

# Newsletter No 12, 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 2<sup>nd</sup> May 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>	6 <sup>th</sup> May	Scholastic Book Club - orders due online Grade 6 Information Night for Govt Secondary Schools
<b>Wednesday</b>	8 <sup>th</sup> May	Athletics Grades 3/6 – Flora Hill Athletics Track Mother's Day Raffle: tickets to be returned by 9am, drawn 10am
<b>Thursday</b>	9 <sup>th</sup> May	Grade One evening
<b>Thursday</b>	16 <sup>th</sup> May	General School Information Evening & School Tour
<b>Friday</b>	17 <sup>th</sup> May	School Open Day Short Circus Performance
<b>Tuesday</b>	21 <sup>st</sup> May	School Council Meeting – 5:30pm
<b>Wednesday</b>	22 <sup>nd</sup> May	National Simultaneous Storytime
<b>Friday</b>	<b>24<sup>th</sup> May</b>	<b>Pupil Free Day – OSHC Available 8:30am – 5:55pm</b>
<b>Wednesday &amp; Thursday</b>	5 <sup>th</sup> & 6 <sup>th</sup> June	Division Soccer Tournament
<b>Monday</b>	<b>10<sup>th</sup> June</b>	<b>PUBLIC HOLIDAY – Kings' Birthday</b>
<b>Thursday</b>	13 <sup>th</sup> June	JSC PJ Day. Out of uniform day. Gold coin donation, cash or QKR
<b>Tuesday</b>	18 <sup>th</sup> June	School Council Meeting – 5:30pm
<b>Thursday</b>	<b>28<sup>th</sup> June</b>	<b>LAST DAY TERM 2 – Early Dismissal 2:30pm</b>
<b>Monday</b>	15 <sup>th</sup> July	TERM 3 begins
<b>Thursday - Friday</b>	18 <sup>th</sup> - 19 <sup>th</sup> July	Grade 3/4 Camp, Billabong Ranch in Echuca
<b>Friday</b>	26 <sup>th</sup> July	2025 Foundation Interim Enrolment forms due

## PRINCIPAL'S REPORT

### 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**.

### Staff Car Park

Could parents please note that the staff car park is not an area for access by parents during school hours, either in cars or on foot. Please use the footpath adjacent to the staff car park, this will ensure everyone keeps safe.

### Dad's Group Tips

Raising boys in today's society can be challenging to say the least. There are many mixed messages floating around about raising boys, what it means to be a good man, masculinity; and that's just the tip of the iceberg.

It's confusing for young boys, and teenagers too - but what boys need is the guidance from their father, father figure or a positive male role model.

### Here are a few things boys need most from their dads.

#### 1. Be there

You need to be there in mind and body. Kids know when you aren't completely present and giving them your undivided attention. Set time aside where you are consciously engaging with them. Even if it's starting with a focussed 10 minutes a day, it all counts!

#### 2. Build a comfort zone

Create a safe space for chats, this could be around the dinner table, watching sport together or walking side by side.

#### 3. Express your love

Tell him you love him, and you are proud that he is your son. You can express your love in a range of ways, like spending quality time together, putting a note in his lunchbox or sending a thoughtful text.

### Dad Joke of the Week

Did you hear about the cheese factory that exploded  
There was nothing left but de brie ...

*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 3

This week there were 208 students who had 100% attendance this week – fantastic effort!

Well done to Ivy from Foundation A 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>	32

*Trish Johnstone*

*Assistant Principal*

## WELLBEING MATTERS

### Sleep

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 wakening unrefreshed, despite getting adequate length sleep, it might be time to see a doctor.

For more information on sleep health, you can refer to:

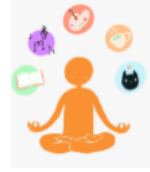
- [Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation
- [Why sleep is so important](#), from the Kids Helpline's
- [Sleep explained](#), from the Better Health Channel



## RIGHTS, RESILIENCE AND RESPECTFUL RELATIONSHIPS (RRRR)



### RRRR's in the 3/4 Department Topic 3: Positive Coping



In Respectful Relationships this week, the 3/4 Department have been focussing on understanding strong emotions and controlling anger.

Students brainstormed effective and positive strategies which they can use when they feel angry or overwhelmed and we discussed situations that may cause us to feel that way.

You might like to ask your Year 3 or 4 student about some of the strategies we discussed including; balloon breathing, take a walk, ice to water, counting to 10, hands in pockets.

Next week we will be looking at problem solving skills and how to cope with challenging situations.

## 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*



## BREAKFAST CLUB



## 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

At Before School Care children have been commemorating the Anzacs as part of Anzac Day. We had some discussions on the history of Anzacs and also completed some craft activities.

This week we have had an increase in numbers at Before School Care. For bookings, please contact Jamie or Simon on 0409 549 493

*Simon & the BOSHC Team*

## OSHC

### **Pupil Free Day**

Friday 24<sup>th</sup> May is a pupil free day for the school, OSHC will be running from 8:30am until 5:55pm. We are currently taking bookings. Please provide a drink bottle and a lunchbox as per a normal day, we will provide a fruit platter and an afternoon stack. You can book either via 0409549493 or [oshc@camphillps.vic.edu.au](mailto:oshc@camphillps.vic.edu.au)

### **Accounts**

The current fortnight accounts will be due on Friday 10<sup>th</sup> May.



*Jamie, Simon & the OSHC Team*

## JUNIOR SCHOOL COUNCIL

### **PJ Day for Bendigo Foodshare**

The Junior School Council have selected **Thursday 13<sup>th</sup> June** as our Out of Uniform Day for Term Two, and it will be a PJ day! We look forward to seeing everyone all warm and cozy in their pyjamas on this day!

Please see poster at the end of this newsletter

The Junior School Council were thrilled to present a cheque for \$334 to Cindy Clarkson (Bendigo Health Fundraising + Foundation, Coordinator Compliance) and Jessica Elsley (Bendigo Health Fundraising + Foundation; Events + Fundraising Coordinator) at assembly last week. This money was the total raised from our Term 1 Out of Uniform Day; Career Day. Thank you to everyone who donated.

The funds donated will be contributing to the new Children's Rehabilitation Play Space at the Bendigo Hospital, which will begin being built very soon! Once complete, the play space will also be open to the general public.

*Jacinta Cherry*  
*JSC Coordinator*

## FOUNDATION LEARNING TEAM

### **Caring**

This week we have been focusing on the school value of **caring**. Students have been looking through our behaviour matrix and talking about ways they can be caring to themselves and others.

### **Letter of the Week**

This week we have been learning about the letters Oo and Ll. We used a paper plate to make our very own octopus with eight legs.

### **Illnesses**

Just a reminder as the weather cools down that there are lots of illnesses circulating. Please make sure your child is coming to school with enough warm clothes and getting lots of rest. If your child is unwell, we encourage you to keep them home to help keep everyone healthy and well.

### **Welcome Miss Roberts**

Next week, Foundation B will be welcoming Miss Roberts to the classroom for four weeks. Miss Roberts is a pre-service Teacher from La Trobe who is looking forward to spending some time with the Foundation students.

*Foundation Learning Team*

## 1/2 LEARNING TEAM

### Home Support

This week students will be bringing home some new learning tools for Reading, Spelling and Mathematics in their reader bag. Please keep these two items in student's reader bags so they can be used at home and school.

### Grade 1

Our Grade one evening will be taking place on Thursday 9<sup>th</sup> May. We are looking forward to a fun evening of activities with all of the Grade one students.

On the day, students will come to school as normal in their school uniform and participate in our regular school timetable until lunch time. After lunch, students will remain in their school uniform and walk together as a group to Bendigo Bowling Centre for a game of ten pin bowling. After bowling we will walk back to school where students will enjoy a disco and games, followed by dinner of hot chips. Pick up time will be 6pm from the front gate of the school.

We ask that students pack an extra snack on this day to have after bowling.

If you are interested in being a parent helper for this excursion, please contact your child's teacher. You must hold a current Working with Children Check card.

### 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.

### Sizzling Starts

This week students began creating sizzling starts for their narratives. Here are some amazing examples from 1/2C.

*Grrr "what was that?" said Katie. Evie*

*Rrrrr! As I jumped in surprise when the lion pounced. Jacko*

*Drip drip... I open my eyes, the roof is leaking. I climb out of my bed I look around at the cracked walls, I slowly creep down towards the broken door. Jim*

*Ring, ring, ring! I picked up the phone...Its was my boss! Sevi*

*Squish! Went my blue dog toy when I picked it off the shelf. Sara*

*Wee wee! The police car was chasing me! Ryder*

*Crackle... "What was that?" The girl said "oh, look outside there's a storm". Zsa-Zsa*

*Woof! My dog was barking because the bell was dinging. Will*

*Bzzzzzz...my clock woke me in the middle of the night. Ethan*

*Boom boom boom boom boom! I loved the fireworks they were amazing! Sammy*

*1/2 Learning Team*

## 3/4 LEARNING TEAM

### Divisional Cross Country

Yesterday was the Sandhurst Division Cross Country which was held at the Bendigo Racecourse. Children competed in the 8, 9 or 10 year old 2000m events and had a wonderful time. It was great to see so many children participating and trying to achieve their own personal best. Well done everyone!

### Camp

We will be leaving for our camp to Billabong Ranch in Echuca at 9am on Thursday 18<sup>th</sup> July, returning by the end of school the following day.

There is a cost for this camp, however has not been finalised and will go to the School Council for approval on Tuesday 21<sup>st</sup> May. After this date, the office will send home a statement to notify families of the exact amount to pay. A deposit /or payments can now be made on QKR, if you wish. Please don't hesitate to contact Sue in the office if you require further information regarding your payments.

*3/4 Learning Team*

## 5/6 LEARNING TEAM

### Year 7 Secondary School Enrolment Forms

These need to be returned to the office or Miss Wallace ASAP. If your child is awaiting confirmation from a catholic or independent education provider, please return forms with the independent provider listed, an indication of whether or not their enrolment has been accepted and the alternative government secondary school they will attend, should their catholic or independent application be unsuccessful. This selection is easily changed, moving forward.

### Grade 6 Information Night For Government Secondary Schools

This will be held this Monday 6<sup>th</sup> May. Information regarding this has been emailed to families by Miss Wallace.

### District Cross Country

District Cross Country was held at the Bendigo Racecourse on Wednesday. Congratulations to all students who displayed great confidence when competing in this event.

### 3-6 Athletics

Athletics for Grades 3-6 will be held next Wednesday 8<sup>th</sup> May at the Flora Hill athletics track. Please pack recess and lunch as no canteen facilities are available on the day.

### Student Attitudes To School Survey

Information regarding the upcoming survey (conducted online, in the classroom and by the classroom teacher) is coming home this week. This is an **opt-out** activity. If you **do not** wish for your child to participate in this activity, please email [christopher.barker@education.vic.gov.au](mailto:christopher.barker@education.vic.gov.au) before Monday 6<sup>th</sup> May.

*5/6 Learning Team*

## HEALTHY EATING

A reminder of the 5 groups plus water that should be included in school lunches. Students who eat a healthy diet with at least 2 serves of fruit and 5 serves of vegetables daily perform better on Naplan tests and are more able to maintain energy levels throughout the busy school day.

### FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



*Sandy McLennan*  
*Healthy Eating Coordinator*

## LOTE

### Foundation

Students learned how to count from one to 10 and enjoyed playing the 'Firecrackers' game and the 'Where Are My Friends?' game using the numbers.

### Grade One/Two

Students revised the 12 zodiac animals and participated in a listening assessment by matching the equivalent English meanings of the Chinese words they heard.

### Grade Three/Four

Students learned how to use the known country names to expand their vocabulary of nationalities. They also learned model sentences to introduce different nationalities and engaged in playing the 'Bomb' game challenge while practicing these sentences.

### Grade Five/Six

They learned model sentences to introduce family members and different objects using the pattern sentences "This is/That is/This is not/That is not" and honed their speaking skills through the 'Bomb' game challenge.

*Yimin Chen*

*LOTE*

## 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:

Eurocare Kiddy Aged Care UNICEF  
Future IMPACTA Adroit

@mckernsteelfoundation

## PERFORMING ARTS

### Foundation

The students are completing their music unit focusing on melody and pitch. They have enjoyed using a variety of instruments and songs to play and sing. Next week they will put their dancing shoes on and commence a dance unit to complete this term's work.

### Grades 1/2

The students are completing their music unit focusing on rhythm and beat before moving into a dance unit next week. The students have created their own words to match the rhythm of the songs and used a variety of instruments for the beat. They will be working on a dance unit for the rest of the term.

### Grades 3/4

The students are finishing their unit on playing the Ukulele and will move into a dance unit for the remainder of the term. They have learnt to play a variety of songs using familiar chords, hold the Ukulele correctly and check their instrument is in tune.

### Grades 5/6

The students continue to work on their dance for presentation in the coming weeks. They are working in small groups and have chosen songs to match their dance moves. The students are enthusiastic and practising hard in class.

*Penny Peters*

*Performing Arts*

## SHORT CIRCUS

This week in Short Circus, students continued to practise their new routines for their upcoming performance. The Junior school enjoyed learning Circus skills at lunchtime.

Short Circus will have their first performance on Friday 17<sup>th</sup> May at school to celebrate Education week. A note regarding costumes will be sent home this week to all circus members. All performers will have their face painted. If you have any concerns regarding face paint allergies, please contact the office.

*Isstra Bevilacqua*

*Short Circus*

## STUDENTS OF THE WEEK

### CONFIDENCE

**Elijah B:** For demonstrating confidence and persistence when learning new skills for our upcoming Athletics carnival. Super job Elijah!

**Magnus K:** For being a role model in PE and helping others perform the two-hand strike correctly.

### CARING

**Mianna S:** For being a kind and caring classmate who is always willing to help others. We are so lucky to have you in our class Mianna!

**Morgan R:** For being a kind and caring classmate who is always willing to help others. Thanks for everything you do Morgan!

**Dolly H:** For always demonstrating care for her peers, teachers and classroom. You are so thoughtful Dolly!

**Arrobella C:** For always showing a caring nature towards others and helping out friends in need. Keep up your wonderful work Arrobella!

**Lucia C:** For being kind and caring to others both in and out of the classroom. Great job Lucia!

**Jordyn G:** For being so caring to another student. Jordyn introduced herself and asked them if they wanted to play with her when they were feeling lonely. Beautiful work Jordyn!

**Sid C:** For being a caring and kind student in Library selecting books for his sister who was unwell. (Foundation A)

**Sammy O:** For showing kindness towards his peers by always including others in group work and play. Thank you for being a kind and caring friend to all of your peers. Keep it up Sammy!

**Neena S:** For consistently caring for others. Thank you for always being willing to offer others a hand Neena, no matter how big or small.

**Maya M:** For displaying empathy and awareness of those around her and considering how her actions may impact others.

### RESPECT

**Arie R:** For demonstrating a respectful approach towards all classroom tasks, allowing himself and others to achieve their learning goals.



## FOR YOUR INFORMATION

### BENDIGO JUNIOR FISHING CLUB OPEN DAY

Saturday 4<sup>th</sup> May starting at 10am at Lake Neangar, Simpsons Rd, Eaglehawk.  
Raffle, prizes to be won. Free gift for new members.  
More information [codie.bendigojfc@gmail.com](mailto:codie.bendigojfc@gmail.com) or 0468 450 143

### PROPS THEATRE

Located at 82 Mitchell St. Enrolments open.  
Stage One for 5-8 years  
Stage Two for 9-12 years



### HIPPY BENDIGO

A Home Interaction Program for parents and youngster is a fun & free program for families that support children's learning in the two years before school.  
Contact Christi Stevenson (HIPPIY Coordinator 0407 049 385 or [christi.stevenson@anglicare.org.au](mailto:christi.stevenson@anglicare.org.au))



### CENTRAL VICTORIAN LION TEAM INC

Traditional Chinese Dance Team will be holding an Open Day on Sunday 19<sup>th</sup> May from 10:30am – 2:00pm at the Quarry Hill Community Hall, Hamlet St, Quarry Hill.  
New members most welcome.  
For more information contact Garry Sea, President 0438 590 318

## LUNCH ORDER

### BBQ LUNCH ORDER FOR FRIDAY 10<sup>th</sup> May 2024

ORDER VIA OUR QKR APP!!!!

by 9.00am Thursday 9<sup>th</sup> May 2024.

**No late orders accepted.**

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

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

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

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

Total enclosed \$.....

Signed.....

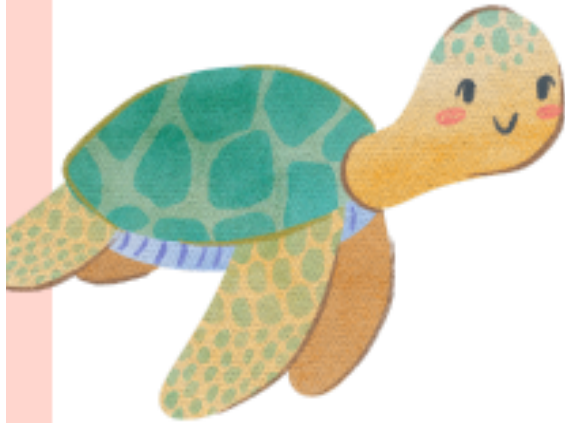


# PJ DAY!

This term Junior School Council  
have organised a PJ day to raise  
money for Bendigo Foodshare.  
Students are encouraged to come  
dressed in their comfiest and  
warmest pjs for the day!  
Donations can be made on QKR.



**THURSDAY**  
**13TH**  
**JUNE**



# SUPPORTING OUR KIDS

INFORMAL DROP-IN TIMES FOR  
PARENTS/CARERS @  
CAMP HILL PRIMARY SCHOOL

## DETAILS

### DATES

Wednesday 15th May &  
Thursday 30th May

### TIME

3:00 - 3:45 pm.

### LOCATION

A table will be set up near  
the school gate!

- Information and tip-sheets available about children's mental health and development.
- Come and chat with us! We are happy to answer questions and listen.
- Information available about local services and supports for children and families.

## CONTACT US

CAMHS and Schools Early Action (CASEA) Program

- Caroline, Emily & Ashlee
- Email: [CASEA@bendigohealth.org.au](mailto:CASEA@bendigohealth.org.au)
- Phone: 03 5440 6506

