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 15 $^{\text {th }}$ February 2024
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: 54433367
Email Address: camp.hill.ps@education.vic.gov.au
Web Address: www.camphillps.vic.edu.au

| Calendar 2024 |  |  |
| :--- | :--- | :--- |
| Friday | $16^{\text {th }}$ February | Book Club orders due online |
| Tuesday | $20^{\text {th }}$ February | School Council meeting 5:30pm |
| Monday | $26^{\text {th }}$ February $-25^{\text {th }}$ March | JETS Gym - Grades 1-6 |
| Thursday | $29^{\text {th }}$ February | P \& F Community Fun Night 5:30pm - 7:30pm On the turf. |
| Tuesday | $5^{\text {th }}$ March | Parents \& Friends AGM 5:30pm via Webex |
| Thursday | $7^{\text {th }}$ March | Whole School Photo Day |
| Monday | $11^{\text {th }}$ March | PUBLIC HOLIDAY - LABOUR DAY |
| Tuesday | $12^{\text {th }}$ March | Regional swimming - Swan Hill |
| Tuesday | $19^{\text {th }}$ March | AGM \& School Council meeting 5:30pm |
| Thursday | $28^{\text {th }}$ March | LAST DAY TERM 1 - Early Dismissal 2:30pm |
| Friday | $29^{\text {th }}$ March | PUBLIC HOLIDAY - Good Friday |
| Monday | $15^{\text {th }}$ April | Term 2 commences |
| Friday | $19^{\text {th }}$ April | State swimming |

## PRINCIPAL'S REPORT

## School Council Elections

The nomination period for School Council has been extended, nominations close tomorrow at 4.00pm. Nomination forms can be collected from the office. If you would like a little more information about School Council, please feel free to contact me.

## Whole School Assembly

It has been great to see parents and friends attending our whole school assemblies. Our assemblies are open to members of the school community and are held each Friday under cover at the rear of the school at 3.00pm.

## Students of the Week

It has been great to see students receiving Student of the Week certificates already this term. Keep up the great work everyone.

## School Captains

On Tuesday Grade 5 \& 6 students voted for the 2024 School Captains. At the close of the ballot the following students were elected to the position of School Captain for 2024: Neena S, Cael W, Arsh M and Maida S. Congratulations to the newly elected School Captains who will be presented with their badges at this week's assembly.

## Dad joke of the week

"What did the evil chicken lay? Deviled eggs..."
Chris Barker
Principal

## Early Bird Awards

Congratulations to Foundation A, Foundation B and 5/6D. You were the grades with no late arrivals this week.
Early Bird champions - well done and keep up the great work.


This is a fantastic effort ;) $100 \%$ attendance for Week 3
This week there were 232 students who had $100 \%$ attendance this week - another great effort! Well done to Cullen from 1/2B who was the Attendance Hero champion for this week. Who will it be next week?

| Total number of student absence days Term 1 | 93 days |
| :--- | :--- |
| Current school absence rate Term 1 | 0.34 days per student |
| School absence rate target for $\mathbf{2 0 2 4}$ | 10.00 days per student (2.5 <br> days per term) |
| Number of times students arriving late to school this week | 28 |

## Trish Jofnstone <br> Assistant Principal



## WELLBEING MATTERS

## Back to School (:3)

Term 1 has got off to a flying start and I'm sure many families and managing back to school routines and responsibilities. Here are some ways to support your child:
Check in on Feelings
When children (and adults) tune in to their emotions they tap into information that assists them with decision-making, learning and their wellbeing. It's relatively easy to tune into behaviour and our thoughts, but much harder to detect our emotions. The skill of emotionally checking in helps children to identify how they are feeling at any given time. One way to do this is for kids to stand or sit still, close their eyes, take some deep breaths, and identify and give a name to their feeling. This habit of checking, once practised and learned, is a wonderful life skill to acquire and develops their social/emotional capabilities. More information on tuning into our own, or our kid's emotions can be found at www.gottman.com (Emotion Coaching).
Practise Deep Breathing
Research shows that deep breathing instantly engages our capacity to relax and stay calm. When a child becomes anxious or fearful their breathing becomes shallow. Taking deep, slow breaths when they become overwhelmed by worries or fear is the quickest way to return to a state of calm. The easiest breathing exercise to practise with your child is the 4-4 method: count to four on the in-breath, and 4 on the out-breath. Other exercises can be blowing bubbles slowly, blowing up a balloon, or using an app like Smiling Mind or Calm.
Keep Routine
Routine behaviours such as waking at the same time, having breakfast and getting dressed gets us ready for the day ahead. They underpin productivity, learning and wellbeing. Remove or drastically change these routines and many children (and adults) struggle, particularly those who are prone to anxiety and depression. While it has been difficult at times to maintain our "normal" routine, it is important to establish some sort of routine that works for your child and family at the moment. Routines can be adapted, and this also helps children build resilience (their ability to cope with change). One important routine is our sleep routine. The benefits of good sleep routines are enormous and impact children's learning, memory and emotional stability. Sleep restores the brain to optimum condition and rejuvenates the body, allowing hormone levels to stabilise. Sleep-deprived children experience greater anxiety doing routine tasks and have a propensity for pessimistic thinking, which is associated with anxiety and depression. It is not just how long we sleep for, but the quality of our sleep that determines if we are functioning well.

Play is absolutely critical to our happiness and wellbeing.
Play helps kids manage emotions such as worries and sadness as it lifts their mood and is therapeutic by nature. Play can be any activity that children find fun and don't want to stop. Drawing, Lego, craft, jumping on the trampoline, dolls, sport - the list is endless. If some play time can be spent outdoors, then our happiness and sense of wellbeing is greatly impacted. Spending time outdoors reduces stress and tension.


## RIGHTS, RESILIENCE AND RESPECTFUL RELATIONSHIPS (RRRR)

Topic 1: Emotional Literacy


During Topic 1 of our RRRR program, students will be learning about emotional literacy. Emotional literacy can be defined as the ability to understand ourselves and other people. It includes the ability to understand, express and manage our own emotions, build empathy, and to respond appropriately to the emotions of others. Building a large vocabulary for emotions helps to increase emotional literacy and build self-awareness and empathy for others.
Discussion points for at home with your child:

- Tell me a time you have felt happy/excited/nervous/scared
- What is one way that you can make someone else feel better?

Activity to practise with your child:

## Foundation-Grade 3

Take in turns to make 'emotion statues' and guess what emotion the person is showing.

## Grades 4-6

Create an 'emotion rollercoaster' chart, showing how each of you felt throughout the day. Above the line indicating positive feelings and below the line indicating harder emotions. E.g.


## Polly is sponsored by Fur Life Vet.

Fur Life Vet have two clinics located in Bendigo:
167 Eaglehawk Road, Bendigo and 70-80 Midland Highway Epsom. Please support this local business for your pet care needs.
www.furlifevet.com.au


## FROM THE OFFICE

Whole School Photo Day


Our Whole school photo day will be on Thursday 7th March. More information from Leading Image Photography will be available soon.


VCC - Voluntary Curriculum Consumables on QKR
Please see below the instructions for our QKR app. Payments are also accepted with Cash or EFTPOS at the school office. Please note: items can be paid individually each week/fortnight or monthly if that is easier ©)


Sue Heider Business Manager

## PARENTS AND FRIENDS

Hi Parents \& Carers,
The P\&F group contributes to the vitality of our school community by:

1. Co-ordinating social events during the year to allow both parents and children to get to know each other in a relaxed, friendly atmosphere
2. Fundraise money that is used by the school to fund additional programs and equipment not considered core curriculum by the Department. Examples from 2023 fundraising efforts include short circus, gardening program, 2023 netbook upgrades.
At CHPS we have approximately 200 families
If each family did 'Just One Thing' - together we could create a great school community culture that sees our kids thrive as they learn and play.

What will be your 'Just One Thing?'

1. Join the Parents \& Friends committee

AGM will be held Tuesday 5th March 5.30 pm via Webex.
https://eduvic.webex.com/eduvic/j.php?MTID=m9438588d7505dbe870bcb407091295ec
Meeting password: QPhYZ5PpP72
We are actively recruiting a President. If you can chair a meeting, you have the skills needed for the role!
Other positions include Secretary, Treasurer, Communications, Classroom rep coordinator and committee member.
Nomination forms are available at the school Office (attached)
2. Be a classroom Parent Rep for your child's class.

This role involves establishing a communication channel with the parents of your class, to encourage attendance at social events, assist with fundraising efforts and be a support for new parents to our school community.
3. Attend the school community event Thursday $29^{\text {th }}$ February, $5.30-7.30$ pm on the turf.

A list of 'Just One Thing' will be available to nominate a job that aligns with your skills/passion
To express interest, please contact Bec Broadbent on 0409352029 or bec.broadbent@gmail.com

## LIBRARY

Mscholastic BOOK

## 16 / 2 / 24

Every Child Deserves a Good Book DUE:

## PLEASE ORDER \& PAY VIA THE LOOP

## BOSHC

At Before School Care this week our children have been doing some fun activities with dance and music activities. Our numbers at BOSHC are continuing to grow however we still have room for more. For Bookings and enquiries please contact Simon or Jamie on 0409549493.
Simon \& the BOSH $\mathcal{H}$ Team

## OSHC

## Bookings

Our Monday OSHC bookings are full and our Tuesday bookings only have a few spots left. It is very important that families please call, text or email us if your child isn't attending as we have families on the waiting list. If your child doesn't attend a permanent booking, you still keep your weekly bookings but it allows us to fill the spot on the day your child is absent if we have plenty of notice.

## Accounts

The next fortnight charges commenced on Monday $12^{\text {th }}$ February with the due date for payment on Friday $23^{\text {rd }}$ February.
Jamie, Simon \& the OSHC Team

## MUSIC LESSONS

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

## Piano

Contact Kathleen Gee for piano lessons on 0417326530 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 or ph: 0437252136


## BREAKFAST CLUB

## CHPS Breakfast Club +

 $\square$ 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

## CHPS <br> Parents \& Friends Present..... <br> COMMUNITY

# FUN NIGHT! 

THURSDAY 29th OF FEBRUARY 5.30-7.30PM

FREE SAUSAGE SIZZLE!


## Drop Off

Morning drop off is going well. Understandably we sometimes have a tear or two. These clear up quickly when we can commence our learning so we really appreciate adults having a regular routine of a quick kiss and goodbye. We will always ring if your child does not settle.

## Buddies

Grade 6 buddies continue to support the Foundation students daily, however we are scaling back as the Foundation students build their confidence and make new friendships with their peers.

## Working With Children Check

Just a reminder that anyone wanting to volunteer in the classroom for any reason (excursion, morning reading etc.) will need to give the office proof of their current working with children check (WWCC).

## Readers

Blue reader bags have started going home nightly. Please develop a routine with your child to listen/read with them nightly and fill the yellow reader diary in. Books get changed weekly and more information went home in your child's reader bag. Please check with the school office if you still owe the $\$ 8.50$ for the Reader Bag. Thank you.

## Show and Tell/Yarning Circle

As from next week, beginning Friday we will begin Show and Tell/Yarning Circle. Students bring an object beginning with a letter sound from that week to share with their class. Next week will be the letter Aa (so an example could be a apple for example). You can be as creative as you like. It is quite fun noticing things around the house beginning with a particular letter.
Foundation Learning Team

## 1/2 LEARNING TEAM

## Reminders

Please make sure your child has a hat at school and it is clearly named. Students have started borrowing books from the library this week, so it is important they bring a library bag to school. Please ensure your child brings a drink bottle to school, with the warm weather it is important that the students have easy and frequent access to water during the day. A drink bottle means less interruptions to learning time if they don't need to leave the classroom to get a drink.

## Literacy

We have been establishing our reading and writing routines in the classroom. Next week we will start to use the
 writing process to plan, draft, revise and edit a recount.

## Maths

This week we are learning to count and order numbers by 10 . Please help your child practise counting by 10 , starting at different numbers.

## Respectful Relationships

This week we learnt to recognise and identify their own emotions, describe situations that may evoke these emotions and compare emotional responses with their peers.

## 1/2 Learning Team

## 3/4 LEARNING TEAM

## Parent Helpers For Gym

Please let your classroom teacher know if you are able to help with Jet's Gym.
Reading At Home
Students should be reading either a reader or a book of interest every night at home. Please make sure you are engaging with your child as they read and are signing their reading log each night. Thanks for your continued support!

## Permission Notices

Please double check that you have signed the permission form on Sentral so your child can attend the Jets Gym Program.
3/4 Learning Team

## 5/6 LEARNING TEAM

## Headphones

Students are allowed (and encouraged) to bring their own headphones to school to listen/watch resources to contribute to their learning.
Grade 5 students who have Naplan later his term would especially benefit from having their own headphones.

## School Captains

A huge congratulations to all the Grade 6 students who put time and effort into writing and delivering their school Captain speeches. Everyone that applied for the role should be incredibly proud of themselves.
Based on the votes of our grade five and six children our School Captains for 2024 are Maida S, Neena S, Arsh M and Cael W. Congratulations to these students!

## Jets Gym

Please see the PE section of the newsletter to check for Jets Gym information. Classroom teachers will email families soon checking for helpers for each session.
5/6 Learning Team

## TUTOR LEARNING INITIATIVE TEAM

## Home Reading - Home and School Working Together

Each day at school in the literacy bock children experience reading and being read to. As part of school and home working together it would be wonderful to see children reading at home or being read to at home as often as possible. Reading is a skill for life and home and school need to work together to achieve this skill.
Children develop an understanding that ideas and events can be written down and read. They understand that they can read other people's ideas and experiences. They also develop ideas about how published books work. Having the opportunity to read both at school and at home allows children to expand their reading knowledge and reading mileage. The more you read the better reader you become. Your child will bring books home every day to practise reading. These may be from the classroom or the school library. Before reading talk with your child about the book to be read. This will help them make predictions and connections to the story as they read.
Reading at home should be a pleasurable experience for both you and your child.
Kerrie Murray \& Chrístine Spicer
Tutor Learning Initiative Team

## VISUAL ARTS

## Senior Portraits Using Soft Pencils

Grade 5/6 students are studying portraits and learning about facial proportions and how to create form using tone. They are drawing a class mate. Here are some great ones still in progress in 5/6D by Millie, Edie, Moe, Ollie, Amelia and Gay Gay.


Sandy McLennan
Visual $\mathcal{A} r t s$


## HEALTHY EATING

## Healthy Eating for Smart Kids! Ban the Packets!

Remember to pack or help your child to pack a healthy lunch everyday so they can learn, play, and stay focussed all day at school. Bags of cheezels, chips, high sugar snack bars are foods with very poor nutritional value as well as they are wrapped in plastic bags which end up in our environment. Here is an ex-parent's recipe for homemade anzac slice which is a great healthy snack and tasty food for play lunch.

## EASY ANZAC SLICE

- $11 / 4$ cups plain flour
- $11 / 4$ cups rolled oats
- $\quad 1 / 2$ cup firmly packed brown sugar
- 1 cup shredded coconut METHOD
- 150 g butter, chopped
- 2 tablespoons golden syrup
- $1 / 2$ teaspoon bicarbonate of soda
- 2 tablespoons boiling water

1. Preheat oven to $180^{\circ} \mathrm{C} / 160^{\circ} \mathrm{C}$ fan forced. Grease and line a 3 cm -deep, $19 \mathrm{~cm} \times 29 \mathrm{~cm}$ (base) slice pan with baking paper, allowing a 2 cm overhang at long ends.
2. Combine flour, oats, sugar and coconut in a large bowl. Make a well in the centre.
3. Place butter and syrup in a saucepan over low heat. Cook, stirring occasionally, for 8 to 10 minutes or until smooth. Combine bicarbonate of soda and boiling water in a jug. Remove butter mixture from heat. Stir in bicarbonate of soda mixture. Add to flour mixture. Stir to combine.
4. Transfer to prepared pan. Using the back of a spoon, press mixture evenly into pan. Bake for 25 to 30 minutes or until golden. Cool in pan. Cut into squares. Serve.
Sandy McLennan
Healthy Eating Coordinator

## Foundation

Students engaged in the captivating Legend of the Nian Monster. They uncovered the Nian Monster's fears and even practiced the dragon dance, all in preparation to ward off the Nian Monster during our Chinese New Year celebrations.

## Grade One and Two

Students immersed themselves in the timeless tale of the Great Race, revisiting their knowledge of the Chinese zodiac animals in both Chinese and English. It was a journey of rediscovery and cultural exploration.

## Grade Three and Four

Students were curious about the Chinese New Year taboos. They explored the beliefs behind certain superstitions and discerned between omens of good luck and those that could spell misfortune during this festive season.

## Grade Five and Six

Students embarked on an enlightening journey to uncover the mysteries of the Chinese dragon and the Five Elements. They gained insights into the intricate relationship between the elements and the 12 zodiac animals, enhancing their understanding of Chinese culture and symbolism.


## Yímin Chen

LOTE

## PERFORMING ARTS

Students have settled into Performing Arts this term and are continuing to develop their skills.
The Foundation students have been focusing on expectations and classroom rules in our Performing Arts space. They are learning to do actions to different music and move safely in the space.
The Grade $\mathbf{1 / 2}$ students have been focusing on the beat of the music. We have been doing body percussion and are moving into using simple instruments and incorporating rhythm.
The Grade 3/4 students are learning to play the Ukulele, focusing on holding it correctly, finding and naming the parts and tuning it. They are learning the chords and then playing simple songs.
The Grade 5/6 students have been learning to identify and discuss music from other places and how it relates to the traditions, customs, and conventions of the culture.
Penny Peters
Performing Arts

## PHYSICAL EDUCATION

## North Melbourne Football Club

On Tuesday $13^{\text {th }}$ February, North Melbourne Football Club visited Camp Hill Primary School. Our lucky students had the opportunity to ask many fabulous questions that they had prepared with their class! We were joined by 4 talented players, including Harry Sheezel who is only 19, the youngest their team after a remarkable debut in 2023. Whilst Nick Larkey, North Melbourne's vice-captain spoke confidently about his time as a professional AFL player and how he started playing at 4 years of age!! Students also had the opportunity to bring in their club merchandise for signatures. There were a few excited North fans amongst our grade 3-6 students.


## Whats happening in Physical Education

## Years 1 to 6!

This is our last week focusing on cooperative games in Physical Education. Students always enjoy getting out the pool noodles for partner, small group and whole class games! From horse riding races to throwing/catching, balancing or even skipping with our noodles, student worked well to achieve a common goal, with many laughs along the way. Whilst students are having fun, they are continuously solving movement challenges by communicating with their partner/team to effectively use trial and error. Grades 1-2 loved 'Save the Statues' a great throwing game for when it's too hot to run. Grades 3-6 enjoyed using new rules and strategies in 'Capture the Flag'.

## Foundation

Students continue to learn new rules and boundaries that keep us safe in PE. This week Preps were given a beanbag each to use in many fun and exciting new ways. Some students made up their own tricks and everyone was able to follow simple instructions. Together we played 'Giants Treasure' as our whole class game to reinforce dodging 'No bumping'.

## Physical Education Important Dates:

Now is the time to start working on your running fitness as Cross Country will be just around the corner. Getting outside after school and going for a short jog is a great way to stay active and healthy. Set some small achievable goals and see if you can improve on these with each run. Choose a tree or letterbox up ahead and try to reach this target, then walk to rest before starting again, overtime you will find you can develop a running pace that suits you for longer distances. Going with your family, friends or dog can quickly become very enjoyable and a great way to practise.

## Swimming Championships

Division Swimming: Monday $4^{\text {th }}$ May
Regional Swimming: Tuesday $12^{\text {th }}$ March (Swan hill)
State Swimming: Friday $19^{\text {th }}$ April (MSAC)
Whole School Cross Country
Thursday $18^{\text {th }}$ April - (TBC Rosalind Park) - Week 1 Term 2
Division Cross Country - $1^{\text {st }}$ May (TBC)
Region Cross Country - $28^{\text {th }}$ May at St Arnaud
State Cross Country - $18^{\text {th }}$ July
Athletics Dates
3-6 School Athletics Carnival - Wednesday $8^{\text {th }}$ May (Flora Hill Track) $9^{\text {th }}$ May (back up date)
Deborah Athletics - Tuesday $18^{\text {th }}$ June
Division Cross Country - Monday $16^{\text {th }}$ September
Regional Athletics - Monday $14^{\text {th }}$ October
State Athletics - Wednesday $6^{\text {th }}$ November
Foundation - Year 2 - Little Athletics Carnival - TBC, early Term 4

## State Team Selection - SSV Dates

Cricket will make a return to its normal timeline in 2024, hence SSV returns to regular programming, with Region Trials required for:

- Australian Football 12 Years and Under Boys - $22^{\text {nd }}$ March
- Basketball 12 Years and Under Girls
- Basketball 12 Years and Under Boys $-22^{\text {nd }}$ April
- Cricket 12 Years and Under Boys - TBC
- Soccer 12 Years and Under Boys - $23^{\text {rd }}$ April
- Netball 12 Years and Under Girls $-24^{\text {th }}$ April


## Timeline

- $29^{\text {th }}$ January - Registrations open
- $1^{\text {st }}$ March - Registrations close
- $6^{\text {th }}$ March - Late Registration closes
- $13^{\text {th }}$ March - Student Lists sent to Region Coordinators.

Alicia Smalley Physical Education

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

## l, ${ }^{\text {makern steel }}$ foundation

## Benefitting the health and wellbeing of our Bendigo school children

> School visits coming in TERM 4


## STUDENTS OF THE WEEK

## RESPECT

White S: For consistently demonstrating whole body listening and always having a "can do" attitude towards all learning tasks. Keep up the great work White!
Izzy R: For displaying active listening skills in the classroom. Well done Izzy!
Cooper F: For demonstrating whole body listening throughout each school day. I'm so proud of you Cooper. Keep up the amazing effort superstar!

## CONFIDENCE

Oberon S: For showing improved confidence and bravery when entering the classroom each morning. Well done Obi!
Lottie H: For making such a great start in Foundation. She always tries her absolute hardest and we love that! Elaina P: For a great start to the year by showing growing confidence when settling into grade 2. Keep it up Elaina!
Brax C: For showing confidence while completing his spelling test. Well done Brax!
Ezra B: Welcome to Camp Hill Ezra and well done on a great start to the year.
Arya W: For making a great start to Grade 3 and having a great attitude.
Luke B: For being an excellent listener and working hard.
CARING
Stevie L: For being a kind and caring friend to everyone in 1/2B. We love having you in our class Stevie!
Will E: For caring for our classroom space by helping others tidy up. Thanks Will!
Brant M: For being an incredibly kind, patient and caring friend to his Prep buddy.
Thomas : For having a positive attitude at school, helping others and working hard.
TRUST
Hailey T: For always being ready to learn in Physical Education and respecting her equipment. Keep up the good work!

## FOR YOUR INFORMATION

## HUNTLY FAMILY FUN DAY

Proudly sponsored by Agnico Eagle Fosterville
Sunday $25^{\text {th }}$ February $10 \mathrm{am}-1 \mathrm{pm}$. FREE Entry
BBQ \& drinks \$2 ea. Free fresh fruit. Strauch Reserve, 14 Gungurru Rd, Huntly


