

Quarter Times

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Thursday 12th October 2023 Issue 16

Important Dates and Reminders:

Thursday 12 th October	2024 Prep Transition – 2:15pm-3:00pm
Friday 13 th October	Assembly – 2:45pm
Thursday 19 th October	2024 Prep Transition – 2:15pm-3:00pm
Friday 27 th October	Day for Daniel – Wear a touch of Red
Monday 30 th October	Prep Excursion – Myuna Farm
Friday 3 rd November	Pupil Free Day – NO STUDENTS AT SCHOOL
Tuesday 7 th November	Melbourne Cup Public Holiday – NO SCHOOL
Wednesday 8 th November	Yr 5-6 Summer Lightning Premiership Day

Physical Education

Just a friendly reminder that students can wear runners (non-markable soles) and sports uniforms when their class has Physical Education. Students are also reminded to bring a hat to PE as there is the possibility that sessions will be conducted outside. If students are wearing jewellery particularly bracelets could we please ask that they are covered with a sweat band provided from home.

PE Schedule

Prep A- Monday & Friday	Prep B – Monday and Tuesday	Prep C - Wednesday and Thursday	1/2A – Monday and Thursday	1/2B – Monday and Friday
1/2C – Tuesday and Wednesday	1/2D – Friday and Tuesday	3/4A – Monday and Wednesday	3/4B – Wednesday and Friday	4/5A -Tuesday and Thursday
5/6 A -Tuesday and Thursday				



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Principals Message

Welcome back to Term 4. It is hard to believe that we are beginning Term 4!! This term started on 2nd October and finishes on 20th December. It is also the term that our inaugural Year 6s will graduate which is very exciting!! There are lots of other exciting things that will happen during the term. Please keep an eye on the Sentral Calendar for updates on planned activities.

Staff Welcome:

This term we welcomed Alicia Miller and Meaghan Stewart to the QPS staff. Alicia and Meaghan are both Education Support Staff who this term will be working in our year 3-6 area.

Women In School Leadership Program:

Liz made it safely to India as part of her scholarship through the Women in School Leadership program. Liz and 12 other Victorian principals are shadowing principals at schools in New Dehli and Bengulara and are attending workshops and a conference. It is a very exciting opportunity and we are enjoying the updates and photos that are coming through.

Road Safety:

A reminder to please use the crossing on Morningside Blvd in the morning and afternoon. Both the community and QPS rallied for the crossing to keep our students safe so please use it instead of crossing at other parts of the road. When using the crossing please stay behind the yellow line until Donna blows the whistle for you to cross.

Another aspect of road safety is around helmets. It is fabulous that so many students ride their bikes and scooters to school, however it is important that anyone riding wear a securely fastened helmet. These can be left on their bikes and scooter in the locked bike shed or safely in their bag locker.

Take care.

Penny Denton

Acting Principal



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Teaching and Learning News

Quarters Primary School Whip Around

Spotlight on the Preps

Prep C Wombat Stew

After reading the Australian classic picture book *Wombat Stew* by Marcia Vaughan, students collected items from outside to make their own 'Wombat Stew'. They had to draw and write about what they were including in their stew. There were sticks, leaves, sand and even feathers!



These special rainbows are a visual way of representing part-part-whole of 10. The rainbow shows that 10 and 0 is 10, 9 and 1 is 10, 8 and 2 is 10, 7 and 3 is 10, 6 and 4 is 10 and 5 and 5 is 10.

Prep B Making Ten Rainbow



Prep A Number Bingo

Students were loving trying to win the game of number bingo! In the time I was there no one called the words Bingo unfortunately! It was great to see how quickly they were recognising whether they had the number or not and I loved hearing the Prep A students helping each other out.



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Wellbeing News

Calming Kits and Spaces

As part of our Social and Emotional Learning program we use the Zones of Regulation in all year levels across the school to support students to identify feelings, energy levels and to provide students with tools and strategies to manage their emotions.

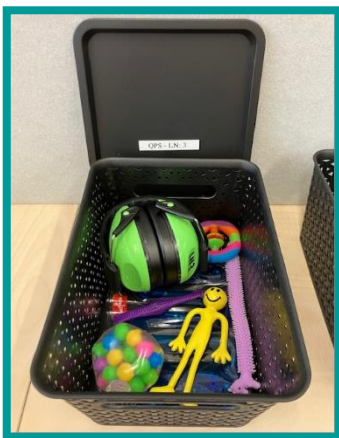
Our collection of sensory tools has grown to see each classroom and specialist class have their own Calming Kits. Sensory tools within these kits are accessible to students who may need them throughout the school day.

Why are sensory tools important in schools?

They are designed to provide sensory input that can help students focus, regulate their emotions and support them to engage in their learning. Sensory tools can include a wide range of objects such as fidget tools, stress balls, weighted blankets, wobble stools, sensory cushions, noise cancelling headphones and interactive mats.

In each of our Learning Neighbourhoods we have also created two designated calming spaces intentionally structured to support students to take a break when they are experiencing big emotions. With the support of Education Support staff, these spaces provide students with a private space where they can gain a sense of safety and quiet to regulate their emotions outside of the classroom.

Adeline from Prep A is modelling how these spaces are used by our students!



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Everyone is different when it comes to how they regulate their emotions. Strategies that work one day might not work the next day. This is why we support our students to have a range of strategies in their toolkit. Some of our students have shared their thoughts on ways they regulate their emotions.



Bethany – Prep C
“The putty helps me to feel calm in the mornings. I like stretching it.”

Hadi – 1/2A
“I like to press hard on it to move the blue water around.”



Aaro – 1/2C
“Anytime I get angry I twist the putty. It helps take my mind off the thing that upset me.”

Sophia – 3/4B
“If things are loud, I can get sensitive. The noise cancelling headphones help to block out loud noises.”



Adam - 4/5A
“Having a fidget tool helps me to focus and calms me if I’m in the blue, yellow or red zones.”



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Attendance

At QPS we value and celebrate school attendance. Going to school every day is the single most important part of your child's education. Students learn new things at school every day – missing school puts them behind. In Victoria school is compulsory for children and young people aged 6 -17 years. It is a requirement that schools must record and monitor attendance and absences. Regular attendance at school helps to develop social skills, life skills and allows students to make lifelong friends.

During our weekly assemblies, our highest-class attendance by percentage, is recognised and acknowledged at the end of the term assembly. It was wonderful to see in term 3 a huge improvement in our whole school attendance rate. Well done to Prep C for their consistent highest attendance in Term 3. Our focus for this term is to be on time at school.

Please ensure that all student absences are reported to the school. This can be done by:

- Logging via Sentral and add an attendance note.
- Calling the school on 59292055

Thank you for your assistance with this.



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Uniform

★ School Uniform Blitz ★

QPS has high expectations around the wearing of the correct school uniform so please ensure your child comes to school wearing their school uniform every day. Uniform not only promotes a sense of belonging and shows pride in our school it also keeps our learners safe and makes it easy to identify who is part of our school. Learners are encouraged to wear correct school uniform to help them dress for the purpose of learning and to come to school with a 'ready to learn' attitude & mind set.

This week's 'Uniform Blitz' focussed on wearing our full school uniform with pride. This includes not wearing jewellery, wearing the correct shoes, jumper and school hat. Please ensure you are sending your children to school in their correct uniform in line with our uniform policy. Our uniform policy is available to view on the Quarters Primary School Website. If you are experiencing any difficulty in purchasing uniform, please come and chat at the reception with our friendly office staff.

Hats

Being SunSmart is required at school. Part of Term 1 and 4, hats are once again compulsory for outdoor play and sports. Hats can be purchased at PSW. Please make sure that the hat is named as we have lots of hats going missing and it is difficult to return if they are unnamed. Learners without hats during Term 4 will be directed to play under cover.



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Sunscreen



The sun's ultraviolet radiation (UV) can cause skin and eye damage and skin cancer. You can't see or feel UV. It can be scattered and reflected so can reach you even in the shade. Whatever the weather, when the UV is 3 and above, use all five forms of sun protection.



SLIP



SLOP



SLAP



SEEK



SLIDE

SPF

Sun Protection Factor. Choose SPF30, 50 or 50+.

Application

Apply a generous amount of sunscreen to any skin not protected by clothing.

Apply sunscreen about 20 minutes before going outdoors and reapply every TWO hours or more frequently if sweating or in water.

AUST L

In Australia, sunscreens are regulated by the Australian Therapeutic Goods Administration (TGA). Always check for the AUST L (Australia Licence) number.



Water Resistant

Four hours water resistance does not equal four hours UV protection. Always reapply after swimming.

Storage

To help keep sunscreen stable, store it below 30 degrees.

Expiry

Always check the date to make sure the sunscreen hasn't expired.

Broad Spectrum

Protects against UVA and UVB radiation.

Even when wearing a hat, apply sunscreen to help protect from scattered and reflected UV reaching the face, neck and ears.

DNA damage that causes skin cancer accumulates with repeated UV exposure. Apply sunscreen daily.

☑ sunsmart.com.au

✉ schools@cancervic.org.au



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Grade News



Library 1./2B & 1/2C!

Last week 1/2B and 1/2C visited the library together for the first time. They had a great time learning about how to use a shelf marker and exploring fiction and books w



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Library Visit!



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Community News

Parentzone Pods

Podcasts for parents, carers and those who support others with their parenting

The ParentZone Teams are delighted to bring you TWELVE ParentZone Pods for you and the families you support. Each Pod identifies and explores common issues parents bring to our parenting groups, and offers strategies to try in these situations.



Podcast Series 1

- Episode 1: [Family Meetings](#) - click here
- Episode 2: [Dealing with Anxiety](#) - click here
- Episode 3: [Sibling Rivalry](#) - click here
- Episode 4: [Getting Children to Listen](#) - click here
- Episode 5: [How to Respond to Kids' Behaviour](#) - click here
- Episode 6: [How to Stop Yelling at your Kids](#) - click here



Podcast Series 2

- Episode 1: [Positive Discipline](#) - click here
- Episode 2: [School Refusal](#) - click here
- Episode 3: [Parenting our Teenagers](#) - click here
- Episode 4: [Meltdowns vs Tantrums](#) - click here
- Episode 5: [Couples Parenting Together](#) - click here
- Episode 6: [Dads Parenting Today](#) - click here



ParentZone Pods can be found on our [website](#), [Apple](#) and via [Spotify](#)

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Parents Building Solutions

PARENTS BUILDING SOLUTIONS- Living with Autism

FREE 6 week program interactive zoom sessions for parents and carers living with a child who has been diagnosed as having Autism Spectrum Disorder (ASD). There are no recordings of these sessions.

Strategies to consider different approaches to help with parenting children on the spectrum. How to help with social skills; managing changes and transitions, responding to meltdowns.

Please note that these sessions are interactive so cameras need to be on.

For more information, contact:

Michelle Brown at michelle.brown@anglicarevic.org.au
Online via ZOOM

When Tuesday Nights

10th October to 21st November 2023

Time 6.30pm-8.00pm

Venue Online - FREE Zoom link will be sent upon receipt of completed registration - register via QR or the link

<https://forms.office.com/r/zHSJr3NdD>



Call 03 9880 7000 or 1800 654 013 (regional)

Support Line hours are Monday to Friday, 9am-5pm

If you need a language interpreter, please let us know and we will book one on your behalf.

If you are deaf or have a hearing or speech impairment, call the National Relay Service on 133 677.

If you need support after-hours, call Parentline on 13 22 89, 8am-12am, 7 days.



Double click to interact

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Parents Building Solutions

PARENTING with a Purpose

For parents, step-parents, grandparents, families and carers of children of all ages. Come join the online interactive 6 week group. Share ideas and feel supported. Free for all. There are no recordings of these sessions.

Do you sometimes feel as if you're treading water as a parent and reacting rather than being proactive? If so, would you like to:

- Improve communication in your family?
- Explore ways to establish positive rules and consequences?
- Have more peace and fun as a parent?
- Stop the yelling - yours and theirs!



When Tuesday 10th October-21st November

Time 1.00 p.m. - 2.30 p.m

Please contact Michelle for further details

Michelle Brown at
michelle.brown@anglicarevic.org.au

FREE!



Managing Anxiety- Online

It is normal for children to sometimes show signs of anxiety in different situations such as to loud noises, separation and strangers however in some circumstances these responses become more noticeable, consistent and intense.

Anxiety can prevent children from doing things they want to do or interfere with their friendships, schoolwork or family life. Does their reaction to things appear extreme to you? If so then this interactive session is for you.

DATE: Thursday 5th October 2023

TIME: 1.00pm to 2.30pm

WHERE: Online via Zoom

COST: Free

Zoom link will be sent upon receipt of completed registration - register via QR or the link

<https://forms.office.com/r/zDKLDEyHkN>

Queries: Michelle Brown at
michelle.brown@anglicarevic.org.au



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