

Newsletter No 21, 2022

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



Thursday 22nd July 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

Monday - Thursday	18 th – 21 st July	Parent/Teacher/Student Interviews
Thursday	28 th July	School Athletics – Grades 3-6
Friday	29 th July	Foundation - '100 Days Of School'
Tuesday	2nd August	Parents & Friends Group – Meeting 6pm at Rifle Brigade Hotel
Tuesday	16 th August	School Council Meeting 5:30pm
Wednesday	17 th August	Book Week Parade
Thursday	18 th August	Curriculum Day : Pupil Free Day. OSHC Available - bookings essential
Wednesday	24 th August	2023 Foundation Information Evening 4pm or 7pm
Wednesday - Friday	24 th – 26 th August	Grades 3/4 Camp
Tuesday	6 th September	Parents & Friends Group – Meeting 6pm at Rifle Brigade Hotel
Friday	16 th September	Last day Term 3 – Early dismissal 2:30pm
Monday	3 rd October	First day Term 4

PRINCIPAL'S REPORT

Face Masks

As mentioned in an earlier letter to parents, the current health advice is that students and staff should wear masks inside as a preventative measure against COVID-19. Although it is not mandated to wear masks, it is important that we take every measure to make sure our children remain healthy and can attend school. There are adequate supplies of face masks and students will be supplied a mask on request.

Uniform

With the onset of the colder weather, there has been an influx of students wearing hooded windcheaters to school. Please be aware hooded jumpers are not recognised as school uniform regardless of colour. For those parents seeking to purchase a school windcheater, there are some supplies in the second-hand uniform shop or new garments can be purchased from our uniform supplier in Queens Street. Please make sure all items of clothing are labelled with the student's name.

Values Champions

Congratulations to the following students who have been awarded 25 stickers for displaying the school values in specialist classrooms and the playground. These students will be presented with a certificate recognising this achievement at our next whole school assembly on Friday.

Blake J

Zoya M

Sari G

Emily E

Diya K

Luke B

Morgan R

Katy T

Maida S

Grow

Next week students will be involved in the school's social competency program, Grow. This program is in its eleventh year and aims to actively engage students with the school values. Traditionally this program has been delivered in multi-age groups on a Monday afternoon, however in response to the school's COVID safe protocols of not mixing students in different year levels, the program will be delivered by the normal classroom teacher.

Congratulations

Congratulations to Rhiley C in Grade 3/4D who was nominated for the NAIDOC week Bendigo community award in the primary school section. We nominated Rhiley because of his commitment to being at school every day with a strong focus on his learning. He has also shown great leadership at the school through his Acknowledgement of Country at our weekly assemblies and his contribution to us all developing a better understanding of the land we work and play on (Dja Dja Wurrung country). On Friday 1st July Rhiley attended the NAIDOC flag raising at BDAC. Rhiley is so proud to have been nominated & represent Camp Hill PS at the Bendigo NAIDOC Indigenous Primary School Academic Award ceremony.

Phoenix FM Radio

Last week our School Captains had the opportunity to be part of a segment on Phoenix FM radio. They were asked to give their thoughts about several things including what makes a good teacher, who they admired most and what were the best things about Camp Hill PS. Olivia, Olive, Izaak and Isaac spoke from the heart and were great representatives for the school and themselves. Well done.

Chris Barker
Principal

ASSISTANT PRINCIPAL

Be an Attendance HERO...
HERE EVERYDAY READY FOR LEARNING ON TIME
Student absence data for TERM 3

Early Bird Awards

No early bird classes this week. Hopefully next week we will have certificates to hand out.

100% attendance for Week 1

This week there were **152** students who had 100% attendance this week – another great effort!

Well done to **Raelyn W** from **3/4B**, who was the Attendance Hero champion for this week. Who will it be next week?



Total number of student absence days Term 3	410 days
Current school absence rate Term 3	1.4 days per student
School absence rate target for 2022	10.00 days per student (2.5 days per term)
Number of times students arriving late to school this week	47

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.

How much exercise do children and young people need?

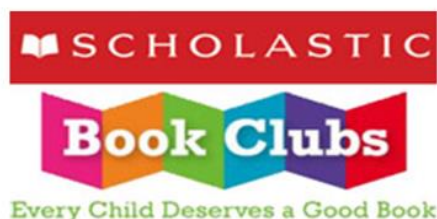
The 24-Hour movement guidelines outline the following recommendations for exercise for children and young people:

- **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.

LIBRARY



**BOOK
ORDER
DUE:**

1 / 8 / 22

BREAKFAST CLUB

CHPS Breakfast Club ✨ ✨

Come and join the CHPS Breakfast Club

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

When: Friday mornings from 8:10am-8:30am

Where: In the BER

OSHC

Welcome Back

It has been great to see smiling faces from the OSHC children back the past two weeks and hearing many fantastic stories about what families got up to over the holidays. Also, nice to catch up with the parents again. Our OSHC leaders have jumped straight back into their roles and continue to show strong communication and leadership skills.

Special Acknowledgement of Country

At OSHC we were very fortunate enough to have Sigrid volunteer to do our daily reading of the acknowledgement of country but this time it was in Italian. Sigrid had a memorable trip overseas during the end of Term 2 and learnt how to read the acknowledgment in Italian. She was very excited about presenting it to everyone at OSHC and she did a really good job, thank you again Siggy.

Pupil Free Day Care

On Thursday 18th August we have a pupil free day and OSHC will be available from 8:30am until 5:55pm. Bookings are now open, please contact Jamie and Simon on 0409 549 493 or via our email oshc@camphillips.vic.edu.au or let us know in person on pick up if you would like to book your child in.

Accounts

Just a reminder that our accounts are due each fortnight and this coming Friday 22nd July is the past fortnight's due date. Please make payments on the QKR app, any outstanding accounts will have care cancelled next week until either full payment is received or an arrangement has been made with the school office.

Thank you.

Jamie, Simon, and Olivia.



FOUNDATION LEARNING TEAM

Parent Teacher Interviews

Thank you to everyone who made an interview time this week. It was great opportunity to celebrate your child's progress and discuss their goals for the coming semester.

100 Days Of School

Our '100 Days of School' celebration will be held on Friday 29th July. Students are asked to dress up as if they were 100 years old. The day will be filled with lots of fun, 100 based activities!

By Thursday, could all families please send along 100 things in a zip lock bag (e.g., pieces of pasta, milk bottle tops, cereal pieces, rocks, leaves etc). Thanks in advance for your support of our celebration!

Foundation Learning Team

1/2 LEARNING TEAM

Baby Photos

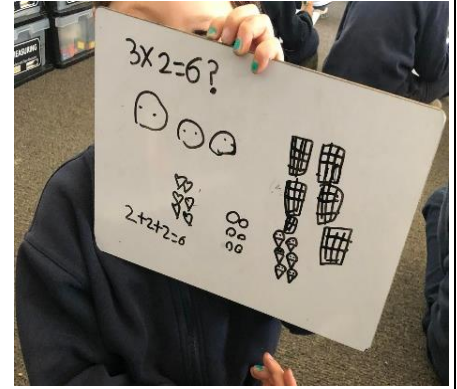
Just a reminder to please send baby photos in for our Inquiry unit. If you could please send them in by Monday of week 3, it would be very much appreciated.

Maths

This week we have begun learning about multiplication, using terms such as groups of and repeated addition. Students have enjoyed experimenting with numbers and being able to organise them into equal groups.

Writing

Grade 1/2 students have been writing some wonderful descriptive sentences about people, animals and places. They have done a wonderful job of using adjectives to add more detail to their sentences.



You are walking through a jungle when you see the most amazing animal. How would you describe it?



We are focusing on using adjectives to describe animals.

Friday Fun Write

1/2 Learning Team

3/4 LEARNING TEAM

Camp

Not long to go until camp – 5 weeks and counting!!!

Date: August 24th – 26th

Cost: \$290/child

Place: PGL Adventure Camps Campaspe Downs

A deposit of \$100 is required by **THIS FRIDAY 22nd July**. Then regular payments can be made until 19th August when the payment is due in full. You should have received a pink note from the office letting you know the total payment amount due for camp (minus any credits/CSEF). If you have not received this, please contact the office asap to get your final figure and for any payment options.

A huge thank you to the three amazing parents who have offered to come to camp with us. We need one more volunteer (please contact your classroom teacher) if you are able to come. You will need a current WWC card (copy of which needs to be presented to the office).

STEM

Students in Grade 3/4 participated in a STEM challenge during their rotations on Parent-Teacher Interview Day. The challenge was to work with a partner to make the longest paper chain challenge only using one piece of paper. Thanks to our CRT Mrs Conner for a fun activity!

Athletics

Thursday 28th July. Fingers crossed it is not raining! Children will be outside all day and will require warm clothing (NAMED: thick scarves, jumpers, beanies), extra food, water and suitable shoes for participating in athletics. CHILDREN WILL BE REQUIRED TO WEAR A MASK ON THE BUS TO AND FROM THE EVENT.

We still require parental help on this day to travel to and from the venue and help with running of events. You would be required from 9am to 3pm. Still waiting on a few children have not returned permission notes via Sentral. If you have not signed the form, please do so asap.

Parent/Teacher Interviews

Thank you to all the parents who attended interviews this week. If you missed out, please contact your classroom teacher to arrange another time.

3/4 Learning Team

5/6 LEARNING TEAM

Parent Teacher Interviews

Thanks to those parents and carers who have booked in a time to see their child's class teacher. We always enjoy having a chat with parents and celebrating your child and their learning.

School Athletics – Thursday 28th July

We are all looking forward to Athletics day next week. Please provide permission for the new Athletics day on Sentral if you haven't already. Here's hoping for 3rd time lucky and the weather holds out for us so we can attend the day. Please make sure your child has appropriate clothing, running shoes, jacket, beanie. Students will also need a **mask** for the bus trip.

Inquiry

"How do living things adapt to survive in changing conditions?"

We have been exploring the difference between *habitats* and *adaptations* features and behaviours in animals as we begin our Inquiry.

5/6 Learning Team

LOTE

Foundation

Students learnt about fun facts about giant pandas, which include giant pandas' habitat, weight, height, food, lifestyle, life span etc. They then made an adorable panda master using a paper roll.

Grade One and Two

Students worked on the background description of the story 'Three Little Pigs' and made a booklet to tell what they see and what they like in Chinese.

Grade Three and Four

Students learnt about the origin and legend of Chinese tangrams and assembled these geometric shapes to create objects telling the sports they like to play.



FRESH FRUIT FRIDAY

The free fresh fruit students receive on a Friday is proudly donated to the school by the following sponsors:



PHYSICAL EDUCATION

Athletics Sports

Third time lucky for some good weather and the running of our Ath's on Tuesday 28th July for 3-6 students. The venue is the Latrobe University athletics track in Retreat Rd Flora Hill. Events will begin around 9.30am and conclude around 2.30pm. Family members and friends are most welcome to come along and cheer on the kids.

Netball/AFL Tournaments

On Tuesday there will be an AFL tournament for a group of our grade 5-6 students. The tournament will take place at Kennington P.S from 9.30am until around 2-2.30pm. Feel free to come along and support the team if you wish to.

Thanks to Miss Peeler for coaching the netball team that competed yesterday.

Glenn Shannon
PE Coordinator

PERFORMING ARTS

What's New This Week

Foundation

Students are learning using animal movements as inspiration and they enjoyed practising their movements this week as part of a song and dance; 'Walking to the Left'. The students watch videos about Australian animals.

Grade 1-2

Students learnt to sing 'Wake Snake'. The students used the song lyrics to explore aspects of the changing season from winter to spring. The students each played a solo on their drum as part of the song the students repeated it (copy-cat). The students are developing a strong sense of rhythm.

Grade 3-4

Students enjoyed a drama game 'You-Me'. The students made some progress on recorder, choosing a partner, reading and playing some rhythm notation using recorder and learning a simple song. Each pair also made up some of their own lyrics. The students loved finishing their interview day with the specialist by doing a Circus session.

Grade 5-6

Students are learning how to use drumsticks and the basics of playing a drum kit. They are also starting a dance project.

Short Circus



We are proud and excited to have our Short Circus Allstar students participating in the *2022 Victorian State Schools Spectacular*.

The Spectacular brings together government school communities from across Victoria to produce a three-hour live show – involving music, dance and circus arts – which will be performed to an audience of around 12,000 people at John Cain Arena on Saturday 10 September over two shows at 1pm and 6:30pm.

Talented Victorian students will feature on stage, while many other students will work behind the scenes, gaining unique, on-the-job, professional experience.

The Spectacular is a creative vision of industry professionals including Creative Director Neill Gladwin, Musical Director Chong Lim AM, Dance Director Deon Nuku, (Scooby Doo, Happy Feet, Moulin Rouge) and Associate Dance Director Yvette Lee, (Dancing with the Stars, X-Factor Australia, Australia's Got Talent and So You Think You Can Dance).

For a fun, family entertainment experience, and to cheer on our students from the audience, be quick to secure tickets when they go on sale at **10am Wednesday 15 June** via www.ticketek.com.au/spectacular

Adult: \$40

Child Under 15: \$20

Concession: \$30

Buy 10 tickets and get one adult ticket free (the 11th ticket is free) by calling Group Bookings on **1300 364 001**.

Our students will be catching a bus to and from school. The notices for this excursion will go home soon. I also need four or five parent volunteers to come, two on Friday and two Saturday. You need a WWCC.

Please email me if you are able to help: mary.thorpe@education.vic.gov.au

Mary Thorpe

Performing Arts Coordinator

GREEN TEAM

This week I attended a professional development about Sustainability in the curriculum with our Resource Smart Coordinator, Robyn McLean. The Sustainability curriculum is a cross curricula priority. We are making steady progress at Camp Hill to include Sustainability across the curriculum.

Mary Thorpe

Green Team Coordinator

Green Team Leaders

Plastic Free July - This week we want to encourage people to stop buying single use plastic. Single use plastic is plastic that is only used once before being thrown away.

E.g.: The squeeze yoghurts are not good for the environment because they are single use plastic and they are difficult to clean and recycle with your soft plastics.

What you can do as a cheaper alternative is buy a big tub of yoghurt and put some in a container every day then the tub from the yoghurt can be recycled or if you want to take it a step further can turn the yoghurt tub into a grow cup. Please also do not stop eating yoghurt though because it is really good for you and gives you a healthy gut!

The good news is that the UN has made a treaty with 175 nations to end single use plastic by 2024.

Charlie C and Audrey S



FOR YOUR INFORMATION

Women CAN Australia

Looking for a new start or wanting to get back into the workforce.

More info or to register <https://www.womencanaustralia.org>
contact@womencanaustralia.com. Call Meg 0434 781 942

Offering a Cert III in Individual Support (Aged Care) CHC 33015, commencing now for free!!
Earn & Learn with a Traineeship over 12 months (Full Time).

LUNCH ORDER HELPERS



Want to be more involved in the Camp Hill School community? Meet other parents? How about helping out with Friday lunch orders? It's a great way to meet other parents and socialise in a casual setting, while helping to raise importance funds for our school. If that sounds like something you would be interested in, please let the office know or drop into the staff room @9am Thursday mornings and have a chat with Kelly about what's involved!

LUNCH ORDER

SUSHI LUNCH ORDER FOR FRIDAY 29th JULY, 2022

ORDER VIA OUR QKR APP!!!!

Please return money and orders by 9.00am Thursday 17/2/2022.

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**.....