

Issue 6
3rd May 2019

Red Hill School Newsletter

Coming Events

Week 2

Monday 6th May

ACT Swimming Carnival

Tuesday 7th May

Preschool School Photos
Winyu & Djira

5MN & 5FT National Museum
Excursion

Year 5/6 Choir 8.30am

Wednesday 8th May

Ridiculous Rhyming Show
Whole School Incursion

Year 3 Tidbinbilla Excursion

Thursday 9th May

Preschool School Photos
Garrang & Gabadang

Whole School Cross Country
*See inside this edition for
schedule*

Year 3/4 Choir 8.15am

Friday 10th May

Whole School Assembly
Hosts – Executive Team

Junior Singing Group 8.15am
RHIPP

Week 3

Monday 13th May

5F & 5N National Museum
Excursion

Tuesday 14th May

NAPLAN Years 3 & 5
Tuesday 14th -Friday 24th

Year 5/6 Choir 8.30am

SCHOOL BOARD MEETING
5.45PM

Wednesday 15th May

Year 5 ANZAC Parade and
Reconciliation Place Excursion

Thursday 16th May

Year 3/4 Choir

Year 2 Questacon and Boundless
Playground Excursion

Friday 17th May

Newsletter

RHIPP

Junior Singing Group 8.30am



Red Hill School is a Nut Free Environment



Preschool Buddies

Notes Home

Ridiculous Rhyme Show

Year 2 Questacon and Boundless Playground Excursion

Year 3 Tidbinbilla Excursion

Year 5 ANZAC Parade and Reconciliation Place 5MN & 5FT

Year 5 ANZAC Parade and Reconciliation Place 5N & 5F

Year 5 National Museum Excursion MN & 5FT

Year 5 National Museum Excursion 5N & 5F

Year 5 PG Permission SBS Documentary

RHIPP Bike Riding

RHIPP Carey Gardens

RHIPP French Australia Preschool

RHIPP Malkara Drumming

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Our Next Assembly

Will be a **WHOLE SCHOOL ASSEMBLY** held on Friday 10th May at 9:25am

Hosted by: The Executive Team

All welcome, please be seated by 9:20am for a prompt start

2019 School Photos

Reminder

When:

Preschool

Winyu and Garrang *morning of Tuesday 7th May*

Djira and Gabadong *morning of Thursday 9th May*

Primary School

Monday 20th May – all class and individual photos

Friday 24th May all specialist groups, sibling photos** and catch up photos

**Sibling photos – due to year 4 camp at the end of the week, families with students in year 4 will have sibling photos taken on Monday 20th May.

All transactions and orders are between families and “The School Photographer”. Orders can be made online at www.theschoolphotographer.com.au or by handing envelopes with orders and payments to the photographer on the day. Online orders can be made after photo day however, envelopes cannot be accepted by the school after photo day. Some blank envelopes and SIBLING ENVELOPES can be collected at the front office.

Ordering ‘Specialist Photos’: Information will be sent home later in the process to order these.



Leadership Team Overview

Dear Parents and Carers,

I sincerely welcome returning students, staff and families and also those who are new to our school. This term we have 802 students attending Red Hill School, with 13 more about to arrive. I also welcome Mrs Steenkamp, who has taken over 1S since Mrs Scarano's departure to the Itinerant Hearing Support Unit.

This morning I was honoured to attend our annual Anzac Assembly, hosted by the year 5 students as part of their current unit of inquiry. We thank Group Captain Jon Keily for his memorable speech "Side by Side: Remembering our Heroes" and Cherie Huxley for assisting the year five students and teachers to prepare the assembly. Anzac Day is pertinent to our year five students as they inquire into the ways in which significant people and events have shaped Australia as a nation. It is also importantly a time when our entire school community shares in commemorating all Australians and New Zealanders "who served and died in all wars, conflicts, and peacekeeping operations" and recognises "the contribution and suffering of all those who have served".

ENROLMENTS FOR 2020

I would like to remind families that the initial enrolment application period for 2020 opened on 29 April. Offers of places will be made from 29 July. This information is particularly relevant for families with children coming up to preschool age. If you have a friend or neighbour who does not yet have children at school, you can help by letting them know of this timeline. It is also relevant to families with children in year six.

More information about the enrolment process for this year is available at <https://www.education.act.gov.au/public-school-life/enrolling-in-a-public-school>.

(Please note: To assist families without access to the internet, facilities are available at school.)

We will be holding our usual school information night on **Wednesday 15 May**, for interested families. Classroom tours will be available from **5.30pm**, followed by the information session at **6pm**.

The dates of open days/nights for our "feeder" secondary schools are as follows.

Alfred Deakin High School	Wednesday 22 May	5.00-7.00 pm	Phone 6142 3888
Telopea Park School	Tuesday 7 May	5.00-6.30pm	Phone 6142 3388

Improving learning and achievement for all students

Reports and three-way interviews

We would like to again thank all the parents, carers and students who attended three-way interviews at the end of last term. These are always a powerful opportunity for children to share their work and for parents to get a snap shot before receiving written reports about the progress of their child. They were also an opportunity for teachers, parents and students to have input into the setting of students' learning goals for English, mathematics and other areas. Knowing your child's goals enables parents and carers to support progress at home in a targeted manner, strengthening the relationship between school and home learning.

As usual, at the end of this term, you will also receive a written report about the achievements of your child during first semester. This year the Education Directorate are making changes to the reporting process. These are important for all parents and carers to know.

1. The reports will be emailed home to each family via the first listed email address on our database. They will only be printed for families who do not have internet access.
2. The written and A-E grade reports will be streamlined into one document.

We would like to avoid any potential glitches with the new processes. The front office will shortly send home a “report test” email to check everyone’s email addresses. When we notify you that this has been done please let us know if your “test” does not arrive, so that we can make changes before the reports need to be sent out.

NAPLAN

Along with all ACT schools, Red Hill Primary moved to online testing for NAPLAN last year.

NAPLAN testing provides a snapshot of your child’s progress at a point in time and is one of many tools that our teachers use to assess student learning and evaluate programs. Testing this year will be conducted between Tuesday 14 May and Friday 24 May. We encourage all parents and carers of students in years three and five to make sure their children attend school during this period and arrive at school on time. We do our best to prepare students for NAPLAN by giving opportunities to practise this style of testing and by reminding them that this is only one form of school assessment that helps teachers to decide what to teach next or teach differently. If your child shows signs of worrying about NAPLAN, please reinforce this same message and remind him/her that doing one’s personal best is all that we ask of them. Please let your child’s teacher know if you or your child continues to have concerns.

A safe, inclusive and respectful school culture

Our student leadership team, supported by teachers and year six students, will be encouraging a “No Bullying” focus across the school community this term. The school captains will explain more about their ideas at our first whole school assembly in week two.

Finally, after several contractor delays this week, 6LF and 6T will move into their new classrooms this afternoon. Works will continue on the surrounding playground area which include the installation of grass, additional concrete paths and more artificial grass near the Play Pod. Everyone has been very patient about the inconvenience, thankfully it is nearly over!

I would like to give a reminder that teachers are on duty on the asphalt from 8.40am each day. We have noticed students arriving at school as early as 7.45am. Whilst it is wonderful that they are excited to be at school, we worry about them being unsupervised. Teachers are busy preparing lessons and attending meetings at this time, so we plead with you to encourage your children to arrive at school no earlier than 8.40am. We also ask that you remind children that they should not play on the equipment before school and that they should go to the front office, if they need help.

I am very disappointed to inform families that Y Bites has just advised that they cannot continue our canteen service because of lack of funding from the ACT Government Healthy Eating Initiative. We will explore other options with the P&C. In the meantime, our student led canteen will continue to operate once per week with Cherie.

The new “integrated public transport network” has commenced. For our school this has meant the removal of dedicated school bus services and the demise of our Astrolabe Street bus stop for local buses. The School Board and I have advocated for several changes to the new service without success. If these changes are impacting your family, we encourage you to contact Transport Canberra. Information about the new services is available online at www.transport.act.gov.au, and Transport Canberra has also prepared specific information for each school, which is available at www.transport.act.gov.au/getting-around/new-network/schools/schools-a-z-listing. The customer service officer can be contacted at kyliea.smith@act.gov.au if you need any assistance with understanding the changes or are having issues with the new services.

Kind regards,
Louise Owens (Principal)

2020

ACT Public School Enrolments Process

Initial Enrolment Consideration Period Opens— **Monday 29 April 2019**

Enrolment Applications should be lodged online at:

<https://www.education.act.gov.au/public-school-life/enrolling-in-a-public-school>

ACT public school enrolments for 2020 open at 6am on **Monday 29 April 2019**. This is for all enrolments from Preschool to Year 12.

For applications received by **7 June 2019**, offers will begin to be made from **29 July**.

You are encouraged to get your application in before 7 June, so your school can start planning for your child's education. However, every child from Kindergarten to Year 12 is guaranteed a place at their local public school, regardless of when you apply.

The Education Directorate (ED) enrolment process has been updated. To avoid disappointment, and before completing your enrolment form, please carefully read the information on the ED website so you can make the best decision for your family from the options available.

2020 Enrolment Information Evening

We invite you to an

INFORMATION EVENING

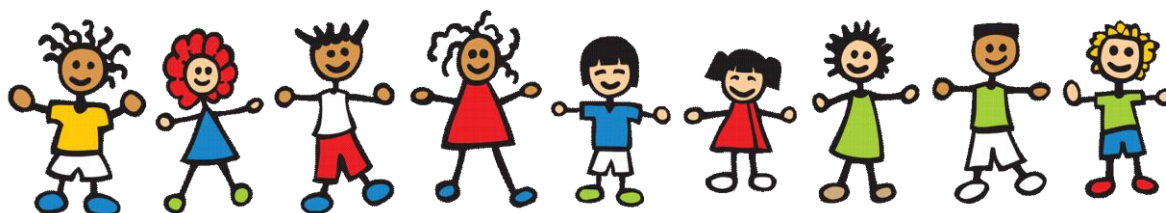
Date: Wednesday 15th May 2019

Place: Red Hill School Hall

Time: 5.30pm classroom visits, 6pm-7pm Information Session

Would you like to learn more about Red Hill Primary School?

- **Meet the leadership team and teachers.**
- **Find out more about enrolment and transition processes for entry into preschool, kindergarten and year three.**
- **Hear about our International Baccalaureate Primary Years Program.**



Positive Education – Dr Justin Coulson

When school means anxiety

As the first day of school edges closer, we get busy organising school uniforms, picking up book orders and sorting out art supplies. There are new shoes to buy and after-school activities to plan. It's exhausting, and expensive, but for many families it's also exciting.

Parents feel anticipation. We get our lives back (at least a bit) once the kids are back at school. It means relief!

Our children don't always feel as positive as we do though. Many kids experience anxiety – sometimes profoundly – with fears about new classes and teachers, or maybe even new schools and friends.

Anxiety [can be hard to recognise](#) in our children. They don't typically say, "Mum, I'm feeling genuine and deep fear about going to school next week." For a start, they're typically not that 'verbal', preferring to keep their fears to themselves. Secondly, they may not actually recognise what they're feeling. As parents, our job is to watch for signs of anxiety so we can coach and support our children.

What does anxiety 'look' like? Sometimes it can look like illness. 'I don't feel well', or 'My tummy hurts', are common complaints. Unfortunately, too many parents accuse their children of being hypochondriacs rather than understanding the source of their pain.

Other times it can show in the form of defiant or angry behaviour. Our child acts out, argues, and creates conflict – at home or at school. We think they've got an attitude problem or a behavioural problem, but they're actually worried and don't know how else to show it except via anti-social outbursts. And then we get them in trouble!

Whatever form anxiety takes, anxious thoughts are actually a sign of a [brain that is doing its job](#). We [are wired to keep ourselves safe](#). Anxious thoughts are the brain's way of saying, 'You might be in danger'. When our brain identifies a threat – real or otherwise – our fight or flight response is triggered. Our bodies are flooded with neurochemicals that build anxiety. It all comes from feeling unsafe. Whether the danger is real or not is entirely irrelevant.

When it comes to school anxiety, we may feel that our child is safe. But we don't know what they know. They may be fearful of a teacher, a fellow student, or simply being away from us. It could be the school yard, the school bus, or the toilet block. Telling them, 'You'll be right. Don't worry about it. Stop being so silly', is not going to help them overcome their anxiety.

Instead, I recommend the following:

Name It

My favourite saying on this topic is "If you can name it you can tame it." Talk to your child about what anxiety is, how it makes you feel and where it comes from. [Research](#) shows that putting feelings into words can disrupt the brain's anxiety instincts and alleviate negative emotional responses.

But timing is everything. As emotions go up, intelligence goes down. Talking about things in the middle of an anxious moment won't help. Wait for a time when your child is calm and open to conversation. Then speak to them [in a way they can understand](#) about why they feel anxious. Explain that their brain is simply trying to protect them. Tell them that it is normal to feel this way and that there are ways they can help themselves to feel better.

Brave Thoughts

Brisbane psychologist, Karen Young, says kids should use [brave thinking](#) to replace negative thinking. We need to teach our kids that when anxious thoughts are occupying our brain, there's no room for other happy thoughts – they're crowded out.

But we can replace anxious thoughts with brave thoughts. 'Brave thoughts ('I can do this.')

 lead to brave behaviour. Calm thoughts ('Breathe in... breathe out.') lead to calm behaviour', Karen says. Encourage them to talk back to their anxious brain, with brave thinking.

Provide Practical Support

Sometimes our anxious kids may still need [a little bit of practical support](#) from mum and dad as well.

Think about your child's individual worries and brainstorm (with their input) ways to tackle those worries. If your child is starting a new school, help them become familiar with the school before starting – take a tour, meet the teacher and see where the facilities are. Or, if your child is worried about seeing friends, organise a playdate for the week or two before so they have a chance to reignite friendships.

It also helps to get back into the routine of school at least a week in advance. Take some time to work out all the worries about uniforms, and how to pack their backpack and lunch boxes.

Shower Them With Love

The last and best thing you can do for your anxious child is to show them love. [Love is associated with reduced depression and anxiety](#), and it's an easy thing to do for our kids.

To [combat first day anxiety](#) you could put a small toy in their backpack that has a kiss on it, or give them a kiss for each hand to take with them. You could write funny notes on their lunch bag or pop a little picture of yourself in their backpack. It could be any little token that helps them to feel safe and brave and loved.

Understand

Finally, be understanding. Don't dismiss or disapprove of the anxious feelings, even if they seem to be sticking around. Being brave takes time. Back to school anxiety is very real and can be paralysing. But it doesn't have to be. Name it, explain it, teach brave thoughts, and always, always give love and you'll find anxiety significantly decreases (for your kids and you)!

Read the full article here: <https://www.happyfamilies.com.au/blog/when-school-means-anxiety/>

2019 Woolworths Earn and Learn Program



We are excited to be taking part in the 2019 Woolworths Earn & Learn program.

During the previous campaign, we were able to purchase some great resources with the points we earned, thanks to you.

From now until 25th June 2019, you can collect stickers at Woolworths that go towards Earn & Learn points. For every \$10 you spend at Woolworths (excluding the purchase of tobacco, liquor and gift cards), you will receive a sticker. These stickers can then be given to your children to collect on a special sticker sheet. Once it is completed, they can simply bring it back here to school or you can drop them into your local Woolworths collection box.

The more points we earn, the more we can redeem from a choice of over 10,000 educational resources including mathematics and English resources, art & crafts materials and much, much more!

We are grateful for your support and look forward to a successful program. If you have any questions, please ask at school.

PE and Sporting News

School Cross Country Carnival

Our cross-country carnival will be held on Thursday 9th May at school with all students participating.

All students have been training hard in their PE lessons and with their classroom teachers. Due the large number of students at our school the carnival will go all day with races split over the three sessions. Here is the schedule and order of events. Age is determined by year of birth, not age at the time of the carnival. Parents and members of the community are invited and welcome to attend. It is advised that students wear their running shoes and a SunSmart hat on the day. Students may wear their house colours if they wish.



Morning session (first race 9.30am)	Middle session (first race 11.40am)	Afternoon session (first race 1.50pm)
K boys K girls Year 1 boys Year 1 girls 8 years boys (born in 2011) 8 years girls (born in 2011)	9 years boys (born in 2010) 9 years girls (born in 2010) 10 years boys (born in 2009) 10 years girls (born in 2009)	11 years boys (born in 2008) 11 years girls (born in 2008) 12- & 13-years boys (born in 2007 & 2006) 12- & 13-years girls (born in 2007 & 2006)

Outstanding Results in Swimming



Our school had many students attend the South Western district swimming carnival on Thursday 4 April. Our swimmers competed strongly, and the following students got placings and qualified for the ACT Swimming Carnival: Sage Haling, Sinnamah Wahome, Wangari Wahome and Naomi Williams.

Well done to all our swimmers and thank you to Miss Kerswell for organising.

Regards,

Dan Graetz & Rob Elsom
PE Teachers



French

French Club

For all those new or old students who feel they need help with the French homework or classwork, especially for the new students or those students who came from other Schools, there is help for you on Thursdays at lunch time. The aim of the club is to promote French language skills, build relationships and reduce the anxiety of learning other languages.

Come and join our French Club in the junior hall for a fun and relaxing time!

J'espère vous voir là !

Frances Szeremet



French Idiomatic Expressions

Like any language, everyday spoken French is full of idiomatic expressions, slang, abbreviations, and oh yeah, this tricky little thing called *verlan*. Learning colloquialisms is an important step toward sounding more like a native speaker, regardless of whether you're still a beginner or a more advanced learner.

Idiomatic Expressions

Ce n'est pas la mer à boire	Literal meaning: "It's not like you have to drink the ocean" What it really means: It's not difficult
Faire la grasse matinée	Literal meaning: "To have a fat morning" What it really means: To sleep in
Passer une nuit blanche	Literal meaning: "To have a white night" What it really means: To stay up / awake all night (usually on purpose, not because of insomnia)
Passer un mauvais quart d'heure	Literal meaning: "To have a bad quarter of an hour" What it really means: A short, difficult period in one's life.
Être blanc comme neige	Literal meaning: "To be as white as snow" What it really means: To be completely innocent
Faire boule de neige	Literal meaning: "To bite the dust" What it really means: To suffer a defeat
Traîner quelqu'un dans la boue	Literal meaning: "To drag someone through the mud" What it really means: To dirty someone's reputation
Se perdre les chèvres	Literal meaning: "To lose your goats" What it really means: To forget what you were just saying or lose your place in a conversation.

10 Hilarious Expressions

- 1) On est pas sorti de l'auberge !
→ **In a mess**
- 2) Les doigts dans le nez
→ **Easily**
- 3) Pisser dans un violon
→ **Unuseful**
- 4) A la mords-moi le nœud
→ **Lousy**
- 5) Cucul la praline
→ **Corny, silly**

- 6) En faire un fromage
→ **Make a big deal**
- 7) Péter une durite
→ **Blow a fuse**
- 8) Copain comme cochon
→ **Best buddies**
- 9) Va te faire voir chez les Grecs
→ **Screw yourself**
- 10) Faut pas pousser mémé dans les orties
→ **Don't push it**

Uniform Shop Update

Dear Red Hill Community,

Welcome to Term 2. The Shop's aim this term is to continue to provide a healthy and happy service to our community.

I would like to thank all the volunteers who gave their time during term 1 and look forward to seeing you again during term 2. ♥

House reminders about the shop.

Opening Hours are:

Wednesdays → 8.30am to 9am

Fridays → 2.30pm to 3.30pm

Online orders remain the same with Flexischools: www.flexischools.com.au

Special Note:

Friday 31st May (Week 5) - the Uniform Shop will be closed.

Wednesday 29th May – 8.30am to 9.30am

The shop will open for an extended time.

LOST PROPERTY

The new location for Lost Property is working out well and we have managed to keep a good handle on the incoming items. Please ensure you **label** your child/children's clothing/drink bottles/lunch boxes and if something does go missing to pop in and take a look as soon as you can. Remember 'Lost Property' is open all day during school hours.

Any unlabelled item of clothing not collected by mid-term (week 5) will be either placed in the second-hand bins (RH logo items only) for resale or given to charity (non-school items including plain green and gold clothing) depending on the condition of the item. The same process will occur at the end of term.

Managing the lost property and Uniform Shop during opening times can be a big job for one person, it takes a community to keep our school services going. Please if you have time to spare and wish to help out do get in touch.

Thank you,

Leanne
Uniform Shop Manager
rhps.uniformshop@gmail.com

School Banking



School Banking day – Friday

Leave banking at Front Office by 9.00am on Friday Morning

Collect after 3.15pm on Friday Afternoon

Open a Dollarmite account at any Commonwealth Bank branch and start banking today
every \$ you bank raises money for the school



Red Hill School Calendar 2019 – Term 2					Mon 29 Apr - Fri 5 Jul
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Apr 29 – May 3		Year 5/6 Choir – 8:30am		Year 3/4 Choir - 8:15am	Newsletter Junior Singing Group 8:30am ANZAC Assembly
Week 2 May 6 - 10	ACT Swimming Carnival	Preschool Photos Year 5/6 Choir – 8:30am 5MN & 5FT National Museum Excursion	Ridiculous Rhyme Show – Whole School	Preschool Photos School Cross Country Carnival Year 3/4 Choir - 8:15am	Junior Singing Group 8:30am Whole School Assembly Hosts - Executive Team
Week 3 May 13 - 17	NAPLAN ONLINE NAPLAN 5F & 5N National Museum Excursion School Photos <i>Year 4 Sibling Photos</i> P&C Meeting 6.30pm Staff Room	NAPLAN Years 3 & 5	Year 5/6 Choir – 8:30am School Board Meeting 5:45pm	Year 5 ANZAC Parade & Reconciliation Place Excursion Year 3/4 Choir - 8:15am INFORMATION EVENING FOR NEW ENROLMENTS.	Year 2 Questacon and Boundless Playground Excursion Newsletter Junior Singing Group 8:30am RHIPP
Week 4 May 20 - 24			Year 5/6 Choir – 8:30am Preschool Teddy Bears Picnic	Year 4 Camp	
				Year 3/4 Choir - 8:15am Preschool Teddy Bears Picnic	Junior Singing Group 8:30am Senior School Assembly Hosts – Year 3 School Photos –Catch Up / Special groups / Sibling RHIPP
Week 5 May 27 – 31	27 May Reconciliation Day	Year 5/6 Choir – 8:30am		Year 3/4 Choir - 8:15am	Newsletter Junior Singing Group 8:30am RHIPP Cross Country Assembly 9.30am
Week 6 Jun 3 - 7	South Weston Cross Country Carnival	Year 5/6 Choir – 8:30am	Year 5 Combined Band Rehearsal at Mawson Primary School	Year 3/4 Choir - 8:15am	Junior Singing Group 8:30am Whole School Assembly Hosts - Executive Team RHIPP
Week 7 Jun 10 - 14	10 June Queen's Birthday	Year 5/6 Choir – 8:30am		Year 3/4 Choir - 8:15am	Newsletter Junior Singing Group 8:30am RHIPP
Week 8 Jun 17- 21		Year 5/6 Choir – 8:30am School Board Meeting 5:45pm		Year 3/4 Choir - 8:15am	Junior Singing Group 8:30am Junior Assembly Hosts - Year 1 RHIPP
Week 9 Jun 24- 28	P&C Meeting 6.30pm Staff Room	Year 5/6 Choir – 8:30am	Christian Education	Year 3/4 Choir - 8:15am	Newsletter Junior Singing Group 8:30am RHIPP
Week 10 Jul 1- 5		Year 5/6 Choir – 8:30am		Year 3/4 Choir - 8:15am	Whole School Assembly Hosts – Executive Team

HELP US DESIGN NEW PLAY SPACES FOR NARRABUNDAH



A Citizens' Forum in 2018 has allocated \$1.9 million to improve play spaces across Canberra through the Better Suburbs Play Spaces Program.

Narrabundah was selected for a whole of suburb play review.

The community is invited to help create designs for:

- One new or replaced feature play space
- A plan for play across the whole suburb to achieve a better mix for all ages, abilities and play styles.

Join the mailing list to find out about how to be involved - email tccs.bettersuburbs@act.gov.au with the subject line "Narrabundah".

To have your say online, visit:

**[www.YourSay.act.gov.au/
BetterSuburbs](http://www.YourSay.act.gov.au/BetterSuburbs)**

