

Newsletter No 7, 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 14th 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.

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Phone: 5443 3367

Email Address: camp.hill.ps@education.vic.gov.au

Web Address: www.camphillps.vic.edu.au

Calendar 2024

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

PRINCIPAL'S REPORT

School Council Annual General Meeting

Just a reminder the School Council annual general meeting will be held next Tuesday 19th March in the staffroom, commencing at 5.30pm. Parents and carers are most welcome to attend.

2023 Annual Report to the School Community

The 2023 School Annual Report was tabled and endorsed by the School Council at the last meeting and will be available to parents via the school website.

Sleep Health for Students

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12 to 15 year-olds and half of 16 to 17 year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for Primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, they should see a doctor.

Dad joke of the week

Did you know that T-Shirt is actually an abbreviated version of Tyrannosaurus shirt... Because of the short arms...

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

Well done to Foundation A, Foundation B, Grade 1/2C, Grade 5/6C and Grade 5/6D.
Every student in your class was on time for school and ready for learning. Amazing!

100% attendance for Week 7

This week there were 230 students who had 100% attendance this week – fantastic effort!

Well done to Dougal from Foundation A who was the Attendance Hero champion for this week.

Who will it be next week?



Total number of student absence days Term 1	193 days
Current school absence rate Term 1	0.8 days per student
School absence rate target for 2024	10.00 days per student (2.5 days per term)
Number of times students arriving late to school this week	21

Trish Johnstone
Assistant Principal



WELLBEING MATTERS

Term 1 almost over!

Term 1 has got off to a flying start and I'm sure many families are getting some rhythm with back to school routines and responsibilities.

The heat has certainly made the days and nights more challenging. 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 now. 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.

Enjoy Play and Time Outdoors

Play is 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.



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

Mark Lees

Dogs Connect Coordinator



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

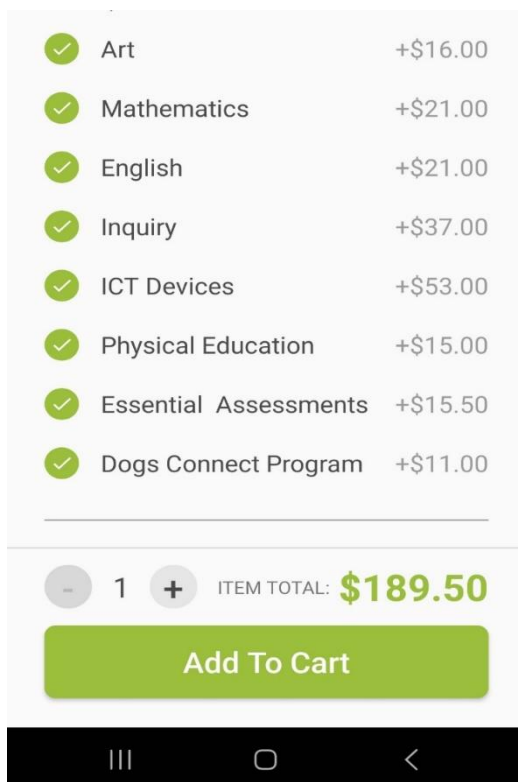
If you hold a current Centrelink concession card & have not informed the office, please do so asap. You may be eligible for \$150 per child.



VCC – Voluntary Curriculum Consumables on QKR

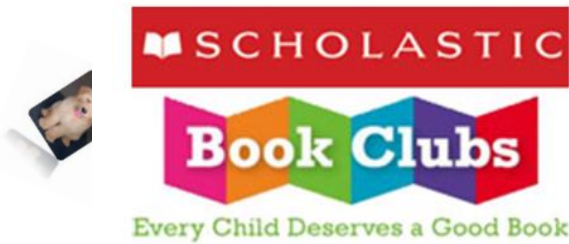
Please see below the instructions for our QKR app. Payments are also accepted with Cash or EFTPOS at the school office.

Please note: Items can be paid individually each week/fortnight or monthly if that is easier 😊



Sue Heider
Business Manager

LIBRARY



**BOOK
ORDER
DUE:**

14 / 3 / 24

PLEASE ORDER & PAY VIA THE LOOP

PARENTS AND FRIENDS

PARENTS & FRIENDS HOT CROSS BUN FUNDRAISER WITH BAKERS DELIGHT (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 26th March.



Parents and Friends Group

BOSHC

This week at Before School Care, children have been playing various games and doing activities with some of the new equipment. Children have been playing air hockey, pool and table tennis. We're all looking forward to Easter and starting some of our easter craft activities. Our numbers have continued to slowly increase, and we would love to see you there to enjoy some of the awesome arts, crafts and other activities.

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

Simon & the BOSHC Team

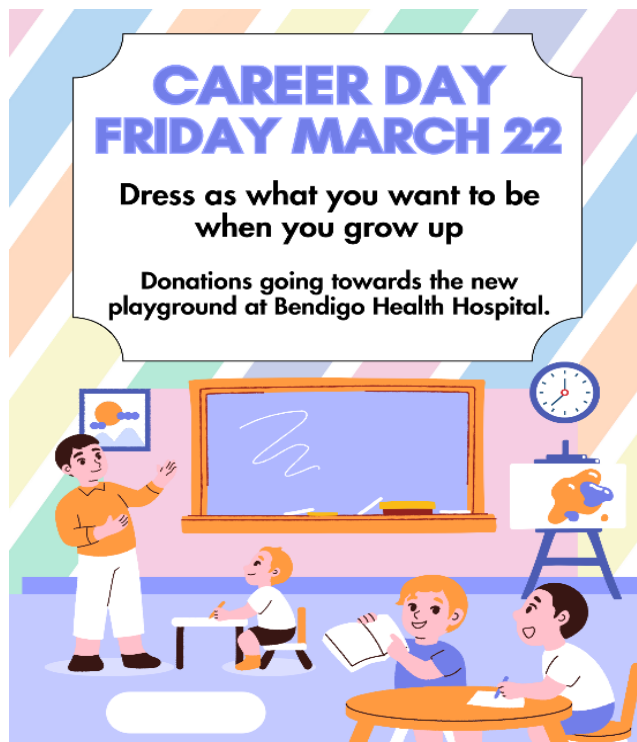
OSHC

After School Care remains very popular with many days close to capacity. Children have continued to enjoy many and varied activities. Our leadership program will be coming back into full use within the next couple of weeks, with children given the opportunity to gain leadership opportunities.

Please ensure you read your accounts and understand them in full. You can pay your account fortnightly through the QKR app or at the school office. If you require support or more information, please contact Jamie or Simon on 0409 549 493

Jamie, Simon & the OSHC Team

JUNIOR SCHOOL COUNCIL



Jacinta Cherry
JSC Coordinator

BREAKFAST CLUB



FOUNDATION LEARNING TEAM

Uniform

Please ensure all clothing is named so that it can find its way back to its owner if it is lost. It's a good idea for students to wear boyleg style pants under their school dress or skirt for added comfort and to keep in line with our Child Safe Standards.

Alphabet Flip Keychain

Parents, please continue to practice the alphabet flip keychain to build automatic reading of letters and sounds. This supports students in both reading and writing.

Two weeks to go of term 1!

You've almost made a whole term of lunches, readers and uniforms, great effort! Please don't hesitate to ask any questions as they come up. We are more than happy to help with any wonderings.

Foundation Learning Team

1/2 LEARNING TEAM

Hats

Please check with your child if they have a hat at school and assist them with keeping it at school. If students don't have a hat they will need to play under the shade sail during recess and lunch time. Hats can be purchased from Noone's or the office and paid for on the QKR app.

Reading Eggs

We are lucky to have access to ABC Reading Eggs again this year. This is an online program that is highly interactive and allows students to build their reading skills at their own pace in a fun and safe way. Students have brought home a letter with information about the program which also has their log in details. Please keep this somewhere safe so your child can use the program at home and earn as many eggs as they can!

Building Independence

We are really encouraging students to build their independence at the beginning of the day. Please support your child to develop the confidence to enter the classroom, unpack their bag and get ready for the day independently.

1/2 Learning Team

3/4 LEARNING TEAM

Naplan

Our Grade 3's started Naplan this week. We're so proud of them for their positive attitudes and flexibility.

Career Day

We are having a causal clothes day on Friday 22nd March. Students are encouraged to come dressed as what they wish to be when they grow up.

3/4 Learning Team

5/6 LEARNING TEAM

Naplan Grade 5

This week the grade five students sat their writing and numeracy Naplan tests. The students all worked really well during this time. Your grade five child might be extra tired and anxious this week as a result of the tests. Please debrief with your child about how they are feeling.

Next week on Monday and Tuesday they will sit the Language conventions and Reading tests.

Grade 6 Tops

The school is going to put in a second order for grade six tops. If your family would like additional tops the order is now up on QKR. This second order closes on Friday 22nd March. The tops should be back in early term two. Any questions please contact your classroom teacher.

Uniform

Just a reminder that CHPS hats need to be worn each day in term one.

Can families please be aware of the school's uniform policy which identifies students must meet acceptable school community standards. For some of our senior girls their shorts may not be meeting these guidelines due to their length. Can families please check that shorts are an appropriate length for school.

Jets Gym

All classes now have one Jets Gym session remaining. 5/6A and 5/6C have their last session next Thursday 21st March with 5/6B and 5/6D going on Monday 25th March.

Preparation for Puberty

Information will be sent out soon about the puberty sessions that will be happening in week two of term two. Permission for the sessions will be on Sentral.

Headphones

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

5/6 Learning Team

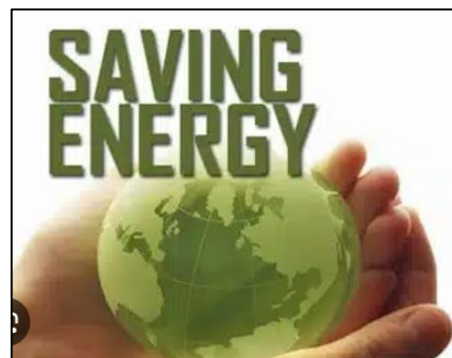
GREEN TEAM

MAD ENERGY AWARD

This week the Green Team members had a meeting and decided to replace Mad Monday with the **MAD Energy Award**. MAD stands for **Make A Difference**. This is because we are doing a great job at keeping our school mostly NUDE FOOD and minimising our plastic use. Two energy monitors will be appointed for each classroom who will need to fill in an audit of their energy saving for their room every Wednesday for the last 5 school days. Each week the class who has saved the most energy through initiatives such as turning off lights at recess, lunch, and the end of the day will win the award at assembly.

Sandy McLennan

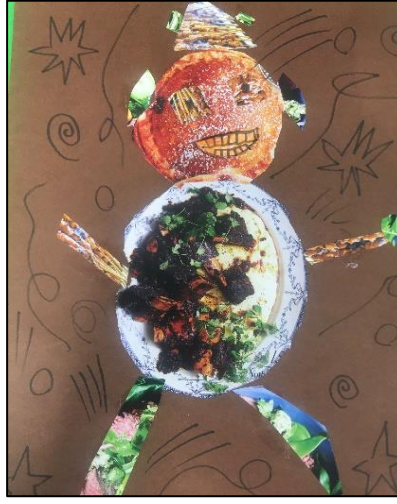
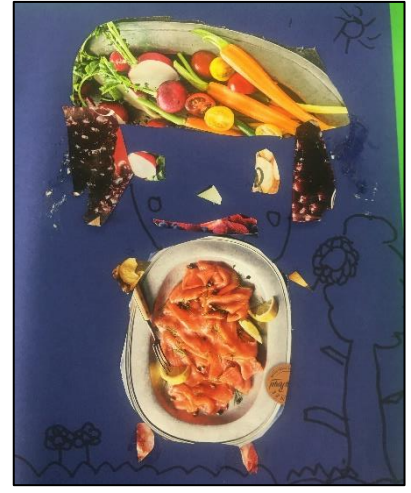
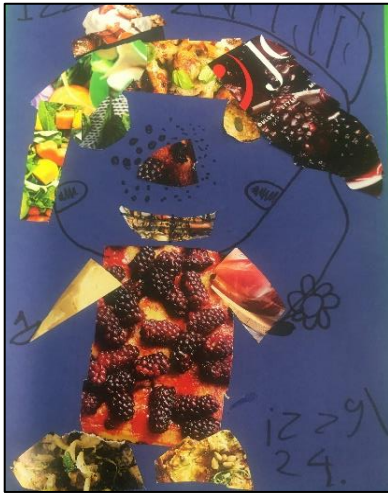
Green Team Coordinator



VISUAL ARTS

Junior Art

Grade 1 and 2 students have been learning about 'What it means to be healthy and safe' in their class. In art we studied the five food groups and they were asked to create an interesting collage of a person or face showing foods from each group. Here are some cute ones by Jasper, Sara, Izzy, Joy, Ethan, and Evie.



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



PHYSICAL EDUCATION

Division Swimming

On Monday 4th March the **Division Swimming Championships** were held at Bendigo East Swimming Pool. Congratulations to Kiaan D, Arie R, Emily D, Charlotte M and Isla R who all represented Camp Hill Primary School on the day. A huge thank you to parents for supporting their children to attend the event. Well done Arie for coming 3rd in breaststroke overall.

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:



SHORT CIRCUS

This week students in short circus gymnastics practiced forward and backward rolls as well as their special tricks. At lunch time Foundation-2 students came to try out some circus skills.

PERFORMING ARTS

Foundation

The Foundation students are learning about rhythm. They continue to identify and play the beat of the music to different songs and have now been introduced to the rhythm of the song. The students are learning to identify and play the beat and the rhythm. They use tapping sticks and shakers to follow the beat and play the rhythm.

Grades 1/2

The students are focusing on pitch and melody this week. Tuned percussion instruments (glockenspiel and xylophone) have been introduced. Students are identifying and playing high and low notes in songs. They have enjoyed singing and acting out the songs as well as playing the instruments.

Grades 3/4

The students continue to build on their Ukulele chord repertoire with the introduction of new chords and songs. Students are becoming confident in their playing of the Ukulele and all students are able to play at their own level.

Grade 5/6

The students are focusing on Asian music and how it is part of the culture of the specific country. They researched and discussed what they knew about various cultures and how it has shaped that specific country. The students will focus on contemporary Asian music in the next lessons, comparing it to traditional music and what influence it has had on the culture of that country.

Penny Peters

Performing Arts

STUDENTS OF THE WEEK

RESPECT

Pixie B: For showing respect to the Jet's Gym instructors and being a model student while outside of the school. Well done Pixie!

Mitchell C: For being respectful to the Jet's Gym instructors and showing wonderful listening skills. Well done Mitchell!

Jackson M: For being patient, polite and kind while at Jet's Gym. Thanks for being such a kind classmate Jackson!

Chace C: For consistently demonstrating whole body listening and always having a "can do" attitude towards all learning tasks. Keep up the great work Chace!

Leo T: For showing respect during class discussions by always showing whole body listening. You are being a wonderful role model to your classmates, keep up the great work!

Luke B: For showing excellent listening skills and trying his best.

Arya W: For being a kind and respectful class member. You always listen well and do your best work. Well done!

Caprice J: For being a kind and respectful class member. You always listen well and do your best work. Well done!

Jasnoor K: For being a kind and respectful class member. You always listen well and do your best work. Well done!

Will B: For always using kind words when speaking to others and listening respectfully. You have such good manners Will, keep it up!

Malia K: For always having beautiful manners and being a kind and caring friend to everyone. I'm so proud of you Malia!

CONFIDENCE

Josh G: Well done Josh. For so positively embracing your first few weeks at Camp Hill. You've done a wonderful job!

Archie F: For trying your best at Jet's Gym and having lots of fun in the process. Well done Archie!

Jordyn G: For working so hard to learn the letters and sounds of the alphabet. A fantastic effort.

TRUST

Milly T: For being such a brilliant helper on school photo day. Thanks Millie.

Sulaymaan A: For being such a brilliant helper on school photo day. Thanks Sul.

Jacko R: For being an excellent partner in our first PE lesson for PMP activities.

Sammy O: For being an excellent partner in our first PE lesson for PMP activities.

LUNCH ORDER

PIZZA LUNCH ORDER FOR FRIDAY 22nd MARCH 2024

ORDER VIA OUR QKR APP!!!!

by 9.00am Thursday 21st March 2024.

No late orders accepted.

Pizza (1 large slice) \$3.00 – Ham/Pineapple, Ham/Cheese, Cheese

Name..... Grade..... Ham/Pineapple..... Ham/Cheese..... Cheese.....

Name..... Grade..... Ham/Pineapple..... Ham/Cheese..... Cheese.....

Name..... Grade..... Ham/Pineapple..... Ham/Cheese..... Cheese.....

Total enclosed \$..... **Signed**.....