

# Newsletter No 7, 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 13<sup>th</sup> 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.

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 2025

<b>Tuesday</b>	18 <sup>th</sup> March	School Council AGM followed by normal school council meeting 5:30pm in the staff room.
<b>Friday</b>	21 <sup>st</sup> March	JCS Harmony Day – Wear cultural clothing or something orange. Gold coin donation. Scholastic Book Club orders due National Ride To School Day
<b>Friday</b>	28 <sup>th</sup> March	Parents & Friends Group - Bulb Fundraiser, orders close
<b>Monday</b>	31 <sup>st</sup> March	CHPS Athletics Day – Gr 3-6 at Flora Hill Athletics track
<b>Friday</b>	4 <sup>th</sup> April	<b>LAST DAY TERM 1 – Early Dismissal 2:30pm</b>
<b>Tuesday</b>	22 <sup>nd</sup> April	Term 2 commences

## PRINCIPAL'S REPORT

### Family Fun Night

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

### School Council Annual General Meeting

Just a reminder the School Council annual general meeting will be held next Tuesday 18<sup>th</sup> March in the staffroom, commencing at 5.30pm. Parents and carers are most welcome to attend.

### NAPLAN

Yesterday students in years 3 and 5 commenced the annual NAPLAN assessment, although not having any direct impact on school based assessment and reporting, the data does provide a valuable insight into how the school is performing at a national level in the identified disciplines. Parents will be provided with individual student achievement later in the year.

### Dad Joke of the Week

Why did the banana go to the hospital? He was peeling really bad.

*Chris Barker*  
Principal

## ASSISTANT PRINCIPAL

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



### WEEK 7

#### 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. There is no Early Bird certificate this week.

#### 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 243 students had 100% attendance for the week. Our Attendance Heroes this week are **Elijah** from **Grade 3/4B**. Awesome effort Elijah – well done!

<b>Total yearly number of student absence days Term 1</b>	320 days
<b>Current school year absence rate Term 1</b>	1.2 days per student
<b>School absence rate target for 2025</b>	10.00 days per student (2.5 days per term)
<b>Number of times students arriving late to school this week</b>	36

*Trish Johnstone*  
*Assistant Principal*



## WELLBEING MATTERS

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.

#### 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.

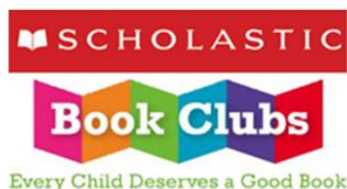
#### Enjoy Play and Time Outdoors

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.



## BOOK CLUB



**BOOK  
ORDER  
DUE:**

**21 / 3 / 25**

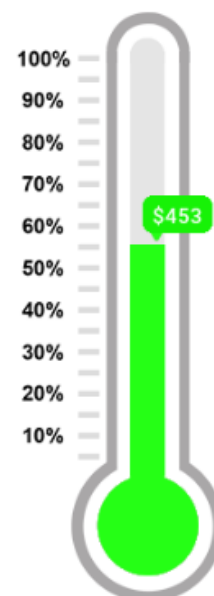
**PLEASE ORDER & PAY VIA THE LOOP**

## PARENTS AND FRIENDS

### Bulb Fundraiser



Goal: \$800



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!**

**Orders close 28<sup>th</sup> March 2025.**

*Jess Ritchie*

*On behalf of the Parents & Friends Group*

## OSHC

### Legends Of The Week

Our first recipients of our Legend of The Week awards are Mila, Zsa Zsa, EE and Caleb. A huge congratulations to those nominees. Mila has been working really hard on becoming a Gold Leader and was rewarded with this early in the week. Zsa Zsa has been really supportive and caring towards our new foundation children at OSHC. EE has been working well with others during group games. Caleb has been making friendships in OSHC and showing good leadership. Well done all.

### Accounts

The due date for the current fortnight bookings is on Friday 21<sup>st</sup> March. We appreciate account balances being finalised, just a reminder that late payments may or will cause cancellation of permanent bookings.

*Jamie, Simon & the OSHC Team*

## 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*

## JUNIOR SCHOOL COUNCIL

### HARMONY DAY

CAMP HILL PRIMARY SCHOOL  
CELEBRATES

# HARMONY DAY

## FRIDAY MARCH 21ST



Dress up in cultural clothing OR wear orange to celebrate!

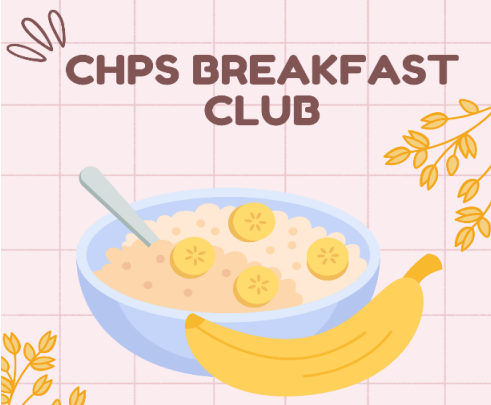
Gold coin donations on the day or via QR

All donations go to the Loddon Campaspe Multicultural Services - a local not-for-profit organisation that empowers people from migrant and refugee backgrounds to participate fully in Australian society.

*Jacinta Kellow & Sally Saunders*  
JSC Coordinators

## BREAKFAST CLUB

### CHPS BREAKFAST CLUB



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

## FOUNDATION LEARNING TEAM

### **Morning Routine**

While the roll is officially marked at 9:00 am, our morning routine begins at 8:45 am. Having your child arrive on time allows them to enter the classroom with their peers, helping to create a smooth and settled start to the day. This also reduces any anxieties that can come with arriving after others are already settled. Saying a quick goodbye at the door encourages independence, giving students the opportunity to organise themselves and get ready for learning. Thank you for your continued support in fostering these positive routines.

### **Healthy Lunchboxes**

As a Health Promoting School, we encourage all students to bring nutritious lunchboxes that support their learning and well-being throughout the day. To promote healthy eating habits, we kindly ask that lollies are not brought to school and are instead kept for a special treat at home.

### **School Nurse Visits**

Our visiting school nurse will be here in Week 9. If you haven't already, please complete the online form or return the paper copy as soon as possible to ensure your child can participate in this important program. There are QR codes to access the forms online on the window of your child's classroom.

*Foundation Learning Team*

## 1/2 LEARNING TEAM

### **At A Glance**

Reading - We are learning to read at a good pace with expression

Writing - We are learning to expand our sentences by adding where and when.

Maths - We are learning to represent a number in different ways.

### **Reading Eggs**

Next week students will bring home information about Reading Eggs. This is an online program to enhance students' reading skills. They will receive a username and password that allows them to access the program at school and home. Reading Eggs can be accessed on a mobile device, iPad or desktop computer.

### **Parent Helpers**

We are looking for parent helpers to assist with listening to reading in the mornings. If you are available to help from 8:45am - 9:00am and have a current Working With Children's Check, please contact your child's classroom teacher.

*1/2 Learning Team*

## 3/4 LEARNING TEAM

### **Gardening**

Each Friday we've been heading out to the garden to help Mr Butler and Brenton plant, weed and do odd jobs. Last week we turned over a garden bed, ready for planting winter veggies, we refilled the jump pit with sand so we can practice long jump in PE and we put some compost onto a garden bed.

### **Naplan**

A big pat on the back to all Grade three students involved in Naplan this week. They have completed Writing and Reading and will move on to Conventions of Language on Monday and finish with Numeracy on Tuesday. If your child was absent one of these days, catch-up times will be available.

*3/4 Learning Team*

## 5/6 LEARNING TEAM

### **NAPLAN**

Writing and Reading sessions have taken place this week. Language Conventions and Numeracy will take place next week. We know NAPLAN can be a nervous time for some students. Here are some tips to help you prepare:

**Get Plenty Of Sleep** – Your brain needs rest to think clearly. Try to get a good night's sleep before each test.

**Eat A Healthy Breakfast** – Food is fuel. Choose a breakfast with energy-boosting foods like whole grains, fruit and protein.

**Stay Hydrated** – Water helps your brain stay focused. Keep sipping water throughout the day.

**Move Your Body** – A little exercise before your test, like stretching or a short walk, can help you feel calm and ready to go.

There are also a few things you can do before the test if you're feeling a bit nervous:

**Take Deep Breaths** – Breathe in for four seconds, hold for four and breathe out for four. This practice helps calm your nerves.

**Think Positive Thoughts** – Remind yourself, "I can do this!" and "I'll try my best!"

**Talk To Someone** – If you're feeling nervous, chat with a teacher, family member, or friend. You're not alone.

### **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

### Junior Art

Students have been learning about abstract artists who express themselves through using colour, line and shape. We took a line for a walk like Paul Klee and drew coloured circles like Kandinsky. Students represented themselves and maybe a pet going for a walk using line only. Here are some clever ones by Adeline, Lorelei, Darcy, Nate, Ivy and Alice in Grade 1/2.



*Sandy McLennan*  
Visual Arts

## PHYSICAL HEALTH

In week 8 on Friday 21<sup>st</sup> 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 CO<sub>2</sub> 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 CO<sub>2</sub> – 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



*Sandy McLennan*  
Physical Health Coordinator



## PHYSICAL EDUCATION

### Athletics Day – Grades 3-6

**Where:** Flora Hill Athletics Track

**When:** Monday 31<sup>st</sup> March

**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 extra warm/dry clothes for colder/wet weather. The canteen will NOT be available at this event. Students will need their school hat, students are reminded to bring sunscreen to apply during the day.

Students who demonstrate excellence in their age-group (9 - 12/13yrs) for any one event may be invited to attend the Deborah Athletics Carnival in order to qualify for Division and Regional Athletics Championships.

**Parent Helpers Needed:** Each class 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 WWCC and are able to travel on a bus please let your child's classroom teacher know. Buses depart Camp Hill at 9:05am and depart the track at 2:15pm - 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 your child's age group please email; [Alicia.smalley@education.vic.gov.au](mailto:Alicia.smalley@education.vic.gov.au). Otherwise, we look forward to hearing your encouragement on the day!

Permission will soon be available on Sentral, please give permission for your child to attend. Cost for the day including bus hire and admission will be charged to families in the coming weeks.

*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:



## FOR YOUR INFORMATION

### Eaglehawk Community House

#### The Festival Of Friendships – Free Community Event

March 15<sup>th</sup> 10am – 12pm, Lake Neangar – Amphitheatre, Simpsons Rd, Eaglehawk.

Culture, Food tastings, DJ, Song & Dance, Activities

Canterbury Park, Eaglehawk 11:30am – 3:30pm

Food trucks, Art & Craft market, live entertainment, coffee, inflatables, rides & Little Ferris wheel. Prices apply for these activities.

### Adventurous Autumn School Holidays

Monday 7<sup>th</sup> – 17<sup>th</sup> April at the YMCA this autumn. Includes Dog Man movie and a variety of incursions & excursions. Book now. Three holiday programs in Bendigo (St. Therese's Kennington, Lightning Reef & St Monicas) running from 7am to 6pm. For more information 04259 899 024



## PERFORMING ARTS

### Foundation

The students have continued working on pitch this week. They used a 'Pitch Map' to show how the sounds get higher or lower and if it is a smooth or broken sound. The students used glockenspiels to play high and low notes in the song and then sang the song using just the note names. They finished with a Sea Creatures game, moving stretched up high (jellyfish), crouched slightly (fish) and crawling (octopus) to match the sea creature.

### Grade 1 and 2

The students have continued working on Tempo, specifically getting faster and getting slower. They have responded to different music, listening for clues that tell them when they need to gradually move faster then gradually slow down. Working with a partner, the students then imagined they were a wind-up toy, being wound up then gradually slowing down.

### Grade 3 and 4

This week the students continued exploring the 3 beats to the bar music through singing, moving and playing. They moved around the room to the music accenting the first beat of each bar. The students then used instruments as well as body percussion to match the different beats in the music while singing the song they had learnt.

### Grade 5 and 6

The students have continued working on their project about a specific music genre. They will present their work to their class next week. The students have been focused, and I am looking forward to their presentations.

*Penny Peters*

*Performing Arts*

## SHORT CIRCUS

This week in Short Circus it was wonderful to see the teamwork and support our grade 6 stilt members had with each other while working on mastering walking on stilts. At lunchtime our Foundation students had a go at walking on stilt tubs too.

*Isstra Bevilacqua*

*Short Circus Co-Ordinator*

## STUDENTS OF THE WEEK

### RESPECT

**Hailey T:** For always using manners and waiting her turn. Well done on being such a kind and courteous friend Hailey!

### CONFIDENCE

**Millie M:** For showing improved confidence in your ability to write down the sounds you can hear when spelling words. Keep up the fantastic efforts Millie, we are so proud of you!

**EE:** For his outstanding effort with home reading. Your confidence with sounding out words is building every day. Keep it up Elric!

**Xavier T:** For confidently entering the classroom and independently setting up for the morning, great work Xavier!

**Zsa-Zsa C:** For persevering and asking for help in Math. I'm proud of you for seeking help when you weren't sure how to get the answer. Well done Zsa-Zsa!

**Freyja S V:** For persevering and trying your best in Reading. Well done Freyja!

**White S:** For confidently contributing his thoughts and ideas during learning time. Keep up the great work, White!

**Aurora J:** For confidently participating in Performing Arts and doing her best. Well done, Aurora!

**Dolly H:** For having the confidence to keep trying new strategies in her maths. Well done, Dolly!

**Makai D S:** For having confidence on photo day.

**Kayleigh W:** For showing persistence in her maths task when finding the perimeter of a variety of shapes. Great work, Kayleigh, for using a growth mindset to achieve success.

**Thomas L:** For confidently getting started on new tasks, maximising his learning time. Keep up the great work, Thomas!

**CJ:** For approaching mathematics tasks with confidence and determination. Your attitude towards learning is inspiring, Caprice!

### CARING

**Cooper F:** For being a caring and thoughtful friend to people in our class. Keep up the great work Cooper!

**MK:** For always being kind and helpful toward her peers and teachers. Thank you Malia.

**Evie C:** For always helping out around the classroom and school. Thank you for being kind Evie.

**Tash I:** For always being such a kind, caring and thoughtful class mate. Well done Tash!

**Nora May M:** For being such a caring member of our classroom. Nora May, we love how you always notice when someone needs help and kindly offer your support. Your kindness makes our classroom a better place!

**Peyton B:** For recognising when those around her need help and offering her assistance.

### TRUST

**Katy T:** For being a reliable and trustworthy helper in 3-4B. Well done Katy.

**Arya W:** For being a reliable and trustworthy helper in 3-4 B. Well done Arya.



**Emily E:** For being a very trustworthy student who show excellent initiative with offers to help in art room preparations and tidy up.

**Morgan R:** For being a very trustworthy student who show excellent initiative with offers to help in art room preparations and tidy up.

**Oliver E:** For working exceptionally well with his partner by taking turns and challenging each other to work at a high level in PE rotations.

**Patrick M:** For working exceptionally well with his partner by taking turns and challenging each other to work at a high level in PE rotations.

## LUNCH ORDER

### BBQ LUNCH ORDER FOR FRIDAY 21<sup>st</sup> March 2025

ORDER VIA OUR QKR APP!!!!

by 9.00am Thursday 20<sup>th</sup> March 2025.

**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.....**