ewsletter Xo 20, 2023



Thursday 13th July 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.

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: <u>camp.hill.ps@educatiion.vic.gov.au</u> Web Address: <u>www.camphillps.vic.edu.au</u>

Calendar 2023					
Thursday	13 th July	Parent/Teachers Interviews - online bookings close 4pm			
Monday - Thursday	17 th – 20 th July	Parent/Teachers Interviews			
Tuesday	18 th July	School Council Meeting 5:30pm			
Wednesday	19 th July	Interschool Netball Tournament – selected Grade 5/6 students			
Tuesday	1 st August	District Athletics – Helpers Needed. P & F Group Meeting, 6pm at the Rifle Hotel, Bendigo			
Tuesday	15 th August	School Council Meeting 5:30pm			
Friday	18 th August	Jets Gym for 4 weeks – Foundation students.			
Wednesday	23 rd August	2024 Foundation Information Evening 4pm – 5pm			
Thursday	24 th August	Book Week Parade 9.15-9.45am on the senior turf			
Thursday - Friday	31 st August – 1 st September	Grade 2 Camp – Discovery Centre			
Tuesday	5 th September	P & F Group Meeting, 6pm at the Rifle Hotel, Bendigo			
Monday – Wednesday	11 th – 13 th September	Grade 5/6 Camp – Halls Gap			
Friday	15 th September	Last day of Term 3. Early Dismissal 2:30pm			
Monday	2 nd October	1st day of Term 4			
Tuesday	3 rd October	P & F Group Meeting, 6pm at the Rifle Hotel, Bendigo			
Wednesday	25 th October	2024 Classroom Familiarisation play session			
Thursday	26 th October	School Concert - Ulumbarra Theatre			
Tuesday	7 th November	P & F Group Meeting, 6pm at the Rifle Hotel, Bendigo			
Monday — Friday	6 th – 24 th November	2024 Foundation Transition Program – classroom visits			
Thursday	23 rd November	2024 Foundation Transition BBQ 11:30am – 1:30pm			
Tuesday	5 th December	P & F Group Meeting, 6pm at the Rifle Hotel, Bendigo			
Tuesday	12 th December	Statewide Orientation Day 9:30am – 12:30pm			
Wednesday	20 th December	Last day of Term 4. Early dismissal 2:30pm			

PRINCIPAL'S REPORT

Welcome Back

I hope everyone had a relaxing two weeks and are looking forward to Term 3. I would like to encourage parents to attend our school assembly each Friday, it is a terrific community event and provides the opportunity to celebrate our many student successes.

Parent-Teacher Interviews

Next week parents will have the opportunity to meet with staff to discuss their students' progress and to review their learning goals for the coming term. Please be mindful to attend on time and to adhere to the interview time allocated.

Upcoming changes to NAPLAN reporting

Ahead of NAPLAN results for students being released from Monday 17 July 2023, I'm writing to inform you of some changes to this year's reporting. These are changes being introduced nationally by the Australian Curriculum Assessment and Reporting Authority (ACARA).

NAPLAN will continue to measure student achievement in numeracy, reading, writing, spelling, and grammar and punctuation but the results will now be presented in 4 proficiency levels: These are:

- exceeding •
- strong
- developing
- needs additional support.

This change will give schools, parents and carers clearer information that details student achievement against new proficiency levels.

Students' NAPLAN reports will continue to show how they are tracking against their peers and provide an indication of their skill levels against national averages and where we would expect them to be in order to get the most out of schooling. This provides valuable information to teachers about how we can continue to support your child. Each set of NAPLAN results is an important milestone but it's also important that students know that one result does not define them – these results are about making sure every student gets the support they need so they can continue to get the best from their learning.

When we provide you with your results, you will also receive information about what the new proficiency levels mean. As ever, you're welcome to speak to me, or your child's teacher with any questions about these changes. **Sensory Garden**

Over the holiday break rectification works were undertaken on the sensory garden in front of the art room. The existing surface material was removed and replaced in the hope this will reduce the slip hazard on the basketball court and surrounding pathways.

Eight tips to help raise resilient kids.

Resilience is important for everyday life, and helps us to navigate challenges, deal with stressful situations and bounce back in difficult times. Living through a pandemic has certainly contributed to resilience in not only ourselves, but also our children.

Raising resilient children helps them to become problem solvers and face tough or challenging situations and work to find solutions.

The three important areas of resilience

Skills to cope

Having skills to solve problems, manage emotions as well as the ability to think through situations and decide on the best action.

• Support

Having support from at least one caring adult, friends or another good role model.

Self-esteem

Feeling good about yourself and your ability to take on challenges and try new things Eight tips to raise resilient kids.

- 1. Avoid dismissing your child's challenges. Be open and talk with them at a young age about issues you faced when you were growing up and how you overcame them, i.e. sibling rivalry, sharing, handling change.
- 2. **Talk about strategies** they could use in different situations that may be difficult or challenging, i.e. an argument with a friend, or coping with nerves of an upcoming sports carnival.
- 3. Support them to develop a positive sense of self.
- 4. Don't accommodate every need to make them comfortable. When we provide certainty and comfort in every situation, we get in the way of our children developing their own problem-solving skills.
- 5. Let your kids make mistakes. Letting them make mistakes can be tough as a parent, but it helps kids to learn how to fix their slip ups and make better decisions next time.
- 6. Help your child to learn to identify and begin to manage their emotions. Teach them that all emotions are ok. If they're angry, let them be angry, but help them to move forward from their anger and what the next steps are.
- 7. Support their growing need for independence. If they're younger, start with the basics like teaching them to care for their own belongings, having them make their bed or do small chores e.g. feeding the pets.
- 8. **Model resiliency.** Children learn by watching you, try to be calm and consistent where possible. If you make a mistake, admit to it, and explain how you will do better next time.

Dad joke of the week

My dog is a genius. I asked: "What's two minus two?" He said nothing...

Chris Barker Príncípal

ASSISTANT PRINCIPAL

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

Welcome back for Term 3. Early Bird Awards

Congratulations to Foundation A, 5B, 6A and 6B. You were the grades with no late arrivals this week.

Early Bird champions - well done! This is a fantastic effort 😳

Attendance R.O Here Everyday Readu 🗢 On time

100% attendance for Week 1

This week there were 209 students who had 100% attendance this week – well done!

Well done to Jarod D from 6A who is the Attendance Hero champion for this week. Who will it be next week?

Total number of student absence days Term 3	702 days
Current school absence rate Term 3	2.8 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	31

Trísh 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
- · 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.



Early Childhood American Andread American Communication

RIGHTS, RESILIENCE AND RESPECTFUL RELATIONSHIPS (RRRR) Topic 4: Stress management Children and young people experience a range of personal, social and work-related stressors in their everyday lives. Activities within this topic have an explicit focus on teaching positive approaches to stress management. This topic assists students to recognise their personal signs and symptoms of stress, and to develop strategies that will help them to deal with stress effectively. This will in turn help students cope with future challenges. The activities focus on the ways in which self-calming strategies can be used to manage stressful situations. Discussion points for at home with your child: What are some things that make you feel stressed? What are some strategies you can use to calm your body down when you are feeling stressed? Activities to practise with your child: Foundation-Grade 3 Melting tiger relaxation (read aloud to your child as they follow the instructions) Stand in your own space, not touching anyone. Your feet are stuck tight to the spot. You do not walk around. You are a big angry tiger with your claws out and your feet tight on the ground. Hold your muscles tight and still and strong. This tiger is angry. He wants to pounce and fight, but he can't move. As the tiger holds tight, the hot sun comes out. This tiger is made of butter. He starts to melt. His muscles feel soft. He slowly melts into a pool on the ground. He lies on the ground, still and quiet. His body is a soft pool of melted butter that is sinking into the ground. As he lies there a soft breeze comes to blow across his skin. It starts to wake him up. He is not a tiger anymore. He is just a sleepy person. Maybe he or she had a dream that they were an angry tiger. It is time to wake up the sleepy person. Wiggle your toes. Wiggle your fingers. Slowly, slowly sit up, and then stand up tall. Show how calm and peaceful you can be when your angry tiger has gone away. Show how you can walk silently and in slow motion around the room without touching anyone. Grades 4-6 Make a family fridge list of 10 favourite ways to calm down or relax when feeling stressed. Below are a list of examples: Go for a run Go to the park Read a funny story Write about it Ride a bike D Play sport Play a computer game Talk to some Play with friends Tidy your room Bounce on the trampoline Draw a picture Go for a swim and splash a lot Read a book Watch TV Help your parent Make something Ring your grandparent Play an imaginary game Play a favourite game Cuddle someone Have a drink of water you love Wash your face □ Lie on your bed Take some deep breaths Have a bath or shower □ Sing a song

DOGS CONNECT

Pat a pet

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

Eat something delicious



FROM THE OFFICE

New Carpet

Thank you to all of the families that made a contribution to the school Building Fund this year. During the holidays new carpet was installed in the main building.





A FREE BOOK GIVEAWAY is coming on Issue 5! Stay tuned for more details in term 3.



Sue Heíder Busíness Manager

BOSHC

Welcome back to Term 3 at BOSHC. We have been enjoying some music and doing some iron bead activities. For further information and bookings please contact Simon or Jamie on 0409 549 493. *Símon & the BOSHC Team*

OSHC

Welcome To Term 3

Welcome back to our OSHC families we hope that you all had a great school holiday's. Our theme of the week for week 1 is Cats. We look forward to new adventures with all your children this term.

Legends Of the Week

Congratulations to our Week 1 Legends of the Week award winners. Lainey has been making great choices and many friends. Lainey is always laughing and having fun at OSHC. Rhiley loves his sport and has been encouraging and supporting other children during outdoor games. Well done Lainey and Rhiley.

Accounts

Welcome back, and just a reminder the new accounts were emailed on Monday with this fortnight charges. The due date for this account is Friday 21^{st} July. Please make sure your accounts have a nil balance by this date. Thank you. *Jamíe, Símon & the OSHC Team*

BOOKWEEK 2023







Camp Hill PS Book Week parade

Thursday 24th August 9.15 – 9.45am



BREAKFAST CLUB



FOUNDATION LEARNING TEAM

Welcome Back

Wow, we felt like we had the best job in the world on Monday to welcome back so many excited Foundation students who were so eager to see their friends and talk about their holidays.

Gardening with Mr Butler

This semester we will participate in a weekly gardening session (each Friday) in the Sustainable Centre with Mr B & Brenton. We have no doubt the kids will love this session each week.

100 Days Of School

Our '100 Days of School' celebration will be held early this term (date TBC). 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!

Book Week

Students are invited to come as their favourite book character on Thursday 24th August to help celebrate book week.

Jet's Gym

As part of our Physical Education program, Foundation students will attend Jet's Gym on Friday morning for four weeks beginning on Friday 18th August. Permission forms will be generated shortly & will need to be completed via Sentral. Cost \$43 less any CSEF or cash credits payable on our QKR app. Statement accounts were sent home today with your child. We will require parent volunteers (with a current & linked WWCC) to accompany us each week. If you're available, please let us know.

Inquiry

This term we will be investigating a Science based inquiry, 'How Do Living Things Survive?

Foundation Learning Team

1/2 LEARNING TEAM

Grade 2 Camp

Our overnight Grade 2 camp has been booked for Thursday 31st August to Friday 1st September and will be held right here in Bendigo at the Discovery Centre. Payments are up on QKR now and the finer details of the camp will be released closer to the date.

Parent Teacher Interviews

A reminder that next Monday 17th July will be the Grade 1/2 parent teacher interview day. Bookings close at 4pm today. Please contact your classroom teacher ASAP if you are unable to book a time.

Book Week

We will be celebrating Book Week on Thursday 24th August. This will be our annual dress up day and parade with lots of prizes to be won. More details relating to the exact date will be released soon.

1/2 Learning Team

3/4 LEARNING TEAM

Mathematics

Grades 3 & 4 started a unit about multiplication. We are encouraging students to practise the times tables at home. If you would like to support your child's learning at home, some ideas are: you could quiz your child on the way to school, play card games and multiply every number card by 3 or 8. You could also learn the six times tables while looking at the football scores. The are also many free maths games to find on the internet.

Literacy

In Literacy, we have been reading and writing procedures. Some real-life learning ideas for home are cooking a recipe with your child, following instructions to build something together, or reading the instructions for a board game.

Inquiry

This term, we have begun our first lessons about our new inquiry unit called, 'How does the Sun, Moon and Earth affect living things?' Later in the term, the children will be learning about how plants grow and will be growing bean plants in glass jars. If you have any glass jars at home that you don't need and are happy to donate them, we would really appreciate it if you sent them in to school.

3/4 Learning Team

5/6 LEARNING TEAM

Soccer

In the last week of Term two CHPS sent two soccer teams to the Interschool soccer tournament. The boys team went on to win all of their games including the Grand Final against Epsom.

The girl's team had many members who had never played a game of soccer before and went on to have two draws. A huge thank you to Rob for coaching on the day.

The kids all had heaps of fun and it was a great day out. Well done to both teams!

Book Week

The school book parade is on Thursday 24^{th} August. The theme this year is 'Read, Grow, Inspire'. The parade will be from 9.15am on the turf.

Camp

Notes for camp were sent out this week. Please return these asap to your classroom teacher. Camp payments can now be made on our QKR app.

5/6 Learning Team

LOTE

Foundation Students

Our foundation students revised what they had learnt in Semester One and had a blast singing the catchy "Where Are My Friends?" song. They also enjoyed playing games that were related to the song and numbers, making their learning experience interactive and fun!

Grade One and Two Students

Our grade one and two students embarked on an exciting journey exploring the topic of drinks. They enthusiastically learned new vocabulary related to various beverages and showcased remarkable confidence while participating in translation games.

Grade Three and Four Students

They focused on reinforcing their understanding of numbers from one to 100. They further honed their mathematical skills by constructing Chinese numerals in random order, using the knowledge of place value. We were delighted to witness their confidence in counting and writing numbers in any given sequence. A special mention goes to Loki and Charlie P, who have displayed an amazing aptitude for working with Chinese numbers.

Grade Five and Six Students

The Grade Five and Six students started their journey of discovering China by assessing their prior knowledge. They then delved deeper into the topic with supplementary learning materials. The students learned about the four cardinal directions in China and explored the four famous cities located in these directions.

We are proud of our students' commitment to learning and their enthusiasm for exploring new concepts. We look forward to witnessing the continued growth and achievements of our students in the Semester Two. *Vímín Chen*

LOTE

GREEN TEAM

Are disposable coffee cups recyclable?

"Standard disposable coffee cups cannot be recycled through the standard paper recycling process because they have a plastic liner." Sustainability Victoria

At Camp Hill we re-use take away coffee cups to make Grow Cups. Please save, wash and send any take away coffee cups to the art room or pot some up for sale at our plant stall starting in the last two weeks of Term 3 and the first two weeks of Term 4.



Mary Thorpe & Miriam Hosking

Green Team Coordinator

Ms McLennan & Mr Butler.

PHYSICAL EDUCATION

District Athletics – Helpers Needed

Our District Athletics was post-poned due to wet weather and will now be held on **Tuesday 1st August** at the La Trobe Athletics Track in Flora Hill. If you are able to volunteer on the day to assist with bus travel, helping get students to their events or assisting Glenn Shannon at the long jump pit, please let the office know. Any help on the day is very much appreciated.

Division Netball – Helpers Needed

Upcoming division netball tournament on Wednesday 19th July, thank you to Carol McCormack who is volunteering to help on the day. Parents/carers/family are welcome to attend.

Semester Two

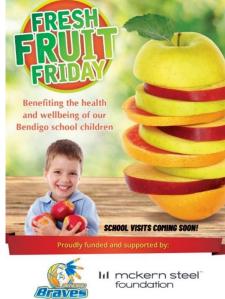
This week students have recapped on all the Fundamental Motor Skills (FMS) we learnt in Semester one! Students loved incorporating the FMS into a circuit (Preps 1-2) and Tabloid Sports (3-6) round robin. Our junior classes thoroughly enjoyed re-visiting each FMS through engaging activities with a partner. Classes could successfully discuss their favourite skill and how they increased their performance or made the activity more challenging. Students in Middle and Senior classes worked together to quickly create games with at least three simple rules and a basic scoring system. They could modify their game to make it more successful using excellent communication skills! Teams were awarded group points for collaborating effectively and using encouragement during the round robin. Groups were awarded bonus points if they could identify which FMS were used in their tabloid sport. We will continue to focus on using our body and mind to develop control over motor movement and skills. Whilst, gradually improving performance and progression with increasing difficulty.

Alícía 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:



PERFORMING ARTS

Performing Arts

What's new this week? All students celebrated NAIDOC week in Performing Arts this week, with the theme 'For our Elders'. Students explored the role of music and dance in Aboriginal or Torres Strait Islander culture.

Foundation. This week the students explored the way Aboriginal dancers represent the Kangaroo through their dance moves.

Grade 1-2. This week some students learnt the new song 'Inanay'. This song is from the Yorta Yorta people. Students did a great job trying to do the shaker leg dance. Students created a 4 beat rhythm accompaniment with their dance partner.

Grade 3-4. This week the students are continuing to learn about musical notation. They can identify the treble staff and the names of the notes on lines and spaces of the treble staff. The students learnt to play the new song "Bow to your partner".

Grade 5-6. Students are completing their unit of work about how Australia folk music can be used to recall and record History. The students learnt to play the song "From Little Things Big Things Grow" this week. This song is about the Wave Hill walk off and is a very important song to Aboriginal communities. We compared the original version of the song to the contemporary version by Electric Fields.

Short Circus

Huge thanks to parents for coming to support our performance on the last day of Term 2.

The Short Circus students should have been very proud of their performance. It was great to see so many students overcome their nerves and shine in front of the audience.

This week we are having a normal circus session and next week the circus starts with the Grade 1-2 workshops. The circus students are looking forward to teaching the Grade 1-2 students.

Mary Thorpe Performíng Arts

STUDENTS OF THE WEEK

RESPECT

Jasraj G: Takes great care in our classroom to make sure everything is in its correct place - thank you Jasraj for keeping us organised.

Braxton C: For making a positive start to term 3 and following classroom instructions.

TRUST

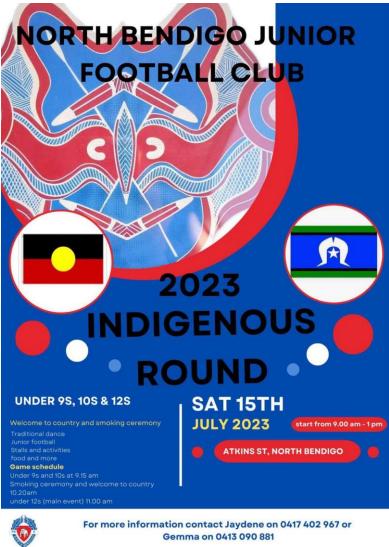
Oliver D: For showing excellent listening in Physical Education and helping others to succeed by being a kind classmate.

Eli J: For staying on task and following our 'Trust' classroom values. What a fantastic start to the term, Eli!

FOR YOUR INFORMATION

North Bendigo Football Club – Indigenous Round

The North Bendigo Junior football club is holding the indigenous football round this year to celebrate NAIDOC week in Bendigo this Saturday 15th July. The under 12's game is the main event as well as the traditional dance before the game. This event is going to be a great day for all to come along, there will be football games, smoking ceremony, traditional music and dance performance and BDAC will be hosting a BBQ and stall holders will be there. The North Bendigo club strongly encourages everyone to come along to this **Free** event.



BADMINTON VICTORIA

Bendigo Junior Classic 29th July at the Bendigo Eaglehawk Badminton Stadium, 140 Victoria Street, Eaglehawk. To enter: bit.ly/2023BendigoJunior Closing date: 23rd July Entry Fee: \$20 For more information contact Mitchell Graham, Junior Co-ordinator. 0467029494 **Junior Registration Night** Friday 14th July 6:45pm – 8:30pm and Wednesday 19th July 6:15pm – 8:30pm at the Bendigo Eaglehawk Badminton Stadium More information 0499 731 811. Email bendigobaddy17@qmail.com

LUNCH ORDER

CHICKEN SCHNITZEL LUNCH ORDER FOR FRIDAY 21st JULY 2023

ORDER VIA OUR QKR APP!!!!! by 9.00am Thursday 22nd July, 2023. **No late orders accepted.**

Chicken Schnitzel with lettuce and r			
Name	Grade	Schnitzel Roll	. Vegie Burger
Name	Grade	Schnitzel Roll	. Vegie Burger
Total enclosed \$	Signed		



Dear Parents,

Parent/Teacher interviews:

on Monday 17th July – Thursday 20th July 2023.

via phone or face to face.

More information regarding interview options will be available when you make your booking.

BOOKINGS OPEN: <u>Monday 19th June at 9am</u> and CLOSE: Thursday 13th July 4pm

Interviews are strictly **10 minutes** and spaces are limited. If you require more time please let your child's teacher know asap.

Go to <u>www.schoolinterviews.com.au</u> and enter the code: 5qjx7



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best and also if you prefer face to face at school, by phone or via WEBEX.



When you click FINISH your selected bookings will be emailed to you immediately. If you do not receive your email, please check your junk-mail, or enter the event code again and check your email address spelling. Update your details if the email address is incorrect. DO NOT DELETE the email you receive. Keep it somewhere safe. You may need to refer back to it at a later date.

REMEMBER TO ADD YOUR APPOINTMENTS TO YOUR CALENDAR - **reminders will not be sent home.** Bookings must be finalised by Thursday 14th July at 4pm If you need to view, cancel, change or print your bookings: Click on the link in the confirmation email you received after you made your bookings OR return to <u>www.schoolinterviews.com.au</u> and enter the code and the email address you used when making your bookings.