

Newsletter No 32, 2021

Thursday 21st October, 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

Friday	22 nd October	All students to attend school – ONSITE ☺
Monday	25 th October	Scholastic Book Club orders due (via online - LOOP)
Tuesday	26 th October	Mangoes order forms & money due
Wednesday	27 th October	PUBLIC HOLIDAY – Bendigo Cup Day
Thursday	28 th October	Curriculum Day – PUPIL FREE DAY – Postponed
Wednesday	3 rd November	Preparation for Puberty Gr 5/6 via Webinar 6:30pm
Thursday	4 th November	Wacky Walk-A-Fun Grades 3-6 Onsite
Wednesday	10 th November	CHPS Parents' Club Webex 5:30pm
Saturday	13 th November	Grow-Cup Plant Sale – Bendigo Farmers Market Cancelled
Monday	15 th November	Assessment & Report Writing Day - PUPIL FREE DAY
Wednesday	16 th November	School Council meeting 5:30pm
Tuesday	14 th December	Grade 6 Graduation TBC
Wednesday	15 th December	School Council meeting & Dinner
Friday	17 th December	Last day term 4 – Early dismissal – 1:30pm
Thursday	20 th January 2022	2022 Edplus booklist collection day 9am – 4pm
Friday	21 st January 2022	2022 Edplus booklist collection day 9am – 12noon
Wednesday	26 th January	PUBLIC HOLIDAY - AUSTRALIA DAY
Friday	28 th January 2022	Teachers/Staff start school
Monday	31 st January 2022	Grades 1-6 Students Start-Up Interview Day – 15mins ONLY
Tuesday	1 st February 2022	Grades 1-6 1 st FULL DAY of school
Thursday	3 rd February 2022	Foundation Students 1 st FULL DAY of school
Wednesday	9 th February 2022	Foundation Students – NO SCHOOL (every Wednesday month of Feb)

PRINCIPAL'S REPORT

Return to School

Friday tomorrow will see all students return to On-Site Learning; this is truly something to celebrate after so many weeks of working remotely. On their return to school last week, I addressed an assembly of Grade 3/4 students and then Grade 5/6 students on the importance of complying with the new rules around the wearing face masks.

I have to say the compliance by our Middle and Senior students in wearing their masks has been outstanding.

As a school we will continue to implement current DET guidelines in relation to COVID safe practices.

Parents' Club

This is an invitation to all parents and carers to attend a WebEx meeting with the purpose of establishing a parents' club at Camp Hill Primary School. This initiative will provide the opportunity for parents to become actively involved in the many facets of the school and to meet other parents. For those parents interested, the meeting will be held on Wednesday 10th November at 5.30pm. Parents/carers can access the meeting through the following link: <https://eduvic.webex.com/meet/barker.christopher.j>

School Assemblies

School assemblies have recommenced via WebEx, our School Captains are hosting the assemblies which follow the same format as the normal whole school assemblies of a Friday afternoon

Planning 2022 (Repeat)

Teachers will commence work on class placements for 2022 later next month. As you can imagine placing every Camp Hill student in a class is a complex and detailed process, with consideration being given to a range of factors including friendships, siblings/relatives, behaviours, academic needs, special needs and gender balance.

When developing classes as you are aware, in the past we have worked hard to ensure, where possible, friendships remain together, however it is equally important to recognize the need to establish productive environments that support learning, as well as maintaining or building new friendship groups.

All class teachers, specialists and the leadership team contribute to the process. If you have specific educational information relevant to your child's placement which you feel that we would not be aware of, please indicate this by letter and address it to me by **Monday 1st November**.

Please note that only letters received this year will be considered in placing students, as historical requests may no longer have relevance to the child's educational status.

Please note that it is not possible for parents to request specific teachers as it would be impossible to accommodate all requests. (Nor is it appropriate for parents to state who they would not like teaching their child). Our process is to develop matched classroom groups based on social and educational needs, and then we match teachers to each class.

In this way all classes are developed equally.

Curriculum Day – Postponement

For those families who may have missed my email yesterday, the planned Curriculum Day on Thursday 28th October has been postponed until next year.

Public Holiday

A reminder that next Wednesday 27th October is a public holiday and students will not be required at school on that day.

Face Masks

As face masks are mandatory for students in Grades 3 to 6, we do ask that students are supplied with a face mask when attending a school.

Chris Barker

Principal

ASSISTANT PRINCIPAL

Be an Attendance HERO

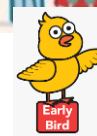
HERE EVERYDAY READY FOR LEARNING ON TIME



Student absence data for Week 3, ending 20/10/2021



Total number of student absence days Term 4	68 days
Current school absence rate Term 4	0.4 days per student
School absence rate target for 2021	10.00 days per student
Number of times students arriving late to school	23
Number of students with 100% attendance this week	241



Trish Johnstone

Assistant Principal

WELLBEING

SLEEP

Sleep is important for children's growth, learning, mood and development. Getting enough sleep also strengthens your child's immune system and reduces the risk of infection and illness. Good sleep habits like relaxing bedtime routines can help children sleep. When your child sleeps well, your child will be more settled, happy and ready for school the next day. Good quality sleep helps your child concentrate, remember things, regulate their emotions and behave well. This all helps your child learn well.



Children aged 5-11 years need **9-11 hours' sleep** a night. Some children fall deeply asleep very quickly when they go to bed. Others sleep lightly, fidgeting and muttering, before getting into deep sleep. Puberty affects children's sleep. Often going to bed and waking up later, but they still need plenty of good-quality sleep.

How to help children sleep well

A good night's sleep is about getting to sleep, staying asleep and getting enough good-quality sleep. Here are some ideas that can help your child get the sleep they need.

- **Bedtime routine**

A bedtime routine is very important at any age, but especially for children. It helps your child wind down from the day and helps their brain and body connect that it is time for sleep.

For example, put on pyjamas, brush teeth, go to the toilet, quiet time in the bedroom with a book or quiet activity, say goodnight and lights out.

- **Relaxing before bed**

After a big day at school, your child might still be thinking about the day's events and worries. If your child's mind is still busy at bedtime, it can cause a restless night or bad dreams. You can help your child settle and relax for sleep by keeping activities quiet in the hour before bed. For example, you could play gentle music or read a story together; a bath or shower as part of your child's bedtime routine can also help with relaxation. Relaxing before bed also helps with better sleep for pre-teens and teenagers. Ideally, screen-time (TV, computers, iPad, PlayStations etc) will be limited for about 1-2 hours before lights out. If your child has had a busy day, or you they often can't settle well once lights are out, perhaps helping them to talk about or journal their thoughts/worries about the day may help settle their mind ready for sleep.

- **Good sleep habits**

Your child might sleep better at night if they keep regular sleep and wake times, even on the weekend; turn computers, tablets and TV off an hour before bedtime, have a quiet and dimly lit place to sleep, have their room and bed at the right temperature – not too hot or cold; get plenty of natural light during the day, especially in the morning, avoid caffeine in sports drinks and chocolate, especially in the late afternoon and evening.

More information on sleep, routines and establishing good habits can be found at:

<https://raisingchildren.net.au/school-age/sleep/understanding-sleep/school-age-sleep>

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Sleep>

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/Mood-and-sleep>

<https://headspace.org.au/young-people/sleeping-well-for-a-healthy-headspace/>

FROM THE OFFICE

2022 Booklists

If you choose to order your child's booklist (classroom educational items) from EDPLUS, go to their website: www.edplus.com.au and enter your child/ren's year level code **they will be in next year 2022** (NOT THIS YEAR 2021!) or alternatively if you choose to purchase the items elsewhere, a paper copy of the classroom educational items can be obtained by calling the school office on 54433367.

CODES:

FOUNDATION – CHP1022P

Grade 1 – CHP1122F

Grade 2 – CHP1222G

Grade 3 – CHP1322T

Grade 4 – CHP1422M

Grade 5 – CHP1522X

Grade 6 – CHP1622R

2022 EDPLUS Online Booklist Orders

Edplus online stationery orders – payments can be made when finalising the order online or payment on the Book Collection days in January 2022. All orders need to be completed by Friday 6th December 2021, after this date a late fee of \$5 will apply.

2022 School Fees

Payment for all curriculum contributions will be available on our QKR app early January (a text message will be sent out to remind families) or on the Book Collection days. Payments can be cash and EFTPOS will also be available. However our QKR app is the preferred method. Parent Payment Policy documents and curriculum contributions lists for 2022 will be in NEXT WEEKS newsletter



We are again promoting the **Heritage Building Fund**. It is listed with the 2022 school curriculum contribution lists under **Tax deductible contributions: Building Fund**. Please consider making a contribution towards this fund as it is tax deductible. Donations made to the Heritage Building Fund will be allocated to the maintenance of play equipment and landscaping of the gardens in 2022. We are really looking forward to your contributions to beautify and enhance our school. Thank you.

Booklist Collection Days at Camp Hill in 2022:

Thursday 20th January 2022 from 9am - 4pm

Friday 21st January 2022 from 9am - **12noon**

Sue Heider

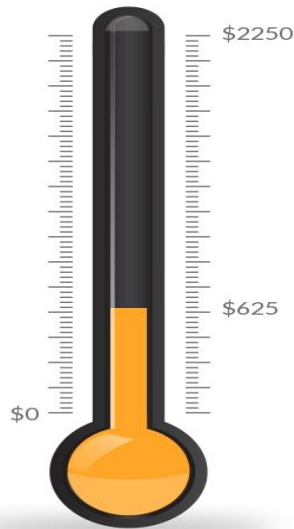
Business Manager

FUNDRAISING

Mango Fundraiser



Students have been sent home order forms; forms are added to the end of this newsletter also. ALL order forms must be returned to the office by this **Tuesday 26th October**. Collection day is yet to be confirmed for December. Get your orders from your work colleagues, family and friends. Current thermometer: Target is to raise \$2250 & we have raised approx. \$625 so far. Keep those orders coming 😊



**ORDERS DUE IN
THIS TUESDAY
26th October**

Wacky-Walk-A-Fun

Our annual Wacky-Walk-A-Fun for students in Grades 3-6 will participate on Thursday 4th November in the school grounds following COVID safe practices. Children can collect donations from family, friends, neighbours, and the community to help our school, then come dressed on the day 'Wacky'.

Prizes will be given to the class in each Department (3/4 and 5/6) who raise the most money, as well as certificates for the student/s in each class voted 'Wackiest Dressed'.

Fundraising Committee

OSHC

OSHC Camp Hill Primary School After School Care

Welcome back!

We are off to an exciting and busy time at OSHC.
Everyone was happy to see their friends again!

This term we are going to be exploring all things Bendigo and beyond!

The Dja Dja Wurrung first nations people,
Bendigo's history and the places around us!

Also just a friendly reminder all accounts need to be paid in full
by the due date on your statement.

If you require any support with your account contact OSHC on
0409 549 493 or you can call the School Front Office.

Have a wonderful week!

LIBRARY

Please place Scholastic Book Club Orders via LOOP by Monday 25th October. Apologies for such short notice – unfortunately the delivery of our order forms was delayed in transit.

Lots of great specials to purchase early for Christmas.

 SCHOLASTIC

Book Clubs

Every Child Deserves a Good Book



**BOOK
ORDER
DUE:**

25/10/21

BREAKFAST CLUB

CHPS Breakfast Club ✨



Come and join the CHPS
Breakfast Club starting **WEEK 5!**

There will be toast, cereals and
fruit to chose from.

When: Friday Mornings from
8:00am-8:20am

Where: In the BER



Foundation Learning Team

Seeking Donations

The Foundation Department is seeking donations of sandpit toys (buckets, spades etc). If you are able to contribute, please send these items to school with your child. Thank you in advance.

Wacky Walk A Fun

Thanks again to everyone who supported our school by raising money.

Foundation Learning Team

1/2 LEARNING TEAM

Wacky Walk-A-Fun

Last Thursday students participated in our Wacky Walk a Fun! There were amazingly wacky dress ups and a great walk around our turf! A big thanks to all of the families that donated money!

1/2 Learning Team

3/4 LEARNING TEAM

Personal Home Learning Project

'One person's junk is another person's treasure.'

Your challenge is to create a 'useful' item out of 'useless junk'.

In present times, we are part of a throw-away society. This activity is designed to inspire students to create something new and purposeful out of something old or useless.

In this learning task, students will take part in an eco-design challenge to repurpose objects that were destined for recycling or landfill. This learning task encourages students to stretch your imaginations with endless potential design possibilities.

Students will have from weeks 4 - 8 (Monday 25th October to Friday 26th November), to complete this project at home. Students will begin the design process at school next week and take their design project home to create. We will be focussing on upcycling and would encourage families to visit their local transfer station to collect parts needed or just upcycle something gathered at home.

Students will present their design project at school during weeks 9 - 10.

3/4 Learning Team

5/6 LEARNING TEAM

Lit Club

Thank you to those Year Six students who returned their **Lit Club books** from Term 3, we are still waiting on a number of these, so please encourage your child to return this as soon as possible.

Preparation for Puberty

Preparation for Puberty online is on two nights, Wednesday 3rd November for Girls and Thursday 4th November for Boys 6.30pm. You will receive an RSVP to respond to this week from your classroom teacher to outline what the session will entail. Please inform us if you wish to come by responding to the email, so we can send you the link.

Photo's

Grade six students who didn't attend Camp Hill for prep need to bring in a **prep school photo**, unless you have already. we would love these back as soon as possible please.

Another reminder that hats and masks are needed this term.

5/6 Learning Team

HEALTHY EATING

Eat A Rainbow!

By choosing to eat or serve your family a range of food colours daily is a simple way to load up on nature's super foods for optimum health. For example: blue, purple and deep red fruits and vegetables are full of antioxidants which are associated with a healthy heart and sharp brain. Orange foods such as carrots and sweet potatoes are brilliantly orange because of the alpha and beta carotene which the body converts to Vitamin A which helps keep your eyes, bones and immune system healthy. Green vegetables such as broccoli and kale have compounds which help clear toxins from the body, which may help prevent anti-immune diseases. Try to include lots of different coloured foods in your child's lunchbox every day.

#EatSmart



*Sandy McLennan
On behalf of Empowering
Students and Building
School Pride team*

Eat a Rainbow!

Make half your plate fruits and veggies

PERFORMING ARTS

We are working on creating a Camp Hill 'Variety Show'.

Each department has a genre of music that the students are exploring. They are creating a dance and learning some songs from their genre. The students will perform for one another toward the end of Term.

Foundation students are exploring Country music.

Grade 1-2 Students are exploring Jazz music

Grade 3-4 students are exploring Rock n Roll. Students are completing their recorder unit with an assessment of their skills. The students have chosen the criteria for the self- assessment rubric and their results will be on Google classroom.

Grade 5-6 Students are exploring Popular music. They are also working on some Drama exercises.

With all this beautiful weather the Grade 3-6 students are enjoying having much of their lessons outside!

Short Circus

The Grade 1-2 students have been enjoying the circus training. So far, the students have learnt Juggling, Spinning Plates, Rolla Bolla and Gymnastics - tumbling. The students will have their last lesson this week before we return to a Grade 3-6 program.

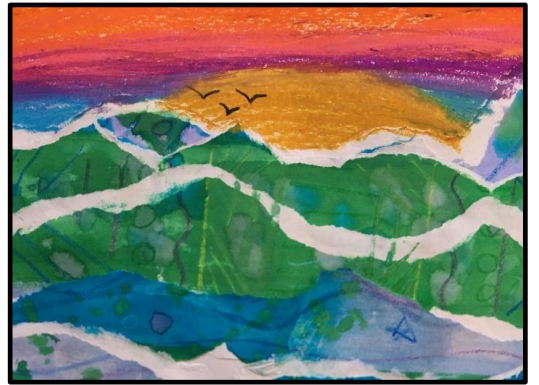
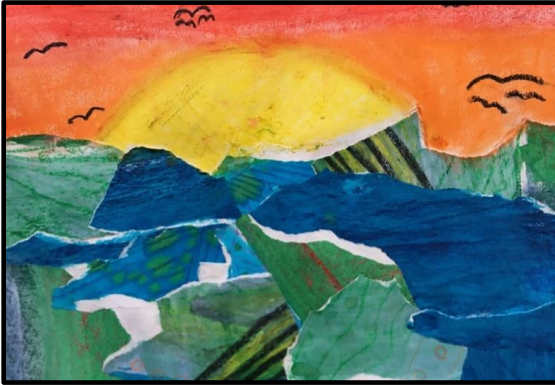
The students are encouraged to use their juggling scarves or juggling balls at home to get proficient at juggling. There is a detailed lesson on google classroom with diagrams and YouTube videos.

Mary Thorpe

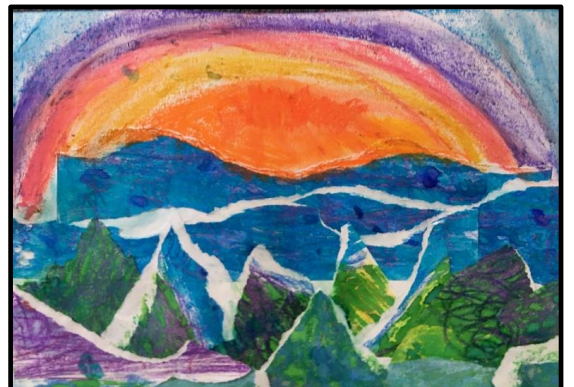
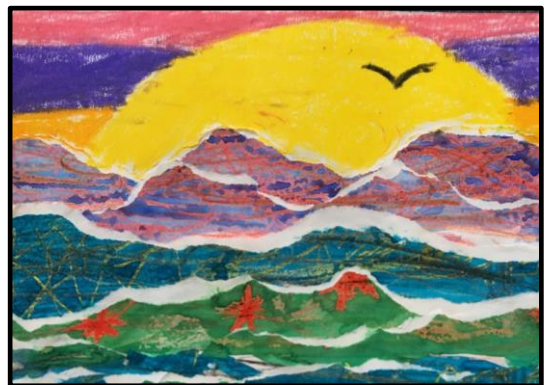
Performing Arts Coordinator

ART

Students in Grades 3/4 have been thinking about ways to keep our ocean beautiful and free of plastic as an adjunct to their Class Inquiry on Sustainability. They explored this theme by completing ocean collages which used painted and torn paper strips to create the ocean waves and then added a crayon background. Here are some beauties by Arlo, Chloe, Hailie, Angie, Pax and Hannah in Grades 3/4A and 3/4C.



Sandy McLennan
Art Coordinator



GREEN TEAM

Grow Cups and Plants Stall

Ms. McLennan and Ms. Thorpe are thinking up ways to sell our Grow Cups and plants with covid safe guidelines.

Why are we a Nude food school?

We encourage families to avoid Single Use Plastics in their child's lunchbox. This is because most single use plastics go to landfill waste and are not recycled. In Landfill the single use plastic polymers break up into microplastics, they do not become an organic material. As rain washes through Landfill, it percolates through the plastics and other waste to create a toxic leachate. Leachate is a danger to our soil and water supply. As part of creating responsible Citizens, we teach our students how to live a more sustainable lifestyle. If your child does have single use plastic, they are asked to put this back into their lunchbox so that families have an opportunity to recycle them at home.



Wipe out Waste



Tips for parents packing Nude Food lunches

- **Let children make their own lunches.** Consider packing lunches the night before and storing them in the fridge overnight to avoid the morning rush.
- **Discuss with your child what they like to eat and how much.** Bin audits in schools across SA show large quantities of unopened packaged foods (single-serve yogurts, cheese sticks, sandwiches, uneaten fruit and fruit boxes are being thrown away. This costs your family money as well as creating unnecessary waste.
- **Cut up fruit and vegetables and pack them in reusable containers** so that children can eat some and save the rest for later. (It's easier to eat a wedge or two of an apple and then reseal the container than to take a few bites out of a whole apple and save the rest). A rubber band around a sliced apple will prevent browning.
- **Encourage your children to bring home uneaten food to eat later.** Appreciate that play time is also important, so discuss with children how much they can reasonably eat in one day. Often children throw uneaten food away because they don't want to upset the person who packed the lunch. If you're not sure how much they can eat at school, start small, e.g. a piece of fruit and a sandwich, and build it up if they are asking for more.
- **If your children have chips, savoury biscuits, or other snacks, try buying a larger bulk pack** and have your children put the same quantity into a reusable labelled container that they bring home each day. It's also cheaper!
- **Avoid buying drinks in packaging that cannot be resealed.** Many children take just a few sips at snack time and discard the rest. Pack drinks in a re-usable container.





Wipe out Waste



Nude food info for families

What is Nude Food?

'Nude Food' is a popular term in schools and preschools. But what exactly is 'Nude Food'?

Simply put, it's food without excess packaging. Usually, this means food that is not processed, often making it a healthier and more environmentally friendly option.

Why bring nude food?

Reducing packaging has important environmental benefits. Each year in SA, families of primary school aged children spend more than \$3.5 million on individually packaged items, collectively throwing away over 1.5 million yogurt suckers, 3 million small tubs and 11 million ziplock bags - that's enough ziplock bags laid flat to reach from Adelaide to Ceduna and back! ** Landfill disposal is also usually a significant cost for a site, and by reducing waste, more money can be invested on learning resources and teaching support. Unpackaged food also encourages better food and drink choices, as many healthy food options come with their own packaging!

**Based on 2016 Wipe Out Waste audit data*

***Based on average data from over 200 Wipe Out Waste SA school audits since 2006 (extrapolated to all primary schools in SA)*



Up to 50% of items in school bins come from food and drink packaging.

You can help the environment and your school save money on waste disposal costs.



Pack

- Snacks in reusable containers
- Drinks in a reusable bottle
- Reusable utensils when needed
- A reusable lunchbox or backpack

Avoid

- Plastic bags, cling film or foil
- Disposable drink boxes, cans, cartons and bottles
- Disposable forks and spoons
- Pre-packaged lunches or single serve items

SUSHI LUNCH ORDER FOR FRIDAY 29TH OCTOBER 2021

ORDER VIA OUR QKR APP!!!!

Please return money and orders by 9.00am Thursday 28th October, 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

Total

FOR YOUR INFORMATION

BSNA – Boys Only Competition 15U

Twilight Competition. Runs for 6 weeks – minimum number of 16 participants. Golden City Netball Assoc Courts
Friday Nights Start Date – TBA, approx. 5th November. Cost \$60 Register your interest:

<https://forms.gle/c2mZLaHApwADy1j9> Further information phone Beck 0407 358 160

BSNA Twilight 2021 – Juniors & Seniors

Friday Nights November 5th – December 17th Please register <https://forms.gle/tzvK5NMrVcWDJWwD7>

Entries close 22nd October Cost \$60 pp

TWILIGHT MOVIE IN THE GARDEN

Celebrate Children's Week 2021 under the stars. Movie – 'Think Like A Dog' (PG) Date: Friday October 29th

Venue: Garden For The Future, Bendigo Botanic Garden, White Hills Time: 6pm – 8:30pm Free Ticketed Event.

For more info and to book tickets, visit

www.bendigoregion.com.au/explore-bendigo/childrens-week-twilightmovie

FOR YOUR INFORMATION



CAMP HILL PRIMARY SCHOOL

Developing and nurturing lifelong learners

IMPORTANT INFORMATION FOR 2021

It's time again for the Camp Hill P.S. Mango Fundraiser.....

There has been an Australia-wide mango shortage this year, therefore we are unable to offer the large 7kg trays. **However, smaller 4.5 kg trays are available for purchase at \$20.** This still represents great value!

We have a limited supply available, so get your order in quick! We may have to cut off orders if our limit is reached.

Order forms need to be returned to the office with full payment by **Tuesday 26th October.** Payment can be made via Qkr or by cash.

Estimated delivery date is the first few weeks in December.

Don't forget to ask your family, friends, neighbours and work colleagues!

THANK YOU FOR YOUR SUPPORT

CAMP HILL PRIMARY SCHOOL



ORDER FORM

Student name: _____ Class: _____

Parent name: _____ Contact number: _____

NAME	COST PER TRAY	NUMBER OF TRAYS	TOTAL
1.	\$20		\$
2	\$20		\$
3.	\$20		\$
4.	\$20		\$
5.	\$20		\$
6.	\$20		\$
7.	\$20		\$
8.	\$20		\$
9.	\$20		\$
10.	\$20		\$
11.	\$20		\$
12.	\$20		\$
13.	\$20		\$
14.	\$20		\$
15.	\$20		\$
TOTAL AMOUNT PAYABLE			\$

Paid by QKR ☐ Date: _____

Paid by cash to office ☐

**PLEASE RETURN THIS FORM TO THE OFFICE
BY TUESDAY 26TH OCTOBER**