

# Newsletter No 5, 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 2<sup>nd</sup> March 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](mailto:camp.hill.ps@education.vic.gov.au)

Web Address: [www.camphillps.vic.edu.au](http://www.camphillps.vic.edu.au)

## Calendar 2023

<b>Monday</b>	27 <sup>th</sup> February – 27 <sup>th</sup> March	JETS Gym – Grades 1-6
<b>Monday</b>	<b>13<sup>th</sup> March</b>	<b>PUBLIC HOLIDAY – LABOUR DAY</b>
<b>Wednesday</b>	15 <sup>th</sup> March	Photo Day – Whole School
<b>Friday</b>	17 <sup>th</sup> March	Breakfast Club from 8:10am – 8:30am Assembly 3pm – ALL Welcome
<b>Tuesday</b>	21 <sup>st</sup> March	School Council AGM & General Meeting 5:30pm
<b>Friday</b>	24 <sup>th</sup> March	Breakfast Club from 8:10am – 8:30am Assembly 3pm – ALL Welcome
<b>Tuesday</b>	5 <sup>th</sup> April	Tennis Clinic – Grades 3/4
<b>Thursday</b>	6 <sup>th</sup> April	LAST DAY TERM 1 – Early Dismissal 2:30pm Bulb Fundraiser – Online orders CLOSE
<b>Friday</b>	<b>7<sup>th</sup> April</b>	<b>PUBLIC HOLIDAY - Good Friday</b>
<b>Monday</b>	24 <sup>th</sup> April	Term 2 Commences

## PRINCIPAL'S REPORT

### School Captains

Last week the School Captains for 2023 were introduced to the rest of the school at assembly. They did a terrific job of running the assembly given it was their first official responsibility. In coming weeks, the School Captains will represent the school community at the ANZAC commemoration ceremony in Melbourne and will lead school ANZAC service. The School Captains will be presented with their badges at this week's assembly.

### Fathering Tips

Your child's self-image or self-identity refers to their mental image of themselves, of who they are as individuals, socially and more globally.

A sense of image or identity can be shaped by personal experiences, interaction with you and others, the local environment, and their own unique personality.

Self-image has a lot to do with self-esteem because how your child *sees themselves* is a big contributing factor to how they *feel about themselves*.

Whether your child is young, or heading into their tween or teen years, making a conscious effort to be aware of how you engage with your child and the impact on their self-esteem and self-image is important.

### Top Tips

**1. Accept your child for who they are.** Regardless of how different your child may be compared to you, it's crucial to let them know you love and value them as they are.

**2. Pay attention to and listen to your child.** This tells children they are important and valued and that it is safe to express feelings and opinions.

**3. Give them genuine compliments.** Show them that you notice more than their appearance or their performance. Focus on a range of qualities – their positive choices, creativity, or their ability to act as a good friend.

## Dad joke of the week

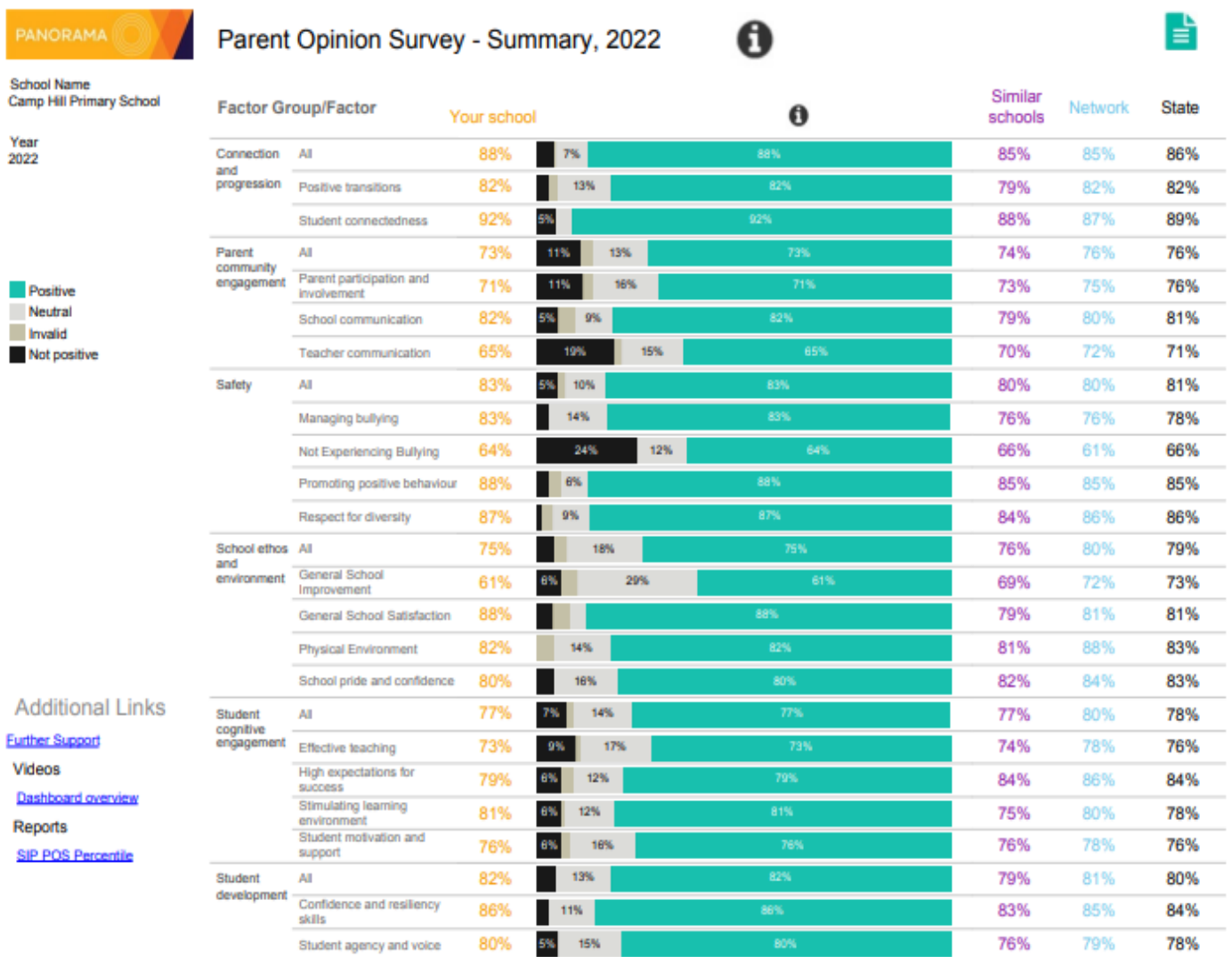
I told my son I saw a deer on the way to work this morning. He asked, "How do you know it was on its way to work..?"

### Budding Young Artists

It's not normally the case that I share art work, but Raf and Archie did such a great job and were so proud of their achievement when they came to show me, I thought I would share it with our community. Great work boys.

### Parent Opinion Survey 2022

Each year parents are invited to participate in the Parent Opinion Survey which provides valuable feedback to the school in the key areas of connection and progression, parent community engagement, safety, school ethos and environment, student cognitive engagement and student development. There were 52 respondents to the survey which represents 25% of our families. The table identifies our school's data on the right of the graph and then on the left how we compare to similar schools and the state. As you will see in most instances the school is very similar to the state and similar schools, of note are the factors of: 'student connectedness', 'managing bullying' and 'general school satisfaction', all of which are above the state and similar schools.



#### Additional Links

[Further Support](#)  
[Videos](#)  
[Dashboard overview](#)  
[Reports](#)  
[SIP POS Percentile](#)

*Chris Barker*  
*Principal*

## ASSISTANT PRINCIPAL

Be an Attendance HERO...

HERE EVERYDAY READY FOR LEARNING ON TIME Student absence data for TERM 1

### Early Bird Awards

Congratulations to **Foundation A, 1/2C, 3/4B & 6B.**

You were the grades with no late arrivals this week.

Early Bird champions – well done and it's great to see the senior grades leading the way.

This is a fantastic effort 😊

No early bird classes this week 😞

Hopefully next week there will be certificates to present.

Se those alarms early so you can be at school on time.



### 100% attendance for Week 6

This week there were **238** students who had 100% attendance this week – another great effort!

Well done to **Mitch** from **3/4D** 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>	126 days
<b>Current school absence rate Term 4</b>	0.46 days per student
<b>School absence rate target for 2023</b>	10.00 days per student (2.5 days per term)
<b>Number of times students arriving late to school this week</b>	19

### 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.

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.

### The Child Safe Standards \*New updates July 2022

The eleven 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.

More information about each of the standards will appear in the newsletter over the coming weeks.

### Victoria's Child Safe Standards

- **Child Safe Standard 1** – Establish a culturally safe environment in which the diverse and unique identities and experiences of Aboriginal children and young people are respected and valued.
- **Child Safe Standard 2** – Ensure that child safety and wellbeing are embedded in school leadership, governance and culture.
- **Child Safe Standard 3** – Children and young people are empowered about their rights, participate in decisions affecting them and are taken seriously.
- **Child Safe Standard 4** – Families and communities are informed and involved in promoting child safety and wellbeing.
- **Child Safe Standard 5** – Equity is upheld and diverse needs are respected in policy and practice.
- **Child Safe Standard 6** – People working with children and young people are suitable and supported to reflect child safety and wellbeing values in practice.
- **Child Safe Standard 7** – Ensure that processes for complaints and concerns are child focused.
- **Child Safe Standard 8** – Staff and volunteers are equipped with the knowledge, skills and awareness to keep children and young people safe through ongoing education and training.
- **Child Safe Standard 9** – Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed.
- **Child Safe Standard 10** – Implementation of the Child Safe Standards is regularly reviewed and improved.
- **Child Safe Standard 11** – Policies and procedures that document how schools are safe for children, young people and students.
- Ministerial Order 1359 provides the framework for child safety in schools.





## 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 are available until Thursday 6<sup>th</sup> April, 2023.

Online orders to: [www.bulbfundraiser.com.au/CAMPHPS](http://www.bulbfundraiser.com.au/CAMPHPS)

**We have currently raised \$144.80**



### Easter Raffle



The annual Easter Hamper Raffle is here again. In order to fill several hampers, we are seeking donations from all Camp Hill families. For example: good quality chocolate (Easter eggs or rabbits), as well as Easter novelties such as soft toys, baskets, Easter cards, stickers etc.

Please send your donation to school as soon as it is convenient, so the hampers can be put together.

Easter Raffle tickets will be sent home in the coming days to each family. Additional books are available from the office. Money can be paid on QKR or in cash to the office. ALL sold tickets must be returned. Thank you for your supporting this fundraiser.



*Parents and Friends Group*

## PARENTS AND FRIENDS

### Parent Rep

Have you been wondering how you can be involved in 2023?

Parent Rep positions for all classrooms are now being filled, does this sound like you?

As the parent rep of a classroom, you can assist with promoting school activities, coordinate parent helpers for Friday lunches & school events, arrange informal class gatherings, help build positive community spirit across our school.

The role of the parent rep is to generate a strong, positive community spirit amongst parents, carers, teachers, and children at our school. Each class will have a parent rep or can be shared with another parent which is an informal position and not meant to be an arduous task.

You will be supported by Kerry Noonan, P&F parent rep coordinator and other classroom reps.

If you are interested, please complete a P&F membership form, forms available on Sentral or at the office. Kerry will be in contact or for more information talk to the office staff.

You can also simply become a member only of P&F, we would love to see it grow in 2023.

Complete the membership form and a P&F committee member will make contact with you, this may include attending fun community events and participating in a fundraiser or two during the year, no committee meetings or time required before or after activities. Speak to the office staff or P&F committee.

Like our Facebook page: <https://www.facebook.com/groups/160265887363739/>

*Parents & Friends Group*

## BOSHC

Children at BOSHC have been really enjoying listening to music and choosing their own style. Lego has also been very popular with children building a variety of structures to play with including cars, planes and spaceships.

Bookings and cancelations can be made by phoning 0409 549 493 or via email at [oshc@camphillps.vic.edu.au](mailto:oshc@camphillps.vic.edu.au)

*Simon & the BOSHC Team*

## OSHC

### Legends Of the Week

Congratulations to Grace T and Mohammed who are our Legends of The Week. Grace has been supportive and interacting with our younger children, while Mohammed has settled well into a new school and is now getting himself involved in group activities and making friends. Congratulations to you both.

### Bookings

Our numbers in OSHC are increasing with some days to full capacity, so it is vitally important that if your child isn't at school or is being picked up at the bell that you let us know as there may be families on our waiting list. Bookings and cancelations can be made by phoning 0409 549 493 or via email at [oshc@camphillps.vic.edu.au](mailto:oshc@camphillps.vic.edu.au)

### Accounts

The due date for this current fortnight is on Friday 10<sup>th</sup> March. In order to keep using the service we need families to continue making fortnightly payments and keep a zero balance.

### New Staff Member

This week the children have met our new staff member, Ellie. Ellie will be working a few days a week on our busy days, and she is happy to join Jamie, Simon, Erin and Nathan.

*Jamie, Simon & the OSHC Team*

## JUNIOR SCHOOL COUNCIL

### Junior School Council 2023

Congratulations to the 36 students who were voted Junior School Council members this semester. The members will receive their badges at assembly on Friday.

Grade	Semester One	Semester Two
1/2A	Winifred G Archie N	Lexon D Zoya M
1/2B	Luke B Arya W	Chace C Tilly T
1/2C	Koby M Nellie R	Elijah B Fleur R
3/4A	Arie R Sam S	Dylan R Emily E
3/4B	Amy C Jasper D	Greta S Jess B
3/4C	Liam S	Eddie T

	Mianna Silitonga	Alexis Lane
3/4D	Charlotte M Oliver O	Oliver P
5A	Spencer P Maya M	Emily D Dash A
5B	Maeve B Edie T	Jai D Neena S
6A	Ben M Ben S	Christina N Cynthia X
6B	Maggie U Jackson M	Maggie U Jackson M

## MUSIC LESSONS

### Interested in your child taking piano or guitar lessons?

#### Piano

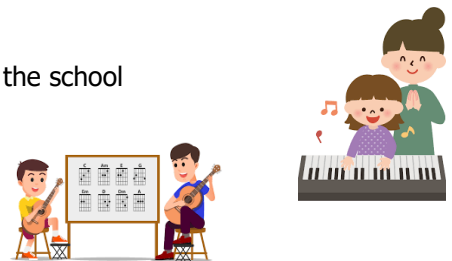
Contact Kathleen Gee for piano lessons on 5432 2266 who will be working at the school on Tuesdays & Wednesdays.

#### Guitar

Mr Shannon Millard will be teaching guitar lessons on Thursdays and can be contacted

via email for more details. [Shannon.millard@mhs.vic.edu.au](mailto:Shannon.millard@mhs.vic.edu.au)

or ph: 0437 252 136



## BREAKFAST CLUB



## FOUNDATION LEARNING TEAM

#### Literacy

This week we have explored the letter Pp. We had a visit from the Peer Mediators, Polly and celebrated the end of our first full week with some popcorn.

#### Organisation

Red library bag comes to school Tuesday.

Blue reader bag comes to school every day.

**We had great fun at our teddy bear's picnic last week.**

*Foundation Learning Team*

## 1/2 LEARNING TEAM

#### Jets gym

We had our first Jets gym session on Tuesday. The 1/2 students had a wonderful time learning some new skills and playing on some new equipment.

#### Writing

We have been learning about the routines of the writers' workshop model in class. Students are very proud to have completed some of their first published pieces about their best holiday ever.

*1/2 Learning Team*



## 3/4 LEARNING TEAM

### Excursion Early Notice

Next term our inquiry will focus on History (Australian). We are excited to announce we will be visiting Sovereign Hill in Ballarat on Friday 12<sup>th</sup> May. Cost will be approximately \$56 per child. More details to come.

### Jet's Gym

Parent helpers are still required for this activity. If you have a Working with Children Check, please contact your teacher asap.

### Goals

This year Reading, Writing and Mathematics goals will be placed into a google document in your child's Google Classroom. Teachers have forwarded your child's Google Classroom login details via Class Dojo (look in the portfolio section). You can access these goals at any time, and we will send reminders home when new goals are set. Maths goals will be sent home next Friday.

*3/4 Learning Team*

## 5/6 LEARNING TEAM

### Peer Mediators

We had about 30 Grade 5 & 6 students complete the peer mediation training last week. As of Monday, this week the peer mediators have been in the yard at lunch time helping the younger students with their problems in the yard. Congratulations to our peer mediators for 2023.

### Jets Gym

The Grade 6 classes began Jets Gym on Monday. Thank you to our parent helper, Pinar Teker – we appreciate you coming along!

Grade 5's had their first session today (Thursday). Grade 5's are still seeking parent helpers – please let these teachers know if you can help.

*5/6 Learning Team*

## VISUAL ARTS

### Middle Department Art

#### THE SCREAM BY EDVARD MUNCH

Grade 3/4 students are continuing their study expressionism in Art and how artists convey emotions to the viewer through use of colour, movement and at times scary images like 'The Scream' by Edvard Munch. Students used a photographed image of themselves to create an artwork which interpreted some of the elements of this famous artwork. Here are some scary artworks by Piper, Emily, Liam, Charlotte, Sam and Sulaymaan in Grade 3/4 A:

*Sandy McLennan*

*Visual Arts*

## HEALTHY EATING

### Eat Seasonally

The end of Summer and early Autumn is a great time to eat seasonally and locally in Central Victoria. Stone fruits, pears, apples, berries, watermelon, rockmelon, tomatoes, zucchini, beans, sugar snap peas beetroot, cucumbers and lots more are available at the Farmers Markets and fruit stores. Lots of people are growing wonderful produce in their gardens at home as well. If you shop at Farmers Markets and grocers you support local growers and avoid all the excess packaging that supermarkets use. We don't need to buy fruit or vegetables wrapped in plastic.

The Bendigo Farmers Market has a small market each week at the Good Loaf from 2-4.30 and on the second Saturday of each month from 9-1. The Saturday Market is at the Bendigo Pony Club. Breen St and Bell Vue Rd Golden Square. The Castlemaine Farmers Market is on the first Sunday of the month at The Western reserve Forest Street from 9 till 1.00 p.m, so this coming Sunday 5<sup>th</sup> March.

*LOTS OF YUMMY FRUIT AND VEGETABLES FOR KID'S LUNCHBOXES.*



*Sandy McLennan*  
*Healthy Eating*  
*Coordinator*



## PHYSICAL EDUCATION

### Cross Country

With the 3-6 Division Cross Country fast approaching early Term 2, Wednesday 3<sup>rd</sup> May, there is no better time to start building up your running fitness outside of school. Students in Grades 3-6 have started jogging for 2-3 minutes with a ball as part of our warmup each week. Building on this, students will increase their individual running fitness to give them more confidence in participating in running activities in the lead up to our school cross country late this term.

### Tennis Clinics

Our lucky students in Grades 3/4 began their 4 week '**Classroom to Court**' tennis clinics with Steve Storer. The Tuesday groups kicked off their classes with activities that focused on obtaining greater racquet control. Students were introduced to the fundamental 'One Hand Strike' to hit their ball using the correct transfer of weight. As students continue to develop their hand-eye coordination, their partner will be able to return the ball in simple volley games over their net.

*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:



**FRESH FRUIT FRIDAY**

Benefiting the health and wellbeing of our Bendigo school children

**FREE CHILD TICKET**  
CODE:  
BRAVES-INSCHOOL1

Proudly funded and supported by:

## STUDENTS OF THE WEEK

### RESPECT

**Pia A:** This week you have done an amazing job at modelling our classroom routines and expectations. Thank you, Pia!

**Mia M:** Well done Mia for getting so quick at packing up your table and sitting on the floor.

**Beatrice N:** For always being helpful and respectful to all her teachers. We appreciate you Beatrice.

### CONFIDENCE

**Lucia C:** For showing confidence when trying new activities at Jets gym. Keep up the great work Lucia!

**Sarvin P:** For showing confidence at his first ever Jets Gym session. Well done, Sarvin!

**Alex N:** For confidently participating in all learning activities this week. Well done, Alex!

**Lorelei P:** Well done Lorelei for showing confidence when you put your hand up to share with the class.

**Elaina P:** For entering our classroom each morning with growing confidence to complete her morning reading tasks. Great job Elaina!

**Aliyah P:** For showing confidence during writing and working hard every single day. Well done Aliyah!

**Jacko R:** For showing confidence during writing by listening for the beginning sounds in words. Well done Jacko, keep up the great work!

**Teddy A:** For demonstrating great confidence in all literacy tasks this week. I love how you're looking for the initial sound in both reading and writing. Awesome stuff!

**Arlo M:** For using positive self-talk and showing confidence when learning new skills during Jets Gym. Well done, Arlo!

**Isla R:** For having confidence in Physical Education to catch challenging passes in our whole class game. Well done!

### CARING

**Mahima S:** For always being a caring, thoughtful and helpful member of our class. Thank you!

### TRUST

**Ava S:** For consistently demonstrating your independence and ability to stay on top of classroom tasks and routines.

## FOR YOUR INFORMATION

### BENDIGO & DISTRICT TABLE TENNIS ASSOCIATION

Come and try on Saturday 25<sup>th</sup> Feb 9:30am – 12pm and Saturday 4<sup>th</sup> March 9:30am – 12pm

At Table Tennis Stadium, 140 Victoria St, Eaglehawk. For ALL ages. Bats & balls supplied, please wear non-marking rubber shoes.

Enquiries: Gary Fitzgerald 0425 792 933. [www.bendigotabletennis.org.au](http://www.bendigotabletennis.org.au)

### WHITE HILLS JUNIOR FOOTBALL CLUB

Wanted any girls interested in playing U12, U14 & U16 girls footballers.

If you're interested, please contact Phil Murley 0409462900 or email [whjfcclub@gmail.com](mailto:whjfcclub@gmail.com)

### THE BENDIGO FORD FUN RUN

**Event:** The Bendigo Ford Fun Run

**Date:** THIS Sunday 5 March 2023

**Events:** 1km Kids Dash, 5km Run / Walk, 10km Fun Run, 21.1km Half Marathon

**Location:** Rosalind Park, Bendigo

**Website:** <http://www.bendigofordfunrun.com.au>

**The Cause:** Proceeds raised will support a great local cause: a new children's outdoor rehabilitation playspace at Bendigo Health through the Bendigo Health Foundation.

### EPSOM FOOTBALL (SOCCER) CLUB

Sign up for the 2023 season. Registration for all ages, any kids from 4yrs (turning 5 in 2023) and above.

[www.epsomfc.com.au](http://www.epsomfc.com.au)

For further info contact [juniors@epsomfc.com.au](mailto:juniors@epsomfc.com.au)

## LUNCH ORDER

### SUSHI LUNCH ORDER FOR FRIDAY 10<sup>th</sup> March 2023

ORDER VIA OUR QKR APP by 9.00am Thursday 9<sup>th</sup> March, 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.....