

# Newsletter No 21, 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 20<sup>th</sup> July 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.

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## Calendar 2023

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

## PRINCIPAL'S REPORT

### Teaching Children to Socialise

How we teach our children to socialise and relate to others greatly impacts their ability to form meaningful connections now, and in the future.

As social creatures, humans thrive on nurturing relationships and a sense of belonging. Therefore, it is crucial to actively engage with your children and provide them with opportunities to develop their social and relationship skills. By fostering their ability to connect with others, you empower your child to build fulfilling friendships that last, leading to greater general happiness and overall wellbeing.



### Top Tips

- 1. Practise social skills:** You can teach and practice social skills with your kids through play, games and family activities. Skills can include sharing, cooperating, negotiating, problem solving,
- 2. Encourage Inclusion and Empathy:** Teach your child the value of inclusion and empathy. Encourage them to reach out and include others who may be feeling left out or lonely.
- 3. Tune in:** Make time to have conversations about topics that interest them. Ask for their ideas and opinions and really listen to their input.

### Values Champions

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

Zoya Mansuri, Katy Taylor, Saatvik Premsarin, Morgan Reid.

### Shoulder Length Hair

At last weeks assembly I mentioned to students the need to have shoulder length hair tied up, this is in accordance with the school's uniform policy and is a preventative measure against the spread of nits and potential entanglement in the playground.

### Staff Carpark

This is a reminder the staff carpark should not be accessed by parents for the drop off and pick up of students, except in exceptional situations or by arrangement with the Principal.

## Dad joke of the week

**My friend recently quit his job to pursue a career in miming. I haven't heard from him since...**

*Chris Barker*  
*Principal*

## 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 1/2C, 5A, 5B and 6A.

You were the grades with no late arrivals this week.

Early Bird champions – well done!

Well done to the senior grades.

This is a fantastic effort 😊



### 100% attendance for Week 2

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

Well done to Grace T from 5A who is the Attendance Hero champion for this week.

Who will it be next week?

Total number of student absence days Term 3	785 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	33



*Trish Johnstone*  
*Assistant Principal*

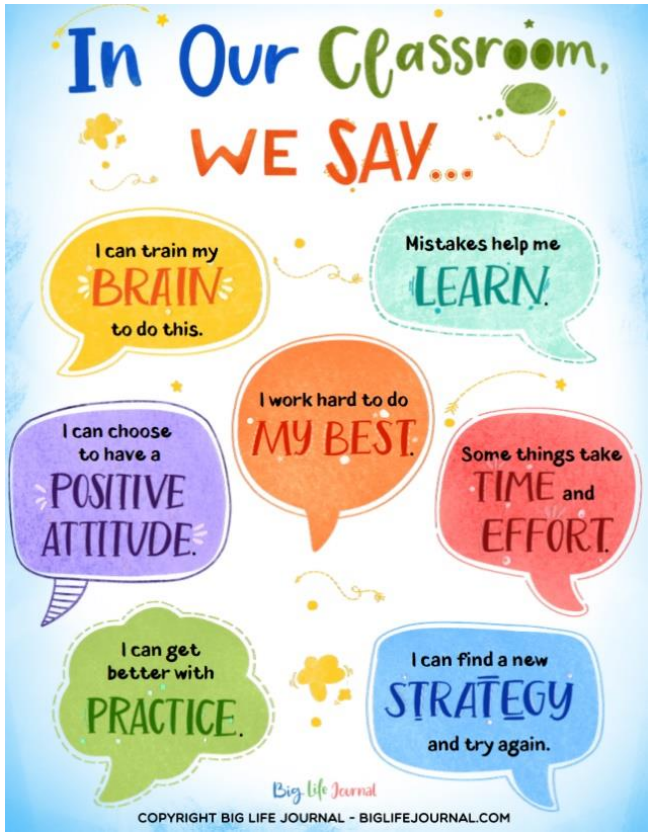


## FEELINGS CHECK-IN

I feel...

I need to...

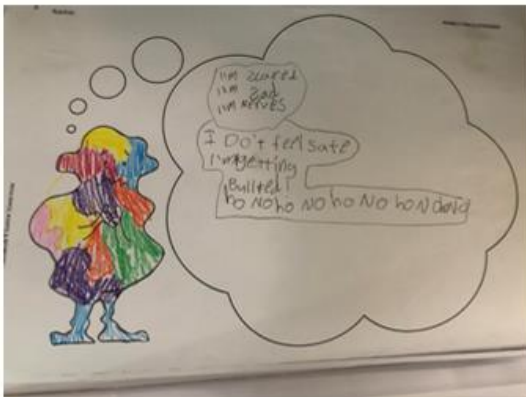
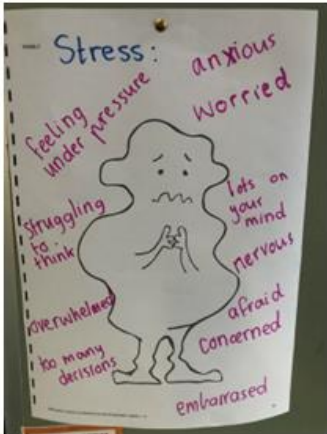
Overwhelmed	Take a step back
Stressed	Focus on relaxing
Anxious	Practice coping skills
Sad	Be loving to myself
Angry	Find a positive outlet
Drained	Rest and recharge
Broken	Self-compassion
Upset	Take time for myself
Alone	Reach out for support



RIGHTS, RESILIENCE AND RESPECTFUL RELATIONSHIPS (RRRR)	
<p>1. <b>Human Rights</b></p> <p>2. <b>Gender Equality</b></p> <p>3. <b>Labour Rights</b></p> <p>4. <b>Environmental Rights</b></p> <p>5. <b>Indigenous Rights</b></p> <p>6. <b>Disability Rights</b></p> <p>7. <b>Refugee and Migrant Rights</b></p> <p>8. <b>Children's Rights</b></p> <p>9. <b>Older Persons' Rights</b></p> <p>10. <b>Minority Rights</b></p>	<p>1. <b>Resilience</b></p> <p>2. <b>Adaptation</b></p> <p>3. <b>Transformation</b></p> <p>4. <b>Resilient Systems</b></p> <p>5. <b>Resilient Communities</b></p> <p>6. <b>Resilient Economies</b></p> <p>7. <b>Resilient Societies</b></p> <p>8. <b>Resilient Governance</b></p> <p>9. <b>Resilient Infrastructure</b></p> <p>10. <b>Resilient Services</b></p>



For the past two weeks, 1/2 students have been learning about stress management. Students have been introduced to the character 'Wibbly' who is teaching us the meaning of stress and that every person can find different things stressful.





## DOGS CONNECT

Polly has been having an extended holiday and will be returning to school next week. Make sure you look out for her around the school.

**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](http://www.furlifevet.com.au)



## FROM THE OFFICE

### QKR – Updating Student Details

Please go into your QKR app and make sure your child's **CLASS & YEAR** are correct – thank you 😊

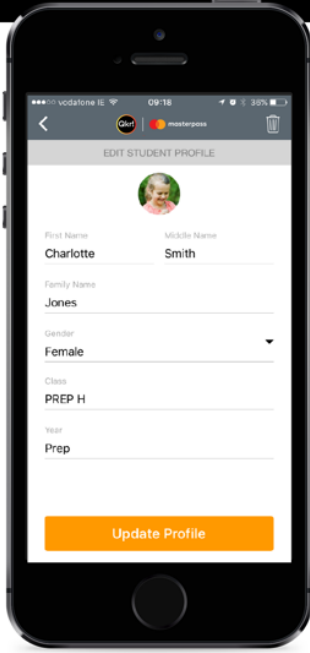
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TIP OF THE WEEK

### Q. How do I add or update a photo of my child on the Qkr! app?

A. If you wish to add a photo of your child or if you have previously added a photo of your child and now you want to replace it with a different photo:

1. Open Qkr! and select your school.
2. Tap 'Student Profiles' to display your child's/children's name/s.
3. Tap the child whose details you wish to edit, and tap on the camera icon.
4. You can either choose an existing photo from your device, or take a photo on your device.
5. When you have added the photo, scroll down and tap 'Update Profile'.



*Sue Heider*  
*Business Manager*

## BOSHC

This week at BOSHC we have been doing some learning through educational programs including number blocks and alpha blocks. We have also used the iron beads to create some amazing colourful creations.

If you would like to join the fun, you can contact Simon or Jamie on 0409549493

*Simon & the BOSHC Team*

## OSHC

### Legends Of the Week

The OSHC team would like to congratulate our Legend of The Week Award winners. Rhiley who has been making great choices and supporting others during outdoor activities. Isla B is always friendly and polite and is very inclusive, making others feel involved in group activities.

### Accounts

Just a reminder to families and carers that payment for the current fortnight is due this Friday, 21<sup>st</sup> July. Please make sure that your account has a zero balance before next Monday to continue your care bookings.

*Jamie, Simon & the OSHC Team*



## BOOKWEEK 2023



Camp Hill PS Book Week  
parade

Thursday 24<sup>th</sup> August  
9.15 – 9.45am



## JUNIOR SCHOOL COUNCIL

Congratulations to the Semester Two Junior School Council representatives.

Badges will be presented at tomorrow's assembly.

1/2A	Lexon D and Zoya M
1/2B	Chace C and Tilly T
1/2C	Elijah B and Fleur R
3/4A	Dylan R and Emily
3/4B	Greta S and Jess B
3/4C	Eddie T and Alexis L
3/4D	Eilish and Oliver P
5A	Emily D and Dash A
5B	Jai D and Neena S
6A	Christina N and Cynthia X
6B	Maggie U, Chloe E and Jackson M



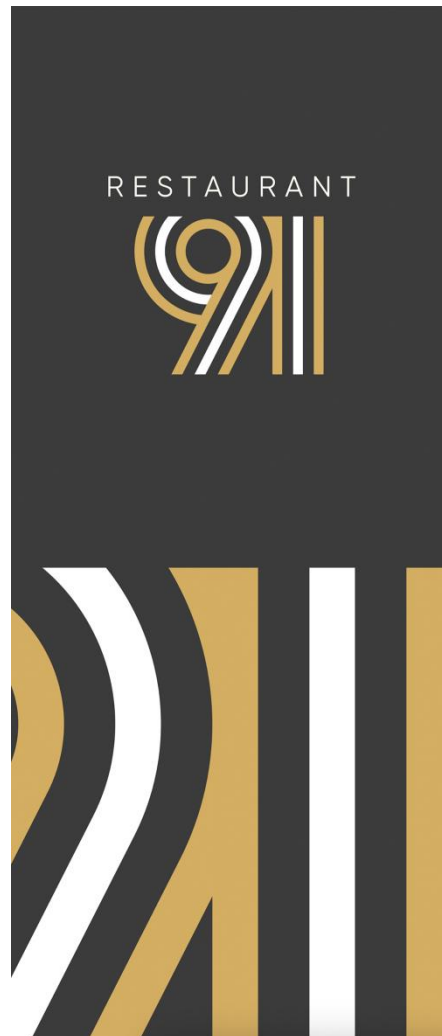
## PARENTS AND FRIENDS

### Bunnings Kangaroo Flat BBQ Fundraiser



The Parents & Friends group will be hosting the Bunnings Kangaroo Flat BBQ on Sunday 20<sup>th</sup> August. Please contact the office if you are able to assist on the day. Also, if you would like to make a donation towards the BBQ to purchase supplies, monetary donations can be made on our QKR app. Thank you for your support.

### Community Dinner



CHPS Parents & Friends  
Invite you to our school  
community dinner

Date: Wednesday 9<sup>th</sup>  
August

Time: From 5.30pm  
At: Red Energy Arena  
(Bendigo Basketball  
Stadium)

Fundraiser dinner, % of  
meals sold goes to the  
school

Booking via QKR  
limited seats

## BREAKFAST CLUB

### CHPS Breakfast Club ✨



Come and join the CHPS  
Breakfast Club

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

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

**Where:** In the BER





## FOUNDATION LEARNING TEAM

### **Gardening With Mr Butler**

Gardening was so much fun. We got to plant potatoes!

### **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 21<sup>st</sup> August to help celebrate Book Week.

### **Jets Gym**

As part of our Physical Education program, Foundation students will attend Jets Gym on Friday morning for four weeks beginning on Friday 18th August. Permission forms need to be completed via Sentral. If you're unsure how to log into your account, please see the office staff or call the school on 5443 3367. We will require parent volunteers (with a current & linked WWCC) to accompany us each week. If you're available, please let us know.

*Foundation Learning Team*

## 1/2 LEARNING TEAM

### **Grade 2 Camp**

A reminder that Grade 2 camp will be held on Thursday 31<sup>st</sup> August to Friday 1<sup>st</sup> September. Payments can be made now through the QKR app. More details regarding the itinerary and other documentation will be released over the coming weeks.

### **Maths**

We have been learning all about multiplication this week in Maths. Students have been given opportunities to problem solve and develop their knowledge using concrete materials and even some M&M's!

*1/2 Learning Team*

## 3/4 LEARNING TEAM

This week Grades 3 & 4 continued to learn about multiplication: arrays, timetables and real life, open-ended problems. Here's a fun game you could play at home:

### **Multiplication Card Game**

1. Remove the Jacks, Kings and Queens from a regular deck of cards.
2. Shuffle.
3. Place the cards face down in a pile.
4. Taking turns, each player turns over a card from the pile.
5. The first person to say the product of the 2 cards (called a "flip") receives both cards and puts them in a separate pile.
6. If both players say the answer at the same time, the cards are put in the middle of the table.
7. The next player to win the "flip" gets the cards in the middle of the table in addition to the cards just played.
8. The winner is the person with the most cards at the end of play.

### **Literacy**

In Literacy, all students were immersed in reading material about their inquiry unit. They read about what humans need to survive and different kinds of living things, such as mammals, birds and reptiles. They also continued to write procedures.

### **Rights, Responsibilities and Respectful Relationships**

Grade 3 /4 read scenario cards about problems they could encounter and worked together to find positive solutions to the scenarios.

*3/4 Learning Team*

## 5/6 LEARNING TEAM

### **Parent Teacher Interviews**

Thank you to the 5/6 families for booking in and attending parent teacher interviews on Wednesday 19<sup>th</sup> July.

### **Literacy update**

Students have been practicing their fluency this term and they have been doing this by taking part in a 'Readers Theatre' activity with a group. This requires students to rehearse their script and present it to the class. Students have been engaged and focused on improving their fluency.

Next week we will start Lit Club for Term 3. Students will each have a text they are reading, and they will participate in meaningful discussions about their text with their group, focusing on our current topic and their individual reading goals.

### **Medical Information form - Camp**

Please try and have your medical information form completed and returned to your classroom teacher this week, so we can be ready for Grade 5/6 camp in Week 10 of this Term. We are looking forward to it!

*5/6 Learning Team*



## VISUAL ARTS

The Middle Department students are very talented artists and I am so impressed with their art making skills this year. Look at these wonderful collages which were inspired by Margaret Preston and completed last term with Miss Pyers. This term we are looking at 'Living Things' in Art as an adjunct to their Inquiry Learning. This week we used WARM and COOL colours to complete these wonderful leaf pictures. Students used their observation skills to sketch leaves they found in the school garden and then completed the compositions using food dye and oil pastels.



*Sandy McLennan*  
Visual Arts

## HEALTHY EATING

**SWAP IT!** (article from *The Conversation, Australia*)

Nine out of ten packed lunches in Australian contain so-called "discretionary foods" such as cake, chips, muesli bars and fruit juice. These foods **are not necessary** for a healthy diet, and are often high in saturated fat, sugar and salt, and low in fibre. 40% of energy in an average lunchbox comes from these discretionary foods.

### **What children should be eating**

Healthy lunchboxes can play a big role in positively influencing students behaviour in the classroom, academic achievement, health and weight.

Children should have a variety of foods from the five core food groups: vegetables and legumes; fruit; grain foods (mostly wholegrain and those high in fibre); lean meats and poultry, fish, eggs, tofu, nuts and seeds; milk, yoghurt and cheese (or alternatives).

Depending on their age and sex, children should consume somewhere between 4,500-7,000 kilojoules per day. But it's also important where they get that energy from. It's recommended children limit their intake of saturated fat, salt and added sugar.

A healthy lunchbox doesn't need to be fancy, expensive or time consuming.

A healthy recess would mean, for instance, children eating one serving of fruit or vegetables, some yoghurt and a few rice crackers. At lunch, children could eat a simple sandwich, wrap or roll, or leftovers made from core food group ingredients such as veggie-loaded wholegrain pasta.



### How to replace junk foods with healthy ones:

For instance, you could swap

- Shapes for rice crackers. This will mean 159 less kJ, 77% less saturated fat and 39% less sodium
- chips for popcorn. This is 176 less kJ, 57% less saturated fat, 56% less sodium
- cake for pikelets means 464 less kJ and 63% less sugar.

*Sandy McLennan*

*Healthy Eating Coordinator*

## GREEN TEAM

### Plant Stall Coming For Spring

The Green Team are holding a plant stall in spring. We are potting up Grow Cups and we have a number of plants growing in the sustainable garden as well. If you are a keen gardener, we would love to have your plants to sell on our stall as well.

*Mary Thorpe & Miriam Hosking*

*Green Team Coordinator*



## PHYSICAL EDUCATION

### Division Netball

Congratulations to all students who proudly represented Camp Hill Primary at the Division Netball tournament held at Red Energy Stadium Maroon on Thursday 19<sup>th</sup> July. The girls' teams were very competitive throughout the day, having improved success as the day went on! Thank you to Ashley Morales for coaching the girls' team and the wonderful support from all the other parents who attended to encourage our girls' team.

The boys' team worked hard all day, helping each other understand the rules and their improvement due to teamwork was noticeable. They finished on top in their section and were awarded a certificate for being the Sandhurst netball championship winners! A very well-deserved effort boys both on the court and off the court. Thank you to Carol Pringle for managing the boys' team and Maggie Anstee for coming along to umpire.

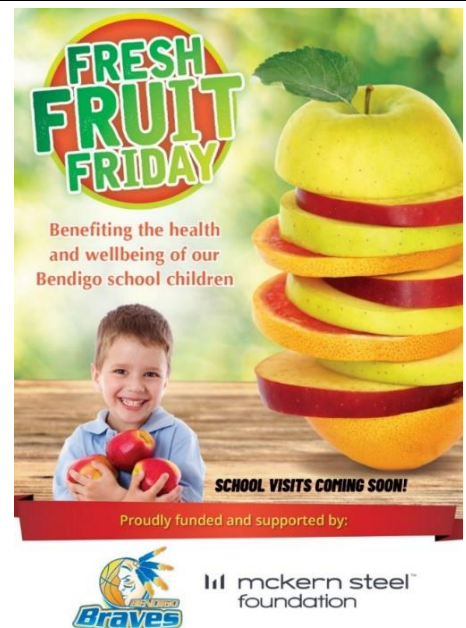
All players showed true sportsmanship. Well done Grade 5/6 representatives!

*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:**



## PERFORMING ARTS

### Performing Arts

#### What's new this week?

All students are starting to learn musical and dance pieces for the concert. The junior students are learning in a play based environment. We do not focus on the performance outcome at this stage. The Grade 6 students have started to develop a fantastic storyline. The theme of the concert is Australia. We look forward to sharing more information with you through the newsletter about all aspects of the concert.

#### Short Circus

Only stilts are doing circus tomorrow.

*Mary Thorpe*

*Performing Arts*



## STUDENTS OF THE WEEK

### RESPECT

**Aliyya B:** For consistently demonstrating respectful listening in class.

**Melody D:** For showing the school values both in and out of the classroom. Keep up the great work!

**Rupert M:** For showing the school values both in and out of the classroom. Keep up the great work!

### CONFIDENCE

**Margot R:** For demonstrating resilience during challenging maths tasks.

**Vaughn J:** For demonstrating resilience during challenging maths tasks.

**Ellie R:** For showing resilience and confidence when learning her multiplication tables.

**Jim S:** For showing improved confidence when participating in class discussions and playing outside with others.

**Grace S:** Grace has been such a busy little shopkeeper this week and has done a great job of buying and selling from her shop.

**Kiaan D:** For having a positive attitude and showing persistence.

**Pixie B:** For always challenging herself in maths & attempting problems to extend her knowledge & understandings of multiplication. Keep up the great work Pixie!

### CARING

**Blake J:** For always helping others and being a mature and caring member of our class.

**Victoria J:** For always being a caring, thoughtful and kind member of our class.

**Charlii W:** For being caring and kind to her classmates and other students.

## LUNCH ORDER

### SUSHI LUNCH ORDER FOR FRIDAY 28<sup>th</sup> JULY 2023

ORDER VIA OUR QKR APP!!!!

by 9.00am Thursday 27<sup>th</sup> July 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**.....