

# Newsletter No 32, 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 20<sup>th</sup> October, 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.

## Calendar 2022

<b>Monday - Friday</b>	17 <sup>th</sup> – 21 <sup>st</sup> October	WHOLE SCHOOL Swimming Program
<b>Friday</b>	21 <sup>st</sup> October	Blokes Breakfast 7:30am Mango Orders due
<b>Monday</b>	24 <sup>th</sup> October	Book Club Orders due
<b>Wednesday</b>	26 <sup>th</sup> October	<b>Public Holiday – Bendigo Cup Day</b>
<b>Thursday - Friday</b>	27 <sup>th</sup> – 28 <sup>th</sup> October	<b>Grade 2 Camp - TBC</b>
<b>Monday</b>	31 <sup>st</sup> October	<b>PUPIL FREE DAY – OSHC Available, bookings essential</b>
<b>Tuesday</b>	1 <sup>st</sup> November	Parents & Friends Group meeting - 6pm at Rifle Brigade
<b>Wednesday</b>	2 <sup>nd</sup> November	Grow Cups and Plant stall 3:15pm
<b>Thursday</b>	3 <sup>rd</sup> November	Wacky Walk-A-Fun afternoon. Venue TBC
<b>Tuesday</b>	15 <sup>th</sup> November	School Council Meeting 5:30pm
<b>Thursday</b>	8 <sup>th</sup> December	School Concert
<b>Friday</b>	9 <sup>th</sup> December	<b>PUPIL FREE DAY – OSHC Available, bookings essential</b>
<b>Thursday</b>	15 <sup>th</sup> December	Grade 6 Graduation 6pm - 7pm
<b>Saturday</b>	17 <sup>th</sup> December	School State Spectacular 7pm on Channel 7
<b>Tuesday</b>	20 <sup>th</sup> December	Last day of Term 4. Early dismissal 1:25pm
<b>Monday</b>	23 <sup>rd</sup> January	Booklist Collection Day – Edplus, High St, Kangaroo Flat 9am – 5:30pm
		Australia Day Public Holiday
<b>Friday</b>	29 <sup>th</sup> January 2023	<b>Teachers/Staff start school</b>
<b>Monday</b>	30 <sup>th</sup> January 2023	<b>Grades 1-6 Students Start-Up Interview Day – 15mins ONLY</b>
<b>Tuesday</b>	31 <sup>st</sup> January 2023	<b>Grades 1-6 1<sup>st</sup> FULL DAY of school</b>
<b>Thursday</b>	2 <sup>nd</sup> February 2023	<b>Foundation Students 1<sup>st</sup> FULL DAY of school</b>
<b>Wednesdays</b>	February 2023	<b>Foundation Students – NO SCHOOL (every Wednesday month of Feb)</b>

## PRINCIPAL'S REPORT

### Planning 2023

Teachers will commence work on class placements for 2023 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 teams 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 7th 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.

### **Public Holiday**

This a reminder that Wednesday 26<sup>th</sup> October is a public holiday in Bendigo, for the running of the Bendigo Cup.

### **Values Champions**

Congratulations to Sari G and White S who are this week's Values Champions. Both Sari and White have completed their values sticker chart and will be presented with a certificate recognising the achievement at Friday's assembly.

### **Blokes' Breakfast**

This week sees the return of the Blokes' Breakfast, this event provides the opportunity for our dads and father figures to come to school and enjoy a breakfast. This year the breakfast has been organised by the Camp Hill Primary School Parents and Friends Club, I would like to thank them for the time spent to make the event possible. The breakfast will kick off at 7.30am outside the gym.

This week we are having a focus on the health and wellbeing of our dads and father figures, here just few tips to help stay fit and healthy.

### **Mental wellbeing tips for dads**

#### **TOP TIPS**

**1. Give yourself time.** Try not to put pressure on yourself to feel better straight away. It can take time to accept and then learn to live with what has happened.

**2. Talk about the event to someone you trust.** Even though it may be difficult, research has shown that talking about the situation or event and your feelings can help you to recover and ultimately be more resilient.

**3. Pay attention to how you are feeling each day.** If you don't find you are feeling any better over the months, or you are struggling emotionally you should speak to your GP who can arrange professional mental health support to help you through this stage.

### **Six ways to support dads' wellbeing through physical activity**

Regular physical activity benefits both the body and mind. Exercise also improves mental health and can reduce the risk of depression and mild anxiety and improve overall wellbeing.

Research shows that keeping active can:

- help lift mood
- help improve sleeping patterns
- increase energy levels
- help block negative thoughts and/or distract people from daily worries

### **Six ways to support your wellbeing through physical activity**

- **Set up a regular routine to be active every day.** Making a specific time to be active helps ensure you get your daily physical activity.
- **Keep screen time to a minimum.** It will be easier said than done at the moment for the whole family but were possible try to create clear and consistent limits. Think about what you and your kids could be doing instead such as being active or playing.
- **Exercise with your family.** Plan time to be active with your children with games at home, walks in the parks, or cycling can be a way the whole family can relax, be together and be active and healthy whilst at home.
- **Play with your kids.** Play is a great way to get fit and have fun. Playing chasey, a ball game, running races or a dance competition will get you puffing plus make you laugh which is also great for your health and wellbeing.
- **Set yourself and your family exercise goals.** You could record your steps or time you have played. Record your progress on a weekly activity chart or map how far you have travelled. Reward yourselves with something you value.
- **Walk and talk.** Take your phone and have walking meetings with colleagues or catch ups with friends and family to encourage them to walk too.

## **Dad joke of the week**

**I taught a wolf to meditate. Now he's aware wolf...**

*Chris Barker*  
*Principál*

## ASSISTANT PRINCIPAL

### Be an Attendance HERO... HERE EVERYDAY READY FOR LEARNING ON TIME Student absence data for TERM 4

#### Early Bird Awards

Congratulations to **Foundation A, 1/2C & 6A.**

You were the grades with no late arrivals this week.

Early Bird champions – well done. Keep up the great effort. 😊

#### 100% attendance for Week 3

This week there were **240** students who had 100% attendance this week – another great effort as that is about one third of the school!

Well done to **Leni W** from **1/2C** who was the Attendance Hero champion for this week.

Who will it be next week?



<b>Total number of student absence days Term 4</b>	1530 days
<b>Current school absence rate Term 4</b>	5.3 days per student
<b>School absence rate target for 2022</b>	10.00 (days per student / 2.5 days per term)
<b>Number of times students arriving late to school this week</b>	19



*Trish Johnstone*  
*Assistant Principal*

## WELLBEING MATTERS

### FEAR OF FAILURE AND THE CONNECTION WITH MINDSET

Fear of failure is a hallmark of a FIXED mindset and often contributes to a child (or adult) shying away from trying new things or taking on a challenge. By not fearing failure, children are one step closer to having a GROWTH mindset and living a big life! Supporting children to develop a growth mindset, both at home and in the classroom, helps them overcome the fear of failure. When talking about failure with your child, it's helpful to talk about the two kinds of mindsets that people can have - a growth mindset or a fixed mindset.

#### What's a growth mindset?

This is where a person's self-esteem is centred on the belief that abilities can be developed through dedication and hard work. In this mindset, it is believed that success comes from about 35% ability, and 65% effort. A growth mindset is about learning how to fail well and knowing that learning from failure is what leads to eventual success. This can be summed up in the sentence "I can't do that... YET."

Signs that your child has a growth mindset:

- they're keen to learn from people around them
- they understand that getting what they want, or learning new skills, requires putting in effort
- they're aware of their weaknesses, but they are focused on improving them
- they welcome challenges and are open to new things.

#### What's a fixed mindset?

A fixed mindset is when people believe that traits such as ability or talent are fixed, set at birth and not able to be changed. They let failure or success define who they are. It could be said that they believe that success comes from about

65% ability, and only about 35% effort.

Signs that your child has a fixed mindset:

- they avoid challenges when they think they might mess up
- they don't deal well with setbacks
- they try to hide their mistakes
- they are very negative about themselves, often saying things like "I can't do it".



### ***How can you help your child adopt a growth mindset?***

Showing your child how to learn through failure basically means helping them to adopt a growth mindset. To help them do that, you should praise their effort, and not just the achievement.

Top tips for supporting a growth mindset in your child:

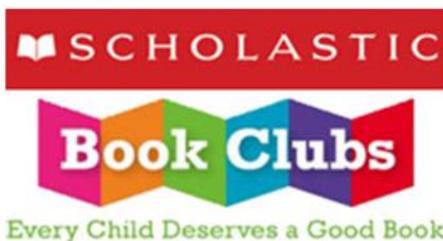
- **Talk about the difference between a fixed and growth mindset.** Explain what they are and the importance of understanding that failing is an essential part of learning.
- **Talk about the brain.** Explain that our brains are something that can be changed. The more we practice and work at a skill or ability, the stronger the connections in our brain associated with that skill become. Over time, it becomes easier and more natural for our brain to do these skills - like using a muscle. Great athletes weren't just born being able to perform the way they do, it took hours and hours of practice and effort.
- **Praise effort.** Also praise struggle and persistence. Congratulate them on choosing difficult tasks; mention that you are impressed and proud when they put time into learning. Compliment improvement.
- **Encourage them to practice skills.** Give them support to continue working at new skills and praise them for embracing new ones.
- **Celebrate successes.** Particularly little successes, which are often forgotten - like solving a difficult problem, or the act of trying to do something.
- **As with all things, having a growth mindset is something we should endeavour to practice ourselves.** Your child will understand how to learn from failure by watching your attitudes and behaviours.



Big Life Journal have a range of resources aimed at kid's wellbeing. This "Famous Failures" pack is great to help your child develop a growth mindset and realise that success comes from trying, many, many times

<https://biglifejournal.com/collections/printables/products/famous-failures>

## LIBRARY



**BOOK  
ORDER  
DUE:**

**24 / 10 / 22**

## FROM THE OFFICE

### **2023 Booklists**

**SAVE THE DATE: Monday 23<sup>rd</sup> January, 2023 – Booklist Collection Day at Edplus, High Street, Kangaroo Flat – NOT AT THE SCHOOL as in past years.**

Advertisement for Education Plus featuring children, school supplies, and contact information.

Education Plus

www.edplus.com.au sales@edplus.com.au Ph: 03-54478588  
Bendigo Homemaker Centre, High St, Kangaroo Flat

*Sue Heider  
Business Manager*

## PARENTS AND FRIENDS

**MANGO ORDERS ARE DUE IN BY TOMORROW ON QKR OR CASH TO THE OFFICE.**

**Thank you to the families who have already placed orders.**



### **Blokes Breakfast**

**The annual Blokes Breakfast is fast approaching Friday 21<sup>st</sup> October.**

Our annual Blokes' Breakfast will be held this year on Friday 21<sup>st</sup> October starting at 7.30am. Students are encouraged to invite significant males in their lives to come along and enjoy an egg & bacon roll at what has been traditionally a fabulous community event. All welcome. More details in the flyer attached to this newsletter.

### **Coffee Van in Attendance**

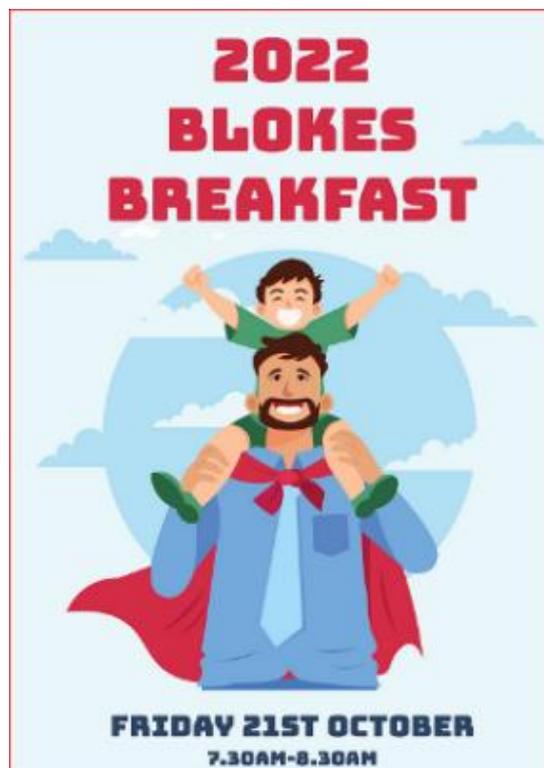


### *Sponsors:*

Eggs donated by Hazeldenes

Bacon donated by KR Castlemaine

Bread by Bakers Delight



## OSHC

### **Exciting News For 2023**

The OSHC Team would like to announce to our families that in 2023 we will also be running a Before School Care program. For further details please feel free to contact Jamie or Simon on 0409549493 or via email at [oshc@camphillps.vic.edu.au](mailto:oshc@camphillps.vic.edu.au)

### **Legends Of the Week**

Congratulations to our Legend of The Week winners, Peyton B and Mitchell. Peyton B is very friendly, polite, and funny and always involves others and likes to support the OSHC educators. Mitchell follows the rules of OSHC and always pays attention and plays well with others.

### **Pupil Free Day Bookings Open**

Just a reminder that our next pupil free day is on Monday 31<sup>st</sup> October. We are open from 8:30am until 5:55pm. Please pack a lunch box and drink bottle as per a normal school day, hats and sunscreen are provided. It's an out of uniform day.

### **Accounts**

Our next due date for the current fortnight will be on Friday 28<sup>th</sup> October. Thank you to those families who have paid the previous fortnight. Any issues, please contact the school office to make arrangements.

*Jamie, Simon & the OSHC Team*

## BREAKFAST CLUB

Bloke's breakfast is being held this Friday so therefore our usual Brekky Club won't be running. We'll see you all next week!

**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



## FOUNDATION LEARNING TEAM

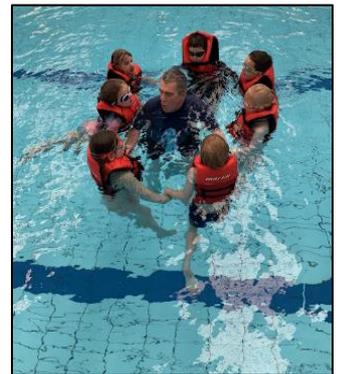
### Swimming

Students have done a fantastic job this week, tackling swimming lessons each day! We have seen bubbles blown, life jackets worn, noodles everywhere and lots of smiling faces. We have really enjoyed seeing students learn and enjoy being in the water. It has been a huge highlight of the term.

### Firefighter

On Monday we had the firefighters return for their final session with us. We shared our 'Safe Place' drawings and learnt the difference between a 'good' and 'bad' fire. Please ensure everyone in the family knows the safe place you have chosen, just in case of an emergency. To finish the session, we had a look through the fire engine and got to squirt the hose.

*Foundation Learning Team*



## 1/2 LEARNING TEAM

### Swimming

Students have had an amazing time at Gurri Wanyarra swimming pool for our annual swimming lessons. A few snap shots included in this week's newsletter from our great week in the pool!

### Grade 2 Camp

Unfortunately, the tough decision from the region was made to cancel our Grade 2 Camp to Billabong Ranch. Obviously, this is disappointing for the Grade 2 students, but our thoughts are with those people affected by the flooding events. We are working hard to problem solve alternatives and will have details around this to families shortly.

*1/2 Learning Team*

## 3/4 LEARNING TEAM

### Swimming

Great to see the students attending Gurri Wanyarra swimming pool for their lessons. Thank you to the parents who were able to help out.

### Lit Clubs

Next week all grades will be commencing Lit Club in small groups. They have been allocated a book to discuss in small groups. The books will be read during class time at school.

### Congratulations Spencer!

Spencer competed in Geelong over the weekend at the Victorian Gymnastics Championships. He did each of his passes perfectly and didn't stop smiling all day. He received a gold medal as the top Male Level 4 tumbler! We are so proud of you Spencer!

*3/4 Learning Team*

## 5/6 LEARNING TEAM

### Graduation Day

Graduation is Thursday 15<sup>th</sup> December from 6-7pm. This year it will be held at James King Hall which is next door to CHPS at Bendigo Senior Secondary. This is the building at the 'front' of the school with the big steps in the gardens leading up to it. James King is upstairs on the second floor just. We will be taking the grade 6 students over during the day of graduation to have a run through so they will be able to direct you.

### Grade 6 Lit Club Homework

Lit Club is underway in the year 6 classrooms, your child may have some reading to do at home after this week's swimming events and some note taking required of them.

This week students completed a narrative writing moderation and continued to explore fractions in multiple ways. Thank you to all our swimming helpers that have come along this week, it's been a great week of swimming fun and I'm sure we'll all sleep really well this weekend!

*5/6 Learning Team*

## LOTE

### Chinese Language Participation Week Onsite Competition

It will be this Saturday 22<sup>nd</sup> October. Below are students who will represent our school to participate in the Chinese Singing and Speaking Competition.

**Grade One & Two Singing:** Greta, Saras, Yash, Poppy, Morgan, Aron and Katy (9:00-10:30)

**Grade Three and Four Speaking:** Maeve (11:30-12:40)

**Grade Five and Six Singing:** Hayley, Hailie, Maya and Hannah. (10:15-11:50)

**Grade Five and Six Speaking:** Hailie and Maya (11:30-12:40)

Thank you for those students' courage and hard work behind the scenes, and good luck with the performance.

**Event Date:** Saturday 22<sup>nd</sup> October

**Venue:** Bendigo Senior Secondary College (BSSC) **Language Centre Building** via **Gaol Road behind basketball court**

**Parking:** Parking is available in front of the Language Centre building or around the college.

**Activities:** After the competition, students can stay for a few cultural activity stalls (fan painting, chopsticks challenge, taste of Chinese food) or watch and interact with a Kung Fu class delivered by Bendigo HH Kung Fu Club.

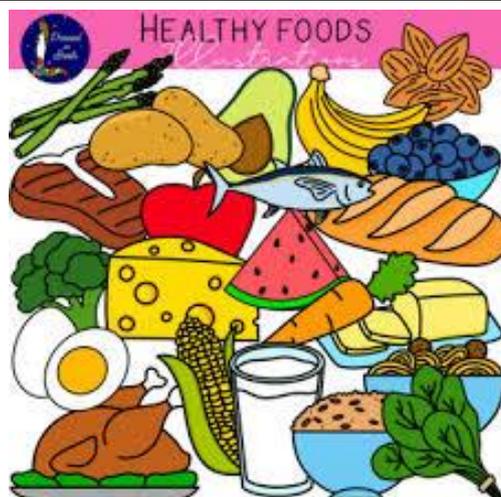
**Action Required:** To confirm or cancel your child's participation, please fill in the online confirmation form via link or QR code by Wednesday 19<sup>th</sup> October 2022. Link: [shorturl.at/uzDIR](https://shorturl.at/uzDIR)

*Yimin Chen*

*LTE Coordinator*



## HEALTHY EATING



## FRESH FRUIT FRIDAY

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



PROUDLY FUNDED AND SUPPORTED BY:



## STUDENTS OF THE WEEK

### CARING

**Charlie C:** For always thinking of others and being an incredibly empathetic member of 6A! We are so grateful of you Charlie!

**Issy V:** For taking care in her work and being proud of the outcome in Numeracy! You're smashing the fractions Issy!

**Caileb B:** For being a kind and welcoming face to those new to Camp Hill community. You've been very thoughtful throughout the week.

## PERFORMING ARTS

All students are preparing their items for the **School Concert**. **The concert date is Thursday 8th December.**

The school concert is an important part of the Camp Hill Calendar. It is an opportunity for students to showcase their skills in Performing Arts and Visual Arts as well as an end of year celebration for the whole school community. Please stay tuned this term as there will be important messages for home in the newsletter.

Each year we ask for some parent volunteers to help with making costumes. If you are able to help, please leave a message with the office.

**Short Circus** is back this week.

The Short Circus are working toward a finale performance at the Prep transition BBQ this term.

**Who:** Short Circus

**What:** Finale performance and prep transition BBQ.

**Where:** Camp Hill. Turf

**When:** Thursday November 24th, 1pm

**Bring:** Circus equipment and costumes.

### Parent volunteers

There are some repairs that need to be done, including rebuilding one stilt (partially done). If you are able to help, please leave a message with the office.

At the end of Term there will be 4-5 loads of costumes to wash. If there are any parents who could do one load, please leave a message at the office.

*Mary Thorpe*

*Performing Arts Coordinator*

## GREEN TEAM

The Green Team kids will be selling Grow Cups and potted plants again at the school gate (Rosalind Park entrance) on Wednesday 2nd November. Grow Cups \$1.00 Lots of other lovely plants going cheap!! Funds raised go to Sea Shepherd Ocean Clean up and to Camp Hill's Sustainability Garden Program. If you have Grow Cups or plants to sell, please drop them off to the Art room. Thank you to all those who came to buy some plants and to the parents who donated plants to sell. Thank you to Ms McLennan for organising the event.

*Mary Thorpe*  
*Sustainability Coordinator*

## FOR YOUR INFORMATION

### Want to try the exciting Olympic sport of fencing?

Weekly classes, all ages.

**When:** Thursday nights 6pm – 7pm

**Where:** The Old Church on the Hill – 36 Russell St, Quarry Hill

**Fees:** \$120 Conc per Term, \$180 Full per Term

First session free. All equipment supplied. Call 0422 899 684

Email: [info@egprod.com.au/crossxswordsbendigo](mailto:info@egprod.com.au/crossxswordsbendigo)

**SAVER PLUS** is a free financial education program where parents can plan ahead for school expenses and get up to \$500 for education costs.

Register for one of their two information sessions next week by clicking on this link

<https://forms.office.com/r/zPTAyyaP5e>

Tuesday 25<sup>th</sup> October, time 11am – 12pm

- **Saver Plus Information Session for Kindergarten/Prep Parents** – this is a session for parents with children starting 4-year-old kindergarten or Prep/Home-schooling next year
- **Saver Plus information Session for Parents** – this is a session for all parents with school aged children (4-year-old kinder to Year 12, including home-schooled)

## LUNCH ORDERS

### BBQ LUNCH ORDER FOR FRIDAY 28<sup>th</sup> October 2022

ORDER VIA OUR QKR APP!!!!

Please return money and orders by 9.00am Thursday 27<sup>th</sup> October 2022.

**No late orders accepted.**

**Hamburgers \$3.80, Vegie Burgers \$3.70, Sausage in bread \$2.50**

Name..... Grade..... Hamburger..... Sausage..... Vegie Burger.....

Name..... Grade..... Hamburger..... Sausage..... Vegie Burger.....

Name..... Grade..... Hamburger..... Sausage..... Vegie Burger.....

**Total enclosed \$**..... **Signed**.....