

# Newsletter No 6 2024

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 7<sup>th</sup> March 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: 5443 3367

Email Address: [camp.hill.ps@education.vic.gov.au](mailto:camp.hill.ps@education.vic.gov.au)

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

## Calendar 2024

<b>Monday</b>	11 <sup>th</sup> March	<b>PUBLIC HOLIDAY – LABOUR DAY</b>
<b>Tuesday</b>	12 <sup>th</sup> March	Regional swimming – Swan Hill
<b>Wednesday</b>	13 <sup>th</sup> – 21 <sup>st</sup> March	Naplan for Grades 3 & 5
<b>Tuesday</b>	19 <sup>th</sup> March	AGM & School Council meeting 5:30pm
<b>Thursday</b>	21 <sup>st</sup> March	Hot Cross Buns – orders close on QKR 3pm
<b>Friday</b>	22 <sup>nd</sup> March	JSC Careers Day - Out of uniform. Gold coin donation towards Bendigo Health Playground
<b>Tuesday</b>	26 <sup>th</sup> March	Easter Raffle drawn at 10am – tickets due back by 9am Hot Cross Buns delivered to front gate 3-4pm
<b>Thursday</b>	28 <sup>th</sup> March	<b>LAST DAY TERM 1 – Early Dismissal 2:30pm</b>
<b>Friday</b>	29 <sup>th</sup> March	<b>PUBLIC HOLIDAY – Good Friday</b>
<b>Monday</b>	15 <sup>th</sup> April	Term 2 commences
<b>Friday</b>	19 <sup>th</sup> April	State swimming
<b>Thursday</b>	25 <sup>th</sup> April	Anzac Day

## PRINCIPAL'S REPORT

### Family Fun Night

It was great to see so many of our families and friends join us for the Family Fun Night. The weather was perfect and the activities kept the kids occupied making paper planes, shooting hoops, egg and spoon, sack race and to end the night, a dance party. A big thankyou to the Parents and Friends Club who organised the event, cooked the barbecue and ran the activities on the night.

### The National Assessment Program (NAPLAN)

Literacy and Numeracy (NAPLAN) tests for Year 3 and Year 5 students will be conducted next week. Our students have worked hard in the lead up to the tests, which will include tests on both literacy and numeracy. Later in the year, you will receive your child's personal report. The report will describe your child's level of proficiency in reading, writing, language conventions and numeracy. The report will also show how your child performed in relation to nationally identified proficiencies. These benchmarks describe minimum acceptable standards for students across Australia. NAPLAN test days: Wednesday 13<sup>th</sup> March Writing, Thursday 14<sup>th</sup> March Reading, Tuesday 18<sup>th</sup> March Conventions of Language and Wednesday 19<sup>th</sup> March Numeracy. All tests will commence at 11.30am. Students who are absent on a test day will be given the opportunity to catch-up on the 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> of March.

### Maths Goal

Tomorrow, parents and carers will receive a maths goal for their child which they are currently working towards. The goal is based on recent maths assessments completed in the classroom. This initiative aims to provide students with a clear understanding what they are currently working towards in their maths. This goal will be reviewed and updated during regular conferencing and as a result of the acquisition of new skills.

### Public Holiday

A reminder that Monday is a public holiday and as a result students will not be required to attend school.

### Dad joke of the week

**"Why can't a leopard hide? Because they are always spotted!"**

*Chris Barker*  
Principal

## ASSISTANT PRINCIPAL

Be an Attendance HERO...  
**HERE EVERYDAY READY FOR LEARNING ON TIME**  
 Student absence data for TERM 1

### Early Bird Awards

This week no grades had everyone at school on time. 😞

Let's try for a better result next week! 🍀

### 100% attendance for Week 6

This week there were **210** students who had 100% attendance this week – another great effort!

Well done to **Jimmy** from **Grade 1/2C** who was the Attendance Hero champion for this week.

Who will it be next week?



<b>Total number of student absence days Term 1</b>	193 days
<b>Current school absence rate Term 1</b>	0.7 days per student
<b>School absence rate target for 2024</b>	10.00 days per student (2.5 days per term)
<b>Number of times students arriving late to school this week</b>	26

*Trish Johnstone*  
*Assistant Principal*



## WELLBEING MATTER



### Physical activity and mental health

Regular physical activity is great for children and young people's healthy development and helps prevent and relieve mental health issues

#### How does exercise affect mental health and wellbeing?

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

#### Physical activity:

- can increase levels of serotonin and endorphins, the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity

- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young people to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts.

These benefits also serve to improve classroom behaviour and promote a more positive learning environment.

### 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.



## RIGHTS, RESILIENCE AND RESPECTFUL RELATIONSHIPS (RRRR)



### Topic 2: Personal Strengths

During topic 2 of our RRRR program, students will develop the vocabulary to help them recognise and understand strengths and positive qualities in themselves and others. They will use this language to help them discuss personal, social and ethical challenges.

#### Discussion points for at home with your child:

- What does being brave look like?
- What are some of your personal strengths?

#### Activity to practise with your child:

##### **Foundation-Grade 3**

Discuss with your child a strength they would like to improve on (honest, fair, caring etc.) and ask them to draw a picture of them doing things that will help them improve this strength.

##### **Grades 4-6**

Provide students with a journal in which they record a strength they have practised, when they practised it, whether it helped, and (if so) in what way. Encourage them to identify the strengths they use regularly. Have them choose a new strength each week to practise and evaluate, then progress at the end of the week.

## DOGS CONNECT

### **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.

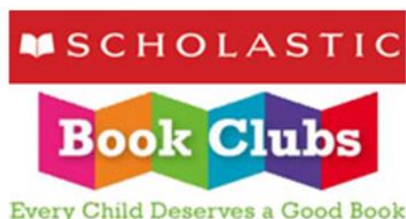
[www.furlifevet.com.au](http://www.furlifevet.com.au)

*Mark Lees*

*Dogs Connect Coordinator*



## LIBRARY



**BOOK  
ORDER  
DUE:**

**14 / 3 / 24**

**PLEASE ORDER & PAY VIA THE LOOP**

## BOSHC

This week at Before School Care, children have been enjoying some of the craft activities around our autumn theme. Our numbers continue to grow as parents and families become more aware of Before School Care and the necessity to place children in care if they arrive at school prior to 8.15 am.

If you require care or more information, please contact Simon or Jamie on 0409 549 493

*Simon & the BOSHC Team*

## OSHC

### **Public Holiday**

No care will be provided next Monday 11<sup>th</sup> March as it is a public holiday.

### **Bookings**

We currently have a few vacancies for OSHC on Mondays and Tuesdays. Thank you to those families who have advised us in advance that their child is not attending on that particular day.

### **Accounts**

A reminder that this Friday 8<sup>th</sup> March is the due date for account payment for the previous fortnight. Thank you to those families who have already made payments. Please have account to zero before the start of the next week.

Thank you.

*Jamie, Simon & the OSHC Team*



## FROM THE OFFICE

### Jets Gym



Families were sent home statements – Jets Gym is \$34 (minus and credits or CSEF). Please call the office if you have any questions regarding the statement.

### CSEF – Camps, Sports, Excursion Fund

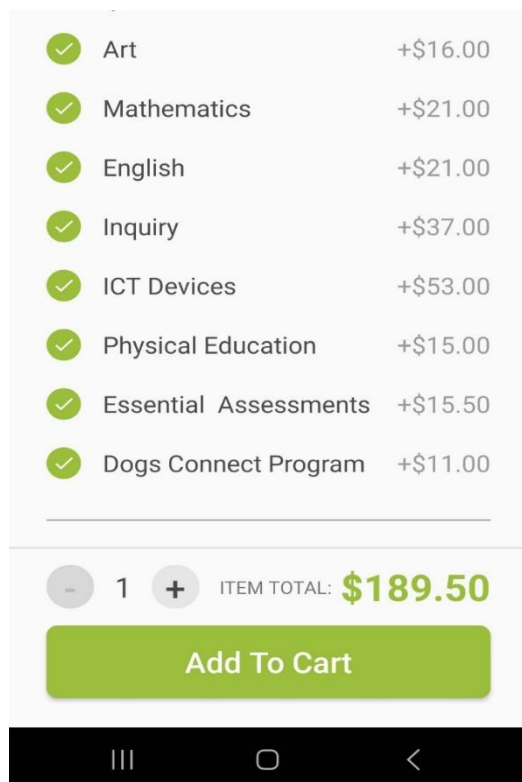
If you hold a current Centrelink concession card & have not informed the office, please do so asap. You may be eligible for \$150 per child.



### 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

### PARENTS & FRIENDS HOT CROSS BUN FUNDRAISER WITH BAKERS DELEIGHT (Lyttleton Tce)

All \$9 per pack

- Traditional fruit hot cross buns
- Choc chip cross buns
- Apple & cinnamon hot cross buns

Order for yourself, friends, family or neighbours.

A percentage from each sale will be donated to the school.

All orders must be placed by Thursday 21st March 3pm via QKR.

Collection at school gate Tuesday 26th March between 3pm - 4pm



## Easter Raffle



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

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

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

Raffle will be drawn at 10am on Tuesday 26<sup>th</sup> March



*Parents and Friends Group*

## JUNIOR SCHOOL COUNCIL

*Jacinta Cherry  
JSC Coordinator*



## BREAKFAST CLUB



## FOUNDATION LEARNING TEAM

### First Full Week

Almost there! The first full week of Foundation is big - everyone gets very very tired. We hope those little batteries can recharge over the long weekend. We hope it's a fun one (with time for rest too)!

### Reading

Please continue to build your home reading routine. Just a reminder one new book each night and the alphabet flip keyring to focus on letter/sound recognition. Blue reader bags need to come to school every day.

### Morning Routine

Now that our morning routines are established, we ask that parents continue to build your child's independence by saying goodbye outside of the classroom. Students can now enter, complete unpacking their schoolbag and settle to their reading tasks independently. This allows them to move into learning tasks quickly and get optimal learning out of the literacy block.

### Volunteers

Thank you to those volunteers who have already started helping with reading. This is such a valuable job and we appreciate you sharing your time. We hope you are enjoying it too! If you haven't put your name down but would still like to, just let Tayla or Donna know.

### Toilets

Could you please remind your child to use the toilet before coming into the classroom in the mornings. This will help eliminate toilet trips during learning time. Foundation students require a change of clothes in their school bag. This makes it a quick and easy change over process if a toileting accident happens.

### Ii

Letter/sound for next week is Ii and therefore show and tell/Yarning Circle will be something starting with i.

*Foundation Learning Team*

## 1/2 LEARNING TEAM

### Literacy

Please continue to encourage your child to read at least 5 days a week at home, thank you for all your support so far! This week we are focusing on making connections to the text. To help support this at home, after reading with your child, ask them if there is a part of the book that reminds them of an experience that they have had, or maybe it reminds them of another book they have read, or it could relate to something in the world that they know about. These are rich discussions that will strengthen your child's comprehension of what they have read.

### Maths

In maths we have been learning about friends of ten and friends of twenty. Please support your child at home by playing games that involve counting both forwards and backwards. Also, games that involve them recognising, reading and writing numbers up to 100.

### Inquiry

We are learning about ways to keep ourselves healthy, active and safe. Please use any opportunities in your everyday activities at home to notice and discuss ways that your family keep healthy, safe, and active.

### Jets Gym

The students are absolutely loving Jets, practising all of their gymnastic skills.

*1/2 Learning Team*

## 3/4 LEARNING TEAM

### Naplan

Just a reminder grade 3 students will complete the NAPLAN testing next week. Please ensure your child has brought a pair of headphones to school by next Tuesday.

### Jets Gym

We have been having a great time at Jets Gym. Thanks to the parent volunteers who have been accompanying us! We have two sessions remaining.

*3/4 Learning Team*

## 5/6 LEARNING TEAM

### Grade 6 Tops

The school is going to put in a second order for grade six tops. If your family would like additional tops orders are now available on QKR. Orders closes on Friday 22<sup>nd</sup> March. The tops should be back in early term two. Any questions please contact your classroom teacher.

### Jets Gym

Jets Gym is continuing to happen over the next few weeks with 5/6A and 5/6C going on Thursdays and 5/6B and 5/6D attending Tuesday. Due to the extreme weather day on Wednesday 28<sup>th</sup> January 5/6B and 5/6D will have a catch-up session. This date will be Monday 24<sup>th</sup> March.

### Lit Club

All classes have started their whole grade Lit Club novel. As we are focusing on summarising in class it would be great if you could ask your child to summarise what has happened in their novel so far.

### Headphones

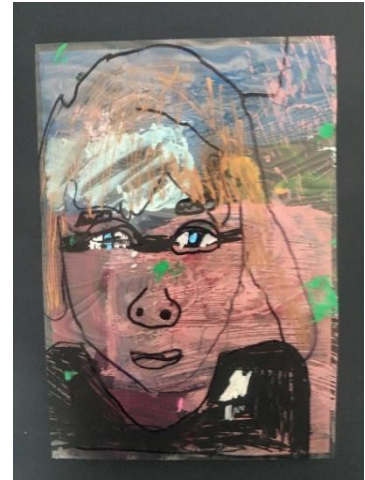
If students have headphones, they are welcome to bring these into class to be used for the year.

*5/6 Learning Team*

## VISUAL ARTS

### Middle Department Art

Grades 3 and 4 students have been studying face proportions by tracing a photograph of their face on Perspex. They created a collaged and painted background and mounted the Perspex over this. Then they used Posca Markers to create patterns and shapes and highlight areas. Here are some interesting self-portraits by 3/4A students Alex, Pixie, Otis, Rhiley, Morgan and Saras.



*Sandy McLennan*  
Visual Arts

## LOTE

### Grade One and Two

Students enthusiastically participated in a lively discussion to explore the intriguing question of whether the Chinese dragon is real. Through engaging activities, they delved into the fascinating realm of the five dragons: the Metal Dragon, the Wood Dragon, the Water Dragon, the Fire Dragon, and the Earth Dragon, discovering their unique responsibilities and characteristics. Immersed in creativity, they delighted in crafting their very own parade dragons and enjoyed a grade-wide dragon play.

### Grade Three and Four

Students showed great confidence as they showcased their performance of the traditional 'Gongxi Gongxi' song. They engaged in the creation of Five Fortunes lanterns, each adorned with wishes for prosperity, abundance, longevity, good fortune, and happiness.

### Grade Five and Six

Students delved into the rich tapestry of Chinese culture by exploring the names and symbolic meanings of Chinese New Year lucky fruits in Mandarin. Through an interactive and immersive learning experience, they demonstrated their comprehension by crafting bilingual posters that vividly portrayed the significance of these lucky fruits for the New Year.

*Yimin Chen*  
LOTE



## GREEN TEAM

Green Team students led a **Clean Up Australia day** Emu Bob in the school yard last Friday. Thanks to all class teachers for participating with their Grades.



Please remember to keep our school lunches **RUBBISH FREE!!!**

There are great nude food lunch boxes now which help save our environment from plastic waster and also save us money!! Most packaged foods are unhealthy and full of preservatives.

*Sandy McLennan*  
*Green Team Coordinator*

## PHYSICAL EDUCATION

### Jets Gymnastics

Students in Grades 1-6 are thoroughly enjoying their 4 sessions at Jets! Thank you to all the volunteers who have/are supporting our bus travel and student ratios, we wouldn't be able to go without you!

It was great to head out there with our grade 5-6 students to see how hard they work at each station. Students were extremely engaged in all the activities, working up quite a sweat. Gymnastics help develop students with understanding and awareness of their body. Students who participate in gymnastics regularly can often transfer their movement skills into any specialised sport very effectively.



*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:

**mckern steel™**  
foundation

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

School visits coming in TERM 4

Proudly funded by:



## PERFORMING ARTS

This week the Foundation students have been using a variety of untuned percussion instruments to play the beat in the song. We have been using known songs as well as introducing new songs. The students have enjoyed played the tapping sticks and shakers and can play really well with the beat.

The 1/2 students are extending their knowledge of beat and rhythm. They use a variety of untuned percussion instruments to play both the beat or the rhythm in the songs. The students enjoy playing their instruments to a particular part of the song before playing altogether.

The 3/4 students are improving their ukulele playing skills. They are learning to tune the instrument and hold it correctly. The students are learning more chords to enable them to play more songs.

The 5/6 students have been focusing on identifying features of music from different cultures and how cultural understandings shape responses to music. They have looked at the traditional music of the Aboriginals as well as Chinese and Indian music.

This week in Short Circus, Stilts and Unicycle members practised, improving their skills and confidence. We are so proud of their achievements in such a short amount of time.

*Penny Peters*

*Performing Arts*

## STUDENTS OF THE WEEK

### RESPECT

**Sid C:** For being a respectful member of our classroom by always showing whole body listening and participating in all activities. Keep up the great work Sid!

**Jim S:** For listening and following instructions promptly. You are always one of the first to get yourself ready and organised for learning. Keep up the great work Jimmy!

**Liam T:** For being a respectful member of our classroom by showing whole body listening and working hard to finish his work. Keep up the great work Liam!

**Kiann D:** For being a respectful member of our classroom by showing whole body listening and being helpful to others. Keep up the great work Kiaan!

**Isla H:** For being a respectful member of our classroom by always showing whole body listening and participating in all activities. Keep up the great work Isla!

### CONFIDENCE

**Mianna S:** For always confidently sharing her knowledge about literacy and books with the class. We love learning from you Mianna!

**Alex S:** For working hard to focus during learning time to complete set tasks within the allocated time frame!

**Alex N:** For displaying confidence during Lit Club this week. Well done, Alex.

**Charlii W:** For huge improvement in Physical Education and fantastic defending in our whole class game of European handball

**Mateo T:** For being such a confident Foundation student and trying his absolute best at everything he does.

**Lucia C:** For confidently keeping the rhythm when playing the clap sticks, shakers, drums and bells during Performing Arts. Fantastic listening & following instructions. Great work Lucia!

### CARING

**Katy T:** For consistently being a caring classmate to everyone and always considering the feelings of those around her.

**Zoya M:** For being a responsible member of Green Team and a role model for other students when caring for our school environment.

**Ellie R:** For consistently being a caring member of our classroom community.

## FOR YOUR INFORMATION

### PLAY IN THE GARDEN DAY

Celebrating National Playgroup Week. Tuesday 19<sup>th</sup> March 10am – 1pm at the Garden For The Future, Bosquet St, White Hills. Free event – lots of fun, free activities. Free fresh fruit, \$2 sausages & veggies burgers. Coffee available.

### AFL AUSKICK

For more information [play.afl/auskick](http://play.afl/auskick)

## LUNCH ORDER

### SUSHI LUNCH ORDER FOR FRIDAY 15<sup>th</sup> MARCH 2024

ORDER VIA OUR QKR APP!!!!

by 9.00am Thursday 14<sup>th</sup> March 2024.

**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

Total enclosed \$.....

Signed.....