

Issue 12  
16 July 2021

# Red Hill School Newsletter

## Coming Events

### Monday 2<sup>nd</sup> August

Senior Choir 1:10pm

### Tuesday 3<sup>rd</sup> August

Djira Learning Journey 8:45am  
to 9:15am  
2:30pm to 3pm

### Wednesday 4<sup>th</sup> August to

### Friday 6<sup>th</sup> August

Australian Maths Competition  
Sitting Days

### Wednesday 4<sup>th</sup> August

Year 4 Learning Journey  
8:30am to 9:30am

### Thursday 5<sup>th</sup> August

Year 3/4 Choir 8:15am  
Junior Singing Group 8:30am  
Year 4 Learning Journey  
8:30am to 9:30am  
Gabbadang Learning Journey  
8:45am to 9:15am  
2:30pm to 3pm

### Friday 6<sup>th</sup> August

Year 5 Combined Bands at  
Mawson

### Tuesday 10<sup>th</sup> August

Year 1 National Zoo and  
Aquarium Excursion

### Wednesday 11<sup>th</sup> August to

### Friday 13<sup>th</sup> August

Kindergarten Health Checks

### Thursday 12<sup>th</sup> August

Year 3/4 Choir 8:15am  
Junior Singing Group 8:30am

### Friday 13<sup>th</sup> August

Newsletter



*Red Hill School is a Nut Free Environment*



*Year 5 & 6 Sue Geh Cup Basketball Cup  
Congratulations girls for making it to the Grand finals!*

## Notes Home

[Kindergarten Jerrabomberra Wetlands Excursion](#)

[Year 4 Learning Journey](#)

[Year 5 Combined Band Rehearsal at Mawson](#)

[Year 1 National Zoo and Aquarium Excursion](#)

[Year 5 & 6 Jamie Pearlman Cup Basketball](#)

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## 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](http://www.act.gov.au/accessCBR)

## Leadership Team

In today's newsletter we will be answering some questions parents have recently asked.

### When do students start wearing hats again?

**August 1<sup>st</sup>**. Whilst August is still a cold month in Canberra, ultraviolet radiation (UV) levels begin to rise to levels that warrant sensible sun protection, for at least part of the day. "The ..... message is pretty simple, when UV levels reach 3 and above, a combination of sun protection behaviour is required to protect against skin damage that can contribute to skin cancer later in life. The higher the UV level, the quicker unprotected skin can damage, sunburn or no sunburn" (ACT Cancer Council, 2021). **So please send your children to school with a Sun Smart hat next week.**

### Can food be shared in schools at the moment for events such as birthday celebrations?

Yes, the ACT Health guidelines for schools state that food can be shared at school however servings should be individually served by a teacher or adult using clean cutlery such as tongs, and hygiene measures such as handwashing before and after eating should occur. If your child is having a birthday, cupcakes or other individually portioned items are the easiest way for teachers to hygienically distribute the treats to the class. However slices of cake are also fine. If you are looking for a healthy alternative, fruit skewers or slices of watermelon are a great choice. Please don't send lolly pops.

### Do I need to keep my kids at home if they're sick?

Yes. ACT Government requires that if your child has any kind of illness, even just a runny nose, they must not come

#### Message from ACT Government



#### Keep your child home if they are sick

The COVID-19 pandemic is not over. Restrictions are still in place - including in our schools - and we all need to be vigilant. This includes not sending children to school sick. If your child has any kind of illness, even if it is just a runny nose, they must not come to school. If your child is unwell at school, you will be asked to collect them. It is important that we limit the spread of disease during this pandemic. By doing the right thing you can help keep Canberra COVID safe.

to school. If a child in an ACT public school is unwell, their parents will be asked to collect them.

We have had many children attending school recently with chesty coughs and/or runny noses. We are extremely appreciative of the many parents who have kept their children at home or have collected them as soon as we have called. We understand the difficulty of balancing work and family-many of our staff are working parents too. However there have been instances of parents refusing to collect their children when called by the front office. We ask everyone to respect the ACT guidelines.

The other thing to keep in mind is that lots of coughing and runny noses in a classroom results in sick teachers, who must then take leave. This is not good for consistency of teaching and learning for your children and has also put enormous pressure on staffing across ACT schools because there are simply not enough relief teachers. In a recent example one Canberra school was short

twenty-five staff members on a given day. Please help us to reduce the number of teachers who need sick leave by keeping your children home when they are unwell.

However, if your child is experiencing symptoms related to asthma, a post viral cough or an allergy, he/she can continue attending school, provided we receive a doctor's confirmation in writing. There are also times when children report feeling unwell because of other factors: for example they may be anxious because their teacher or best friend is away or be worried about an upcoming test. If you think this is the case please let the front office and executive team know. We can work on a supportive solution with you that means your child does not miss out on school unnecessarily.

### **Why do the fire alarms ring and how do they work?**

Our emergency bell system has been tested recently: these bells include signals for fire evacuation and lockdowns (for example in the event of a sudden storm). We practise drills annually for each emergency scenario as part of our safety management plan so that students are well prepared and able to remain calm in a real-life situation. We will shortly be holding a fire drill practice for all students and staff in which everyone will practise evacuating the school. We will let parents know when this occurs.

### **Is it ok to collect my child after 3.15pm?**

We encourage parents and carers to collect younger students on time. However we also encourage parents to collect older students (years 3 to six) between 3.20pm and 3.25pm. These students often take longer to leave their classrooms and being picked up a little later eases the pressure on parking and traffic flow.

*Kind regards*

*Leadership Team*

# NEWS FROM THE LIBRARY

“Each year since 1945 the Children’s Book Council of Australia has brought children and books together across Australia through Book Week. During this time schools and public libraries spend one glorious week celebrating books and Australian children's authors and illustrators. Classroom teachers, teacher librarians and public librarians create colourful displays, develop activities, run competitions and tell stories relating to a theme to highlight the importance of reading. You will often see parades with students dressed as their favourite book character.”



**Event: Red Hill School Book Week Parade and Walkathon**

**Date: August 21-27**

**The theme: Old Worlds, New Worlds, Other Worlds**

## **Heads up!**

Each year Red Hill School and the P&C run a wonderful Book Week Parade and Walkathon. Over recent weeks of school, teachers have shared the Book Council’s shortlisted fiction and non-fiction books with students. We will culminate our celebration of wonderful literature on **Friday 27<sup>th</sup> August** when we will dress up as book characters for our usual parade and walkathon.

As in the past we encourage students to be creative in putting together their costumes, rather than buying them. A prize will be awarded to the most creative costume for each year level.

Keep an eye out for the Walkathon sponsorship forms that will be coming home shortly from the P&C>

## Acknowledgement

We would like to congratulate Elizabeth Powell, who has recently attained her Junior Baden-Powell Award. This is a major Girl Guides Australia peak award for guides in the 7-10 year old age range. Elizabeth undertook twelve challenges, demonstrating skills in planning, organisation and leadership, as well as determination and commitment.

# PE News

Congratulations to the Flinders boys team and Monaro girls team for winning the house basketball tournament in term 2.



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## Mandarin Classes

China may be simultaneously Australia's greatest opportunity and biggest challenge. Unfortunately, many of us are ill-equipped to negotiate the complexities of the Sino-Australia relationship. Learning the Chinese language and a little cultural knowledge can make all the difference in achieving better outcomes for all and is a great way to support your child's education now and into the future.

Commencing Friday 20 August 2021, running every school week Friday until the end of the school year, a parents and teachers' Mandarin class will be held in the Junior Hall from 8.30am to 9.00 am.

When: Friday mornings 8.30am to 9am

Where: Red Hill Primary School Junior Hall

Contact: [chad.birks@ed.act.edu.au](mailto:chad.birks@ed.act.edu.au)



# 100 Days of Kindergarten

Last week, Friday 23<sup>rd</sup> of July, Kindy celebrated our first 100 days of Kindergarten.

Students participated in activities across the cohort, building items using 100 construction blocks, drawing pictures of what they think they might look like when they are 100, drawing portraits and using dot painting to create amazing flowers.

The students created a 100 day crown and looked at the size and mass of a variety of 100 items that they put in a snap lock bag and brought in from home. We also celebrated with a cupcake; it wouldn't be a celebration without cake.



*Making our 100 day celebration crowns*



*Look what you can make using 100 Lego pieces*



# STEP INTO THE LIMELIGHT – ART EXHIBITION

As featured in the Canberra Times on Saturday, Year 5 student artwork is on display at the M16 Gallery in Griffith for the Annual Step into the Limelight Art exhibition. Come and see amazing examples of Visual Art from across ACT public schools.

Bring your smart phone to listen to student audio descriptions of their 3 dimensional artworks.



Exhibition open from 12-5; Wednesday to Sunday; until the 8<sup>th</sup> of August.



## Food Waste Challenge



**Did you know Canberran households waste thousands of dollars every year by throwing away food that could have been eaten?**

Sign up to the three-week Food Waste Challenge for a step-by-step recipe to reduce food waste in your household.

Plus, the first 1500 ACT residents that complete the challenge, including the final survey, will be eligible for a **\$30 IKEA voucher**.

[act.gov.au/food-waste](http://act.gov.au/food-waste)





## 5 lessons we can teach our children from the Olympics

Who else has Olympic fever in their house? While the Olympics entertain and inspire us, they can also provide our children with valuable life lessons too.

### ❖ **Exercise is good for us**

Exercise or physical activity is an essential part of a healthy lifestyle for children and adults. The Australian Department of Health recommends that children do at least 60 minutes each day of moderate to vigorous physical activity that makes the heart beat faster. The Olympics provides an excellent opportunity to get children excited by sport.

### ❖ **There are lots of activities to choose from**

There are 33 different types of sports at the Olympics this year. Your child might be inspired to try a new sport or activity. If your child does not want to play soccer or cricket, there are many different sports they can choose. They don't even need to choose an organised sport; any type of physical activity is good. Going for a walk, playing at the park, or even dancing to your favourite songs at home is great too. Your child is much more likely to partake in an activity they enjoy.

### ❖ **You have to work hard to achieve**

The Olympics teaches our children about hard work. The athletes have put in an enormous amount of effort and training to get where they are today. You have to work hard to achieve something. This is true on the sports field, in the classroom and for other hobbies and activities.

### ❖ **You can't always win**

A valuable lesson for children to learn is that you cannot always win. Despite their enormous efforts, there is only one gold medal winner per event. Some people don't win any medals at all. Sometimes you go home empty-handed. This happens in sport, in competitions and throughout life. You cannot be a winner all the time. But life still goes on, as hard as it may seem.

### ❖ **Being part of a team**

The Olympics brings people together. Even though the athletes are competing for themselves, they are also competing for their country. Spectators are cheering for their country. There is something very special about being part of a team and willing your friends to do well. Individually we can be great; together, we can be magnificent.



RED HILL ARCHIVE



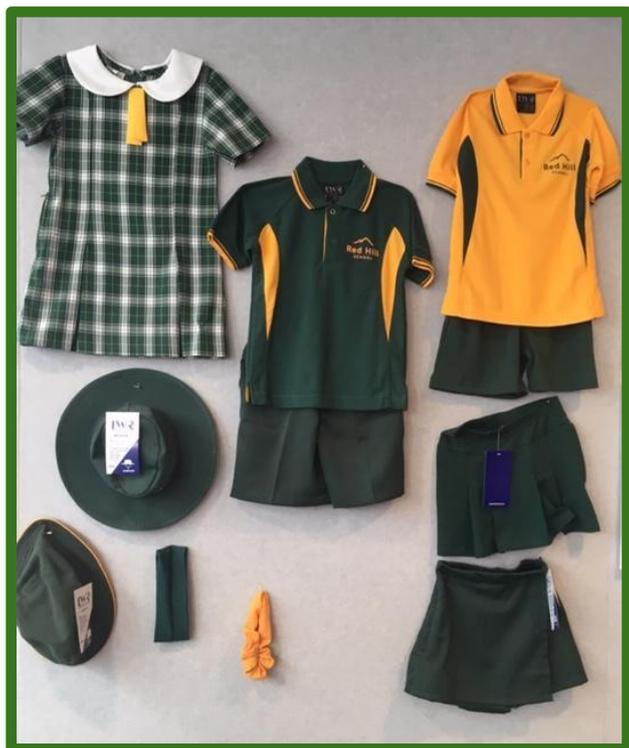
ARE YOU A PARENT WHO WANTS TO GET MORE INVOLVED IN WHAT HAPPENS BEHIND THE SCENES AT RHPS?

## Come & join our P&C!

We discuss important topics such as:

- School & P&C Special Events & funding
- Parent engagement Sub-Committees & their improvement projects
- Student & School Initiatives & Programs

## 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](http://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](mailto:rhps.uniformshop@gamil.com)

# Red Hill School Calendar 2021 – Term 3

Mon 12 July – Fri 17 Sep

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Jul 12-16	Senior Choir 1:05pm			Year 3/4 Choir 8:15am Junior Singing Group 8:30am	Whole School Assembly
Week 2 Jul 19 – 23	Senior Choir 1:05pm	Year 1 Learning Journey	Year 1 Learning Journey	Year 3/4 Choir 8:15am Junior Singing Group 8:30am Year 5 & 6 Sue Geh Cup Basketball	
Week 3 Jul 26 - 30	Senior Choir 1:05pm			Year 3/4 Choir 8:15am Junior Singing Group 8:30am Year 6 Combined Bands at Garran Athletics Carnival	Kindergarten, Years 1 & 2 Assembly
Week 4 Aug 2- 6	Senior Choir 1:05pm	Djira Learning Journey Yurbay Bush Medicine Workshop – Year 2	Australian Maths Competition		
			Year 4 Learning Journey	Year 3/4 Choir 8:15am Junior Singing Group 8:30am Year 4 Learning Journey Gabbadang Learning Journey	Years 5 & 6 Assembly Years 3 & 4 Assembly Year 5 Combined Band at Mawson
Week 5 Aug 9 - 13	ICAS Writing				
	Senior Choir 1:05pm	Year 1 National Zoo and Aquarium Excursion	Kindergarten Health Check		
Week 6 Aug 16 – 20	Kindergarten Jerrabomberra Wetlands Excursion Senior Choir 1:05pm	Yurbay Bush Medicine Workshop – Year 1	South Weston Athletics Carnival	Year 3/4 Choir 8:15am Junior Singing Group 8:30am Yurbay Bush Medicine Workshop – Year 2	Athletics Carnival Assembly
				Year 3/4 Choir 8:15am Junior Singing Group 8:30am Yurbay Bush Medicine Workshop – Year 1	
Week 7 Aug 23 – 27	ICAS Science Book Week				
	Senior Choir 1:05pm	Year 5 Market Day Yurbay Bush Medicine Workshop – Kindergarten		Year 3/4 Choir 8:15am Junior Singing Group 8:30am Yurbay Bush Medicine Workshop – Kindergarten Deadly Dingoes Great Book Swap	Years 5 & 6 Assembly Years 3 & 4 Assembly
Week 8 Aug 30- Sep 3	Year 5 Future Skills Excursion Senior Choir 1:05pm	Year 5 Future Skills Excursion Year 5 & 6 Jamie Pearlman Cup Basketball		Year 3/4 Choir 8:15am Junior Singing Group 8:30am	
Week 9 Sep 6 - 10	Senior Choir 1:05pm Year 5 Future Skills Excursion	Year 5 Future Skills Excursion		Year 3/4 Choir 8:15am Junior Singing Group 8:30am	Kindergarten, Years 1 & 2 Assembly
Week 10 Sep 13 - 17	Senior Choir 1:05pm			Year 3/4 Choir 8:15am Junior Singing Group 8:30am	Whole School Assembly Jump Off Day



# Webinar for Parents

of 2 - 12 year olds

A webinar for parents to learn simple strategies to reduce anxiety and build resilience in your child

**ENROL NOW!**

## NO SCAREDY CATS

This interactive webinar offers parents of 2-12 year-olds reliable and easy-to-implement strategies to help parents identify and challenge anxious behaviours and build resilience in their child.

Presented by Michael Hawton, MAPS.

Held over 3 interactive webinar sessions

Wednesdays 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> August 2021

From 6.30 - 8.45 PM AEST

Over 3 sessions you will learn to:

- Identify and combat your child's anxious behaviours.
- Learn simple strategies to reduce anxiety.
- Build resilience in your child for greater social and academic success.
- Improve your parenting confidence and family bonds.



*Tickets on Sale*

~~\$99~~ per person

**\$59**

*"Good for learning practical aspects of parenting regarding building resilient kids - All with a neat scientific background to assist in understanding."* RHEA, PARENT.

*"Very practical, user-friendly evidence based information to support parents, so they can better support their children."* TRACEY, SCHOOL PRINCIPAL

Join over 110,000 parents who have already participated in our courses

Recommended by child & family specialists

<https://www.parentshop.com.au/no-scaredy-cats-for-parents/>