

Newsletter No 13, 2023



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 11th February 2023

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

Phone: 5443 3367

Email Address: camp.hill.ps@education.vic.gov.au

Web Address: www.camphillps.vic.edu.au

Calendar 2023

Thursday	11 th May	Elmore Bakery Fundraiser – PIE COLLECTION DAY 3 - 4:30pm: Art Room
Friday	12 th May	Gr 3/4 Sovereign Hill Excursion Mother's Day Raffle Drawn 9:30am School Beanie orders - due on QKR Transition to Year 7 Enrolment information forms due back
Sunday - Saturday	14 th – 20 th May	Education Week
Tuesday	16 th May	School Council Meeting 5:30pm
Thursday	18 th May	'Bringing Up Great Kids' program, 9:30am at CHPS
Friday	19 th May	National Walk Safely to School Day
Tuesday	23rd May	Curriculum Day - PUPIL FREE DAY. BOSH/OSHC Available
Thursday	25 th May	Athletics Day Grades 3-6
Friday	26 th May	National Sorry Day
Thursday	25 th May	Camp Hill Athletics Carnival for Grades 3-6
Thursday	1 st June	Star Cinema Fundraiser – 'Book Club: the next chapter' SAVE THE DATE
Friday	23 rd June	Last day of Term 2. Early Dismissal 2:30pm 2023 Foundation Interim Enrolment forms due back

PRINCIPAL'S REPORT

2023 Education Week

Education Week is an annual celebration of education in Victoria.

This year Victoria will celebrate Education Week from Sunday 14th May to Saturday 20th May.

This year's theme is 'Active Learners: Move, Make, motivate, which celebrates physical activity, hands-on learning and student voice in education.

Camp Hill Primary School will be celebrating Education Week with an information evening and tour on Thursday 18th May starting at 6.30pm and open day, with tours hosted by senior students on Friday 19th May. The grand finale will be a short circus performance at 1.00pm at the conclusion of the tours.

Foundation Enrolments

The school is currently taking Foundation enrolments for 2024. If you know of a family who is looking to enrol their child in Foundation next year, please encourage them to contact the school to complete an interim enrolment form.

Families beyond our boundary can also lodge an expression of interest by completing an interim enrolment form.

Curriculum Day

This is a reminder Tuesday 23rd May will be a Pupil Free Day. The Out of School Hours Care program will run from 8.30am through to 5.55pm. Parents wanting to book their children into the service should contact Jamie our Out of School Hours Care Co-ordinator on 0409549493.

School Council Meeting

Just a reminder to our school councillors the next meeting will be held on Tuesday 16th May in the library.

Mother's Day Raffle

Thank you to the families who donated prizes for the Mother's Day raffle. Good luck to all those who have purchased tickets and to our mums, have a wonderful Mother's Day on Sunday.



Walk Safely to School Day

National Walk Safely to School Day, Friday 19th May. Students and parents are encouraged to leave the car at home and walk, ride or scoot to school. For those families who live out of town, maybe drive in part of the way, and then walk the rest. Hopefully, the weather will be kind for some early morning exercise.

Values Champions

Congratulations to Sari Gallagher and Luke Bell who are our first Values Champions for the year. Sari and Luke have successfully received 25 stickers for displaying the school values whilst at work and play.



Dad joke of the week

Why did the chicken go to the gym? To work on his pecks...

Chris Barker
Principal

ASSISTANT PRINCIPAL

Be an Attendance HERO...

HERE EVERYDAY READY FOR LEARNING ON TIME
Student absence data for TERM 2

Early Bird Awards

Congratulations to **Foundation A, 3/4A and 6B.**

You were the grades with no late arrivals this week.

Early Bird champions

It's great to see the senior grade leading the way.

This is a fantastic effort 😊



100% attendance for Week 3

This week there were **206** students who had 100% attendance this week – another great effort!

Well done to **Hannah** from **6B** who is the Attendance Hero champion for this week.

Who will it be next week?

Total number of student absence days Term 2	301 days
Current school absence rate Term 2	1.0 days per student
School absence rate target for 2023	10.00 days per student (2.5 days per term)
Number of times students arriving late to school this week	29



Trish Johnstone
Assistant Principal

WELLBEING MATTERS

Sleep...zzzzzzzzzz

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood. Research shows about 12% of primary school-aged children, a quarter of 12 to 15 year-olds and half of 16 to 17 year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.



You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep.
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, it might be time to see a doctor.

For more information on sleep health, you can refer to:

- [Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation
- [Why sleep is so important](#), from the Kids Helpline's
- [Sleep explained](#), from the Better Health Channel



Camp Hill Primary School 'Bringing Up Great Kids'

Dear Parent/Carer,

Have you ever thought about wanting some new ways to help your child cope with the ups and downs of life? To teach your kids about strong feelings and how they can manage them better? To learn parent approaches to remain calm when feelings get stressful in your family?

These feelings skills are really important to help children make and keep friends, do well at school and feel good about themselves.

Parents and carers of children at Camp Hill Primary School have an opportunity in Term 2 2023 to participate in 'Bringing Up Great Kids', a free parent program. This 6 week program will run during Term 2 into term 3 on Thursday mornings from 9.30am -11.00am at the school.

The program will be facilitated by Mark Lees, Camp Hill's Student Wellbeing worker.

Overview

Bringing Up Great Kids is a reflective, mindful, respectful program that provides parents with an opportunity to reflect on their parenting journey.

Bringing Up Great Kids provides a friendly and safe environment for parents to learn from each other as they continue their parenting journey.

Date: 18th May

Time: 9:30am

Where: CHPS

Program Content

The Bringing Up Great Kids' program supports parents and carers to:

- learn more about the origins of their own parenting style and how it can be more effective.
- identify the important messages they want to convey to their children and how to achieve this.
- learn more about brain development in children and its influence on their thoughts, feelings and behavior.
- understand the meaning behind children's behaviors, and how to respond to children's underlying feelings and needs.
- explore new ways of communicating with children.
- discover ways for parents to take care of themselves and to find support when they need it.

Feedback from previous programs indicate that 'Bringing Up Great Kids' is a valuable parenting experience. Independent evaluation of the program by Deakin University found, "that parents reported a significant reduction in parental stress, a decrease in family conflict, significant increase in parent confidence and very high levels of satisfaction with the program".

If you would like some more information on the program, please feel free to call **Chris Barker on 54433367**.

Bringing Up Great Kids Parent Program Expression of Interest

I/we _____, would like to express my/our interest in participating in the 'Bringing Up Great Kids' program offered by Camp Hill Primary School in 2023.

Contact Number: _____

Child/ren's Name and 2023 Grade Level: _____

DOGS CONNECT

Polly in classrooms

This week in 6B Polly enjoyed a Grow session learning about one of our core values 'Respect'. Each member of the class decorated their own puzzle piece. We put these back together to show that we are all different and unique and that while we can achieve amazing things by ourselves, together we make up an amazing class. Polly also decorated her own puzzle piece.

Polly now has a sponsor! Fur Life Vet has generously donated a 12-month Best Mates Membership, providing **FREE** vet consultations, vaccinations and dental care for Polly. Fur Life Vet have two clinics located in Bendigo:

167 Eaglehawk Road, Bendigo and 70-80 Midland Highway Epsom.

Please support this local business for your pet care needs.

www.furlifevet.com.au



FROM THE OFFICE

School Beanies

Once again, we are seeking orders for our school beanie - a navy knitted hat with the white school logo embroidered on the front.

One size fits all – Cost: \$20 each.

Please place orders & payment on QKR by Friday 12th May 2023.

This will allow time to obtain orders and to be distributed asap.

Sue Heider

Business Manager



PARENTS AND FRIENDS

Mother's Day Raffle



Camp Hill Primary School

Tickets \$1 each

Drawn: 10am - Friday 12th May 2023

Pay on QKR or cash to the office

ALL sold tickets returned to the office
by no later than Friday 12th May at 9am

Donations towards the raffle are still welcomed. Thank you for your support.

BOSHC

This week at BOSHC, the children have been enjoying playing a variety of games with Uno Flip being extremely popular. We have also been playing some Badminton inside which has been developing children's gross motor skills. As a reminder to families that are dropping children off in the morning prior to 8.25am there is no care in the school grounds. For protection of your child/children, it is strongly advised that you book your children into before school care.

Simon & the BOSHC Team

OSHC

Fab Legends of The Week

A big congratulations this week to our Fab Legend of The Week Award winners in Peyton and Oscar. Peyton is a very kind hearted child who loves to get involved in all activities and involves others. Oscar is always up for a fun time at OSHC and is prepared to give everything a go, both Peyton and Oscar also help out our educators.

Pupil Free Day

Just a reminder that Tuesday 23rd May is a pupil free day and OSHC will be available. For bookings families can either email at oshc@camphillps.vic.edu.au or phone 0409 549 493. The Service is operating from 6:30am until 5:55pm. Please provide a lunchbox and drink bottle as per a normal school day and we will also provide a fruit platter and morning and afternoon snacks. No uniform required, casual clothing is fine just no sandals or thongs.

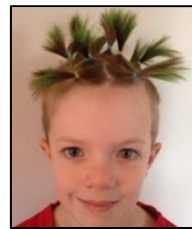
Accounts

Accounts are due on Friday 19th May, please understand that all payments need to be paid each fortnight and a zero balance needed for the start of the following week.

Jamie, Simon & the OSHC Team

JUNIOR SCHOOL COUNCIL

On the Thursday, 1st June the Junior School Council are having a crazy hair day to raise money for the Red Cross Australia. Students will need to wear their school uniform. You can bring a gold coin on the day or make a donation using the QKR app. Thank you for your support.



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



FOUNDATION LEARNING TEAM

Teddy Bear Hospital

Teddy Bears were brave and spent last Friday being x-rayed, learning about healthy eating and what asthma feels like, some were put to sleep and operated on, and students even had a finger plastered with a touch of glitter added. Thank you to the student doctors from Monash University for coming to our Camp Hill pop-up hospital for the day.

Literacy

Nightly home reading routines continue to be a great support for your students. Reading the readers and practising the coloured word list really helps build automatic skills that students require to be proficient in all literacy. This week we have been working on letters 'Cc, Kk, and ck.

Pick Up/Drop Off Routine

Lots of students are meeting their families at the gate which is working really well. Please just make sure your child knows you will be at the gate and to wait if you are not there, and also let their teacher know. There is a teacher on duty at the gate each night. Lunch baskets and drink bottle trolleys stay inside the classroom now.

Show and Tell

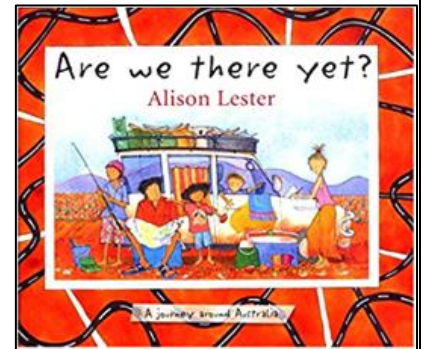
This week is *My Special Place* -Share something about your favourite place. It could be your home, your playroom, bedroom, your backyard, the playground.

Next week is *Celebrations in our Family* -Share the special celebrations that happen in your family e.g., your birthday.

Are We There Yet?

On Monday Foundation students are walking to the Capital Theatre to see a play by Finegan Kruckemeyer, based on the book by Alison Lester called *Are We There Yet?* You may have seen or read the picture story book. We will go after snack and be back at school in time for lunch. The cost for this is \$11. Invoices were sent home last week if the money wasn't deducted from CSEF funds.

Foundation Learning Team



1/2 LEARNING TEAM

Inquiry

We are learning about the past and how family life, technology and toys have changed over time. If you have any old items or photographs that students could bring in to share, this would be fantastic.

We have also sent a note home explaining an activity to be completed at home. This activity involves your child interviewing an adult about how things have changed over time. Please assist your child to complete and return this by Thursday 18th May.

Art Gallery Excursion

We will be visiting the Bendigo Art Gallery to see the 'Australiana' exhibition on Thursday 1st June.

Gardening

Now that the weather is getting wet, it is a good idea for students to wear old shoes or bring gumboots on Fridays when we have gardening.

1/2 Learning Team



3/4 LEARNING TEAM

Sovereign Hill Excursion

Tomorrow morning at 8.00am sharp we are off to Sovereign Hill. This will be a fun filled day for all of us to learn some more about our past. Please ensure all student's are at school **no later than 7.45am** for roll call and to be on the bus and ready for an 8am departure. We are hoping to be back at school by 4pm.

Athletics

School Aths are coming up on Thursday 25th May. If you would like to help out on the day, whether it be as a travel companion for your child's grade or helping out with events at the track please let your child's teacher know.

Art Gallery visits

All Grades will be visiting the gallery on the dates below and require one adult to accompany each grade. Again, if you would like to help out contact your child's teacher.

The dates and times in May are as follows.

Gleisner - 3/4B Wednesday 17th at 10am

Shannon - 3/4D Wednesday 17th at 11.30am

Hosking - 3/4C Friday 26th at 10am

Evans - 3/4A Friday 26th at 11.30am

3/4 Learning Team



5/6 LEARNING TEAM

Art Gallery Visits

This week 5B and 6A went to the Art Gallery to look at the 'Australiana' exhibition that is currently on display. Next week 5A and 6B will be attending. Thank you to the amazing parent volunteers who have offered to attend this with their student's class. Thank you to Sandy for organising this.

Lit club

Lit club is currently happening in all senior classes. The Grade 5 classes are reading a whole class novel while the Grade 6 students are in small groups reading different novels. Please check in with your child and ask them what they are reading and what they think of their book so far. All grades are getting time in class to read and take notes but there may also be some at home reading required too. Your child will know if they have any reading to complete at home.

Year 7 enrolment forms

These are due back to Cath Wallace in 6B by this Friday 12th. Thank you to the many families who have already returned these.

Grade 6 tops

The second order of Grade 6 tops are due back to CHPS in the next fortnight. These will be handed out as soon as they are delivered. Thank you for your patience with this.

5/6 Learning Team



LOTE

We are excited to share with you some updates on our Chinese language classes.

Our Foundation students have been learning how to count from one to ten. They have been enjoying counting numbers with the help of videos and playing the 'Set off firecrackers' game together. Here is the link of the number counting video: <https://www.youtube.com/watch?v=2eLP3FuuEVs>

Grade One and Two students recently completed a listening assessment on animals and performed admirably.

Grade Three and Four students have started the 'Job and Occupation' topic. They engaged in a lively discussion on their dream jobs and learned some vocabulary related to occupation using sign language. They also played the level two 'Simon Says' game, which challenged their speaking, translating, and concentration skills. Despite the difficulty, they did a great job. The students also enjoyed playing the swapping chair game while practising their speaking and listening skills.

Grade Five and Six students revised the vocabulary related to numbers, drinks and foods. They had fun playing the charade game with the vocabulary of drinks and foods, which it is a bit challenging, but they did very well with the translation task.

Yimin Chen - LOTE

GREEN TEAM

Dress for the weather. As the weather cools it is important to remember to bring those extra layers that can be put on and taken off. Make sure all clothing is labelled. We are not putting our heaters on between 18- 20 degrees. Students will need to wear extra layers to stay warm. There are plenty of spare uniform items available at the second-hand uniform shop.

*Mary Thorpe & Miriam Hosking
Green Team Coordinators*

PHYSICAL EDUCATION

3-6 Camp Hill Athletics Day

Where: Flora Hill Athletics Track

When: Thursday 25th May 2023

Who: All students in Grades 3-6

Students have been working hard in their weekly Physical Education classes to develop confidence/understanding and refine their running, jumping and throwing technique for their up-coming school Athletics Day. We encourage students to wear appropriate footwear and comfortable sporting school uniform as students will have the opportunity to participate in both track and field events. Students are also asked to bring enough food/drink for the day and warm/dry clothes for colder weather.

Students who demonstrate excellence in their age-group for any one event may be invited to attend the Deborah Athletics Carnival in order to qualify for the Regional Athletics Championships.

Parent Helpers Needed

Each class requires the assistance of an additional adult to supervise student ratios when traveling to and from the Athletics track on their bus. If you have your WWC and are able to assist that would be fantastic! Buses leave Camp Hill at 9:05am and depart the track at 2:30pm.

Families are welcome to attend and cheer on our students when participating in their events. Help is always needed at each event to help our day run smoothly. If you are interested in assisting in any way, please let your classroom teacher know. Otherwise, we look forward to hearing your encouragement on the day!

Permission will soon be available on Sentral, please give permission for your child to attend.

Division Cross Country

Congratulations to **Arie R** in 3/4A who finished in the top 12 of Blue Group at the Goldfields and Sandhurst Division Cross Country. Arie will be invited to compete at St Arnaud on Tuesday 6th June 2023. We wish Arie all the best at the next event when representing Camp Hill Primary School.

Well done to all runners who participate at their very best, we saw lots of personal achievements throughout the day with some strong running results in each colour and age-group.

Thank you!

Junior Learning in PE

This term in Physical Education, students in Foundation to Grade 2 have been increasing their understanding of Fundamental Motor Skills through fun and engaging activities in small groups and together as a whole class. So far, we have focused on; **run, dodge and catch!**

This week everyone thoroughly enjoyed learning **two-hand strike**. Some students participated in their first ever modified game of T-ball. Students explored practising being safe with and without equipment to develop safety and introduce new rules in games.

Alicia Smalley

Physical Education

FRESH FRUIT FRIDAY

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



mckern steel
foundation

PERFORMING ARTS

What's new this week?

Foundation

The Foundation students are learning to play and understand the beat. The students learnt the new circle dance 'Bow to your partner' and the partner rhyme 'Wash the dishes'.

Grade 1-2

Students learnt the rhyme 'Six cheese sandwiches'. They created actions for this rhyme and explored mime using these actions. Some classes were able to use the rhythm of the rhyme to play on percussion and this work will continue next week. The students are practicing identifying the pitch of the song using solfa hand signs.

Grade 3-4

Students had a lesson about Aboriginal Song lines. The students learnt to play the song 'Inanay' on the ukulele.

Grade 5-6

Grade 5 and 6 students have started to explore how music and drama can be used to recall and record history. They are rehearsing the convict sea shanty "Botany Bay". The students used drama to depict the lives of the convicts who were transported to Australia.

Short Circus.

Reminder: BRING BACK THE CIRCUS EQUIPMENT EVERY FRIDAY!

Who: Short Circus

What: Short Circus Education Week performance

Where: Camp Hill Turf

When: 1pm

What to bring: Costume and circus equipment

*We have spare costume items to loan for circus students who are unable to provide a costume. There are not enough costumes for every student to loan one. If you are able to and prefer to, please create your own costume. Costume loans will be next week.

Circus/Clown Costume Ideas

Short Circus members need to have their own unique circus/clown costume for Short Circus performances. The costume must be kept at school in a plastic bag, to be stored in a class bag. It can be taken home to wash as required.

Everyone's costume will be different. Costumes should not be new or expensive. Costume items may be collected from student's own wardrobe, from dress ups, hand me downs and Op shops. Here are some tips to help design your own circus costume.

You must feel comfortable and consider your movement and performance needs. e.g., gymnastics, unicycle. (Stilt pants are provided).

You want to make your costume as colourful as possible as this will make it more fun. If tops have writing on them, turn inside out.

Find fun accessories, such as brightly coloured, polka dots and stripy or patterned socks, shoes, ties, bows, vests and belts.

Add a wig or hat. Just add something to it to make it eye-catching.

Wear oversized clothes. Bigger clown costumes are generally seen as jollier. Slacks and shirts can be held up with suspenders or belts and cut off at the knees or elbows and at odd lengths.

In Short Circus we wear face makeup, and this is provided at school. Clown makeup is a part of the costume unless you have allergies.

Good luck, have fun and enjoy dressing up!

Mary Thorpe

Performing Arts

STUDENTS OF THE WEEK

RESPECT

Natasha I: For consistently showing active listening skills in the classroom and always using her manners. You are a great role model Tash, keep it up!

Grace M: For showing wonderful leadership skills and following the school values both in and out of the classroom. Keep up the great work!

Sari G: For always being ready to learn and demonstrating respectful listening in Physical Education.

CONFIDENCE

Otis W -W: For showing good listening skills, joining in class discussions, and staying focused to complete his work.

Alexis L: For showing good listening skills, joining in class discussions, and staying focused to complete her work.

George C: For showing a positive attitude towards school in the past few weeks. Keep up the good work George!

Nihal D: Has made some really great contributions to our class discussions in GROW this week. Well done, Nihal.

Mia M: Has shown real confidence in naming letters and their sounds this week. Go Mia!

CARING

Diya K: For being such a kind, caring and positive member of 3-4 D. Well done Diya!

FOR YOUR INFORMATION

GIVING POWER

Support a low income family install solar on their home, by contributing to the Bendigo Sustainability Group's GIVING POWER crowd-funding campaign

By giving to this campaign, we can work towards a more sustainable & just future for all & at the same time, support low income families, with rising energy costs.

PAY IT FORWARD TODAY & Spread the word: www.chuffed.org/project/giving-power

Find out more: www.bsg.org.au/giving-power or get in touch: giving-power@bsg.org.au or 03 5443 5244

KANGAROO FLAT FAMILY FUN DAY

Free Community Event. Sunday 21st May at the Kangaroo Flat Primary School yard, 60 Olympic Parade, Kangaroo Flat. 12pm – 3pm

BBQ & soup available – all \$2 each.

LUNCH ORDER

SUSHI LUNCH ORDER FOR FRIDAY 19th MAY 2023

ORDER VIA OUR QKR APP!!!!

by 9.00am Thursday 18th May, 2023.

No late orders accepted.

Sushi \$4.00 – 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.....