

Issue 7
7 May 2021

Red Hill School Newsletter

Coming Events

**Monday 10th May to
Friday 21st May**
NAPLAN

Monday 10th May
Senior Choir 1:05pm

Thursday 13th May
Year 3/4 Choir 8:15am
Junior Singing Group 8:30am
Year 6 Combined Band

Friday 14th May
Year 5 & 6 Assembly 9:20am
Year 3 & 4 Assembly 10:10am
VOYAGER PARK UPGRADE
OPENING

Monday 17th May
Senior Choir 1:05pm

Tuesday 18th May
SHFPACT Parent Evening for
Years 5 & 6

Thursday 20th May
Year 3/4 Choir 8:15am
Junior Singing Group 8:30am
Year 6 Combined Band
SRC – Go Pink for National
Breast Cancer Foundation
Fundraiser

Friday 21st May
Preschool School Photo Day –
Gabbadang and Garrang
Cross Country



Red Hill School is a Nut Free Environment



*Red Hill School Heritage Festival 60+1 Year Anniversary Afternoon
Lisa Cetrtek, Emma Campbell, Louise Owens, Robyn Baxter, Jim Mitchell, Mrs Mitchell
(Miss Clarke) and Heather Girdlestone
Photo by Jenn Peet*

Notes Home

Deadly Boomerangs on Country Walk with Adam Shipp (RHIPP Selected Students)

2021 School Photos

2021 School Photos – Preschool

Sexual Health and Family Planning ACT Parent Information Evening – Year 5 & 6

Contents

Leadership Team.....	3
2022 Online Enrolment	5
Year 6 Poetry	6
Library News.....	7
Student Achievement.....	8
Healthy Hub.....	9
P&C News and Events	11
Red Hill School Calendar 2021 – Term 2	14

Think before you park...and keep our kids safe!

We encourage all parents to make parking safety a priority!

This means:

- **keep clear of ‘no stopping’ and ‘no parking’ zones**
- **don’t stop in the car park roadway to let children exit the vehicle, always pull into a parking bay, or consider using the ‘kiss and go’ zone**
- **don’t park in the disabled parking zones unless you have a permit to do so**
- **don’t park in bus zones, on school crossings, across footpaths or driveways; and**
- **don’t double (or triple) park!**

Remember – it’s okay to park a little further away from the school and walk the rest of the way!

Consider – having a pre-determined meeting spot agreed with your kids. That way if you are a little late, they know where to wait.

Think – visibility around school and if your car may be blocking the view of crossing for other motorists. Also be mindful when entering or leaving parking spots – look twice!

Be kind – to other road users and pedestrians and also if you see any parking officers in the area – they are doing their job and working to keep our kids safe!

Note – Licence Plate Recognition (or electronic chalking) vans are now actively monitoring schools. Penalties range from \$114 upwards to \$600. Details at www.act.gov.au/accessCBR

Leadership Team

Recent Special Events

Heritage Afternoon

On Anzac Day the P&C and school proudly hosted a Heritage event at Red Hill School to celebrate our 61st birthday . Our music ensembles performed for over 200 guests, who included ex-teachers and ex-students of the school as well as current families and staff. We heard amusing and interesting stories from Emma Campbell, the school's historian, and Jim Mitchell, a Red Hill School teacher from 1960. Things have certainly changed! Jim told many entertaining stories, for example one about a PE teacher who would drive her students in the back of her ute down to Eastlakes Club to play football and another about the "teacherless class" experiment. It was a lovely afternoon and I for one enjoyed meeting those who were once learners, teachers or parents at Red Hill School.

There are many people to thank, both for the afternoon and the heritage work that preceded it. In August 2020 the P&C won an ACT Heritage grant to archive and display the school's historical artefacts, thanks largely to the work of Vanessa Dangerfield. Prior to the grant, these artefacts were located in a number of cartons and we did not have a grasp of what they were. The grant enabled two parents, Bronwyn Ryan and Adrianna Fullerton, to methodically transfer the collection into preservation quality folders and 60 archive boxes and list the main contents. This will make it much easier for our school community to access and use the collection in the future. They are also working towards adding the archive list to our school library catalogue system so that we can use the artefacts as a curriculum resource for our *Where we are in place and time* units of inquiry. Parents also filled two glass display cabinets with artefacts, selecting and curating key items such as the original Register of Admissions, canteen receipts from the 1960s and 1970s that show the types of foods eaten and prices, school uniforms, photographs, original school maps and class rolls from the 1970s. I recommend you visit our school library to see this wonderful snapshot of the school's past.

Bronwyn and Adrianna were helped by a team of people: Ming Suan Ong, Dot Wright, Julia Duff and Jenny Haling. I would also like to thank Emma Campbell, a parent of the school, who spent many months researching the school's history to publish the 60th birthday magazine and guide our historical inquiries; and Lisa Cetrtek, the P&C president, who brought the Heritage Afternoon together as a successful event with the help of Jenny Haling and Bronwyn Ryan. I also wish to thank teachers Juliette O'Connor, Dan Graetz, Skye Eddi and Karen Nixon for bringing their music ensembles to entertain us between speeches and showcase some of the learning in 2021. And finally I would like to thank the student leadership team and many other students who willingly gave up their Anzac Day afternoon to perform and give school tours. I was very grateful and proud of you all.

School Review

Last week we were visited in person by an ACER/ACT Education School Review team and remotely by an International Baccalaureate (IB) Evaluation Team. Whilst the two teams looked at our school's journey since 2015 through slightly different lens, both acknowledged the following:

- our positive school culture

- the level of student engagement in learning
- the quality of curriculum
- the commitment of the school community to the IB Primary Years Programme, and
- the commitment of staff to the program, the school and the students.

I will publish the key findings of the review team in the next newsletter. The IB report will take a few months to arrive as it will be compiled by the IB head office.

I would like to acknowledge the commitment to school improvement shown by the staff and leadership team over the life of our 2016-2020 strategic plan and recognise the work of Emma Campbell, our Deputy of Curriculum, particularly for her lengthy preparation of evidence for the IB evaluation.

Year 4 Camp

Whilst a bit chilly at night-time the weather during the recent year four camp was kind to us. The students reported having a great time and represented the school and themselves in a positive manner. We would like to thank staff members Susan Edwards, Janice Peh, Catherine Thorpe, Di Peios, Nathan James and Jake Frazer for giving up time away from their own families and other personal commitments so our year 4 students could have this opportunity. We would also like to thank our parent volunteers for coming out to camp and helping. Your time and support made a great difference for the students and the staff, thank you. Camp activities like the *Web of Life*, *Flying Fox*, *Team Initiatives*, *Damper Making* and *the Geology Bushwalk* provided the students with opportunities to move outside their comfort zone, be risk takers, develop a range of skills and attitudes including teamwork and perseverance, and show different strengths outside the traditional classroom.

Calling for Recycled Materials for the Play Pod

We would really appreciate donations of recycled materials, especially old clothes, shawls, scarves, large pieces of material, foam pieces, old bike tyres, cardboard tubes, etc. The materials will be used for our kindergarten Play Pod, which provides resources for kindergarten students to play with during recess and lunch. It is not structured play but an opportunity for students to use objects to inspire their own creative play. It is based under the tree near the bike racks and the resources are stored in a room beside 'junior after school care'. Year 6 leaders support students in their play and help them to pack up the resources at the end of lunchtimes .

Kind regards

Louise Owens (Principal)

School Board

The 2021-2020 School Board members are as follows:

- Phil Coote (Board Chair, P&C Representative); Sharon Bown (P&C Representative) and Ben Slaughter (Parent Representative)
- Giselle Chorvat (Appointed Community Member)
- Di Peios and Holly Shaw (Teacher Representatives)

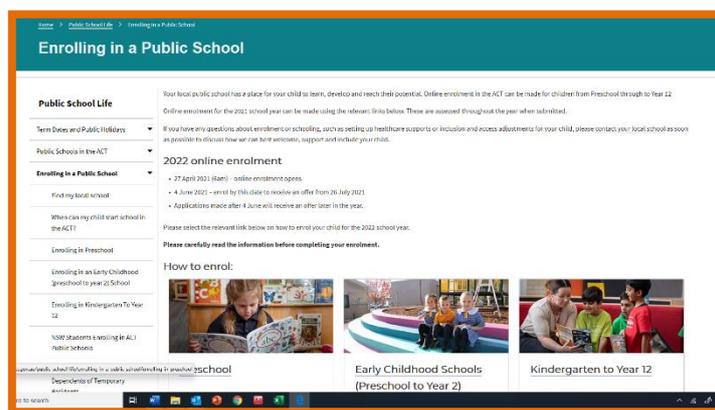
We would like to sincerely thank Jim Roy, our outgoing Board Chair, for his contributions to the school in the last two years.

2022 ONLINE ENROLMENT

Is your child starting preschool or moving to high school next year?

The online enrolment portal for 2022 opened on April 27th. Families lodging enrolment applications by June 4th will receive an offer from July 26th for the following year. Applications made after June 4th will receive an offer later in the year.

The image below is hyperlinked to the Education Directorate enrolment page to assist you in starting this process. If you would like any advice or require any assistance to lodge an enrolment application please contact Louise Owens or Sandy Porter (Enrolments Officer).



We will be offering an information session and school tour for prospective parents in mid-May. If your child is moving to high school please note the information evenings our two 'feeder' public high schools are offering. High school information sessions can be found at the following link: <https://www.education.act.gov.au/public-school-life/enrolling-in-a-public-school/school-information-sessions>.

KINDERGARTEN TO YEAR 6

- Online enrolment in the ACT can be made for children at any time.
- Pre-schoolers will be automatically enrolled into kindergarten for the following year if they are already attending preschool at their local Priority Enrolment Area primary school.
- Students attending preschool outside their Priority Enrolment Area will need to submit a new enrolment application for kindergarten in the following year, which will be assessed based on the relevant criteria.
- If you have a sibling concurrently attending Red Hill School and live outside our priority enrolment area (but in the ACT) we may be able to offer your next child a place, subject to capacity in the relevant year level. This includes step/half and cultural siblings.



PRESCHOOL

All four-year-old ACT children are guaranteed a place in a public preschool. However, you are not guaranteed a place at the preschool site of your preference, due to capacity constraints at some sites. (Preschool capacity is determined by NQS guidelines.) To be offered a place in one of our Red Hill Preschool sessions we recommend that you lodge your application as soon as possible. Preschool applications are prioritised in this order:

1. Exceptional circumstances based on student wellbeing.
2. ACT-resident siblings of students concurrently enrolled in the primary school.
3. Children living within the Priority Enrolment Area (PEA) of the primary school, up to the limits of available places.
4. Where there are not enough places for all children living in the PEA of the primary school, applications will be ranked by 'proximity', that is the distance that your child lives from the preschool. The distance is measured 'as the crow flies'.

The Directorate will find a place for all other children at a preschool, considering where your child lives and the number of remaining places

6KN have been creating imagery through language. Please enjoy some of our poetry.



The Farm By Matilda Hayes

Motorbikes roaring
Hill climbing
Rocky roads

Gates shutting
Big sunsets
Good cooking

An Ode to books by Anna Wong

Oh books!
You are the best of entertainment,
Your pages soft as silk,
Food for my brain and eyes,
My head jumps up and down with excitement at every story,
Bringing me joy and suspense,
Oh, you are the best!

Pony Camp by Isabella De Valentin

For the holidays I was at pony camp,
When I was there I felt like a champ.
I got lollies every day,
Hip, hip, hip, hooray.

It was truly terrifying,
when I was flying.
One time I sampled the dirt,
as I almost got hurt.

When playing in polo cross,
I gave the ball a toss.
At Gymkhana we won ribbons,
Sparkling in gold the club name was written.

In all the colours of a rainbow,
The judges tied them in a row.
Pony camp was so exciting,
But also a little bit frightening.

6KN have been creating imagery through language. Please enjoy some of our poetry.



Friendship Bracelet Making by Willow Archer

Twisting Turning
Hands Hurting
Legs Asleep

Little Beads
Thin String
Tiny Holes

Watch Shows
With Friends
Need Snacks

Long Time
Getting Bored
I'm Done

-

Library help wanted



The school library needs parent/ carer volunteers to help cover books. If you are able to spare a few hours each week, your help is greatly appreciated. Please contact Mrs Nash between 8.30am and 2.30pm, Mondays to Thursdays for further information.



With thanks
Library team

Student Achievement

Congratulations to Nuhad Azad (6N) who represented the ACT in the recent Australian Youth Beach Volleyball Championships held in Coolangatta, Queensland from 26-29 April 2021. Well done Nuhad!





[This blog](#) was originally published on the [Parent's Voice](#) website. Head over there for some great tips on raising happy healthy children.

Taco Tuesday – try family-style meals to encourage healthy eating

This blog was written by Lauren Resnik. Lauren is a mother of three, has a Master's in Public Health Nutrition, and is passionate about helping families eat well. She has made over 30 000 meals for her children (excluding snacks) so far!!

We all want our children to grow up to be healthy eaters who eat and enjoy a variety of healthy foods. Serving a Taco Tuesday or family-style meal may help you do just that.

Picture the scene. Tuesday night – Taco Tuesday if you will. Several bowls of vibrant colours and delicious foods cover the kitchen table: a plate of soft tortilla wraps, bowls of steamed rice, four-bean burrito mix, grated cheese and a range of chopped vegetables – carrots, lettuce, cucumber, capsicum, corn and avocado. The family seated around the table, everyone choosing what they would like to eat, helping themselves, laughing and chatting about their day and enjoying their meal.

So, what is so special about Taco Tuesday? And how does it help your children enjoy a variety of healthy foods?

What are family-style meals?

The Taco Tuesday meal is an example of a family-style meal. During family-style meals, the various food options are placed in the centre of the table, the bowls of food are passed around, and everyone serves themselves. Family-style meals are the opposite of plated meals – where the parent serves up the food for everyone.

While family-style meals offer a range of foods, it is up to everyone to choose **what** and **how much** they would like to eat.

How do family-style meals encourage healthy eating?

The experience children have at mealtimes influences what they eat and how they feel about food. When parents provide a structured yet supportive feeding environment, children can learn to eat and enjoy a wide variety of healthy foods at their own pace.

Here are seven ways in which family-style meals can help to encourage healthy eating:

It gives children a sense of control and ownership of their meal

Children like to be independent and be in control. By allowing children to select their foods from the available options, serve themselves and create their dishes, you provide them with a sense of control. This helps them take ownership of their meal, and they are more likely to eat and enjoy their food.

[Involving children in the kitchen](#) is another excellent way to create food ownership and encourage children to try food. If your child helped grate the carrots or wash the lettuce, they are more likely to choose to eat them.

2. Avoids battles at mealtime

Battles at mealtime often occur when children feel controlled or pressured to eat their food. The *Division of Responsibility* in feeding children states that while it is the parent's role to provide a range of food options, it is the child's role to decide what and how much they want to eat.

Try to ensure that you have at least one or two healthy food options on offer that you know your child generally likes. If they only choose rice, cheese, carrots and cucumber– that is fine. If they also want avocado, cucumber and burrito-bean mix – that is fine too.

Try to avoid pressuring, coercing or forcing your child to eat anything. Resist the urge to say “just try this” or “have one bite of your capsicum.” Pressuring children to eat could result in unhealthy relationships with food.

3. Allows children to eat according to their appetite

Family-style meals allow children to eat according to their appetite. Children are the best judges of how hungry they are at that moment. You need to trust that your child can learn to eat according to how hungry or full they are.

Increases their exposure to new foods

Exposing children to a wide variety of tastes and textures helps them become eaters who enjoy a wide variety of healthy foods. The more exposure a child has to a food, the more familiar they become with it, and the more likely they are to eat it.

While many children fear trying new foods, family-style meals expose children to new foods in a non-threatening way. Even just seeing the food on the table or passing the food bowl counts as food exposures. While your child may choose not to eat the food this time, they may try it next time.

Allows children to see others making healthy choices

Children learn from those around them. One of the best ways to encourage healthy eating is for children to see parents eating and enjoying their food.

Focuses on family time

There are so many benefits to eating a family meal together. Not only does it encourage your child to eat a healthier diet, but it helps strengthen family bonds. The family-style meal is a wonderful opportunity to sit together as a family, talk about your day and enjoy a delicious meal together in a relaxed, happy environment.

Creates a positive food experience

Allowing children to make their own food choices, together with the enjoyment of family time, contribute to a positive experience. Children who have positive experiences with food are more likely to eat and enjoy their meals.

Feeling inspired? Give Taco Tuesday or any other family-style meal a go.

RED HILL UNIFORM SHOP



HATS

Bucket	\$12.00
Micro Bucket	\$12.00
Surf	\$10.00
Slouch	\$10.00

BODY

Summer Dress	\$47.00
Polo Shirts Green/Yellow Short sleeve	\$24.50
Polo Shirt Green Long sleeve	\$24.50
Waterproof Flying Jacket	\$30.00
Microfibre Jacket	\$43.00
Red Hill Hoodie	\$30.00
Fleece Full Zip Jacket	\$25.00
Cotton Pleated Skort	\$23.50
Gabardine Skort	\$23.50
Gabardine Shorts	\$23.50
Knit Shorts	\$18.50
Gabardine Double Knee Pants	\$28.00
Bootleg Stretch Pant	\$38.50
Microfibre Track Pant	\$33.50
Fleece Straight Leg Pant	\$23.00
Ankle Socks	\$5.50
Tights	\$12.00

BAGS

Medium	\$47.00
Large	\$50.00
Drink Bottles	\$6.00
Tea Towels	\$9.00

Ordering in person

Opening hours Wednesday 8.30 to 9:30am and Friday 2.30 to 3.30pm.

Payment options

Cash, EFTPOS, credit cards (no American Express)

Ordering Online

The Red Hill School P&C Association uses Flexischools for uniform shop sales. It is a cashless online ordering system which streamlines payment, ordering and processing of purchases and events.

Quick and easy it can be accessed 24/7 on PC, Mac or mobile app. Some fees may apply.

School Uniform orders will be delivered to your child's classroom via their teacher or Uniform Shop Staff.

Please note the following:

- Payment is by credit card or bank transfer
- Some fees may apply
- Online orders are delivered on a Wednesday morning and Friday afternoon of the same week, some deliveries may occur on a Monday depending on availability.
- Details on sizing, including height, chest and waist are noted with each garment listing
- You will need to include your child's name and class i.e. 3E, (for families new to the school and not yet been allocated a class) please enter "New Student" and orders will be held at the front office for collection
- For further information and to register please visit: www.flexischools.com.au

Lost Property:

Lost property is sorted on a weekly basis with each station being clearly marked. All lost property will if uncollected by week 5 of each term be donated to charity or if deemed suitable placed into the second-hand offering bins. Anything labelled will be sent to the front office for checking and returned to the student.

Only school logo items will appear in the second-hand bins. Uniform donations are accepted, please use the purple bin in the office reception area or bring to the shop during opening hours. The Red Hill Uniform Shop and Lost Property are staffed by volunteers from our parent community who kindly donate their time. If you have some time, please email rhps.uniformshop@gamil.com



**RED HILL PRIMARY SCHOOL
UPCOMING SCHOOL COMMUNITY EVENTS**

Friday 14 May

Voyager Park Precinct Opening

Red Hill Primary Oval 4.00-5.00pm

Celebrate the beautiful space our school has brought to life with the official opening of the Voyager Park precinct. The precinct includes the 1km bike track, green oval, commemorative pavers and new shade structure. Enjoy refreshments, live music and bring your bike for a lap of the track. Official opening from 4.45pm.

Thursday 24 June

**Red Hill's Got Talent
School Hall 6.15pm**

Warm up your vocal cords or dust off your dancing shoes as we uncover the best talent from across the Red Hill Primary School community. That's right, this is not just for children! Performances by parents, teachers and family groups are encouraged.

Performances must be filmed and submitted by 31 May.

Ten performances will be selected by the judges to be performed in front of the live audience at the Red Hill's Got Talent night.

It's free to nominate. Tickets to attend the night are \$5/person capped at \$20/family.

More details to come shortly.

Please contact: rhps.pandc@gmail.com for more information



P&C

RED HILL PRIMARY

Dear Red Hill community,

Did you know there is a Red Hill School private Facebook group? If you aren't already following, please follow us. We would love to build it to 500+ members.

Join to connect and keep up to date with P&C and school activities, including;

- Reminders about school activities, canteen, uniform and Flexischools orders
- Find out about activities and get involved in P&C support for the school
- Meet and connect with other parents and the whole school community.



**PLEASE SEARCH FOR US. WE ARE CALLED:
"RED HILL SCHOOL COMMUNITY"**

Your friendly P&C Committee



WE'RE OFFICIALLY OPENING OUR NEW
SHADE STRUCTURE, BIKE TRACK AND OVAL

AND WE'D LOVE YOU TO JOIN US!

Official Opening

*Voyager Park Precinct
Red Hill Primary School*

Friday 14 May 2021

4.00 - 5.00pm

*Music, refreshments...and bike riding!
Register your attendance at eventbrite*

QUESTIONS? EMAIL RHPS.PANDC@GMAIL.COM



Red Hill School Calendar 2021 – Term 2

Mon 19 Apr – Fri 25 June

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Apr 19 – 23	Year 5 NMA and Reconciliation Place Excursion		Year 4 Camp – Birrigai at Tidbinbilla		
Week 2 Apr 26 - 30	School Review 26 April ANZAC Day	Preschool CMAG excursion	ACT Swimming Carnival	Year 3/4 Choir 8:15am Junior Singing Group 8:30am	Whole School Assembly
Week 3 May 3 - 7	Senior Choir 1:05pm	Year 1 National Museum Excursion Preschool Nutrition Magician		Year 3/4 Choir 8:15am Junior Singing Group 8:30am Wally Masur Gala Day Preschool CMAG excursion P&C Meeting 6:30pm	Kindergarten to Year 2 Assembly 9:30am Preschool Nutrition Magician
Week 4 May 10 - 14	NAPLAN	Senior Choir 1:05pm		Year 3/4 Choir 8:15am Junior Singing 8:30am Year 6 Combined Bands at Mawson Primary Voyager Park Opening 4pm -5pm	Year 5 & 6 Assembly 9:20am Year 3 & 4 Assembly 10:10am
Week 5 May 17 – 21		Senior Choir 1:05pm	SHFPACT Parent Evening for Year 5 & 6	Year 3/4 Choir 8:15am Junior Singing Group 8:30am SRC – GO PINK for National Breast Cancer Foundation Fundraiser	Preschool photo Day Cross Country Carnival
Week 6 May 24- 28	School Photo Day (Including Sibling Photos) Senior Choir 1:05pm	Preschool photo Day	Year 5 Combined Bands at Mawson	Year 3/4 Choir 8:15am Junior Singing Group 8:30am Rostrum School Finals School Photo Day – Catch up, Special Groups and Year 6	Kindergarten to Year 2 Assembly 9:30am
Week 7 May 31- Jun 4	31 May Reconciliation Day		South Weston Cross Country	Year 3/4 Choir 8:15am Junior Singing Group 8:30am	Year 5 & 6 Assembly 9:20am Year 3 & 4 Assembly 10:10am
Week 8 Jun 7- 11	Senior Choir 1:05pm			Year 3/4 Choir 8:15am Junior Singing Group 8:30am Captains Campaign – Convention #2 P&C Meeting 6:30pm	
Week 9 Jun 14- 18	14 June Queen's Birthday			Year 3/4 Choir 8:15am Junior Singing Group 8:30am SRC Fun Day – Opposite Hour	Kindergarten to Year 2 Assembly 9:30am
Week 10 Jun 21- 25	Senior Choir 1:05pm	Menslink – “Silence is Deadly” Workshop Year 5		Year 3/4 Choir 8:15am Junior Singing Group 8:30am Year 5 Arts Performance	Whole School Assembly Year 5 Learning Journey