

Quarter Times

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23/03/2022

Important Dates and Reminders:

14th-27th March	NAPLAN Grade 3 & 5
Friday 24th March	Harmony Assembly 2.15pm
Friday 24th March	Ride2school Day
Friday 31 st March	World Autism Day – wear as much colour as possible
Wednesday 5 th April	Parent Teacher Conferences
Thursday 6 th April	Gold Assembly 9.00am
Thursday 6 th April	Last Day of Term 1 – Students dismissed at 2.15pm

Principals Message:

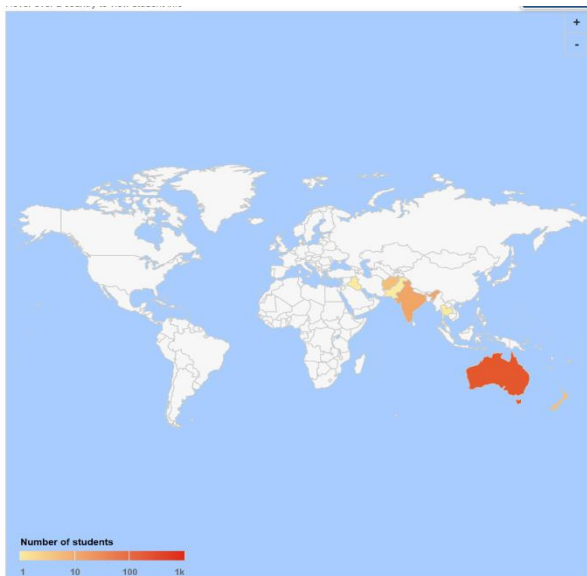
Dear Families,

This week we celebrated Harmony Week with a focus on our wonderful cultural diversity. The below shows where our children and their parents are from.

It is such a wonderful asset for our school to learn from others about different cultures.

I am so looking forward to our Cultural Infusion Concert on Friday as the big finale to Harmony Week.

Your child would have come home with an orange Harmony Week ribbon. A very big thank you to Big Childcare for providing these to our students. We appreciate your support to continue our students' learning.



	Name	Number	Percent
	India	227	52.18%
	Australia	79	18.16%
	Afghanistan	44	10.11%
	New Zealand	18	4.14%
	Fiji	12	2.76%
	Pakistan	11	2.53%
	Iraq	6	1.38%
	Samoa	5	1.15%
	Myanmar	5	1.15%
	Philippines	4	0.92%



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Uniform:

This week we have started handing out house points to students for correct school uniform. We started the year so well but as previously mentioned, colourful runners are creeping in. The uniform is black school shoes or runners. **Your child is allowed to wear their coloured runners (we prefer black runners) on their PE day only – not every day.** Jewellery is still a major concern from a health and safety point of view. Any jewellery that has space for a finger to get caught in or can come in contact with another student and potentially cause an injury is very concerning for staff. No parent wants a phone call explaining their student has been injured because of a piece of jewellery – accidental or intentional. Students can't wear jewellery in sporting activities including interschool or domestic competitions. These are rules beyond our control and must be followed by all. If your child doesn't wear their cultural/faith bangles or beads for sport, then it should be considered not to wear these items to school at all for health and safety reasons and to keep everyone safe in our playground. As per our Student Dress Code – if you wish to seek an exemption, please follow the guidelines. However, I would be devastated to have to tell a family that the jewellery their child has worn has caused an injury to another child especially when we can be proactive and lessen this happening. Please don't ignore this information, it is a delicate situation and one the staff are being respectful to all. We must consider all rights and responsibilities sensitively. I respectfully request all families do the same. Mr Carroll, our PE teacher, talks about this more later in the newsletter.

Easter Raffle & Hot Cross Bun Orders:

Tomorrow is the last chance to donate an easter item and receive a free raffle ticket into the draw. We will draw the winners at our "Gold Assembly" on Thursday 6th April. Tomorrow is also the last day for any hot cross bun orders. Please return the orders to the classroom teacher in the morning.

Gold Assembly:

On Thursday 6th April at 9.00 am we will hold our Gold Assembly. Here we celebrate academic excellence and academic learning growth. In each class, the teacher will award "gold certificates" to the top two academic achievers and the top 2 academic learning growth students. An academic achiever, is the student with the highest academic achievement for the term. An academic learning growth recipient, is a student who has achieved the best learning growth (from the beginning to the end of term). This is a time to celebrate our high expectations around academic achievement. All families are welcome to attend our "Gold Assembly". Students who are receiving these awards will have their families confidentially invited, so if you receive an email – please make it a special time for your child and let them be surprised on the day.

School Crossing and Parking:

Local residents are making contact with the school to complain about families parking across driveways and blocking access to residents' own homes. Please park in a suitable and safe place. Residents are getting quite annoyed. Residents also received a letter about where the school crossing may go. The school doesn't have this information, but it is pleasing to hear that residents are being kept informed. If you can provide the school with a copy of this letter, I would greatly appreciate it. Until then park and drive safely around our school to protect our students. And a little hint, double parking is not allowed.

Have a great weekend and what an amazing first round of AFL football it was. Go Pies!

Take care,

Liz Davey



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Quarters Primary School Values:



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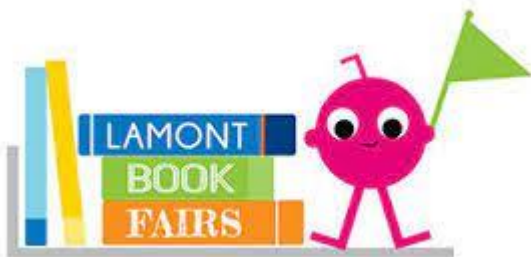
Inclusion - Inclusion ensures that everyone has opportunities to thrive without discrimination or judgement, it promotes open-mindedness and adaptability and makes the world a better place.

At QPS Inclusion looks like:

- Using positive and kind language
- Teaching and learning at the child's point of need
- Access to the curriculum
- Following the school wide behavior matrix – to keep all safe and included
- Being kind
- Helping others
- Letting others join in your game
- Making adjustments for physical or neurological disabilities
- Celebrate differences and successes
- Learn more about others

Lamont Book Fair

Well done and thank you to all our Quarters families. In our first ever book fair that run over 3 days we managed to raise approximately \$2,600. This allows our school to choose \$760 of new books for us to keep here at the school. Again, we can't thank you enough for your support during the bookfair.



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Teaching and Learning News:



Congratulations to our year 3 and 5 students on completing NAPLAN. Our learners have negotiated technology to complete Writing, Reading, Conventions of Language and Numeracy assessments during the last 8 days.

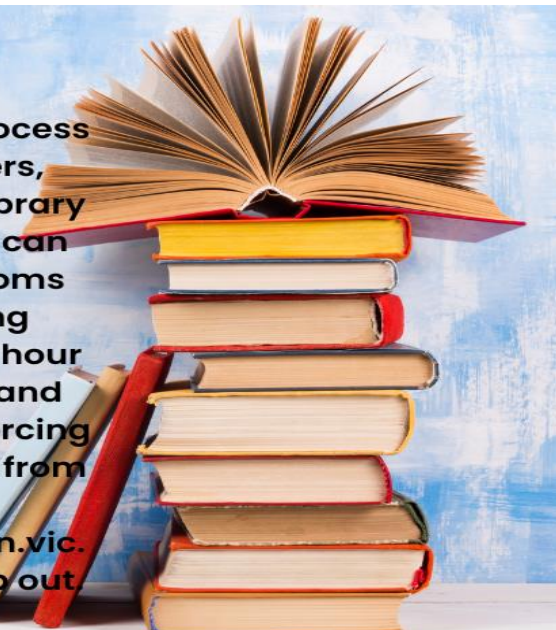
2023

A big thankyou to the teachers who assisted our students sitting their NAPLAN assessments and those who covered other grades whilst it was running.

Results won't be published for a while yet. We will let you know in advance when these will be received.

THANK YOU to the families who have already volunteered to help with the books. We still would love some more support...

Parents volunteering must hold and provide a current VVCC.



CALLING FOR VOLUNTEERS

We are currently trying to process all of our take home readers, guided reading books and library books, so that our students can start using them in classrooms and to support our reading program. If you can offer an hour or two to come into school and help with barcoding or reinforcing books we would love to hear from you. Please email me penelope.denton@education.vic.gov.au if you are able to help out. Thanks in advance!



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Wellbeing News:




Social and Emotional Learning

Throughout Term 1 students from years Prep to 6 have been engaging in SEL sessions each week.

Our SEL program aims to support students to develop the competencies and skills they need to build resilience and effectively manage their emotions, behaviour, and relationships with others.

A major focus this term has been learning about The Zones of Regulation. These Zones help students to identify feelings, energy and alertness levels and provides tools and strategies to manage emotions. QPS students 'check-in' to the Zones of Regulations daily and are developing strategies to support them when they find themselves in the Blue, Yellow or Red zones.

The ZONES of Regulation™

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Relaxed	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

World Autism Awareness Day – 2nd April (QPS celebrating Friday 31st March)

World Autism Awareness Day is Sunday 2nd April. Quarters Primary School will be acknowledging and celebrating this important day as a whole school community on **Friday 31st March**.

Autism spectrum disorder is a condition that affects how a person thinks, feels, interacts with others, and experiences their environment.

As well as filling our school community with **COLOUR** students will engage in learning experiences during SEL sessions to develop their understanding and raise awareness of autism. Some of our guiding questions will be;

- ✓ What is autism spectrum disorder?
- ✓ What might be the daily experience of someone with a diagnosis of autism spectrum disorder?
- ✓ What are some of the superpowers a person with a diagnosis of autism spectrum disorder might have?
- ✓ What are some things a person with a diagnosis of autism spectrum disorder might find hard?
- ✓ As a friend, how can we support someone with a diagnosis of autism spectrum disorder when they are having a hard time?



WORLD AUTISM AWARENESS DAY

APRIL 2, 2023

Celebrating World Autism Awareness Day

When: Friday 31st March 2023 Theme: Colour
What: On Friday 31st March school uniforms stay at home and students are encouraged to dress in as much colour as possible. The more colour the better!!

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School Celebrations:

On Tuesday we celebrated Harmony Day. Students were asked to wear a splash of Orange to celebrate our different cultures.



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Physical Education:

Dear Parents, Guardians and Carers

Over the term I have noticed that a lot of students are wearing a lot of jewellery (particularly bracelets, bangles and hoop earrings) while in PE. As per school uniform policy, can I please ask that students **do not wear any jewellery** to school (in particularly PE), due to health and safety of all students in class. This will also help with students completing in Interschool sports and weekend sports in the future as jewellery is not allowed to be worn during competition. If students do wear jewellery (particularly bracelets and bangles) they will be asked to remove them or have them taped over.

Please feel free to come and discuss any questions you may have.

Kind Regards
Mr Carroll

Congratulations

Big congratulations and well done to Gurmandeep Kaur from 4/5 A on competing at the Athletics Victoria Little Athletics State Championship at Albert Park on March 11 & 12. Gurmandeep came 6th in her discus event (with a PB of 26.2m).



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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 whilst in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

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



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