



**Specimen Hill Primary School**  
Inglewood St. Golden Square, Victoria, 3555  
[www.shps1316.vic.edu.au](http://www.shps1316.vic.edu.au)  
E: [specimen.hill.ps@education.vic.gov.au](mailto:specimen.hill.ps@education.vic.gov.au)  
T: 03 5443 5353  
**Principal:** Jac Louttit  
**Assistant Principal:** Hayden Polglase



**Our children's future in the very best of hands.**

**Thursday 18<sup>th</sup> July 2024**

## PRINCIPAL'S REPORT

Dear Parents and Carers,

We have had a wonderful start to Term 3 this week. All students and staffed have returned refreshed and ready to tackle another term of learning.

### Parent-Teacher Conferences

This term we will be conducting parent-teacher interviews on;

**Thursday 8<sup>th</sup> August from 12pm – 7pm.**

Interviews will be 15 minutes and will be an opportunity for your child's classroom teacher to discuss your child's academic report and as well as set future learning goals for Semester 2. Students are expected to attend the interviews with their parent/carer in full school uniform for the interview only. Bookings are now open and can be booked via the Sentral Parent App or [Sentral Parent Portal](#).

**Please call Stacey 5443 5353 if you need assistance with Sentral access.**

Camp Australia OOSCH are providing a service from 8:00am – 6:00pm (see flyer page 8)

### Swimming Program

The swimming program will be held from Monday 26<sup>th</sup> August – Friday 30<sup>th</sup> August. All students will receive 5 swimming lessons at Gurri Wanyarra. The heated water made for a much more positive experience for our students last year. Permission for this is via our [Sentral Parent App/Portal](#). We also require families to provide additional information so that students can be placed into appropriate swimming groups for their skillset. Please provide this information by Friday 9<sup>th</sup> August. [Click here to complete the form](#), please **complete a separate form for each child.**

### Father's Day BBQ and Stall Donations

This year our Parents and Friends Committee are trialling a Father's Day BBQ afternoon tea. Fathers and special males in our students' lives are invited to join us on Friday 30<sup>th</sup> August for a free BBQ afternoon tea from 3:15pm-4:15pm. We are hoping with an afternoon event that we will be able to have more fathers attend.

The P&F are also seeking donations for the Father's Day Stall which will also be held on Friday 30<sup>th</sup> September. Donations can be delivered to the office, any donation will be greatly appreciated.

All classes will attend the stall throughout the day. Our P&F are aware that there is also the swimming program running and will ensure all classes can attend.

### Green and Gold Day



On Friday 2<sup>nd</sup> August we are turning Speci Green and Gold in support of the Australian Olympic Team competing in Paris. Students to wear green and gold if participating please.

### Pupil Free Day Monday 19<sup>th</sup> August

Camp Australia Available 8:00am – 6:00pm

Specimen Hill Primary School is committed to the Child Safe Standards

## SPECI STUDENT AWARDS

Awards will be presented to students during Friday assembly at 2:15pm

**Empathy**

**Excellence**

**Honesty**

**Resilience**

**Respect**

Grade	Student of the Week
Prep/One – Room 1	Charlotte E
Prep – Room 2	-
Grade 1/2 - Room 3	Matilda V
Grade 1/2 - Room 4	-
Grade 1/2 - Room 5	Room 5
Grade 3/4 - Room 6	Logan K
Grade 3/4 – Room 7	Tyson C
Grade 3/4 - Room 8	Matilda C
Grade 3/4 - Room 9	Orlando M
Grade 5/6 - Room 10	Promise J
Grade 5/6 - Room 11	Ben W
Grade 5/6 - Room 12	-
Grade 5/6 - Room 13	-
Physical Education	Promise J
Art	Georgie Y (Room 5)
Music	-
ICT	Ruby P
Chinese	-
Circus	Billy K (Room 7)
Principal's Award	Room 2

# TERM 3 DATES



## July

Friday 19 <sup>th</sup> July	All Day	Grade 5/6 Passions and Pathways Excursion – La Trobe Permission via Sentral App/Portal – Grade 5/6 only
Wednesday 24 <sup>th</sup> July	All Day	Divisional Netball – Red Energy Arena Netball Courts Permission via Sentral App/Portal selected participants
Monday 29 <sup>th</sup> July	7:00pm	School Council Meeting
Tuesday 30 <sup>th</sup> July	2:30pm-4:00pm All Day	CASEA Drop-in parent/guardian sessions Girls Divisional Football – Kennington Primary School Permission via Sentral App/Portal selected participants
Wednesday 31 <sup>st</sup> July	All Day	Boys Divisional Football – Kennington Primary School Permission via Sentral App/Portal selected participants

## August

Friday 2 <sup>nd</sup> August	All Day	Dress in Green and Gold Out of Uniform Day- Free
<b>Thursday 8<sup>th</sup> August</b>	<b>12:00pm-7:00pm</b>	<b>Parent Teacher Interviews – Students to attend in full school uniform. Camp Australia 8:00am-6:00pm</b> <b>Book online via Sentral App/Portal</b>
Thursday 15 <sup>th</sup> August	All Day	Grade 5/6 Passions and Pathways Excursion Permission via Sentral App/Portal – Grade 5/6 only
Friday 16 <sup>th</sup> August	11:45am-1:45pm	Science Day: Students rotate through experiments in multi-age groups
<b>Monday 19<sup>th</sup> August</b>	<b>All Day</b>	<b>Pupil Free Day – Camp Australia 8:00am – 6:00pm</b>
Wednesday 21 <sup>st</sup> August	9:15am – 10:15am	Book Week Parade – walk to Bethlehem Nursing Home Local Excursion
Thursday 22 <sup>nd</sup> August	All Day	Divisional Volleyball Permission via Sentral App/Portal selected participants
Monday 26 <sup>th</sup> August to Friday 30 <sup>th</sup> August	Session times	School Swimming Program – Gurri Wanyarra Centre Permission via Sentral App/Portal all students
Friday 30 <sup>th</sup> August	All Day 3:15pm – 4:15pm	Father’s Day Stall – ran by P&F Father’s Day Afternoon BBQ – ran by P&F

## September

Thursday 5 <sup>th</sup> September	TBC	Cookie Dough Collection – Library – ran by P&F
Friday 6 <sup>th</sup> September	All Day	Divisional Basketball Permission via Sentral App/Portal selected participants
Monday 9 <sup>th</sup> September	7:00pm	School Council Meeting
Thursday 12 <sup>th</sup> September	All Day	Prep Melbourne Zoo Excursion Permission via Sentral App/Portal – Preps only
Friday 13 <sup>th</sup> September	TBC	Passions and Pathways Expo
Monday 16 <sup>th</sup> September	All day	Divisional Athletics Permission via Sentral App/Portal selected participants
Thursday 19 <sup>th</sup> September	2:45 – 3:15pm	End of Term Assembly – Classes Fantastic term and Most Improved Awards Presented
Friday 20 <sup>th</sup> September	2:30pm finish	End of Term 3 – 2:30pm dismissal



CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)



# CHILD AND FAMILY MENTAL HEALTH

INFORMAL DROP-IN TIME FOR  
PARENTS/CARERS @  
SPECIMEN HILL PRIMARY SCHOOL

## DETAILS

### DATE

Tuesday 30th July

### TIME

2:30 - 4pm.

### LOCATION

A table will be set up in the school library!

- Information and tip-sheets available about children's mental health and development.
- Come and chat with us! We are happy to answer questions and listen.
- Information available about local services and supports for children and families.

## CONTACT US

CAMHS and Schools Early Action (CASEA) Program

- Emily & Ashlee
- Email: [CASEA@bendigohealth.org.au](mailto:CASEA@bendigohealth.org.au)
- Phone: 03 5440 6506



## 0-11 YEARS PARENT EDUCATION SESSIONS

The Loddon Children's Health & Wellbeing Local will be offering weekly education session related to mental health and wellbeing for parents of children 0-11.

**Sessions are open to any family with children 0-11.**

### Why join in?

- Meet and mix with other parents.
- Talk to mental health staff about your child.
- Raise parenting issues.
- Ask any practical questions you have about parenting at the moment.
- Gain support for yourself as a parent.

**Where:** Loddon Children's Health and Wellbeing Local  
Bendigo Community Health Services  
19 Helm St Kangaroo Flat

**When:** Two sessions are running each Thursday, from 10-11.30am, **this session is run on line**, and 1pm – 2.30pm is run **face to face**. Topics are listed below:

**If you have any questions, please contact** Annette Clemments or Daniel Ellwood on 1800 433 977. Booking is encouraged using the QR code below.

### Dates and topics:

July 25 <sup>th</sup> 10am ADHD What is it and how do I help?	1pm Autism what is it and how do I help?
Aug 1 <sup>st</sup> 10am Understanding anxiety & ways to support	1pm Sleep issues sharing what we know
Aug 8 <sup>th</sup> 10am Parent mental health	1pm Sharing your best ideas
Aug 15 <sup>th</sup> 10am Anger in kids	1pm Managing big feelings
Aug 22 <sup>nd</sup> 10am Autism What is it and how do we help?	1pm ADHD What is it and how do I help?
Aug 29 <sup>th</sup> 10am Supporting self-esteem	1pm Building social skills



So we know who to expect, and so you can receive the zoom link prior to the 10am sessions, please book in using the QR code.

Join Zoom Meeting 10am each Thursday

<https://us02web.zoom.us/j/84867976569> Meeting ID: 848 6797 6569

openparachute®

# SUPPORTING YOUR CHILD WITH **ANXIETY**

A **COMPLIMENTARY WEBINAR** FOR PARENTS



Spot the signs and learn practical strategies for best supporting your child with fear and worry!

Hosted by Clinical Psychologist and Founder of *Head into Healing*, Dr Nicole Sokol, this engaging webinar is aimed at building your confidence in supporting your child with feelings of anxiety.

You will learn what to look out for, what language to use, and what practical strategies to draw upon in anticipation of anxiety-provoking situations and in anxious moments themselves.

**Time:** 7-8pm AEST

**Date:** Tuesday, 23 July 2024

**REGISTER NOW!**

Scan the QR  
Code to Register



BENDIGO VOLLEYBALL ASSOCIATION



# MINIS



# VOLLEYBALL

PRIMARY SCHOOL AGES

ALL SKILL LEVELS WELCOME

4:30 - 6:00 PM

RED ENERGY ARENA, COURTS 4, 4A AND 5

\$40 PER PERSON

## 2024 DATES

SUNDAY JULY 21 - COME AND TRY

SUNDAY JULY 28 - WEEK 1

SUNDAY AUGUST 4 - WEEK 2

SUNDAY AUGUST 11 - WEEK 3

SUNDAY AUGUST 18 - WEEK 4

SUNDAY AUGUST 25 - WEEK 5

SUNDAY SEPTEMBER 1 - WEEK 6

SUNDAY SEPTEMBER 8 -

JUNIOR DRAGON CITY TOURNAMENT AND PRESENTATIONS



BENDIGO VOLLEYBALL ASSOCIATION



VOLLEYBALL@BENDIGOSTADIUM.COM.AU

Your OSHC.

Tailored before and after school experiences that children love.

Newsletter

# Pupil Free Day - Thursday 8<sup>th</sup> of August 2024



**Date:** Thursday 8<sup>th</sup> August 2024



**Time:** 8:00am till 6:00pm



**Fees:** Early - \$64.67  
Late/ On the day - \$67.17



**Location:**  
Specimen Hill Primary School - OSHC Room

Don't forget to bring your morning tea, lunch, drink bottles, hats, and ensure you are wearing SunSmart clothing!



## Register for Your OSHC

Once registered, you'll be able to easily make and manage your bookings online via our Parent Portal.

[Register now](#)

## Child Care Subsidy (CCS)

The Child Care Subsidy can provide up to 85% off your fees. Your eligibility is determined by your family's annual adjusted taxable income, the type of childcare you use, and your activity level. To find out if you're eligible, contact Centrelink on 13 61 50.

Register free and book now at [www.campastralia.com.au](http://www.campastralia.com.au)

by  Camp Australia



Newsletter

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by  Camp  
Australia