Newsletter No 5, 2022

We acknowledge the Jarra people of Dja Dja Wurrung country, the traditional owners on te land we live on, and pay our respects to their Elders, past, present & emerging.

Thursday 3rd March 2022

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.

Address: Gaol Rd, Bendigo 3552
Email Address: camp.hill.ps@education.vic.gov.au
Phone: 5443 3367
Web Address: www.camphillps.vic.edu.au

Calendar 2022		
Friday	4th March	**Clean Up Australia School Day**
Monday	14th March	**PUBLIC HOLIDAY – LABOUR DAY**
Tuesday	15th March	**All visitors who enter the school must be triple vaccinated** **Photo Day online payments due by 4:30pm** **School Council AGM 5:30pm ONSITE - Followed by School Council meeting**
Wednesday	16th March	**Photo Day – Whole School**
Monday – Thursday	21st – 24th March	**Planning Week**
Thursday	24th March	**NAPLAN Readiness Test – Grades 3 & 5**
Friday	25th March	**Bulb Fundraiser – Orders Close**
Friday	8th April	**Last day Term 1 – Early Dismissal 2:30pm**
Friday	15th April	**EASTER – Good Friday**
Monday	25th April	**NO SCHOOL – Holiday from Easter Monday**
Tuesday	26th April	**Term 2 Commences**
Thursday	26th May	**School Athletics**

PRINCIPAL'S REPORT

Annual General Meeting

The annual general meeting of school council will be held on Tuesday 15th March commencing at 5.30pm, members of the school community are more than welcome to attend. The annual general meeting will be followed by a normal school council meeting, both meetings will be convened in the school library. Parents and councillors attending the meeting must show proof of vaccination and wear a mask.

NAPLAN Readiness Test

On Thursday 24th March students in Grades 3 and 5 will undertake a practice NAPLAN test. The test contains many of the elements of the real test to be taken later in the year and is an opportunity for students to become familiar with the online format. Students will need to bring along a set of headphones for the test, for those students who do not have headphones, headphones will be provided. Results from Thursday's practice will not be available to the school or parents as this is purely a technical readiness test. More information about NAPLAN can be found at: www.nap.edu.au.

Rapid Antigen Test Packs

Yesterday parents received another rapid antigen test pack. I do thank all parents for their diligence in maintaining the testing routine. I recognise too, that some families may be experiencing testing fatigue, however it is vitally important that students continue to test on a Tuesday and Thursday, as this allows students who test negative to remain at school and not have any disruption to their learning. It also helps to prevent the transmission of the virus between students on-site.

School Council Vacancy

A casual vacancy currently exists on Camp Hill Primary School Council as the result of current parent representative resigning from Council. This position will be for a period of 12 months and is not open to parents who are DET employees. Parents who are interested in filling this casual vacancy are asked to contact myself or current members of School Council.

Out of School Hours Care

As many parents may already know, we are saying good-bye to Kerrie Patrick, our Out of School Hours Co-ordinator. I would like to thank Kerrie for her commitment to providing a quality after school hours program for our students and wish her all the best for the future.

Kerrie will be replaced by Jamie Morgan, who will commence as co-ordinator on Tuesday the 8th March. Jamie comes to us with a wealth of experience in the provision of out of school hours care programs. There will be no disruption to the service, so please feel free to make contact with Jamie through the normal channels, should you need Out of School Hours Care.

Chris Barker
Principal

ASSISTANT PRINCIPAL

Be an Attendance HERO…
HERE **E**VERYDAY **R**EADY FOR LEARNING **O**N TIME

Student absence data for Week 5, ending 5/3/2022

Total number of student absence days Term 1	213 days
Current school absence rate Term 1	0.7 days per student
School absence rate target for 2022	10.00 days per student
Number of times students arriving late to school	23

Early Bird Awards

Congratulations Foundation A, Foundation B, 5a & 5B ☺
Everyone in these two classes arrived at school ready for learning this week.
Keep up the great effort.

100% attendance for Week 5

There was over 200 students who had 100% attendance this week – a great effort!

Beat the Bell Tips

#1 Pack your lunch box the night before.
#2 Lay your clothes out on your bed the night before.
#3 Go to bed early so you don't wake up late.

Trish Johnstone
Assistant Principal

WELLBEING MATTERS

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.

be you | Beyond Blue

With delivery partners: Early Childhood Australia, headspace

Funded by: Australian Government Department of Health

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.

CHILD SAFE STANDARDS

The Child Safe Standards

The seven Child Safe Standards are compulsory minimum standards for all organisations that provide services to children, including Victorian schools.

The aim of the Standards is to ensure organisations are well prepared to protect children from abuse and neglect.

Camp Hill PS takes this responsibility very seriously and we have a number of policies & strategies in place to ensure we comply with the Child Safe Standards. Over the coming weeks you will see an outline of each standard & the practices we have in place at school.

Standard 3: A Code of conduct that establishes clear expectations for appropriate behaviour with children.

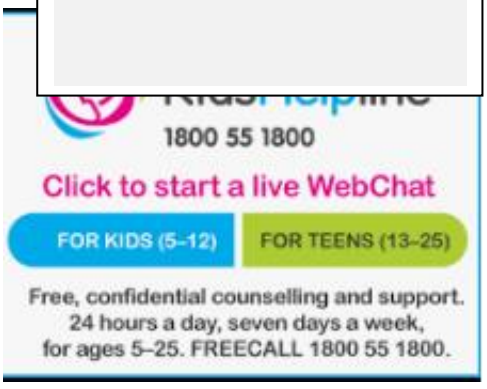
What does this mean?

All personnel of Camp Hill Primary School are responsible for supporting the safety, participation, wellbeing and empowerment of children. All staff and volunteers have a clear set of principles about how they should behave with children. This is outlined in our Staff Handbook, Induction and Code of Conduct policy. We have a sign in area for all volunteers, visitors, external providers and contractors. All personnel of Camp Hill Primary School are required to observe child safe principles and expectations for appropriate behaviour towards and in the company of children. Any visitor, external provider, contractor or volunteer is required to read, agree to and sign the Camp Hill PS Code of Conduct on arrival at the school. This Code of Conduct extend to excursions and camps and planning includes an adherence to Camp Hill PS processes. By agreeing to the Code of Conduct all personnel acknowledge their responsibility to immediately report any breach of the code to the school's Child Safety Officer Chris Barker and in his absence Trish Johnstone.

Camp Hill is committed to child safety and you can read our Statement of Commitment to Child Safety and Child Safe policy on the school's website www.camphillps.vic.edu.au; as well as see it on display at the front office. We also have other policies that show we have a daily focus on child safety. These include our Mandatory Reporting, Child Safe, Volunteers & Visitors, Code of Conduct, Student Engagement & Wellbeing policies.

Useful websi

Kids Matte
www.kidsma
Youth Beyo
www.youthbeyondblue.com.au
Headspace - www.headspace.org.au or e-headspace www.eheadspace.org.au/ for online counselling & support
Reach Out – www.reachout.com
Kids helpline - 1800 55 1800 24 hours a day, 7 days a week or web counselling



FROM THE OFFICE

Masks

A reminder masks are still mandatory on entering school grounds and buildings for all visitors to the school.

Thank you.

Sue Heider

Business Manager

PHOTO DAY

WHOLE SCHOOL PHOTO DAY – WEDNESDAY 16th MARCH

ONLINE BOOKING

LEADING IMAGE School Photos

Your school has decided school photos will only be available to order online this year.

Choose your own **FREE** background

The benefits of being online...

- No need for envelopes to be returned to the school office
- No cash on school grounds or children's bags
- Easy order tracking and record keeping
- 18 different backgrounds to choose from - no additional cost

Camp Hill Primary School - 2022

www.leadingimage.com.au

LEADING IMAGE School Photos

Access Key CNDHMG3G

INDIVIDUAL & FAMILY PHOTOS CAN BE ORDERED WITH THE SAME ACCESS KEY

To order your school photos:

1. Go to www.leadingimage.com.au
2. Click on Order Your School Photos
3. Select your State
4. Enter your special unique Access Key

Family photographs must be ordered before 4.30 pm the night before photo day.
Please ensure your orders are placed before this time.

FUNDRAISING

Bulb Fundraiser

It's that time of year to start ordering BULBS ☺ Camp Hill PS has a fantastic opportunity for families and the whole community to place orders online and the school will receive 40% commission of ALL bulbs sold. What a great fundraiser - so tell one, TELL ALL. Postage is $6.50 - straight to your home (NOT SCHOOL) as soon as you place your order!

Orders so far: 9
PROFIT: $288.40

Orders are available until Friday 25th March, 2022.

Online orders to: www.bulbfundraiser.com.au/CAMPHILLPS

OSHC

Kerrie Patrick & OSHC Team

BREAKFAST CLUB

FOUNDATION LEARNING TEAM

Full Week

Well done to everyone for making it through our first full week of learning this year. Students have enjoyed getting a feel for school and they are now showing more confidence when entering the classroom each morning and moving around at recess and lunch. We are all very proud of them!

Morning Drop off

Well done to our brave kids (& parents!) for supporting our new drop off protocols. Drop off will continue in this same way for the remainder or the Term. We remain hopeful that restrictions will ease & we can welcome you in soon. Thank you all for your support.

Show and Tell

If your child would like to participate, please encourage them to bring something along that begins with the letter Pp on Friday.

Letter of the week – Pp

Students have enjoyed exploring all things Pp this week. We potted some plants, met the wonderful Polly and created pizza in maths.

Foundation Learning Team

1/2 LEARNING TEAM

Writing

For our writing experience this week we did a virtual Melbourne Zoo tour and have been watching various zoo keeper talks to help us write sentences. Our Friday Fun Write this week continues with the animal theme. Please talk it up at home!

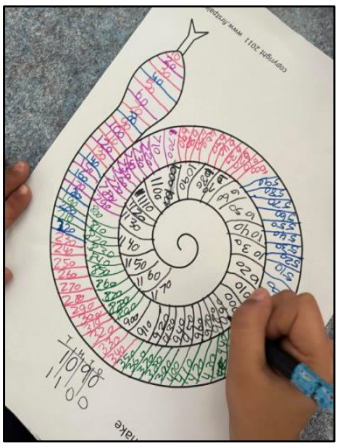
Jets Gym

Jets Gym starts next week on Tuesday! Yay!

Make sure students wear appropriate clothes, shorts, skorts and pants might be better suited than dresses and skirts. Please have a discussion with students around the importance of staying with their group and adult and being respectful on the bus. We are very excited for our first trips out of the school this year.

Maths

Students have been working on counting and place value over the past couple of weeks. Students did a great job of creating skip counting snakes & number lines.



1/2 Learning Team

3/4 LEARNING TEAM

Reading Goals

Your child's reading goal went home last Friday night on Dojo. Please make sure you have had a look at it and have a chat with your child

Yes Day

On Friday we had a Yes morning! As teachers, we had to say yes (with a few rules in place!) to activities the students chose to do and then we watched the movie after recess. On Monday, we wrote about why we have rules and what would happen if we said yes to everything. This links in perfectly with our inquiry of "**How do rules and laws help us to make great choices and do the right thing?"**. We had an awesome time!

3/4 Learning Team

5/6 LEARNING TEAM

Jets Gymnastics

Jets begins next week for Senior students. If you have not already done so, please fill in permission slips on Sentral and payments (if required) on QKR before Monday.

Well Done Charlie!

Mrs Dixon received this email about Charlie A Judo grading this week.

"We *are pleased to let you know that Charlie A has passed a Judo practical and knowledge test called a grading at the Judo Bendigo Club. This is no easy task and requires a great deal of practice. The grade is awarded by the presentation of a coloured Judo belt. Junior Judo belts are in varying colours signifying age and expertise. Charlie has been awarded a Yellow-Orange belt."*

Good work Charlie, keep it up.

5/6 Learning Team

LOTE

Prep

Students practiced recognising the Chinese Pinyin of greetings and class routine and tried their best to match the Chinese words with pictures. They love singing the Greeting Song in Chinese and kept singing it while working on paperwork. Here is the link for this song: https://www.youtube.com/watch?v=l7ViCJS6bQU

Grade One and Two

Students were amazed by the magic paper while practicing writing Chinese calligraphy with Chinese brush and ink while seeing the word disappear on the fabric paper. They showed great interest and confident in writing Chinese characters of 马(horse), 牛(ox), and 羊(goat) using the brush and ink. Their amazing work might surprise you. How do you like their masterpieces?

Grade Three and Four

Just like their Senior peers did last week, students enjoyed the immersing Chinese New Year celebration activity - writing the Chinese New Year door couplet to scare the evil spirits away and wish for good luck and good fortune for the whole Year.

Grade Five and Six

Students did a survey to share more details about their learning interest and habit. They also practiced how to introduce themselves and other people in Chinese, especially their family members.

Yimin Chen
LOTE

PHYSICAL EDUCATION

Jets Gymnastics

Jets begins for Grades 1-6 students this week. Jets staff ask that students wear appropriate clothing for gymnastic activities on the day your child has gym. This means no school dresses and the like please. If you have any questions, please contact your child's teacher.

Please see the timetable below for your child's dates and session times:

Dates	Times	Year Level
Mon 7,21,28 March	12:30 – 1:30	6A
Mon April 4th (to replace Labour Day)	12:30 – 1:30	6B
Tues 8, 15, 22, 29 March	9:30 – 10:30	1-2 C
	9:30 – 10:30	
	10:30 – 11:30	1-2 A
	10:30 – 11:30	1-2 B
	11:30 – 12:30	5A
	11:30 – 12:30	5B
Thurs 10, 17, 24, 31 March	9:30 – 10:30	3-4A
	9:30 – 10:30	3-4B
	10:30 – 11:30	3-4C
	10:30 – 11:30	3-4D

Glenn Shannon
Sports Coordinator

HEALTHY EATING

PERFORMING ARTS

Performing Arts: What's new this week?

Foundation

Students are learning to identify their left from their right (with the help of a wristband). They are singing 'Once I caught a fish' and 'Hokey pokey'.

Grade 1-2

Students are learning the difference between the rhythm and the beat in the song Wee Willie Winkie'.

Grade 3-4

Students are learning the difference between notes and chords. They learnt the F chord and the C7 chord this week to accompany the 'Ten in the bed' song and 'The Telephone song'.

Grade 5-6

Students are working towards fluent chord changes using the progression C>F > C > G7 in the song 'Welcome to all people'. The students are thinking about songs that relate to our national identity.

Short Circus students will enrol in their circus activities this week. The students will still be practicing in their class bubbles, however the students will have a focus skill to work on and we hope to be mixing again soon.

Short Circus members are invited to join us in the Bendigo Easter Gala Parade, Monday 18th April (School holidays)

Mary Thorpe

Performing Arts Coordinator

GREEN TEAM

Clean up Australia School Day - Friday 4th March.

Clean up Australia School Day is this Friday. The Green Team will meet to make arrangements for our school to participate in the event. We have registered our participation in the event and they have kindly donated the Clean Up Australia kit, which includes gloves and biodegradable bags.

*'Australia's waste challenges go far beyond one **day**.*

***Clean Up Australia** inspires and empowers communities to clean up, fix up and conserve our environment.'*

For you at home - The Clean up Australia event is this weekend. For more information: Clean Up Australia Day

STUDENTS OF THE WEEK

CONFIDENCE

Charlie P: For having the belief in herself to be able to log on to her laptop independently.

Azaria A: For having the belief in herself to be able to log on to her laptop independently.

Logan P: For putting great effort into his work and consistently staying on task during independent activities.

CARING

Emily D: For being such a kind, thoughtful and generous member of our class. Thank you, Emily!

FOR YOUR INFORMATION

EARLY YEARS MATTER COMMUNITY INVITATION

When: Thursday 24th March
Time: 1pm – 4pm
Venue: Bendigo Hockey Complex, 14-30 Ashley St, Ironbark
Light refreshments provided
For more information contact Kristy Bennett 54346327
Or email k.bennett@bendigo.vic.gov.au
by Thursday 17th March.
All attendees must be double COVID19 vaccinated.

VOLAIRE CALISTHENICS

Are looking for children aged 11 to 13 years.
First two classes free!!
No experience needed.

Venue: Maiden Gully
When: Tuesdays 5:30 - 7:30PM
For information contact: Zita 0407 020 002

LUNCH ORDER

SUSHI LUNCH ORDER FOR FRIDAY 11/3/22

ORDER VIA OUR QKR APP!!!!!

Please return money and orders by 9.00am Thursday 10/3/2022.

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 enclosed $..... Signed.....