

Quarter Times

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Issue 11 Thursday 20th June 2024

Important Dates and Reminders:

Wednesday 26 th June	Open Afternoon 2:30pm - 3:10pm
Friday 28 th June	Gold Assembly 9:00am
Friday 28 th June	Last day of Term 2 Students dismissed at 2:30pm
Monday 15 th July	First Day of Term 3
Tuesday 16 th July	Whole School Brainstorm Production

End of the Term Special Breakfast Club

The last day of the breakfast club for Term 2 is on Tuesday 25th June. Join us from 8:10 am -8:40am for our special breakfast. We will be serving some delicious baked beans on toast along with fruit cup and cereals. To avoid the disappointment of missing out, please be on time. Looking forward to seeing you all.



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Principals Message

Dear Families,

Camp:

This week we waved our Grade 5/6 campers farewell as they headed to Phillip Island for their 3-day camp. A very big thank you to the staff giving them up their family time to ensure our students are given an opportunity to experience an away from home experience with their friends.

Parking:

Just a friendly reminder to be courteous and considerate when parking at the front or back of the school. As there are no lines marked for actual parking spots, please ensure you don't leave too much space between you and other cars so it creates as many spaces as possible and then move out of the space as quickly as possible to allow others to park.

I am sure if families do this it will support better traffic flow. Another gentle reminder that the City of Casey parking officers are attending QPS on a regular basis.

Thank you for your support of this to keep our students safe.

Resilience:

Your children are so important to you and parenting is not easy at times – there is no manual to help you through navigating parenthood. One of the skills that we are seeing students have less of is resilience. Resilience is the ability to bounce back quickly when something doesn't go right. We find students are quick to blame others and not take responsibility for their actions. Often, we see them leave out important facts out when recounting an incident or problem to make others look bad and themselves look better. It is really important that parents listen but also understand that there are two sides to a story. At QPS, we teach resilience through our Social and Emotional Learning (SEL) program.

Below is a link to building resilience by psychologist Andrew Fuller. It is a worthwhile read and has many strategies you can use to build your child's resilience skills.

<https://andrewfuller.com.au/wp-content/uploads/2019/06/HowtoBuildResilience.pdf>

Andrew Fuller highlights:

What creates resilience varies at different stages of our lives. The clear indication is that people thrive when they:

Connect with one another

Protect one another

Respect one another



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Pathways to Resilience

The conditions that enable young people to be resilient, empowered, engaged and worthwhile aren't downloadable. They are uploaded one relationship at a time.

Connecting

None of us are as smart as all of us. We create more positive futures for people when we strengthen the cultures in which they develop, learn and live. None of us are stronger than when we are all strong.

Across all year levels, boys exhibit lower levels of social skills than girls. Having social skills powerfully protects against relationship problems and alcohol and drug use.

Students consistently value diversity and are interested in actively helping others. Even young people with very low levels of resilience want to help other people. What possibly prevents young people from connecting with a broader range of people is their low levels of trust and forgiveness.

Young people are good at establishing positive relationships and deriving support from them but when relationships fall into troubled times, they have little idea of how to repair them.

The strength of relationships between students and their teachers lessens in Secondary/high School and with that comes a slowing of momentum.

Protecting

To live in a home where at least one parent or adult loves you, cares for you and listens to you is a gift that lasts a lifetime.

Our sense of belonging is the most powerful antidote we have to suicide, violence and to drug abuse.

The sense of belonging at school is strong in the primary years with girls having a stronger sense of belonging than boys. Over the secondary/ high school years it wanes to dismal levels by Years 11-12.

<https://andrewfuller.com.au/free-resources/>

Respecting

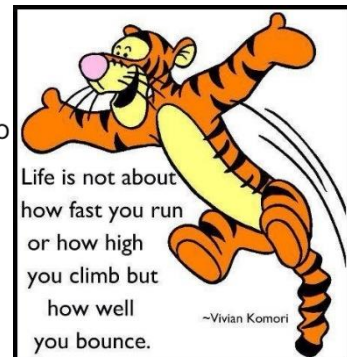
The perception that your family, friends, school, community and country respect you as a person is a powerful predictor of belonging and resilience.

Feeling alienated, unvalued and worthless does not lead to good outcomes either for the people who feel that way or also for the communities they live in. Marginalisation is a pathway to increased risk.

How to build resilience

We need different strategies to meet different needs at different stages of schooling.

The key implication is that we need to shift from a simplification of the role of teachers as deliverers of curricula to being the developers of brains. Brains develop best in the context of high quality, supportive relationships.



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Next week is the last week of Term 2. School finishes at 2:30 pm on Friday 28th of June. Please make sure you make arrangements for your child to be picked up at 2:30 pm or book into the OSHC Big Childcare.

We will have our gold assembly on Friday at 9 am when we celebrate the term's highest academic achievers and most improved students as well as our attendance winners and the winning house team.

Please have a safe and restful winter break. Our students are very tired after a long term of learning and playing. They will need the two weeks to rest and reset and come back fresh in Term 3. Even though it is winter, please make the most of the opportunities to go outside and enjoy the fresh air and hopefully sunshine.

Take care everyone, thank you for your support this term and a reminder that Term 3 starts on Monday 15th July at 8:50 am.

Liz Davey

Principal



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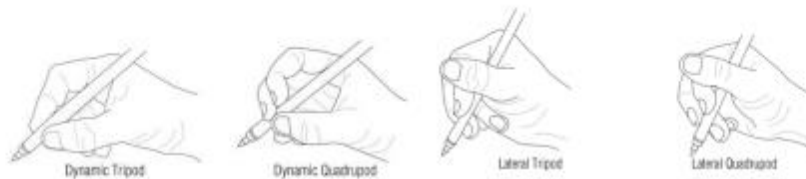
Teaching and Learning News

Handwriting Tips from our Occupations Therapist - Courtney Graf



All about Handwriting

Handwriting is a major occupation for school aged children, which is a complex task involving both motor and cognitive processes. A mature pencil grasp is typically developed by the age of 5 years. There are 4 mature pencil grasp patterns outlined below.



When a child is learning and developing their writing skills, a child will first need to develop sufficient language proficiency, cognitive ability and behavioural responsiveness. Skills necessary for handwriting are outlined below in a 'bottom up' approach, where a child will first be required to develop underlying

Pyramid of Handwriting



skills (blue area) before achieving legible successful handwriting (red area).

Children may experience difficulties in handwriting in the form of speed/ fluency, and legibility. Secondary effects of handwriting difficulties include:

- Classroom participation
- Frustration
- Avoidance
- Self efficacy
- Academic achievement

How to Support Handwriting

When teaching handwriting to children, it is important to practice handwriting explicitly and to provide explicit verbal instructions to the child, i.e. modelling the correct size, formation and placement of letters, and saying out loud how you are writing the letter, "circle and then up and down". For early learners, writing letters in the air or tracing letters is a great way to practice writing as well. It is also important to consistently practice handwriting on a regular basis with focus on quality of the work,

Created by Courtney Graf (Occupational Therapist)



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rather than the quantity. Just like a sports drill, the more practice, the faster and more accurate the child will be.

If the child is practicing letter formations, 6-7 repetitions of the one letter is recommended, before removing the visual model to recall letters using motor memory, which is more effectively retained when written. Targeted quality practice is more beneficial than 30 minutes of unsupervised writing/tracing. Quality practice is key!

Always getting the child's cognitive monitoring and active engagement in the process is vital. Whilst we are providing verbal prompts, making sure the child can verbalise what they are focusing on such as if the focus is on a specific letter, getting the child to actively verbalise the letter/ sound/ formation and position of the letter will ensure their active engagement.

It is vital to reduce demands of handwriting and focus on one component of the writing such as spelling, letter formation, letter placement or spacing.

Other ways to support handwriting is to build children's hand and wrist strength as this will help their ability to hold the pencil correctly and maneuver the pencil and to improve their endurance.

Try these activities at home or school:

- Playdough and theraputty - squeezing, pinching, rolling, flattening, poking. Using playdoh songs (on youtube), playdoh boards
- Dot to dots
- Mazes
- Handwriting apps such as Writing Wizard- be sure to use an ipad pencil or tool
- Water spray bottle
- Using pegs
- Use tweezers and tongs to find or sort objects such as marbles, pom poms, cotton balls.
- Stacking and flipping coins
- Threading- beads, pasta shells, Cheerio cereal- the smaller the objects the more challenging.
- Lacing
- Peeling stickers
- Pencil aerobics
- Picking up items whilst having a rubber band around fingers
- Lego
- Finger painting or finger stamping
- Painting with water e.g. along the fence or ground.
- Chalk drawing



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- Games: UNO, Connect 4, Jenga, Operation
 - Scissor activities- cutting along various lines including straight, wavy and zig zag. To make this more challenges, having more changes in direction and closer together. This can be done on paper or cardboard, by the adult drawing the line or lines
 - Painting/ writing on a easel or vertical surface such as against the window/ wall or whiteboard
 - Theraband exercises - stretching outwards and upwards
 - Animal walks
 - Flicking cotton balls or pom poms (with wrist facing down on table)
 - Using stamps and hole punchers
- Using races, rotation groups and keeping scoreboards, can support engagement, motivation and speed.

Other home activities you can get your child to help with:

- Washing the car - using a spray bottle, squeezing and ringing out large sponges/rags
- Hanging out the washing - pinching open pegs
- Involvement in Cooking - mixing food in a bowl, using tongs to put food into a bowl
- Opening food packets
- Cleaning- sweeping or mopping and washing the windows.

Did you know?

- There is a poor relationship between pencil grasp and quality of writing. As long as the child is not reporting any pain, then there is no need to change their pencil grasp.
- There is no research to support the effectiveness of pencil grips.
- It is more likely that a child will disengage more in handwriting if we push them when they have low confidence in their writing. Focus on building their underlying skills (see pyramid above) and building their confidence such as highlighting the best part of their work and providing positive praise and encouragement.

Tips for Successful Handwriting

- Like we stretch and warm up before doing exercise, get your child to do some hand warm up activities (such as the activities listed above) to prepare them for writing.
- 'Coach don't adjust' - provide verbal prompts on how the child can improve their letter formation rather than fixing it for them.
- 'Ask don't tell' - ask your child what they think can be improved so that they are becoming more aware of their own writing and reviewing their work.

Please do not hesitate to contact your Occupational Therapist, to further support you and your child in building and assessing handwriting skills.

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Wellbeing and Inclusion News



STICKS & STONES

YRS K-6

CYBER SAFETY & ANTI BULLYING PROGRAM

Brainstorm productions will again be bringing their exciting educational theatre experience to our QPS learners in Term 3 Week 1 on Tuesday 16th July as a part of our Social and Emotional Learning curriculum. This year's production is called 'Sticks and Stones' and is a fun and inclusive student wellbeing program for primary schools that reinforces positive relationships and supports children to build confidence and social and emotional skills. This live performance encourages safe, positive behaviour, cooperation, impulse control, boundaries and respect.

Here's a little bit about Brainstorm Productions: Brainstorm Productions is one of Australia's largest and most respected educational theatre companies, reaching more than 260,000 students each year with anti-bullying, cyber safety and wellbeing programs for primary and high school students. Established in 1983, Brainstorm Productions provides curriculum aligned programs that tackle a range of issues affecting Australian students including bullying, cyberbullying, aggression, harassment, bystander behaviour, online safety and privacy, mental health, resilience, help-seeking, values, diversity and inclusion.

Please ensure to pay via Sentral portal for this incursion and visit the below website to find video links for [Sticks and Stones. Years K-6: Cybersafety Anti Bullying Program \(brainstormproductions.edu.au\)](https://brainstormproductions.edu.au)



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SEL STAR Award Recipients – Weeks 8 and 9

We would like to take a moment to congratulate to our SEL STAR award recipients for Weeks 8 and 9. These students are being acknowledged for demonstrating our ACHIEVE values and making positive contributions to our school community.



Grade	SEL Star Award Recipients Weeks 8 and 9
Prep A	Isaac
Prep B	Alisha
Prep C	Christopher
Prep D	Benjamin
1/2A	Roman
1/2B	Balnoor
1/2C	Anaya
1/2D	Tanish
1/2E	Avleen
3/4A	Maxeen
3/4B	Nilam
3/4C	Sebastian
3/4D	Shivam
3/4E	Tina
5/6A	Raine
5/6B	Helen
5/6C	Imogen

	Specialist Awards - Weeks 8 and 9
PE	3/4C
Visual Arts	3/4E
Auslan	Prep C
DigiTech	5/6A



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Attendance and Uniform

End of the Attendance Raffle

At Quarters Primary School we strive for the best attendance, aiming for 100%! Please ensure our learners comes to school regularly and on time. Our school attendance for week 8 and 9 is 92.56%. So, congratulations to all the learners who have been at school each and every day. Your name will be entered in the attendance raffle draw. We will be drawing winners for our 'attendance raffle Prizes' at Gold Award Assembly next week.



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School Celebrations

Last Friday on 14th of June, something very strange happened at QPS ... all the teachers and students forgot to get dressed in school uniform and were wearing their PJs at school!!

We are just kidding. It was of course a special day; it was the most favourite day of the year- Pyjama Day. Staff and learners at QPS got into the spirit by wearing their pyjamas, slippers, onesies and dressing gowns to school for a very worthy cause. We raised some vital funds for buying some sports gear for our school. A very big thank you to our QPS community for their ongoing support in this fundraiser.

JSC Team members 2024

Makayla, Shiv, Rhemat, Ella, Amyra and Mehil



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On Tuesday, our Year 5/6 learners participated in the Winter Lightning Premiership for their interschool sports, Tee-ball, Soccer and Netball!

Everyone put in an incredible effort in each of their sports, with a very special shout out going to our Girls Tee-ball team, who went through the day with 3 wins and a draw and finished champions! The girls will now play in the Division finals on the 26th July at Toomuc Reserve in Pakenham.

Across all sports we played on Tuesday, our learners were acknowledged for their sportsmanship and behaviour that demonstrated our Quarters High Expectations and Values! We were so proud of them.

Thank you to 56 staff, Mr Carroll and students from Cranbourne West Secondary College for their support.



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Specialist News

Auslan At QPS!



Pig



Turtle



This term, students have been learning all about different animals from around the world and how to sign them. They have been practising having conversations with each other about their likes and dislikes and have enjoyed sharing them with the class.

Students have enjoyed playing different games such as memory, to consolidate their knowledge of different animals and have even challenged themselves to play in silence



Kangaroo



Dog



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Community News

HOOK In 2 HOCKEY CRANBOURNE

Join us for afterschool Hockey fun!
Programs available for 5-12 year olds

Venue: Barton Primary School,
Everlasting Blvd, Cranbourne West

Day: Thursdays, 18 July - 19 September

Time: 4:00 pm - 5:00 pm

Equipment provided & first session is free!



REGISTER TODAY



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QPS OPEN AFTERNOON LIFE AND ENVIRONMENT

This is a wonderful opportunity for you to gain insight into your child's learning about Life and Environment and see the projects they have been working on in Term Two.

DATE: WEDNESDAY 26TH JUNE

TIME: 2:30PM - 3:10PM

LOCATION: YOUR CHILD'S CLASSROOM

INQUIRY BIG IDEAS

Prep: Changes in the seasons and weather affect living things

Year 1 and 2: The effects of force

Year 3 and 4: Biomes of the world

Year 5 and 6: Sharing the Planet



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NAIDOC Week at Royal Botanic Gardens Cranbourne



For bookings & more information scan the QR code or visit rbg.vic.gov.au/naidoc

Community members are invited to celebrate NAIDOC Week 2024 by joining in the range of activities at Royal Botanic Gardens Cranbourne that celebrate Aboriginal and Torres Strait Islander culture.

Tuesday July 9

Nature and Culture Art for Kids with Sammy Trist
10am - 2pm
Drop-in, no booking required

Boonwurrung Storytelling for kids with Jaeden Williams
11am and 1pm
Drop-in, no booking required

Wednesday July 10

Paint your Story with Nina Wright
10am - 1pm
12+ years old, booking required

Marngrook Making with Jaffa Richardson
1.30pm - 4pm
12+ years old, booking required

Thursday July 11

Bushfood Walking Tour with Hudson
10am - 1pm
10+ years old, booking required

Bushfood Tasting Experience with Rebecca Moon
1.00pm - 4pm
10+ years old, booking required



Royal Botanic Gardens Cranbourne acknowledges the Traditional Owners of the land on which we work and learn, and pay our respects to their Elders past and present.



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