

Newsletter No 36, 2021

Thursday 18th November, 2021

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.

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Calendar 2021

Friday	19 th November	Jets Gym – Prep: 10:30am – 11:30am
Wednesday	24 th November	Grow Cup Stall, Wednesday at School gate, 3pm
Friday	26 th November	Jets Gym – Prep: 10:30am – 11:30am
Monday	6 th December	2022 Edplus Booklist online orders due (\$5 late fee applies after this day)
Thursday	9 th December	Gr 3-4 Swimming 12pm – 3pm
Tuesday	14 th December	Grade 6 Graduation TBC
Wednesday	15 th December	School Council meeting & Dinner 6pm
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

Emergency Lockdown Practice

Today staff and students practiced our emergency lockdown procedure. This is part of our emergency management process and provides the opportunity for the students to become familiar with the lockdown protocols in preparation for an even should it occur.

Writing Goal

This week parents will have received their child's writing goal for this term, please feel free to contact your child's teacher should you have any questions.

Foundation Transition

This week we welcomed our 2022 Foundation students for their first transition visit. Next week will see them return, with a final visit on the State-Wide Orientation Day, we welcome all of our new Foundation students and their families to Camp Hill.

Parent Helpers and Volunteers

This is just a reminder for parent helpers and volunteers, all volunteers must have double vaccination status to come into school buildings, vaccination status must be registered at the office as per the guidelines published in last week's newsletter.

Dads' Group

Unfortunately, this year there has been little opportunity for our Dads' Group to meet after the initial launch. We will, however, be involved in the Fathering Project (Dads' Group) next year, fingers crossed with the easing of restrictions there will be the opportunity to get together. In this newsletter I have included some information pertaining to how fathers and father figures can help support their own and family's wellbeing. This is just one of many excellent resources on the Fathering Project website (<https://thefatheringproject.org/>), which I encourage families to visit.

Wellbeing

The state of being comfortable, healthy, or happy. Wellbeing is a combination of physical, mental, emotional and social health. Within 'Connecting', the Fathering Fundamental:

- What kids need from their dads
- Family Wellbeing
- Mental and Emotional Wellbeing
- Social Wellbeing
- Dad dates
- Physical Wellbeing

Fathers have a powerful impact on the social, emotional and physical well-being of children from infancy to adolescence, with lasting influences into their adult life.^{1,2}

Children who have an involved father are more likely to be emotionally secure, be confident to explore their surroundings, and, as they grow older, have better social connections with peers.

What kids need from their dads

The BUS principle:

B – being there for them.

U – show unconditional love.

S – help them realise how special they are.

- What they need is you. Your kids need you to be present and actively engaged in in their lives.
- Tell them you love them. Tell them they are loved not because of what they do or don't do, but simply because they are your son or daughter.
- Tune in and engage with your kids. Really be there. Put away the phone and connect with your kids. You never know when your child will decide that now, is the moment they want to open up to you.
- Listen to them. Get to know them as an individual. Their thoughts, their ideas, their wishes, their likes and dislikes, their friends and their dreams.
- Play with them. get back to your childhood, have fun and play.
- Cherish the everyday moments. Spending everyday moments at home together has just as much value as special events.

Family Wellbeing

In your role as father or father figure, there are a number of things you can consider, to support your own wellbeing and the wellbeing of your family.

Tips for looking after family wellbeing

- Maintain 'normal' day-to-day routines where possible, eg. Keep regular wake up and bedtimes, playing and outdoor times, exercise, learning and working times.
- Use family meetings for wellbeing check-ins – ask open questions about how everyone is coping and how the family is functioning together. What is working? What isn't going so well?
- Tune into your family's feelings. Let them know that it's normal to have a range of feelings during this time and it's good to talk about them.
- Stay connected with family and friends. Keep regular contact via phone or video calls. As social beings, we need to be connected to be healthy and happy.
- Focus on the positives. Each day ask your family members to think of something they are happy about, are grateful for, have laughed at or have enjoyed.
- Take care of yourself. Your children will be looking at you and how you are managing and responding.
If you are struggling, call Lifeline on 131 114, or Beyond Blue on 1300 224 636.
If children are struggling, they can call Kids Helpline on 1800 551 800 or Youth Beyond Blue on 1300 224 636

Mental and Emotional Wellbeing

Emotional development

Emotional development starts when your child is first born. They feel and react to basic feelings of joy, fear, anger, sadness, surprise and disgust.

As children grow and develop, their range of feelings, thoughts and actions expand. How children respond to different feelings affects their daily choices, behaviour and their wellbeing.

Key messages:

- Feelings change: During the day, we can experience many different feelings, some pleasant and some unpleasant.
- It's ok to feel angry or upset: We sometimes can't help feeling angry or upset but we can manage how we act when we are feeling like this.
- When we are feeling unpleasant feelings, there are things we can do to help ourselves feel better.
We often talk about our feelings; they are directly linked to our emotions. For example – we may feel 'happy' or 'cheerful' because we have received a present. When this feeling continues, we are experiencing the emotion of 'happiness'. Different emotions may come and go throughout the day.
Some emotions feel pleasant, some feel unpleasant and sometimes we can feel overwhelmed by our emotions. Developing emotional understanding and management is a very important childhood learning process.
Skills for learning their own emotions include:
 - Learning to name their emotions
 - Recognising the physical and emotional responses to each of these emotions
 - Learning to express their own feelings verbally
 - Learning effective strategies for managing feelings
 - Learning to calm oneself down in the face of overwhelming emotions
 - Learning strategies for helping themselves to feel better when they are experiencing unpleasant emotions

Chris Barker
Principal

WELLBEING

Some more great opportunities to link into webinars and online platforms to learn more about our children's mental health and wellbeing.

Happy Families

There are so many different ideas on discipline and it can be confusing for parents, especially when you try a strategy and it doesn't work. This webinar is for every parent who has ever been so desperate to get their kids to "behave" that they've tried every known strategy out there, and still found themselves stuck. Aimed at parents who have children of all ages,

<https://www.happyfamilies.com.au/resources>

eSafety Commissioner – Various Webinars

Topics for parents and carers covering cyberbullying, online safety, helping kids thrive online, online gaming and guide to popular apps can be found on the website and all are free. Check out the website for specific details and dates.

Free www.esafety.gov.au/parents/webinars

Smiling Mind – Digital Care Pack

Support your child's mental health with care packs developed by psychologists. Each digital pack provides tips and guidance for parents on how to help build positive mental health in their child and offers a range of worksheets and activities for children aged 5-12 years. Free

Visit the website and click on the download button to access instant resources

www.smilingmind.com.au/kids-care-packs



ASSISTANT PRINCIPAL

Be an Attendance HERO

HERE EVERYDAY READY FOR LEARNING ON TIME



Total number of student absence days Term 4	353
Current school absence rate Term 4	1.2
School absence rate target for 2021	10 days per student
Number of times students arriving late to school	25
Number of students with 100% attendance this week	274

Early Bird Awards

Well done to everyone who did their best to be at school on time this week ready for learning.

The grade with no late arrivals this week was **Prep A, 3/4B & 5A**.

Great effort as this is more grades than last week beating the bell.

100% Attendance

At the end of Week 7 we had 274 students with 100% attendance.

Last week **Gemma** in Grade 3/4C was our attendance Hero for the week – great job Gemma!

This a fantastic effort – keep up the great work!

Absence notifications

Notifying the school of your child's absence either prior to, or on the day that they will be away, helps ensure the safety and wellbeing of children.

Your Contact Details

There are times when we will need to contact you, including on the day if your child is absent and you haven't informed the school as to why. Do we have your most up to date contact details? If not, please contact the school office on 54 433 367 or email the school so we can update our records. Please include parent/carers' name, address, phone numbers, email address and emergency contact details. Please remember to contact the school if any of these details or your circumstances change. **If your child is sick or absent, you are required to notify the school as soon as possible on the day of absence, via our SENTRAL portal or calling the office.**

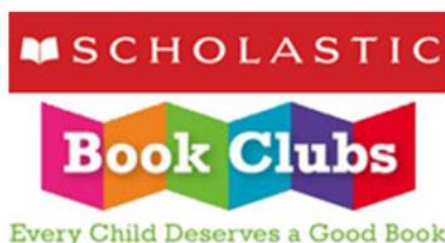
Thank you for your continued support with having your child here every day.

Trish Johnstone

Assistant Principal



LIBRARY



**BOOK
ORDER
DUE:**

3/12/21

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.

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

BREAKFAST CLUB

If anyone is wanting to donate items for Breakfast Club, we would be so grateful.

Please only donate items from the list below:

- Full cream milk
- Spreadable butter
- Vegemite
- Pure honey
- Rice Bubbles
- Cornflakes
- Weetbix

Your support is greatly appreciated and allows this program to continue to run.



FOUNDATION LEARNING TEAM

Jet's Gym

We had a fantastic time at our second gymnastics session last Friday. We are looking forward to attending again tomorrow. A huge thank you to our parents who are volunteering their time to accompany us.

2022 Foundation Students

We enjoyed welcoming the 2022 Foundation students into our school for their transition visits recently.

Foundation Learning Team

1/2 LEARNING TEAM

Camp

A reminder to year 2 families to return any consent and medical forms that have not already been returned. A huge thank you to everyone that has returned them! Year 2 students are brimming with excitement with the opportunity to go on camp!

Inquiry

Students have been busy thinking about their personal wondering about our Inquiry topic of 'How can we make a positive impact on our environment through sustainability?' this term. Students have created their own personal wondering and will present what they have researched to their class towards the end of this term.

1/2 Learning Team



3/4 LEARNING TEAM

Inquiry Project

A reminder that students have taken home their home learning Inquiry project plans and will be working on these at home for the next few weeks. These will be presented at school in Week 9. We can't wait to see the imaginative designs students come up with!

End of Year Swimming Party

We are super excited about our Grade 3/4 swimming party which will be held at the Faith Leech Aquatic Centre on Thursday 9th December from 12pm-3pm. Permission forms have been uploaded to Sentral so please ensure you fill in the form in order for your child to attend. If you have any trouble accessing the form via Sentral please let Sue, Ellen or Bobbie in the office know and they will be able to assist you.

3/4 Learning Team



5/6 LEARNING TEAM

Inquiry

Students have been busy designing some fun activities for other students to participate in, in small groups they have designed a business model to pitch to their class and take charge of all the operations. In the upcoming three weeks all senior business will run, some with selected classes and lots to offer for all students at recess and lunch, jedi tournaments, Webex trivia, colouring competitions and drawing classes, and much, much more!

Grade 6 Transitions

With multiple transition activities happening on a much smaller scale, keep checking for updates and check in with your future secondary school if you have not received any communication. In the upcoming weeks some school are hoping restrictions on transition will ease and hopefully we will have some more dates to put in the diary.

Senior Swimming Party

The senior department will have their annual Swimming celebration session on Wednesday the 15th of December.

Permission notes will go on QKR next week.

5/6 Learning Team



PERFORMING ARTS

What's new this week?

All classes are working toward an end of Term dance performance of songs and hits of the 20th Century.

Foundation students are country music.

Grade 1-2 students - Jazz music.

Grade 3-4 students - 1950's and 1960's Rock 'n Roll

Grade 5-6 students - 1970's and 1980's Popular music genres.

Short circus

Grade 3-4 & 5-6 students are working on a class by class circus performance.

Mary Thorpe

Performing Arts Coordinator

ART

Students are still finishing off their canvas paintings. Here's a sneak peak at some terrific finished ones!



Sandy McLennan
Art Coordinator

HEALTHY EATING

Congratulations

Well done to Spencer H for winning a \$30 box of fruit and vegetables from Johnny's Fruit and Vegetable Stall. Spencer doesn't just eat healthy food at school and at home but he rides to school from Junortoun every day! No wonder he has so much energy for learning

Sandy McLennan

Healthy Eating Coordinator

GREEN TEAM

Grow Cups

The Green Team have been highly motivated to keep up the enterprise of Grow Cups and the Plant Stall. Grow Cups are \$1 each and larger plants are \$2-\$4. Bobbie has made cupcakes for sale too for \$2.50 (Get in quick - they go fast!).

Next week we will have many large potted plants for sale for \$2-4 including: strawberries, loganberries, tomatoes, spinach, herbs, succulents and some terrific indoor spider plants.

Resource Smart School

We are preparing our submission to achieve our first three stars (out of 5) for Resource Smart Schools. We are trying to achieve Waste, Biodiversity and Core (policies) modules.

If you would like to contribute a short written comment to our submission on behalf of our parent community about Waste or Biodiversity, then please email Mary Thorpe: mary.thorpe@education.vic.gov.au

For more information about resource smart schools: [Resource Smart Schools](#)

Sandy McLennan & Mary Thorpe

Green Team

FOR YOUR INFORMATION

CODE CAMP SCHOOL HOLIDAY PROGRAM

DJ Camp, Code Camp, Drone Camp, Animation Camp

YouTube Creators

Book now at codecamp.com.au/flyer

Phone: 1300 263 322

FREE MARCHING CLINIC

Juniors aged 7-12

3 weeks, commencing Wednesday 17th November

4:30pm – 5:30pm

Intermediates aged 10-17

Commencing Monday 15th November

Where: Long Gully Community Centre

Sign up on www.ejsdrilldance.com

Limited spots.

EAGLEHAWK COMMUNITY

FAMILY FUN & MOVIE NIGHT

Date: Friday 12th November

Venue: Canterbury Sports Oval, Eaglehawk

Time: 6:30pm – 9pm.

Cost: Free (Bookings essential)

Bring along a picnic dinner or purchase from BBQ.

ZODIACS NETBALL CLUB

2022 Club Information & Tryouts sessions

Sunday 28th November, 11am – 12pm

Where: Zodiacs Homebase, Strathdale Park

Tennis Club.

Reservoir & McIvor Rds, Strathdale.

RSVP: hezodiacsnetballclub@outlook.com

SUSHI LUNCH ORDER FOR FRIDAY 26TH NOVEMBER 2021

ORDER VIA OUR QKR APP!!!!

Please return money and orders by 9.00am Thursday 25th November, 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