the mental health and wellbeing of our students and the young people in our care during this time.

I encourage everyone in our community to access these resources and take care of themselves during this time. Services and support for students and their families A Quick Guide to Student Mental Health and Wellbeing resources is available for students, parents and carers looking to access expert guidance and resources to support wellbeing.

Supporting the mental health and wellbeing of our students remains our priority this year, especially during the continued COVID-19 pandemic and while students are learning from home during the current circuit breaker restrictions.

For students, the guide includes resources to support their own mental health and wellbeing.

- * Advice and resources for students about ways to adapt their learning during COVID-19, to look after themselves and where to get help.
- * Wellbeing activities for AFL and AFLW players with tips on managing stress, staying active and gratitude.
- * Kick it with Victory physical activities with Melbourne Victory Football Club.
- * Smiling Mind mindfulness activities for senior secondary school students, including short videos, online tip sheets and meditations

The guide also includes resources and supports for parents and carers to help them build their child's physical and mental health and wellbeing. This includes:

- * resources to support children's physical, mental health and wellbeing
- * wellbeing activities and conversation starters
- * Raising Learners podcast series
- * how to talk to your child about COVID-19. Wellbeing guidance for parents and carers is also available on the Department's website, or through the confidential parent support hotline, Parentline, available 8am to midnight, seven days a week. Phone: 13 22 89.

Active Kids During COVID

When children participate in regular physical activity, it boosts their physical and mental health and improves academic performance.

Physical activity throughout the day also improves concentration, and the ability to retain information and solve problems.

There are many benefits to being active and getting your move on, but a lot of children aren't moving enough, particularly while learning from home.

15 minutes 4 times a day is all it takes.

To help support your children to stay active while learning from home, families can access a range of free COVID Safe ideas to stay active and games through Get Active Victoria.

Families should remember that whatever gets children moving, gets them active.

Chris Barker

Principal

ASSISTANT PRINCIPAL



**HERE EVERYDAY READY FOR
LEARNING ON TIME
Remote Learning**



A huge thank you to parents for staying in touch with your child's classroom teacher on a daily basis. Education Department guidelines require us to submit marked rolls daily and we are committed to making sure your child has their learning needs met.

Our aim is to ensure that we know that your child has daily work to complete, is at home in the care and supervision of an adult and that communication between school and home happens daily.

Some children are saying hello during their morning class WebEx meeting, some are saying "Hi" in the stream in Google Classroom (Grades 3-6) and some are submitting attendance through Dojo. If we don't hear from your child/you through these attendance avenues by 11am you will receive a message from the office and your child's teacher will try to make contact with you to check in.

Thank you for your continued efforts to stay connected with school through the attendance process. Please contact your child's teacher or the office on 54433367 if you need a netbook at home, work packs or you are concerned about your child and their learning.

Trish Johnstone

Assistant Principal



Physical activity and mental health

Regular physical activity is great for children and young people's healthy development and helps prevent and relieve mental health issues

How does exercise affect mental health and wellbeing?

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

- can increase levels of serotonin and endorphins, the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity

- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young people to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts.

These benefits also serve to improve classroom behaviour and promote a more positive learning environment.

Some children and young people dislike competitive sport and anxiety about competition may worsen existing mental health issues.

You could consider offering non-competitive physical activities such as yoga and Pilates as an alternative. Or offer activities where the focus is on participation, not competition. It's more important for children and young people to learn that being active is fun rather than focusing on winning.

How much exercise do children and young people need?

The 24-Hour movement guidelines outline the following recommendations for exercise for children and young people:

- **Infants** (birth to one year): 30 minutes per day of supervised interactive floor-based play including tummy time, reaching and grasping, pushing and pulling and crawling.
- **Toddlers** (1-2 years): at least 180 minutes a day, including energetic play such as running and jumping.
- **Pre-schoolers** (3-5 years): at least 180 minutes a day of which 60 minutes is energetic play such as running, jumping and kicking and throwing.
- **Children** (5-12 years) and young people (13-17 years): at least 60 minutes of moderate to vigorous intensity physical activity every day.

The percentage of children and young people meeting current guidelines is:

- 61% of two to five-year-olds
- 26% of five to 12-year-olds
- 7.9% of 13 to 17-year-olds.



With delivery partners



Funded by



WELLBEING MATTERS

Hi, I'm Mark Lees the new Student Wellbeing Coordinator at Camp Hill P.S.

I am a Clinical Family Therapist by training and have worked with young people and their families for over 20 years, with more than 15 of those being within a school setting.

Camp Hill Primary School has a special place in my heart as both of my children enjoyed all of their primary education here, and I served on School Council.

I am excited to begin in this role supporting students, their families, carers and staff through counselling, consultation, advice and advocacy.

I will be working on Thursdays for the rest of the year and can be reached directly via the School Wellbeing email 1976-welfare@schools.vic.edu.au for any questions you may have.

Regards,

Mark Lees

SWW - Student Welfare Worker



Camp Hill PS OSHC

As start another journey through remote learning. Everyone here at After School Care would like to send the Camp Hill Community our best wishes. Make sure you are looking after yourselves, your family and friends. We will get through this together!



Kerrie Patrick & OSHC Team

FUNDRAISING COMMITTEE

Elmore Pie Drive

The Elmore Bakery

It's that time of year again to place orders for the yummy Elmore pies, pasties etc. Order forms have been sent home today with the students. If you require additional order forms, please don't hesitate to contact the office (Forms are also attached to the end of this newsletter). Orders can be from family, friends, neighbours, colleagues etc.

Order forms are due by **Monday 9th August** to the school office. All payments are to be made by direct deposit to Elmore Bakery. All information is on the order form.

Please support this great fundraiser – all proceeds come directly to the school. Thank you

Lunch Orders

Due to the current unknown/ever changing of Covid conditions, lunch orders will be on QKR one week at a time - not a menu for the whole Term as we previously have had. This way it may eliminate having to do credits from future orders. Sorry for any inconvenience this may cause.

Fundraising Committee

FOUNDATION LEARNING TEAM

Remote Learning

Thanks to Prep families for their hard work and commitment to supporting our learners at such a challenging time. Our students have worked very hard on a number of different tasks. Check them out below. We have our fingers and toes crossed that we will be back at school next Wednesday.



Foundation Learning Team

1/2 LEARNING TEAM

Hello 1/2 Families!

We hope you are enjoying Remote Learning and we thank you for your ongoing support throughout all of this. Remember, you are doing a wonderful job!

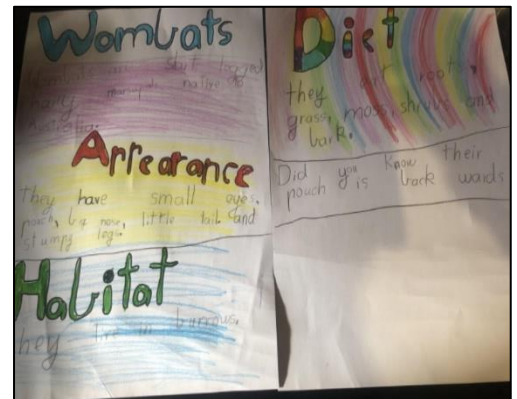
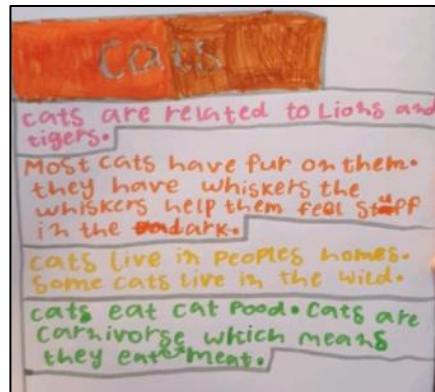
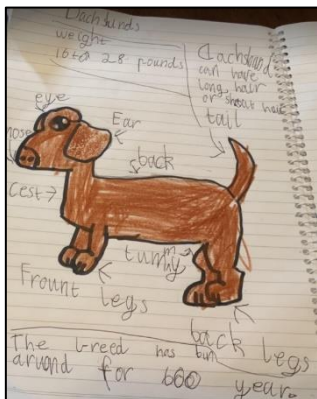
Our students have been working super hard and have been loving hands-on activities. It's great to see how creative our students can be with their spelling words....



We have been learning about doubling as part of multiplication in Maths, with students finding great new strategies to help them solve the problems, such as skip counting!



In Reading and Writing we have been exploring Non-Fiction texts and Information Reports. Students have worked really hard to display their findings, information and new learnings.



Due to missing our on-site Inquiry Immersion Day, you will notice on our timetable that we have scheduled it for this week Friday during Remote Learning. We will still commence our day with a 9:30am WebEx check in, where we will outline the day for students. We will have a page pop up on our Remote Learning website where we have some exciting Science activities for you to complete! We can't wait to see your great work. Please continue to upload your work to your Class Dojo portfolios so your teacher can see the amazing work you're doing.

Thanks again for your efforts 1/2 students and families!

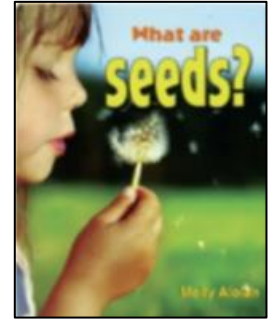
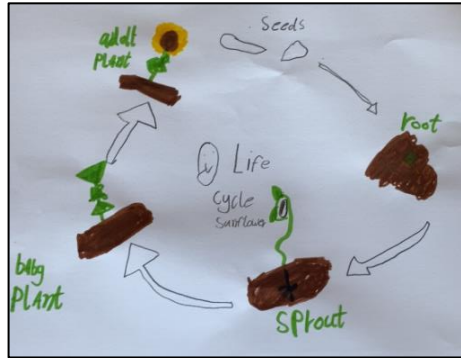
1/2 Learning Team

3/4 LEARNING TEAM

Hi 3/4 Families,

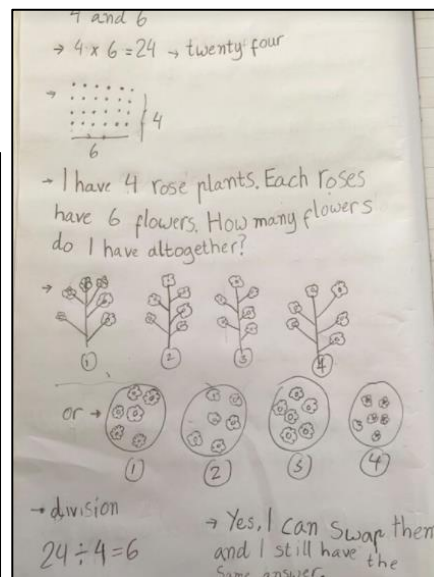
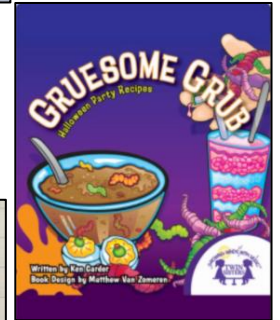
Well done to everyone for their efforts so far during lockdown 5.0! Hopefully we will all be back together at school soon.

So far in remote learning we have been learning about our inquiry - 'How does the Sun, Moon and Earth affect living things?'



In our writing we have been researching procedural texts, including how to make a disgusting recipe, potion or brew!

We have also been investigating multiplication strategies. We have been looking for arrays in our house and using real life examples to find groups of.



3/4 Learning Team

5/6 LEARNING TEAM

Remote Learning

We have been so impressed with the very smooth transition into Remote Learning from Day 1. The way everyone has been so resilient and supportive of each other is inspiring. We have been tested yet again but we love how you all turn up everyday with big smiles on your faces on WebEx each morning and complete the tasks to the best of your abilities.

Camp

Lockdown has affected many things and unfortunately camp was something that we weren't able to attend. Luckily we have managed to organise a new date. We are now making arrangements for Tuesday 10th – Friday 13th August. We will organise new forms ASAP and get them out to you as soon as we can.

Inquiry

This Term we are focussing on Earth and Space. We are exploring the solar system and the planets that surround earth. We are also looking at Natural Disasters and the effects they cause.

Literacy

We have been reading some amazing Information Reports on a range of topics. We love reading your writing and learning new things as well. Keep up the amazing work!

Numeracy

We have been exploring a range of open-ended numeracy tasks on Multiplication. Keep practising your Multiplication goal.

Wellbeing

We love hearing all of the creative ways that you are keeping yourself occupied ranging from: Walks, bike rides, drawing, even creating a tent in your bedroom to make it feel like you are on camp.

5/6 Learning Team

SHORT CIRCUS

Need a brain break? Need to get off the screen? Stay away from the fridge? (yes!)

Join in the Whole School Juggling Challenge

https://docs.google.com/document/d/1AXo1LdVOCyM52iRWRBp7ujF1SpqvSvlXCxIntm_tv2M/edit?usp=sharing

Benefits of juggling:

1. Juggling boosts brain development. Juggling accelerates the growth of neural connections related to memory, focus, movement, and vision.
2. Juggling builds hand-eye coordination in ways that improve reaction time, reflexes, spatial awareness, strategic thinking, and concentration.
3. Juggling can be stimulating as well as calming. While learning more complicated juggling skills you rely on left-brain processes, carefully focusing and analyzing the steps. When practicing skills you've already mastered you rely on right-brained processes, relaxing into a more fluid, intuitive motion. To get the most out of juggling, make time for both.
4. Juggling teaches a growth mindset. You learn from mistakes, noticing how effort and increasing experience bring you ever greater mastery.
5. Juggling is fun for the whole family.

Mary Thorpe
Short Circus Coordinator

PERFORMING ARTS

Foundation

Students have completed an online lesson that explores Animal movements.

Grade 1-2

Students are encouraged to join in the Whole School Juggling Challenge. The Performing Arts lesson will be posted on the website next week.

Grade 3-4

Students are encouraged to join in the Whole School Juggling Challenge. Another Performing Arts lesson will be posted next week.

Grade 5-6

Students have another beatboxing lesson. They are encouraged to arrange a beatboxing piece into song form.

Mary Thorpe
Performing Arts Coordinator

ART

It's back to having some fun at home being creative and productive. The Preps and Junior Departments have a Science based Inquiry this Term and the Art lesson was designed to study natural materials. Students were encouraged to sort and observe properties of materials and group them on observable properties such as colour, texture and flexibility to create a mobile or collage. These are some of the very creative responses students came up with at home and attending onsite. Thanks to parents who encourage creativity at home!!



Sandy McLennan
Art Coordinator

GUITAR LESSONS

Guitar Lessons Available

Clancy has some vacancies left for guitar lessons. If you are interested, please contact Clancy McLeod on 0491 762 548.



Clancy McLeod
Guitar Teacher

FOR YOUR INFORMATION

E-J's DRILL DANCE INC

Recruiting new members for 2021/2022 season

U/8's, U/13's, U/18's, Seniors & Masters

Girls & Boys welcome

For information call Louie 0410 026 099

HEALTHY EATING

SWAP IT! (article from *The Conversation, Australia 2021*)






Nine out of ten packed lunches in Australian contain so-called "discretionary foods" such as cake, chips, muesli bars and fruit juice. These foods are not necessary for a healthy diet, and are often high in saturated fat, sugar and salt, and low in fibre. 40% of energy in an average lunchbox comes from these discretionary foods.

What children should be eating

Healthy lunchboxes can play a big role in positively influencing students behaviour in the classroom, academic achievement, health and weight. Children should have a variety of foods from the five core food groups: vegetables and legumes; fruit; grain foods (mostly wholegrain and those high in fibre); lean meats and poultry, fish, eggs, tofu, nuts and seeds; milk, yoghurt and cheese (or alternatives). Depending on their age and sex, children should consume somewhere between 4,500-7,000 kilojoules per day. But it's also important where they get that energy from. It's recommended children limit their intake of saturated fat, salt and added sugar. A healthy lunchbox doesn't need to be fancy, expensive or time consuming. A healthy recess would mean, for instance, children eating one serving of fruit or vegetables, some yoghurt and a few rice crackers. At lunch, children could eat a simple sandwich, wrap or roll, or leftovers made from core food group ingredients such as veggie-loaded wholegrain pasta.

How to replace junk foods with healthy ones:

SIMPLE SWAPS IN SCHOOL LUNCHBOXES

	→		↓ 159 kJ	↓ 77% Saturated Fat
	→		↓ 176 kJ	↓ 56% Sodium
	→		↓ 464 kJ	↓ 63% Sugar

SUSHI LUNCH ORDER FOR FRIDAY 30th July

ORDER VIA OUR QKR APP!!!!

Please return money and orders by 9.00am Thursday 29th July, 2021.

No late orders accepted.

Sushi \$3.50 – Crispy chicken, Teriyaki chicken, Vegetarian, Cooked Tuna

Name..... Grade..... Vegetarian..... Crispy chicken..... Teriyaki chicken..... Cooked Tuna
.....

Name..... Grade..... Vegetarian..... Crispy chicken..... Teriyaki chicken..... Cooked Tuna
.....

Name..... Grade..... Vegetarian..... Crispy chicken..... Teriyaki chicken..... Cooked Tuna
.....

Total

.....



CAMP HILL PRIMARY SCHOOL PIE DRIVE

We are running an Elmore Bakery Pie Drive to raise money for Camp Hill Primary School. Attached you will find an order form. It would be great if you could ask family and friends to order as well.

The Elmore Bakery is offering a range of pies in both family and standard size. Dessert pies are also on offer (the lemon tart is delicious!)



FILL IN ORDER FORM

When filling in the order form please keep numbers and names the same on page one and two to make sure the right people get the right pies. Please write neatly and take care adding up your order. Please return paper form to school office by Monday 9th August.



PAYMENT

Payments to be made by direct deposit. To direct deposit your money, please make sure you list the group abbreviation (CAMP) and family name as the reference.

Name: Elmore Bakery BSB: 06 3506 Account: 1082 6854 Ref: CAMP & Family Name



RETURN ORDER FORMS & MONEY

Completed order forms need to be returned to the school office by MONDAY 9th AUGUST



ORDER PICK UP

Orders are to be picked up from CAMP HILL PRIMARY SCHOOL
THURSDAY 19th AUGUST
3.00 - 4.30pm



ENJOY!

All pies will be baked fresh for our pie drive. This will give you the freedom to simply pop them in the oven or freeze for a future quick and easy meal.

The Elmore Bakery

The Elmore Bakery

Comments: