

Newsletter No 29, 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 14th September 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

Friday	15 th September	NO BREAKFAST CLUB 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	4 th & 11 th October	Grow Cup stall - 3:35pm (School entrance gate)
Thursday	5 th October	Athletics Carnival – Foundation to Grade 2. 9am – 11am
Monday - Friday	16 th – 20 th October	Swimming Program – Foundation to Grade 6
Thursday	19 th October	Art Textile Incursion – Grade 5
Wednesday	25 th October	2024 Classroom Familiarisation play session
Thursday	26 th October	School Concert - Ulumbarra Theatre
Tuesday	31 st October	Grade 6 Puberty Session 11:30am – 1pm (joint session)
Tuesday	7 th November	P & F Group Meeting, 6pm at the Rifle Hotel, Bendigo
Wednesday	8 th November	Grade 6 Puberty Session (9:30am – 11am and 11:30 – 1pm)
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 12:30pm

PRINCIPAL'S REPORT

End of Term Dismissal

Students will be dismissed from school on Friday at 2.30pm, please ensure arrangements have been made for pick up at this time.

Hats

As per the school's Sun Smart policy, students are required to wear a hat in Term 4, students attending without a hat will be asked to sit under the shade sail adjacent to the gym to protect them from the sun.

Grade 6 Camp

A big thank you to the team of parents; Steve Pitcher, Jamie Price, Kerry Noonan, Palo Righetti, Kellie Hardinge and the teaching staff who made the camp such a memorable event.

Values Champions

Congratulations to Charlie B who is this week's Values Champion. Charlie will be presented with his certificate at our next whole school assembly. Well done, Charlie.



Camp Hill Primary School - The Benefits of Kindness

Happy Children

Kindness is a natural antidepressant because it causes a release of serotonin in our brain. Serotonin plays an important part in learning, memory, mood, sleep, health and digestion. It heightens our sense of wellbeing, increases energy and gives a wonderful feeling of positivity and self-worth.

In a famous study undertaken by Dr Sonja Lyubomirsky, Professor, University of California, students were asked to commit five random acts of kindness a week for six weeks. They showed a 41.66% increase in happiness.

The Social Capital Community Benchmark Survey, overseen by Harvard University researchers found those who volunteered time or money to help others were 42 per cent more likely to describe themselves as happy.

Since depression, anxiety and stress involve a high degree of focus on the self, focussing on the needs of others literally helps shift our thinking. Having a positive effect on someone else can increase our self-esteem and give our life a greater sense of purpose.

Dr Sonja Lyubomirsky, Professor, University of California

Better Concentration

When children are happy and feel good about themselves, they have a positive outlook which allows them greater attention spans and enables more creative thinking.

Increased Self Esteem

Considering the abundance of proof that acts of kindness enhances feelings of joyfulness, boosts one's sense of physical and emotional well-being, increases one's sense of happiness, optimism and self-worth, decrease feelings of depression, and diminish the effect of diseases and disorders ...

one of the best things we can do is find opportunities to extend kindness, and teach children to do the same.

Underground Health Reporter

Fewer Disruptions

Kind, happy children get along better with others and are less likely to disrupt the class to gain attention.

More Time

When children are getting along, they're able to work together in a calm and sensible way which means you can spend more time teaching and less time on discipline.

Less Bullying

Kind children know that making others feel good also makes them happy. They want to be around those who treat them with respect and know what it means to be a good friend. Kind children are well liked, have more friends, are more included, feel better about themselves and are therefore less likely to bully.

Less Stress

When you have happy, co-operative children, you have a peaceful, productive classroom. You won't need to discipline your children as much which means they'll also like you more.

Better Results

When children have less to worry about and feel more positive about themselves, their friends and their environment, they're able to concentrate on learning to achieve better results.

Research has shown that a simple act of kindness directed toward another improves the functioning of the immune system and stimulates the production of serotonin in both the recipient of the kindness and the person extending the kindness. Kindness extended, received, or observed beneficially impacts the physical health and feelings of everyone involved!

Dr Wayne Dyer, Internationally renowned author and speaker

Positive School Culture

Happy children mean positive, capable children, which in turn creates happy, relaxed teachers and a positive school culture.

Dad joke of the week

Albert Einstein was a genius. But his brother Frank was a monster.

*Chris Barker
Principal*

ASSISTANT PRINCIPAL

Term 3 summary

236 students had 80% or above attendance this term. 27 students achieved 100% attendance. Have a great term break and see you in Term 4.



*Trish Johnstone
Assistant Principal*



DID YOU KNOW...

A child who is 10 minutes late every day will miss 30 hours of learning during the year.

WELLBEING MATTERS

RETHINKING POWER NEEDS

@kufenski2



POWER IS NOT LIKE A REMOTE CONTROL WHERE ONE PERSON HAS ALL THE POWER AND CONTROL.



POWER IS LIKE A CANDLE. YOU CAN GIVE A CHILD POWER WITHOUT GIVING AWAY ANY OF YOUR OWN POWER.



YOU DON'T WANT A SET AMOUNT OF POWER - LIKE A BUCKET FULL. THERE ARE WAYS TO GIVE A CHILD POWER WITHOUT LOOSING ANY OF YOUR OWN.

KIDS DON'T WANT YOUR POWER. THEY WANT THEIR OWN.

RICHARD LAVINE



WHEN A STUDENT FEELS THEY HAVE

POWER WITH THE ADULTS AS WELL AS

POWER WITHIN THEMSELVES

THEY HAVE LESS NEED TO SEEK

POWER OVER OTHERS

A NEW UNDERSTANDING OF POWER CAN HELP WITH THIS



"SEE A CHILD DIFFERENTLY... SEE A DIFFERENT CHILD"

STUART SUNDLER



6 WAYS TO HELP KIDS MEET THEIR POWER NEEDS

1. OFFER CHOICE, NOT ORDERS
2. GIVE RESPONSIBILITY
3. START WITH STRENGTHS
4. EXPRESS INTEREST RATHER THAN PRAISE
5. ASK FOR THEIR OPINION
6. ASK FOR THEIR HELP



6 POINTS TO REMEMBER

1. AVOID POWER STRUGGLES
2. AVOID MAKING THREATS
3. GROWING POWER NEEDS ARE A HEALTHY PART OF CHILD DEVELOPMENT
4. RESPECT BOUNDARIES
5. THE RULES (NOT THE ADULT) SHOULD BE OBSERVED
6. REFLECT ON YOUR OWN NEED FOR POWER & CONTROL

"THE REALITY IS THAT NO ONE WINS A POWER STRUGGLE" ROS SMITH



Have a great term break. Hope you get the chance to relax and refresh!

DOGS CONNECT

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.furlifvet.com.au



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



PARENTS AND FRIENDS

Blokes Breakfast

Thank you to the volunteers that came to assist the Bloke's breakfast. Lots of yummy bacon & eggs for all. Thanks to those who attended. More photos next term.



Mangoes

Our annual mango fundraiser will be available again next term. Watch this space for more details.

BOSHC

At Before School Care this week we have enjoyed using a variety of materials for construction, including Lego and magnetic activities.

For further information or bookings please contact Simon or Jamie on 0409 549 493

Simon & the BOSHC Team

OSHC

Legends Of The Week

For our last week of Term 3 we would like to congratulate our Legend of The Week winners in Indie and Sulaymaan. Indie is a fantastic friend and enjoys playing with different children and is always happy. Sulaymaan loves his sport and can't get enough soccer out on the turf. He is always supportive of others. Well done to you both.

Friday 2:30pm Start For OSHC

Just a reminder that on Friday 15th September with school getting out at 2:30pm, OSHC will be operating straight away from 2:30pm until 5:55pm.

Accounts

This coming Friday 15th September is the final day of Term 3 and also the due date for OSHC account payments. For the OSHC program to run efficiently, all accounts must be paid in full with a zero balance before the start of Term 4. Thank you and have a lovely school holiday from all at the OSHC Team.

Jamie, Simon & the OSHC Team

FOUNDATION LEARNING TEAM

Early Dismissal

Students will be dismissed at 2:30pm on the last day of term, Friday 15th September.

Junior Athletics

Term 4, week 1 (Thursday 5th October) is our Junior Athletics Carnival

ALL students will need - **Hats on heads and sunscreen**, their recess snack, sporting school uniform and comfortable running shoes. If it is raining, we will postpone.

Term 4 Swimming Program

Our week long swimming program will take place in Term 4 week 3.

Have a happy and safe holiday everyone! (From Ms Mazz and Mrs White)

Foundation Learning Team



1/2 LEARNING TEAM

Athletics Day

On Thursday 5th October the Prep to Grade 2's will be participating in an athletics day right here at Camp Hill PS. Students will be participating in lots of different activities around our school between 9am and 11am. Parent and families are more than welcome to come along to cheer and support our students.

Pyjama Day

Students had a fantastic day coming to school dressed in their comfiest pyjamas or oodles to raise money for the Make A Wish Foundation. The 1/2's spent some time in the morning relaxing with a great book reading with friends.

1/2 Learning Team

3/4 LEARNING TEAM

Inquiry & Literacy

This week Years 3 & 4 did a wonderful job of presenting their short talks to their classes. For some children, presenting a talk in front of a small audience was a new experience. Everyone did a great job of speaking clearly, looking at their audience while they spoke and answering questions. We heard some interesting facts and all the children should be very proud of their work and efforts.

Respectful Relationships

All students have been engaging in lessons focusing on emotional intelligence, by thinking about the different strategies they can use when faced with problems. They completed the learning task called *Helping Hands*, where they thought about five different people they could call on for help and support, and five people they know who might need their support and help. Many thoughtful and kind solutions were brought up in our class discussions about helping others and the types of problems that occur where they should seek help and support.

R U OK Day

R U OK Day was also celebrated this week to promote personal conversations about well-being and listening to others when they are faced with personal difficulties. The children watched a ten-minute workshop video, featuring Healthy Harold, who took the students through the 4 steps of an R U OK scenario, and then they completed a related activity.

3/4 Learning Team



5/6 LEARNING TEAM

Camp

Our Grade 5/6 camp in Halls Gap, at Norval lodge this week was a great experience. Well done to all the students, teachers/staff and parents who attended. We would like to say a massive thank you to our wonderful parent helpers who were flexible, enthusiastic and caring, you really helped make our Grade 5/6 camp a positive experience. We are thrilled to share our recent camp adventure at Halls Gap with all of you. The Grade 5/6 classes embarked on an exciting journey filled with fun, learning and team building. Our students made memories to last a lifetime! The surrounding beauty of Halls Gap, with its lush landscapes and inviting atmosphere, was the perfect backdrop for our adventurous young explorers. It's safe to say that this location was an ideal choice for fostering growth, adventure and opportunities to safely push ourselves beyond our comfort zones. One of the most challenging and equally rewarding activities was the 2.5-hour rock-scaling hike (although, some took a few detours to avoid the treachery). It wasn't just a physical test but a testament to the students' determination, courage, and resilience. We watched with pride as they encouraged each other, showing kindness and patience throughout the trail. To see them come together, supporting peers who might've felt a bit unsure at times, was truly heartwarming. Aside from the hike, students took on the high-ropes challenge, adventure mini-golf, abseiling, initiative games and visited the Halls Gap Zoo. Each day was packed with laughter, learning and new experiences. The camp also provided an opportunity for students to develop a deeper understanding of their environment. Our staff and generous parent helpers were key to the success of this trip. We are immensely grateful for their support: Mr Barker, Mrs Dyer, Miss Harrison, Mrs Shannon and Miss Wallace and parents: Mr Price, Mr Pitcher, Mr Righetti, Mrs Noonan and Mrs Hardinge.

'The Clematis Fall waterfall was the best part about camp.' Sawyer 5B

'We had great fun doing the abseiling with Pia and Oscar.' Xen 6A

'My biggest highlight was high-ropes. I chickened out the first time, but then I got over it and did it. I felt proud of myself.' Sarvin 6B

'My favourite part was seeing the dingo at the Halls Gap Zoo. It was so fluffy and cute.' Grace 5A

'The abseiling was the best because it was something I had never done before and I was happy I got to try it. It was great!' Spencer 5A

'We had a lot of lollies. I did all the activities. I was very tired after the walk. The abseiling was my favourite activity.' Maida 5B

Term 4 Inquiry

To help prepare you for our learning in Term 4, our Inquiry is focused around Economics and Business. Our overarching question is: **How do I become an informed consumer?** As mentioned in a previous newsletter, if you are a business owner or are in the process of starting your own business, we would love for you to share some of your knowledge and experience with the Grade 5/6s. If you're interested in visiting us and helping us learn more, please contact your classroom teacher and we will organise a date, time and focus of the session. Thanks in advance!

Holidays

Friday is our last day of Term 3 and students will be dismissed at 2:30pm. Thank you all for a fantastic term, and we hope you enjoy the school holidays. Rest up after this huge week, and we are excited to see you for your last term of 2024, and for our Grade 6s, it will be your last term as a primary school student!

5/6 Learning Team

VISUAL ARTS

Prep A students visited the Bendigo Art Gallery this week. They viewed abstract artworks in one gallery and then responded through discussions, questions and drawing to historic paintings in another gallery.

They were very excited for their first gallery visit.

Prep B will attend next Term.

Sandy McLennan

Visual Arts

HEALTHY EATING

Last night I attended an interesting discussion on childrens' nutrition at Latrobe University. The expert panel had many tips to encourage positive behaviours to optimise healthy eating.

The first tip:

Promote A Positive Mealtime Environment

*Eat together where possible so parents can model healthy eating behaviours.

*Children are more likely to 'do what you do' rather than 'do what you say' Children watch us eat so if we eat it and enjoy it, they assume "someday I will eat that too"

*Include foods that the family enjoys as this will associate mealtimes with positive feelings.

Sandy McLennan

Healthy Eating Coordinator



GREEN TEAM

Plant Stall - 3:15pm onwards

School gate Term 4 - Weeks 1 & 2.

Term 4, Wednesday 4th October

Term 4 Wednesday 11th October

Mary Thorpe & Miriam Hosking

Green Team Coordinator

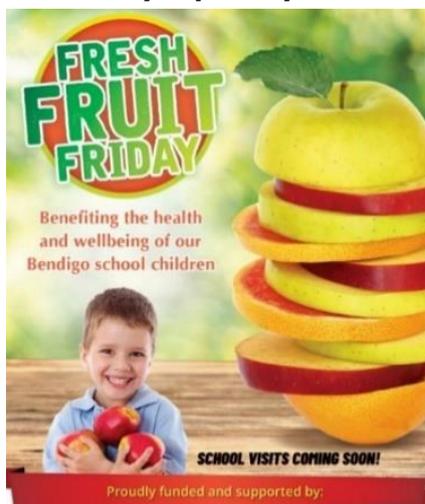
1/2C Green Team, 3/4C Green Team, 6A Green Team.

Grade 1-2 volunteers, 3/4D Green Team, 6B Green Team.



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

PHYSICAL EDUCATION

Swimming – Foundation to Grade 6

Term 4, week 3, 16th - 20th October. Classroom teachers are seeking parental assistance to travel on buses. All volunteers will need their Working With Children Check confirmed at the office.

Students will be bused to Gurri Wanyarra for their 45 minute session (Learn to swim & water safety).

On Thursday 19th October all students will need to bring extra clothing – please wear shorts and t-shirts over their bathers for a Clothes Swim survival lesson. Parents will need to give permission via the Sentral app. The program is fully funded, so no charge.

PERFORMING ARTS

Performing Arts

What's new this week?

All students are planning, creating, making and practicing developmental music, dance and drama pieces for the concert in Term 4.

Costumes

These items are required for Week 1, Term 4 for the following classes.

Please don't go to unnecessary expense and look for these in an Op Shop.

- **Grade 1-2** - WHITE t-shirt to paint in Art

- **Grade 3-4 A** - Bring an old white shirt to ART for painting stripes on.

Bring op shop pants - black/ white/ cream/ blue pants to cut up the ends to make raggedy. eg, Plain colour

PJ pants without a print.

- **Grade 5A** - YELLOW short or long sleeve top to screen print in ART.

- **Grade 5B** - BRIGHT BLOCK COLOUR short or long sleeve top: Red, yellow, pink, blue, purple, orange, green to paint in Art

- **Grade 6B** - PASTEL OR LIGHT COLOURED long or short sleeve top to be paint in ART.

- **Parent helpers wanted to sew** bonnets for Grade 3-4 costumes. Thank-you to Mitchell Connelly's mum, Nicole for volunteering to sew the aprons!

- **Donations wanted** - White sheets/white fabric

Short Circus

Gymnastics, Poi, and Hoops practice this Friday, followed by Juggling workshops with the Grade 1-2 students.

Mary Thorpe

Performing Arts

STUDENTS OF THE WEEK

RESPECT:

Nellie R: For being a responsible independent learner and offering assistance when you see others that may need some help. Keep up the great work Nellie!

CONFIDENCE:

Indie L: For showing improved confidence when decoding words in reading. Keep up the great work Indie!

George C: For putting his best effort into each running task during PE this week, and for ensuring the equipment was safe for his classmates to use. Great job George!

FOR YOUR INFORMATION

TERMINUS – National Gallery touring exhibition – Central Goldfields Art Gallery

Old Fire Station, 1 Neill St, Maryborough. Open 10am – 4pm Thursday to Sunday. FREE entry.

Ph: 5461 6600. www.centralgoldfieldsartgallery.com.au

25th August to 5th November 2023

FRIENDS OF CASTLEMAINE ART MUSEUM presents a Conversation with Catherine Pilgrim – Drawing out History.

Sunday 17th September 4-5:30pm.

Castlemaine Art Museum, 14 Lyttleton Street. Please book by 14th Sept, email jmerkus3gmail.com. Enquiries 0419 309 775

Friends \$25 Members of CAM 430 Non-Members \$35. Card or cash payment on day accepted.

A CELEBRATION DAY FOR GIRLS

One day workshop for girls aged 10-12 years and their mother or female carer.

Sunday 1st October 10am – 4pm Castlemaine. Includes 2 hr Online Mothers session Wednesday 27th September 7-9pm

For more information contact Rachel Pilgrim 1430 450 967 or Rachel.pilgrim@yahoo.com

www.rachelpilgrim.com.au www.celebrationdayforgirls.com

SCAPE Australian VOLLEYBALL SUPER LEAGUE 2023 FINALS SERIES

Free Entry. 16th & 17th September at the Red Energy Arena, Bendigo

PLAY FOR KICKS – SUPERKICK

For 8-12 year olds who are new to footy.

Commencing 17th October at the Epsom Huntly Rec Reserve. Tuesdays 4:15pm for 5 weeks.

Registration link: <https://www.playhq.com/af/register/4a3bac>

LUNCH ORDER

BBQ LUNCH ORDER FOR FRIDAY 6th OCTOBER 2023

ORDER VIA OUR QKR APP!!!!

by 9.00am Thursday 5th October 2023.

No late orders accepted.

Hamburgers \$4.00, Vegie Burgers \$4.00, Sausage in bread \$2.60

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

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

Total enclosed \$.....

Signed.....