

# Newsletter No 11, 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 25<sup>th</sup> April 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

Wednesday	1 <sup>st</sup> May	Division Cross Country Grades 3/6 – Bendigo racecourse
Monday	6 <sup>th</sup> May	Scholastic Book Club - orders due online
Wednesday	8 <sup>th</sup> May	Athletics Grades 3/6 – Flora Hill Athletics Track
Tuesday	21 <sup>st</sup> May	School Council Meeting – 5:30pm
Wednesday	22 <sup>nd</sup> May	National Simultaneous Storytime
Friday	24 <sup>th</sup> May	Pupil Free Day – OSHC Available 8:30am – 5:55pm
Wednesday & Thursday	5 <sup>th</sup> & 6 <sup>th</sup> June	Division Soccer Tournament
Monday	10 <sup>th</sup> June	PUBLIC HOLIDAY – Kings' Birthday
Tuesday	18 <sup>th</sup> June	School Council Meeting – 5:30pm
Thursday	28 <sup>th</sup> June	LAST DAY TERM 2 – Early Dismissal 2:30pm

## PRINCIPAL'S REPORT

### ANZAC Day Service

On Wednesday our school captains conducted a commemorative service in recognition of ANZAC Day. The ceremony focussed on the men and women of the armed services and in particular the 30 past students, who as young men, made the supreme sacrifice on the Gallipoli peninsula. The school was also represented at the Bendigo ANZAC Day service, where Neena Shannon (School Captain) laid a wreath in recognition of all those who have served in the armed forces.

### Foundation Enrolments 2025

Just a reminder: Foundation enrolments for 2025 are now open.

Foundation INTERIM ENROLMENT applications for 2025 can be obtained from the school website and/or office. These forms must be returned to the school by **Friday 26<sup>th</sup> July**.

### Dad joke of the week

A colour blind friend insists that all apples are yellow. I told him that was bananas...

Chris Barker  
Principal

## ASSISTANT PRINCIPAL

Be an Attendance HERO...

HERE EVERYDAY READY FOR LEARNING ON TIME

Student absence data for TERM 2



### Early Bird Awards

Foundation A and Grade 5/6D were the classes with no late arrivals this week. Well done 😊

## 100% attendance for Week 2

This week there were 215 students who had 100% attendance this week – fantastic effort! Well done to Tash from Grade 3/4C who was the Attendance Hero champion for this week. Who will it be next week?

<b>Total number of student absence days Term 2</b>	277 days
<b>Current school absence rate Term 2</b>	0.9 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>	34

Trish Johnstone  
Assistant Principal



## WELLBEING MATTERS

### GRATITUDE

*Gratitude is about paying attention to the things and moments we have right now, and not worrying about what we don't have. We practice gratitude by noticing the positives that exist around us, and by being thankful for things, places, and people in our lives. If we practice gratitude regularly, we can reset our brain for more positive thinking, which in turn affects our overall wellbeing and mental health. There are many quick and easy ways to practice gratitude, from keeping daily journals to activities you can do as a family. You can also use family mealtime as a great way to check-in and practice gratitude. Asking your kids these questions is a great way to facilitate positive conversations and can help develop not only gratitude but empathy and mindfulness.*

- What were three things that went well for you today?*
- Who is someone you feel grateful for today? Tell us why.*
- What is it about our home that makes it our home/special family place?*
- What is something you are looking forward to tomorrow?*

More ideas on how to practice gratitude can be found on The Resilience Project website

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

The Resilience Project has a wide variety of information and resources to better understand and develop gratefulness, empathy and mindfulness. They also have a Parent/Carer section with resources to help you to support the positive mental health of your children <https://theresilienceproject.com.au/at-home/parent-carer-information/>

And their GEM TV is an engaging and energetic series focussed on wellbeing which covers topics such as gratitude, empathy, mindfulness, emotional literacy, and connection. You can watch them anytime on several platforms including their website, video and YouTube <https://theresilienceproject.com.au/at-home/gem-tv/>



## EDUCATION EVENING – NAVIGATING PUBERTY



# Education Evening: Navigating Puberty

## Parents & Caregivers



8th May



6.30pm - 8pm



Quarry Hill Primary School  
25 Peel Street, Quarry Hill VIC 3550

The BCBS Health Promotion Team are excited to host an education evening, open to all parents and carers in the City of Greater Bendigo. Our aim is to provide information and resources that will help you have ongoing chats with your child around puberty.

Topics covered are:

- LGBTIQ+ information
- Changes in puberty (physical, emotional & social)
- Conception & pregnancy
- Consent
- Online safety & pornography

**When:** Wednesday 8<sup>th</sup> May 6.30pm

**Where:** Quarry Hill Primary School, 25 Peel Street, Quarry Hill

For registrations and more information, follow the link

<https://events.humanitix.com/education-evening-navigating-puberty-for-parents-and-caregivers>

## 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.furlifvet.com.au](http://www.furlifvet.com.au)

*Mark Lees*

*Dogs Connect Coordinator*



## NEWSFLASH

### Victorian Gymnastics Championships

Spencer came first in Level 5 tumbling at the Victorian Gymnastics Championships over the holidays. Spencer has now been selected for the 2024 Victorian Gymnastics team. He will be representing Victoria on the Gold Coast next month at the Australian Gymnastics Championships.

This is a photo of Spencer competing recently in Geelong below.

*Congratulations Spencer, we all wish you the best for the Championships.*

# RIGHTS, RESILIENCE AND RESPECTFUL RELATIONSHIPS (RRRR)



## Topic 3: Positive coping



During topic 3 or our RRRR program, students will be provided with opportunities to identify and discuss different types of coping strategies. When children develop the language and skills of coping, they are more likely to be able to understand and deliberately utilise a range of productive coping strategies and diminish their use of unproductive coping strategies.

Activities in this topic will introduce students to the concept of self-talk and practice using positive self-talk to approach and manage challenging situations.

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

- What strategies can you use to help you calm down when you are feeling strong emotions?
- What could you say to yourself when you are feeling strong emotions?

### Activity to practise with your child:

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

Practise these three positive coping strategies at home with your child and find one that works best.

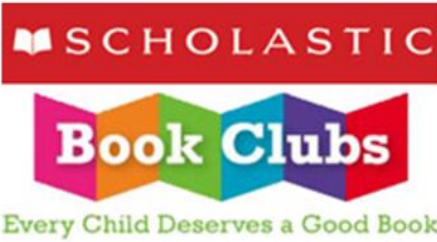
<b>Balloon breathing</b>	<b>Pressing your hands together</b>	<b>Counting to 10</b>
Take in a deep breath, and then blow out slowly, just as if you were blowing up a balloon. Do this three times.	Slowly press your hands together palm to palm. Hold them in front of your chest while you press hard. Then slowly let go.	Slowly count to 10. As you do, imagine you are taking control of your anger. You are in charge, not the angry feelings.

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

From the categories below, develop a list of some of the coping strategies your child may use to help them.

<b>Energetic Activity</b>	<b>Self-Calming Activity</b>	<b>Social Activity</b>	<b>Shifting Attention</b>	<b>Getting Organised</b>
Includes things like exercise, sport, dance, active play which can help lift your mood	Includes things that calm you down, like drawing, mediation, praying, being in a quiet space, listening to soothing music, taking a shower, snuggling in bed, walking the dog, stroking the cat, cuddling a teddy.	Includes things like talking things over, help-seeking or connecting with or spending time with others	Includes things that take your mind to a different place like reading, watching TV, playing games, doing a favourite hobby	Includes activities that help you plan, get organised, like making lists, tidying up, making a plan, organising an activity, making a game plan

## LIBRARY



# BOOK ORDER DUE:

# 06 / 05 / 24

**PLEASE ORDER & PAY VIA THE LOOP**

**Raise Regular Readers!**

**EARN AND SPEND CREDITS ON ISSUE 3!**

Go to the **Linked Online Ordering Platform (LOOP)** to find out more

Dear Families,  
Order from this Issue and get a **\$5 credit to spend on Issue 4**, so every child has the opportunity to read regularly for fun and build a strong reading culture.

**Got credits to spend?**  
If you still have credits from your issue 1 order, use them **now** before they expire!

LOOP ONLY OFFER. Conditions apply see LOOP for details.

We have a great offer for this issue. **Every family** that places an order on Issue 3 will get a \$5 credit code to use on Issue 4!

*Nicole Kennon*  
Scholastic Coordinator

## PARENTS AND FRIENDS

### Mother's Day Raffle



**Camp Hill Primary School**  
**Tickets \$1 each**

**Drawn: 10am - Wednesday 8<sup>th</sup> May 2023**  
Pay on QKR or cash to the office

**ALL sold tickets returned to the office**  
by no later than **Wednesday 8<sup>th</sup> May at 9am**

### Donations

We are asking for donations to go towards the Mother's Day raffle e.g. chocolates, lollies, nuts, biscuits, wine, candles, cups, vouchers, coffee cards just to name a few examples. All gifts can be sent to the office by Monday 6<sup>th</sup> May to be wrapped. Thank you for your support 😊



*Parents and Friends Group*



## BOSHC

This week at Before School Care children have been learning about Anzac Day, we have also been doing some craft activities around Anzac Day.

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

*Simon & the BOSHC Team*

## OSHC

### **Pupil Free Day**

On Friday 24<sup>th</sup> May the school has a pupil free day. We will be running a OSHC day from 8:30am until 5:55pm. We are currently taking bookings for this day. You can either let Jamie or Simon know at the OSHC room or call/text on 0409 549 493 or Email us at: [oshc@camphillips.vic.edu.au](mailto:oshc@camphillips.vic.edu.au).

### **Accounts**

Just a reminder that this Friday the 26<sup>th</sup> of April is the due date for accounts to be paid for the charges of the past fortnight.

*Jamie, Simon & the OSHC Team*



## BREAKFAST CLUB

A graphic for the CHPS Breakfast Club. The background is a light pink grid. At the top, the text 'CHPS BREAKFAST CLUB' is written in a bold, dark brown font. Below the text is a blue bowl filled with orange cereal, topped with several slices of orange. A light blue spoon is in the bowl. To the right of the bowl is a yellow banana. There are decorative yellow leafy branches in the corners. At the bottom, the text 'Every Friday Morning', '8:10 - 8:30am', 'BER Building', and 'ALL WELCOME!' is written in the same dark brown font.

**CHPS BREAKFAST CLUB**

**Every Friday Morning**  
**8:10 - 8:30am**  
**BER Building**  
**ALL WELCOME!**

## FOUNDATION LEARNING TEAM

### **Buddies**

We have been having fun spending time with our buddies each week. Last week we enjoyed doing some inside art and buddy PE.

### **Maths**

We have continued practising our knowledge of counting forwards and backwards to 20. Encourage your child to practise this at home as much as possible. A great way to practise counting backwards is using the countdown timer on the microwave.

### **Letter Focus**

Over the last two weeks, we have revised our knowledge of the letters S, A, T, P, I and N and their sounds. This week we have been practising the letter Bb.

*Foundation Learning Team*

## 1/2 LEARNING TEAM

### **Inquiry**

This term for our Geography Inquiry, we are learning about how we are connected to different places. We are going to learn about Bendigo, Victoria and Australia. We are going to learn what the places are, what makes them unique, where these places are and how they look on a map.

### **Colder Weather**

As the weather begins to cool down, please ensure your child is coming to school in warm clothes that are clearly named. It is encouraged that students are continuing to bring spare clothes in their bags in case they get wet or muddy over the coming months.

### **Home Reading**

Just a reminder to make sure your child is reading or listening to at least one book every weeknight.

### **Toys**

A number of students are bringing toys and other belongings to school and unfortunately, we have had many of these items lost or damaged. We strongly advise students not to bring these to school unless it is for show and tell or if it is an emotion regulation tool. We understand some students need these tools to assist them with coping strategies however we have rules in place so that they are used only for their purpose and are not a distraction to others. If students bring toys to school, they are not to be brought into the learning space during learning time and it is their responsibility to look after it.

*1/2 Learning Team*

## 3/4 LEARNING TEAM

### **English**

Students this week have continued to learn about identifying voice in the author's writing and creating their own unique voice in their own writing. They learnt about the writing technique of using the '5 Plus One Senses' and how to communicate emotions in writing to help create a picture in the reader's mind. They attempted to write in a similar way during independent writing time and some great writing was produced!

### **Earth Day**

Children discussed the importance of Earth Day; why it is an important calendar event and how to look after the environment. Some students created posters to display and we talked about why being a class Energy Monitor is an important job to help reduce carbon emissions.

### **3-6 Division Cross Country**

On May 1<sup>st</sup>, students in Grades 3 and 4 will be participating in the 3-6 Division Cross Country. We are asking for parent helpers who can volunteer their time to assist on the day. All students will need a packed recess and lunch, a drink bottle, suitable footwear and warm clothes on the day.

*3/4 Learning Team*

## 5/6 LEARNING TEAM

### **Preparation for Puberty**

This week and next, Year 5 and 6 students participate in an important unit about growth and personal development in Term 2, which is linked to the outcomes outlined in the Health and Physical Education Victorian Curriculum.

Health Promotion Officers from Bendigo Community Health Services will deliver puberty education over two sessions.

There will be two sessions for each class, each involving interactive activities and meaningful information for students to support students' knowledge and understandings.

Puberty topics that will be covered include;

- Learning what is puberty
- Understanding the physical, emotional and social changes and transitions through puberty
- Examining a range of strategies to help manage changes associated with puberty
- Menstruation, introduction to conception and pregnancy
- Managing friendships and respect in relationships

- Staying safe online
- Consent
- Body image

It is hoped that your child will want to discuss the topic of adolescent development with you at home.

**Transition**

Grade 6 – Year 7 Packs must be returned to Miss Wallace ASAP, please.

Information regarding open days and information nights has been emailed to you. If you have not received this or you have any questions, please contact Miss Wallace.

**Division Cross Country – Wednesday 1<sup>st</sup> May**

We need parent helpers for the bus trip to and from the event. If you are able to assist, please contact your students' teacher.

*5/6 Learning Team*

**PERFORMING ARTS**

**Foundation**

The students are enjoying a variety of musical tasks including learning about pitch and how it makes the sounds high and low. They have played tuned instruments and sang songs incorporating different actions to suit the pitch.

**Grade 1 and 2**

The students have continued with new rhythms incorporating rests in them.

They have sung songs and used different actions to emphasis the beat and the rhythm. Students are able to identify and 'walk the beat' while clapping the rhythm.

**Grade 3 and 4**

The students have continued working on their Ukulele skills this week, focusing on tuning and finger placement for the chords. Unfortunately, because of ANZAC Day some students will miss their class this week but we will catch up on these skills next week.

**Grade 5 and 6**

The students have commenced working on their Dance routines which they will present to the class in the coming weeks. They are working their dance steps which they will set to their chosen piece of music. Students have a set criteria to work towards to help them incorporate a variety of different skills including dance elements, developing a sequence of dance steps and working as a team. I am looking forward to some very creative dances.

*Penny Peters*

*Performing Arts*

**HEALTHY EATING**

**Healthy Eating/Nude Food**

Look at these fabulous NUDE FOOD lunches which have covered many of the food groups from Grade 5/6 students. They are really fantastic role models for the rest of the school.

Remember keep it **HEALTHY** and **NUDE!!** Children should be eating 5 serves of vegetable and 2 fruits per day. It's easy to include at least 2 fruits and 2 vegetable serves in their lunch every day and then add 3 serves of vegetables for dinner.

*Sandy McLennan*

*Healthy Eating Coordinator*

**LOTE**

**Foundation**

In Foundation, students have been enthusiastically revising greeting songs in groups and mastering how to count Chinese numbers from one to five. To make learning even more fun, they've been playing the exciting 'Set off the Firecracker' game, which helps reinforce their understanding of numbers.

**Grade One and Two**

Our Grade One and Two students have revised the 12 zodiac animals and learned about a few native animals as well. To put their knowledge to the test, they've been competing in groups in translation games, enhancing their vocabulary and language skills along the way.

**Grade Three and Four**

In Grade Three and Four, students have been developing their vocabulary related to countries and have been thoroughly enjoying playing the chair game using the newly learned country names. This interactive approach has made learning about the world around them even more engaging.

**Grade Five and Six**

Our Grade Five and Six students have been exploring the intricate Chinese family tree. They've been practicing using possessive pronouns to introduce family members, delving into the complexities of familial relationships in Chinese culture. This hands-on learning experience has been both enriching and enlightening for our older students.

*Yimin Chen*

*LOTE*



# PHYSICAL EDUCATION

## 3-6 Camp Hill Athletics Day

**Where:** Flora Hill Athletics Track

**When:** Wednesday 8<sup>th</sup> May, 2024

**Who:** All students in Grades 3-6

Students have been working hard in their weekly Physical Education classes to develop confidence/understanding and refine their running, jumping and throwing technique for their up-coming school Athletics Day. We encourage students to wear appropriate footwear and comfortable sporting school uniform as students will have the opportunity to participate in both track and field events. Students are also asked to bring enough food/drink for the day and warm/dry clothes for colder weather. The canteen will NOT be available at this event.

Students who demonstrate excellence in their age-group for any one event may be invite to attend the Deborah Athletics Carnival in order to qualify for Division and Regional Athletics Championships.

**Parent Helpers Needed:** Support would be greatly appreciated at the Aths track for some of the events, e.g. long jump, triple jump and high jump. Each class also requires the assistance of an additional adult to supervise student ratios when traveling to and from the Athletics track on their bus. If you have your WWC and are able to assist that would be fantastic! Buses leave Camp Hill at 9:05am and depart the track at 2:15-2:30pm.

Families are welcome to attend and cheer on our students when participating in their events. Help is always needed at each event to help our day run smoothly. If you are interested in assisting in any way please let your classroom teacher know. Otherwise, we look forwards to hearing your encouragement on the day!

Permission is available on Sentral, please complete permission for your child to attend. There is a small fee to cover travel and venue hire for the day. Please see student event times on the Sentral permission form.

## 3-6 School Cross Country

Thank you to all the families that attended to support our Annual Cross Country at Rosalind Park last Thursday. Great to see all our students perform their very best in their run. Loads of smiles, enthusiasim and peer encouragement! Well done everyone.

### 12 yr old

#### Boys

1st	Cael	W
2nd	Algje	M
3rd	Arlo	M

#### Girls

1st	Katija	G
2nd	Isamora	S
3rd	Neena	S

### 11 yr old

#### Boys

1st	George	C
2nd	Arie	R
3rd	Lachlan	B

#### Girls

1st	Mia	Y
2nd	Peyton	B
3rd	Eilish	

### 10 yr old

#### Boys

1st	Rupert	M
2nd	Sulaymaan	A
3rd	Samuel	S

#### Girls

1st	Louise	S
2nd	Millie	T
3rd	Saras	

### 8/9 yr old

#### Boys

1st	Joshua	G
2nd	George	M
3rd	Rhiley	T

#### Girls

1st	Sari	G
2nd	Fleur	R
3rd	Scarlett	T

## Division Cross Country

Mrs Smalley is looking for a volunteer/helper to meet her at the Division Cross Country at the Bendigo Racecourse to assist with recording school points at the bench near the finish line. It's always a nice and easy sit-down job. I will be there early to help set up, but a volunteer wouldn't need to start assisting with a recording job until 9:30am - 2:45pm. If you are able to assist please send an email through to;

Alicia.smalley@education.vic.gov.au

## Soccer Umpires Needed

We also require two soccer umpires to attend with Mrs Wallace for our one-day Division tournament on either the 5<sup>th</sup> or 6<sup>th</sup> of June at Epsom Huntly Recreation Reserve, Midland Highway Epsom (Date still be confirmed for Div 1 boys/girls) from 9:15 a.m. – 2:45 p.m. Umpires could be volunteers from uni, high school or an adult with their WWC who is happy to umpire either the girls or boys comp. They don't have to be super experienced, just have good understanding of the rules and a whistle to help make the day a success.

*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:

@mckernsteelfoundation

## SHORT CIRCUS

This week in Short Circus Captains taught skills members the new routines. At lunchtime Junior school kids came in and tried some mini stilts.

*Isstra Bevilacqua*  
*Short Circus Coordinator*

## STUDENTS OF THE WEEK

### RESPECT

**Mahima Susan Binu:** For consistently being a positive role model.

### CONFIDENCE

**Braxton Alderson:** Braxton has been doing amazing reading each day. Mrs White just thinks WOW, every time he reads a new book!

**Ollie Oates:** For approaching tasks with an 'outside the box' mindset.

**Loki Sutherland-Veenstra:** For working hard to engage in class discussions and complete set task.

**Marley Neaves:** For working hard across all areas of the curriculum and always trying her best, regardless of the task!

### CARING

**Nihal Devgan:** For continually displaying the value of caring. You make our classroom and school a better and safer place. Well done Nihal!

**Maeve Broadbent:** For being a kind and inclusive member of our classroom.

**Adeline Hartley:** For being a kind and caring member of our classroom. Keep up the great work!

### TRUST

**Max Dobbie:** For always listening to and following instructions in Performing Arts.

## LUNCH ORDER

### SUSHI LUNCH ORDER FOR FRIDAY 3rd May 2024

ORDER VIA OUR QKR APP!!!!

by 9.00am Thursday 2nd May 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.....