

Newsletter No 6, 2025



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 6th March 2025

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 2025

Thursday	6 th March	Community Family Fun Evening 5:30pm – 7:30pm at the school
Friday	7 th March	Assembly 3pm – JSC badges presented OSHC Accounts due
Monday	10 th March	PUBLIC HOLIDAY – LABOUR DAY
Tuesday	18 th March	School Council AGM followed by normal school council meeting 5:30pm in the staff room.
Friday	21 st March	Scholastic Book Club orders due
Friday	28 th March	P&F Bulb Fundraiser, orders close
Monday	31 st March	CHPS Athletics Day – Gr 3-6
Friday	4 th April	LAST DAY TERM 1 – Early Dismissal 2:30pm
Tuesday	22 nd April	Term 2 commences

PRINCIPAL'S REPORT

NAPLAN

Next Wednesday students in Grades 3 & 5 will commence the annual NAPLAN testing. For some this can be an anxious time, so it is important reassure students this is one of many points in time assessments they will undergo and not to be concerned about it.

Family Fun Night

Tonight, the Parents and Friends Club are running a community evening for parents and carers, come along and have a catch-up while the kids enjoy some fun activities. The evening starts at 5.30pm with a free barbeque for those who would like to something to eat or bring your own picnic basket. See you there.

Public Holiday

A reminder that Monday 10th March is a public holiday, students will not be required at school.

School Captains

Last Friday our school captains were presented with their badges office, it was great to see so many family and friends attend the assembly.

Junior School Council

This week at assembly the Junior School Council representatives for semester 1 will be presented with their badges, parents and friends are more than welcome to attend the presentation.

Dad Joke of the Week

I got a new pen that can write under water. It can write other words too.

Chris Barker
Principal

ASSISTANT PRINCIPAL

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



WEEK 6

Early Bird Awards

The early bird award goes to the grade each week who has no late arrivals to school. That means all students arrive by 9am ready for learning. The Early Bird certificate this week goes to **Foundation A**

100% attendance for the week

A student is selected weekly to recognise their attendance at school every day for the week. We regularly have over half the students achieving 100% attendance each week. This week 215 students had 100% attendance for the week. Our Attendance Heroes this week are **Buffy** from **Foundation A**. Super effort Buffy – well done!

Total yearly number of student absence days Term 1	293 days
Current school year absence rate Term 1	1.15 days per student
School absence rate target for 2025	10.00 days per student (2.5 days per term)
Number of times students arriving late to school this week	32

Trish Johnstone
Assistant Principal



WELLBEING MATTERS



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)

Resilience, Rights and Respectful Relationships

Camp Hill Primary School is a proud Respectful Relationships school.

Respectful relationships education is part of the Victorian Curriculum and delivered by all Victorian government schools. It supports students to develop the knowledge, attitudes and skills needed for respectful relationships, and helps to build respect and equality across the entire school community.

Research tells us that providing respectful relationships education at school can lead to positive impacts on students' academic outcomes, their mental health, classroom behaviour and relationships.

Our school uses the Department of Education's evidence-based teaching and learning resources to teach our students about Respectful Relationships from Foundation to Grade 6.

The Resilience, Rights and Respectful Relationships resources have 8 topics that teach students about emotional literacy, personal and cultural strengths, resilience, problem-solving, stress-management, help-seeking, gender norms and stereotypes and positive gender relations.

These next few weeks in class we are working on **Topic 2: Personal and Cultural Strengths** which helps students to learn how to recognise and understand their own and others' strengths and positive qualities, and how to identify how the values and strengths they learn from their family and culture help them to treat others with respect.

If you have any questions about Respectful Relationships education, you can contact [staff member] and visit the Victorian Government's Respectful Relationships page: <https://www.vic.gov.au/respectful-relationships>

DOGS CONNECT

Polly is sponsored by Fur Life Vet.

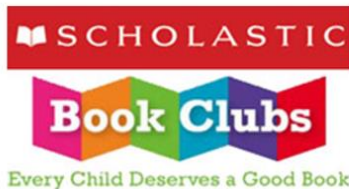
Fur Life Vet have two clinics located in Bendigo:
167 Eaglehawk Road, Bendigo and 70-80 Midland Highway Epsom.
Please support this local business for your pet care needs.
www.furlifevet.com.au



Mark Lees

Dogs Connect Coordinator

BOOK CLUB



**BOOK
ORDER
DUE:**

21 / 3 / 25

PLEASE ORDER & PAY VIA THE LOOP

LIBRARY

New Books

We are very fortunate to have purchased some wonderful books for our school library. This is being continually added to and there are some amazing books being prepared (covered and catalogued) to 'hit' the shelves in the coming weeks. Thanks to all the parents, as the voluntary contributions you make support these purchases. Check out the table of new arrivals! Borrow one and pick up a review sheet, fill it out and give to Mrs Johnstone or Mrs Peters and we will display it in the library to let others know all about it.

Competition Time

We are running a very exciting competition until the end of Term 1 for the Foundation, Grade 1 and Grade 2 students. It will be based on the number of books they borrow. There will be prizes so remember to bring your library bag each week and start borrowing! If you know there are school library books hiding at your place, hunt them out and return them please.

Expectations

We love having students come into the library before school (from 8.15am) and at lunchtimes. Please remember the library is a quiet space and it's a great time to come in and check out the new arrivals or read old favourites. There are games you can play or maybe do a drawing, but it is a quiet space, and we all need to adhere to the library expectations, so everyone has an enjoyable time.

Penny Peters
Librarian

OSHC

Legends of The Week Awards

Next week we will start announcing in the newsletter our Legend of The Week Award winners. The children get awarded a certificate for making good choices, doing nice deeds amongst other reasons. The award is presented in front of the entire After School Care at the start of each Wednesday and winners will be mentioned in the Thursday newsletter.

Accounts

Just a reminder that accounts for the current fortnight are due this Friday 7th March.

Jamie, Simon & the OSHC Team

JUNIOR SCHOOL COUNCIL

Congratulations to the following students for being voted in as our Semester One Junior School Council representatives.

We will begin working together to create change within the school as well as plan and execute fundraisers for local charities and organisations.

The following students will be presented with their badges this week at assembly.

1/2A	Astro B and Millie N	3/4C	Scarlett T and Max D
1/2B	Edie M and Arrobella C	5/6A	Liam S and Charlotte M
1/2C	Nate B and Achilles B	5/6B	Saras L & Mianna S
3/4A	India H-D and White S	5/6C	Compton B and Louise S
3/4B	Isla H and Ethan L	5/6D	Aaliyah T-I and Inigo B

Jacinta Kellow and Sally Saunders

JSC Staff Representatives

FROM THE OFFICE

NEW Soft Fall

The school recently purchased new soft fall for the Junior playground area – the students are loving it! 😊



Sue Heider
Business Manager

BREAKFAST CLUB



PARENTS AND FRIENDS

TONIGHT

The **Community Fun Night** is on TONIGHT + **Thursday 6th March!**
This event will be held at Camp Hill Primary School from **5:30pm to 7:30pm.**
Come along for music, dancing, games or just the opportunity to connect with other families.

This is a **free event** and includes a **free BBQ**, or families can choose to bring along your own picnic basket. Donations at the gate are also welcome.

Membership

We are still **looking for new members to join the Parents and Friends Committee** and help us support our school community!

We are a group of dedicated parents who help organise events, fundraisers and foster a strong school spirit. Our work supports vital programs such as the Short Circus, Dogs Connect and Gardening Programs – initiatives that play an important role in enriching the lives of our students.

We meet on the **first Tuesday of the month for dinner**, providing great opportunities to connect with other parents, share ideas and enjoy a meal together while making a difference to our school community.

Whether you have a little bit of time or a lot, your involvement is valuable, and we'd love to have you on board.

Reach out to the office if you'd like further information.

Bulb Fundraiser



Our current fundraiser is **Tesselaar bulbs!**

Camp Hill Primary School receives 40% of the fundraising profits, and the best part is when you purchase the bulbs, you will receive your bulbs promptly, without waiting for the end of the fundraising period.

Bulbs can be purchased from:

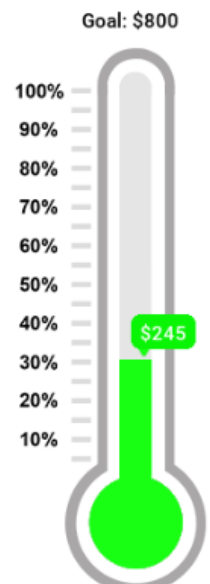
<https://www.bulbfundraiser.com.au/CAMPHILL>

Please share this link with family and friends!

Order close 28 March 2025.

Jess Ritchie

On behalf of the Parents & Friends Group



FOUNDATION LEARNING TEAM

School Nurse Visits

Our school nurse will be visiting soon. Information about the upcoming visits was sent home this week. Please use the QR code provided to register your child for a health screening or to opt out. This screening is completely optional. If you need assistance with the online registration, please visit the office.



Teddy Bears Picnic

We had a wonderful time taking our Teddy Bears to the playground for stories and a picnic! We also explored maths by measuring our Teddy Bears and had lots of fun sounding out their names in our writing.

Foundation Learning Team

1/2 LEARNING TEAM

At a Glance

Reading: We are learning to practise reading fluently to a buddy and to give them feedback about their reading.

Writing: We are learning to define and use nouns and verbs in our writing.

Maths: We are learning to partition one and two-digit numbers in more than one way.

Reading Expectations

Students are encouraged to bring their reader bag, with their fluency folder to and from school each day. Please listen to your child read their fluency passage each night. Use the comprehension questions for after reading, to assist with building your child's understanding of the text.

Phonics

Here is a photo of some of the 1/2 students during our phonics lesson.

1/2 Learning Team

3/4 LEARNING TEAM

Naplan

Grade three students will begin Naplan testing this Wednesday 12th March. Students will undertake two tests during this week and two the following week. Tests are undertaken on laptops, except writing, which will be done by hand. If you have any questions, please contact your child's teacher.

Cybersafety

Middle department students have been working hard in recent weeks to understand our school computer protocols and what it takes to be cybersafe and a responsible digital citizen. We will also be discussing our digital footprint in coming weeks.

3/4 Learning Team

5/6 LEARNING TEAM

Headphones For NAPLAN

Could parents and carers of Grade 5 students ensure they have a working pair of headphones at school for NAPLAN (Week 7).

Mini Whiteboards

Please check with your student that they have a mini whiteboard in their tubs at school. These are a booklist essential item and are used daily in the classroom. While there is no need to purchase a new one every year, they can become damaged and need to be replaced.

Homework Expectations

Homework sheets are sent home on a Friday, to be completed by Friday of the next week. Students will bring list words home for Look, Say, Cover, Write, Check. The expectation for reading is 20 minutes, at least 4 times per week.

Homework should not be new learning for students but consolidate what is being taught at school (this year, and in previous years). If students are unable to complete on their own, move on from the activity and it will be covered by classroom teachers at a later date. As students approach high school, developing strong, regular and frequent study habits becomes essential. Homework plays a key role in helping students build the skills they will need for future success.

Grade 6 to Year 7 Transition

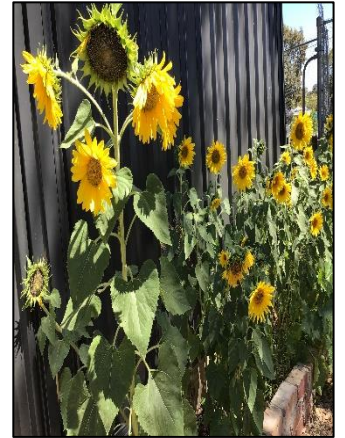
While this may seem a long way off for parents, the secondary schools begin their enrolment process at the end of this term. Please ensure you have your **CORRECT RESIDENTIAL ADDRESS** registered with the office. This information is sent directly to all public secondary schools for zoning purposes. Your child will be offered an initial placement at their zoned public school.

5/6 Learning Team

VISUAL ARTS

Foundation Art

Students in Foundation have been studying artists like Van Gogh who liked to paint flowers and thinking about how that makes the artist and the viewer feel. We are lucky there are some beautiful sunflowers out in the school garden at the moment, thanks to Mr. Butler's Gardening program. We sat outside and drew a sunflower each and then cut it out and pasted it onto a large vase inspired by Van Gogh's sunflowers. Here are some artists from FB at work and both grades finished collaborative artworks.



Sandy McLennan
Visual Arts

PHYSICAL HEALTH

In week 8 on Friday 21st March, we are encouraging students to walk, ride, scoot or skate to school as we take part in the National Ride2School Day and try to beat our number from last year!

This competition promotes healthy, active transportation to school while fostering school spirit and friendly competition! Plus, it's a great way for students to stay active and reduce their carbon footprint.

ACTIVE TRAVEL & THE ENVIRONMENT

Not only is active travel good for your health, it's good for the environment too! Riding, walking, scooting or skating to school means there are fewer cars on the road, which results in a:



Reduction in noise pollution



Reduction in energy use



Reduction in carbon emissions

For every kilometre you actively travel instead of driving, you save 243.8 grams of carbon emissions. But what does that actually mean?

On National Ride2School Day 2023, students across Australia saved 29 tonnes of CO₂ by actively travelling to school - the equivalent of planting 202 trees.

That's only one day. Imagine if we did that every day of the school year. Over a year we'd save more than 5,700 tonnes of CO₂ - the equivalent of planting 40,000 trees!

Here are some other ways your school can get involved to make an environmental impact:

- Create a student environmental group or 'Green Team'
- Encourage 'nude' lunchboxes with zero waste
- Start a school veggie garden or compost bin
- Encourage 'Part Way is Okay' for families who live too far to actively travel the whole way



At Camp Hill, students love eating their brain food which is raw fruit or vegetables and look at Kayleigh's great idea to have fried rice for lunch.

Sandy McLennan
Healthy Eating Coordinator

LOTE

Foundation

Students enthusiastically learned how to ask "你好吗?" (How are you?) and practiced basic responses through the interactive 'Copy Me' game. They also had fun singing greeting songs. Check out the YouTube link for a song they enjoyed: https://www.youtube.com/watch?v=l7ViCJS6bQU&ab_channel=SylviaDuckworth

Grade One and Two

Students actively participated in charades featuring family members and the 12 zodiac animals, enhancing both their speaking and listening skills through engaging gameplay.

Grade Three and Four

Students explored the symbolic meanings of lucky fruits associated with Chinese New Year while revising the names of popular fruits. They had a great time solving fruit riddles and playing the dictionary game.

Grade Five and Six

Students continued working on their Chinese New Year's Eve Promotion menu while deepening their understanding of the symbolic significance of lucky foods and fruits in Chinese New Year celebrations.

Yimin Chen

LOTE



GREEN TEAM

School Clean Up Day 2025

Thanks to all the teachers, Mr. Barker, students and parents who helped clean up our school. The Green Team members weighed the bags and sorted the rubbish this week into soft plastic, paper, recyclables and other. We put the paper and recyclables in the yellow bin. The litter collected weighed almost 7 kg.

The Green Team came up with these ideas to help reduce litter in the yard after a number of things they noticed:

- Talk at assembly and in your individual classrooms about not bringing plastic wrapping and packaging to school (a huge amount of plastic wrapping and packets)
- Use reusable containers and lunchboxes with partitions.
- Change plastic spoons and forks to reusable cutlery. (lots were found in rubbish)
- Don't send yogurt pouches - buy a big tub and spoon into small reusable containers. (some found in yard)
- Educate everyone about the consequences of plastics and litter in the environment.
- Have another clean up in next term and weigh the litter to see if we have improved.

Here is the Green team members showing what they think about littering!!!

Sandy McLennan

Green Team Coordinator

PHYSICAL EDUCATION

Division Swimming Carnival

On Friday 28th February, Archie N, Arie R and Kayleigh W took the opportunity to represent Camp Hill held at the Bendigo East Swimming pool. Well-done to our three enthusiastic swimmers who took on the challenge. Thank you to our parents for supporting them to attend the event and volunteering to assist with duties on the day.

Running Fitness

With 3-6 Cross Country and Athletics fast approaching, now is the time to start building on your running fitness.

Set small achievable goals that gradually increase running endurance with practise. Congratulations to the students who took part in the Bendigo Fun Run last week, great weather and wonderful how busy it was in town!

PE Grades 3-6

Students in Grades 3-6 are now focusing on preparing for our Flora Hill Athletics Carnival which will take place on Monday 31st March (week 10, Term 1). Together we have been improving our understanding of an effective running technique. Students have practised running and sprinting from different starting positions. We are developing an understanding of how warming up our bodies increases our overall performance and discussed the changes we feel happen to our body during physical activity.

Students thoroughly enjoyed dusting off the high jump mat to learn both scissor kick or the back-overs technique, it's lovely to see how quickly students master this specialised jumping skill.

2 PMP in PE

Foundation

We have begun our PMP (Perceptual Motor Program) where students work with a partner to take turns whilst enhancing **their eye/hand and eye/foot coordination, fine motor, fitness, balance, locomotion, memory, directional language and eye-tracking skills**. Students love using a range of equipment to develop important motor skills through moderate intensity movement and play.

Alicia Smalley

Physical Education

FRESH FRUIT FRIDAY

The free fresh fruit students receive on a Friday is proudly donated to the school each week.

PERFORMING ARTS

Foundation

This week students have been exploring pitch, how high or low a note sounds. They learnt a song titled 'Reach Up High' and sang and did actions up high and down low. The students used a tuned instrument this week, a glockenspiel, to play a high note and a low note when prompted by the music.

Grade 1 and 2

This week the students responded to music moving slow, fast or faster. They listened to how the music was being played then matched the speed of their movements to the music. Working in small groups, students used untuned percussion instruments to play a rhythm at different speeds and other students identified whether it was slow, fast or faster.

Grade 3 and 4

This week the students worked with music that had 3 beats to the bar instead of 4 beats to the bar. They listened and explained how it sounded different. The students learnt a rap that had 3 beats to the bar. Then working with a partner, they changed the couplets (rhyming words) to create a new rap. The class then 'rapped' the new version.

Grade 5 and 6

The students continued working on their project about 20th century music genres. Working with a partner, they are creating their choice of presentation. The students have one more lesson to complete this before presenting their work to their class in week 8.

Penny Peters

Performing Arts

STUDENTS OF THE WEEK

RESPECT

India H D: For taking care with her work and completing everything to a high standard. You're a great role model India and we love seeing your creative nature flow through!

Tilly T: For reading the Acknowledgement of Country in a respectful way this week in our morning circle. You've read with confidence and we're proud of you Tilly!

Shallet L: For consistently following the classroom expectations, well done Shallet!

CONFIDENCE

Jack D: For demonstrating confidence and athleticism when performing High Jump in Physical Education.

Sid C: For showing increased confidence in starting a new year in a new classroom. Miss Sherman is so proud of you!

Astro B: For having a positive mindset and giving everything a go with all our learning activities. Well done Astro, we are proud of you!

CARING

Pixie B: For always being kind to students and staff at CHPS. Thanks Pixie!

Sara G: For always being a kind member of our class. Thank you Sari.

TRUST

Lillian K: For being trusted to consistently give her personal best to all learning tasks. Well done, Lillian

Lila K: For showing honesty and responsibility when taking on any role that is given her. Keep it up Lila!

FOR YOUR INFORMATION

SCOTS BASEBALL CLUB INC

Winter baseball season. For more information go to www.scotsbaseballclubinc.com.au Junior Training: Wednesday nights 5pm April to October Senior Training: Wednesday nights 6pm April to October Game Day: Every Sunday during the winter season – April to October **Baseball players wanted** Juniors & Seniors. Contact scotsbaseballbendigo@hotmail.com or 0467 330 577. Season starts 27th April 2025.

JDRF / ONE WALK

One Walk Bendigo, come along and walk for a world without type 1 diabetes for your special some1.

Date: Sunday 16th March 2025 Time: 10am, walk starts at 10:30am Location: Lake Weeroona Family friendly day of fun, food & entertainment Walk.jdrf.org.au

FALCONS BASEBALL CLUB

Junior players wanted Ages 5+. Season starts in April. Come and try baseball. Tuesdays 5:30pm – 7pm

Wednesdays 6pm – 7:30pm Fridays 6pm – 7:30pm Albert Roy Reserve, Eaglehawk Contact Seb Smith 0468 968 490



LUNCH ORDER

SUSHI LUNCH ORDER FOR FRIDAY 14th MARCH 2025

ORDER VIA OUR QKR APP!!!!

by 9.00am Thursday 13th March 2025. **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.....