

Issue 9
7 August 2020

Red Hill School Newsletter

Coming Events

Monday 10th August

Senior Choir 1:05pm

Thursday 13th August

Year 5 Band Practice 8am

Year 3/4 Choir 8:10am

Junior Singing Group
8:30am

Friday 14th August

Cross Country

Monday 17th August to Friday 21st August

National Science Week

Monday 17th August

Senior Choir 1:05pm

Wednesday 19th August

SRC Pandemic Heroes
Fundraiser

Thursday 20th August

Year 5 Band Practice 8am

Year 3/4 Choir 8:10am

Junior Singing Group
8:30am

Friday 21st August

Newsletter



Red Hill School is a Nut Free Environment



PANDEMIC HEROS FUNDRAISER

On Wednesday the 19th of August we are dressing up as our pandemic heroes in support of all the amazing people who made a contribution or sacrifice to get us through COVID19.

Students can come to school dressed as their role model or someone they want to acknowledge from the COVID19 pandemic. It could be the doctors and nurses in our community, the early childhood educators who have worked tirelessly, or even your parents.

WHO has been your PANDEMIC HERO?

Remember “you don’t have to wear a cape to be a hero!”

We are asking for students to be a hero for a day and to bring **non-perishable food items and toiletries** to support those in our community who have been affected so dramatically by COVID 19. All donations will be distributed through **Anglicare and St John’s Care for homeless and needy people.**

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

With school now back we are encouraging 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 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 schools and if your car may be blocking the view of crossings 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 Overview

Dear parents and carers,

Thursday mornings are my favourite morning of the week. I always try to be at my desk by 8.30am so that I can enjoy the very sweet voices of the junior choir as they rehearse. I love hearing new songs and reminiscing when I hear songs that I treasured when I was their age. I may not get much work done though!

You will be soon asked to complete two surveys. One is the annual school satisfaction survey (further information below) and a school designed, very short survey about the PYP. We are interested in what you might like to learn about the elements of the PYP framework and how our school implements them. The PYP is central to everything our school does, informing the decisions we make; understanding the PYP gives you further insight into our school's curriculum and philosophy.

With a -5 degree start this morning, it certainly does not feel like Spring is on the way. Fortunately, it is just around the corner. For students and teachers, this means it is time to start wearing Sunsmart hats again. It always takes time for students to get back into the routine of wearing a hat, not a beanie, but with your support and encouragement at home, this process will go more smoothly. We ask that all students wear a sunsmart hat (not a beanie or cap). Perhaps it is time for a new one, which can easily be ordered and delivered to your child's class at <http://www.flexischools.com.au>. You can also find more information on our school website. Don't forget to label it.

While we are discussing hats, we also remind parents that students are strongly encouraged to wear school uniform every day in accordance with the school's and Education Directorate's policies. Green and gold are our school colours (not black) and with the uniform shop getting new hoodies and other styles of clothes that students are eager to wear, coming to school in uniform should be easy to do. Please contact us if you require financial support to purchase uniform. Again, don't forget to label clothing items with your child's name so they can be returned to the owner.

Student action is at the core of student agency and is integral to the PYP. *Through taking individual and collective action, students come to understand the responsibilities associated with being internationally minded and to appreciate the benefits of working with others for a shared purpose. When students see tangible actions that they can choose to take to make a difference, they see themselves as competent, capable and active agents of change (Oxfam 2015, cited in "Principles into Practice", 2018).*

Students taking action in response to their inquires might look like:

- a change in attitude
- a consideration or plan for action in the future
- a demonstration of responsibility, or of respect for self, others and the environment
- an engagement in school decision-making or an expression of support in community, local and global decision making.



We love hearing about action students take outside of school. Patrick Peascod is one of our students at Griffith preschool. During remote learning, he made some signs to alleviate traffic from running over the famous Narrabundah peacocks.

With the help of Patrick's mum and his teacher, Julie Fergusson, the signs were laminated, and Patrick put them up all over the place, but they blew away.

So, he and his mum wrote to the minister to ask for proper signs and had to attend a few meetings.

On the 29th of July these signs were placed around the suburb (see attached photos). Patrick is holding one of his original signs in the photo.

There is a 'Save the Narrabundah Peafowl' Facebook group that has been

rallying for signs for years.

Our Patrick got it done!

We are super proud of him. He will be on 2CC at 11.15am on Saturday 8th if you would like to tune in to hear him talk about his success.



2020 School Satisfaction & Climate Survey

Each year, the Directorate surveys all parents, school staff and students in Years 4 to 12 about their satisfaction with public education. The 2020 School Satisfaction & Climate Survey will be available online from 10 to 31 August.

The survey results will help us to continue to make quality informed decisions about how to improve our school. No personal identifying information will be provided to any school or college.

For each child in their family who attends an ACT public school, parents will receive:

- ♣ a letter about the student survey asking whether their child may participate during class time (years 4-6); and
- ♣ an email about the parent survey, including a unique link to access the survey; parents who do not receive the email may contact EDUSurveys@act.gov.au to request a survey invitation.

A shortened paper-version of the parent survey is also available in the following 12 languages: Arabic, Burmese, Chinese, Dari, Dinka, Farsi, Hindi, Karen, Korean, Mon, Urdu and Vietnamese; email EDUSurveys@act.gov.au to request a copy.

For the results to reflect the opinions of our whole school community, we need as many parents, staff and students as possible to complete the survey. Your feedback is important, and we hope you will take part. For more information, visit: <https://www.education.act.gov.au/public-school-life/school-satisfaction-and-climate-survey>

Thank you.

Kind Regards,
Emma Campbell and Nathan James (Deputy Principals)



Dear all,

As you may already know, as part of the IB school culture we encourage the students to take action on issues that mean something to them.

Over this past weekend one of our beautiful students in Year 4, Demi Andanoros, has shaved off her beautiful long hair to raise money for cancer research.

If you wish to support this generous act and donate to her cause, you can follow the steps below to donate online.

Regards

Susan Edwards. A very proud teacher.

Well done Demi!



Please follow the steps below if you wish to donate.

1. Do a google search **Do it for Cancer**.



2. In the search bar at the top type in **Demi**.



3. Scroll down to find Demi.



4. Follow the instructions to donate.



Red Hill Digital Art Gallery

The last week of online learning coincided with **Reconciliation Week**.

We went from indoors to the land our homes stand on and acknowledged the traditional owners of this land, the Ngunnawal people.

As part of Reconciliation Week, the art activity was to take a walk outside and collect natural materials to create a butterfly.

Dora, Year Five

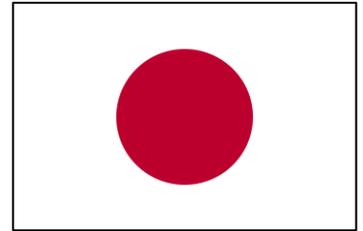


Carl, Year Six

Japanese News

JAPANESE PRIMARY CALLIGRAPHY CONTEST

This a new and worthwhile contest for the ACT, which is being organised by Megumi sensei (Hughes Primary School). Megumi sensei has been involved in calligraphy contests in Victoria in the past.



There is also a penmanship section as well which doesn't require the brushwork!

Please read the guidelines below and the attached files.

Closing date for entries is Friday 25th September (Term 3 Week 10) – Submissions need to be delivered or sent to Megumi at Hughes Primary School.

Results will be released in Term 4 Week 1.

Great prizes for students!

If interested, please contact Mr Kennedy (4K)

The Canberra Nara Candle Festival is planned for 24 October. Yes, it's surprisingly going ahead! This great news after last year's weather cancelled the event!

Would anyone be interested in making Japanese lanterns to decorate the venue?

If you would like to help make lanterns for the festival, then please contact Mr Kennedy (4K) for further details.

Given the current covid-19 situation, it could be cancelled at the last minute. So please do keep this in mind.

ACT JAPANESE TEACHERS' NETWORK - PRIMARY ONLINE SPEECH CONTEST 2020

This year's speech contest will be held in an amended format in a virtual capacity due to current limitations and conditions regarding COVID-19. It is important that we continue to offer opportunities for our students to use their Japanese and to show great examples of our teaching!

☆ *Speech Contest Details :*

Date: COB Friday 25th September, 2020 (Week 10, Term 3). Results will be released in Week 1 Term 4. Certificates will be passed to teachers at Term 4 Network Meeting.

Upload: Video of each student to be uploaded by teacher to the appropriate division folder in the Primary Speech Contest 2020 Google Drive Folder in the ACT Japanese Network Shared Drive in Google Drive

Cost: FREE

Certificate: The certificate (shell) will be made downloadable from the Shared Drive so that the teachers of the participating schools could fill in the details, and hand them over to the contestants.

Prizes: Prizes will be awarded to the 1st, 2nd, and 3rd places in each Division.

Divisions:

Division 1: Year 3 & 4 students

Division 2: Year 5 & 6 students

Judges: ANU Extension teacher and Japanese Embassy staff

Submission Format: Video format. See next page for more specific details

Interested: If interested, please contact Mr. Kennedy (4K).



Healthy Hub



By Lauren Singer

Welcome to the new Healthy Hub section of the school newsletter.

We get it – being a parent is hard. While we all want our children to grow up to be happy and healthy, it often feels easier said than done. We know that healthy eating and physical activity is important, yet knowing and doing are two completely different things: life is busy, our children are fussy, junk food is everywhere, our faces are buried in screens. The Healthy Hub fortnightly segment aims to provide you with some tips, resources and ideas to help your children and your families be healthy and happy while navigating the challenges and busyness of modern life.

Healthy eating – the why’s and the what’s

A well-balanced, nutritious diet is essential for children’s healthy growth and development. In addition, what children eat in childhood can have a major impact on their future health. The Australian Dietary Guidelines (<https://www.eatforhealth.gov.au/>) are based on the latest scientific evidence and guide us on what foods we should eat to be healthy and decrease the risk of chronic conditions including heart disease, high cholesterol, high blood pressure, type 2 diabetes, obesity and some cancers. The Australian Guide to Healthy Eating shows the proportion of foods from 5 core food groups which we should eat every day:

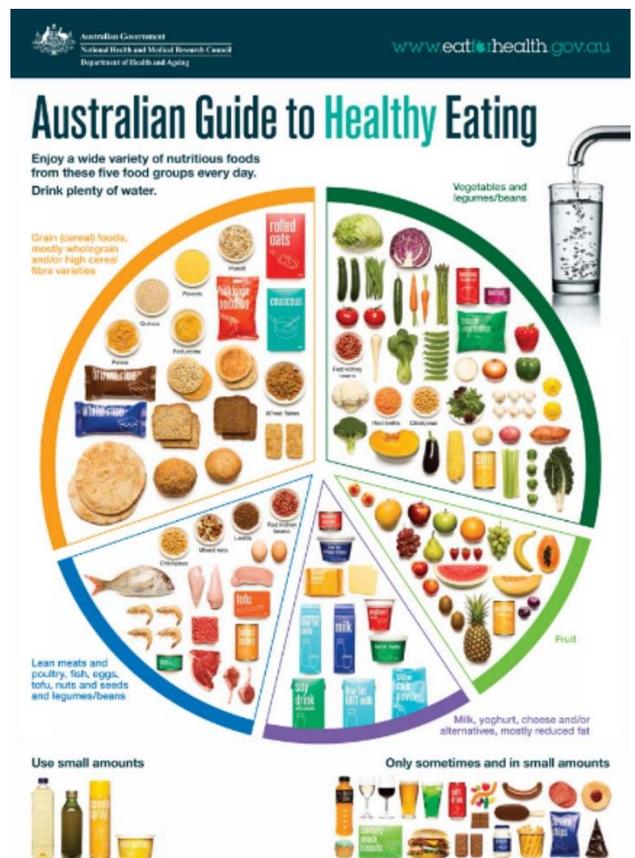
- 1) Grains (cereals)
- 2) Vegetables and legumes/beans
- 3) Fruit
- 4) Milk, yoghurt and cheese
- 5) Lean meats and poultry, fish, eggs, tofu, nuts & seeds, legumes/beans

Children and adults should aim eat a wide variety of nutritious foods from the five food groups daily to ensure they get enough vitamins and minerals. In addition, discretionary items high in fats, sugar and salt such as crisps, cakes and biscuits should be limited.

Children should generally aim for 4 servings of grains (preferably whole grains including bread, rice, pasta), 5 of vegetables, 2 of fruit, 2-3 of milk, yoghurt, cheese per day and 2-3 of protein (lean meat, poultry, fish, eggs, tofu, nuts& seeds, legumes/beans) per day.

See <https://www.eatforhealth.gov.au/> for age-specific recommendations.

So now that we know the why and the what, join us for next fortnight’s Hub where we share some tips into **how** we can eat well.





Healthy Kids Canteen Menu

Red Hill Primary School

Order online at www.flexischools.com.au

Term 1
2020

Sandwiches

All served on wholemeal bread unless otherwise requested.

Happy Little Vegemite (with margarine) V	\$2.50
Cheese V	\$3.00
Cheese & tomato V	\$3.50
Ham	\$3.50
Ham & cheese	\$4.50
Ham, cheese & tomato	\$4.70
Ham & salad	\$4.70
Ham, lettuce & mayo	\$4.20
Chicken & cheese	\$4.20
Chicken & salad	\$4.70
Chicken, lettuce & mayo	\$4.50
Tuna & cheese	\$4.50
Tuna, lettuce & mayo	\$4.20
Rainbow: Lettuce, carrot, tomato, cucumber, beetroot V	\$4.30
Salad & cheese V	\$4.20
Egg & cheese V	\$4.50
Egg, lettuce & mayo V	\$4.20

Toasted sandwiches (in press)

All served on wholemeal bread unless white bread is requested.

Happy Little Vegemite (with margarine) V	\$3.00
Cheese V	\$3.50
Cheese & tomato V	\$4.00
Ham & cheese	\$4.80
Chicken & cheese	\$4.80
Tuna & cheese	\$4.70
Egg & cheese V	\$4.50
Ham	\$4.00
Ham, cheese & tomato	\$5.00

Wrap it up

All served in a wholemeal wrap

Chicken, lettuce & mayo	\$5.00
Ham, lettuce & mayo	\$5.00
Rainbow: Lettuce, carrot, tomato, cucumber, beetroot V	\$4.80

Fresh salads

Superhero salad: Lettuce, carrot, tomato, cucumber, corn, beetroot V GF	\$4.80
3 C's veggie pasta salad: Pasta, carrot, capsicum, corn & mayo dressing V	\$5.00
Seasonal fruit salad:	
Small V GF	\$3.00
Large V GF	\$4.50

Looking to change up your salad?

Mt chicken	\$1.00
Mt tuna	\$1.00

Snacks

Piece of seasonal fruit V GF	\$1.50
Poppin' corn V GF	\$1.00
Jelly (made with 100% juice)	\$1.50
Vanilla custard cup V	\$1.50
Fluffy chocolate mousse V GF	\$2.00
Banana bread V	\$1.80
Warm assorted English muffins	\$2.50
Cheesy garlic bread V	\$2.00
Nachos (beef, chicken, veggie) GF H	\$3.50
Veggie sticks with hummos	\$2.00
Watermelon cup	\$2.00

Frozen

Quech juicy sticks V GF	\$0.70
Juicies (wild berry, tropical, lemonade)	\$2.00
Twisted frozen yoghurt (chocolate/vanilla, Strawberry/vanilla, watermelon/mango) V GF	\$2.80

Drinks

Plain milk: 300ml	\$2.00
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Looking to change up your sandwich?

Mt: ham, chicken, tuna, egg or cheese	\$0.80
Mt: Lettuce, carrot, cucumber, tomato, beetroot	\$0.60
Mt: Mayo	\$0.60
Change to wrap	\$0.50
Change to gluten-free bread GF	\$0.80



V = Vegetarian

GF = Gluten Free

H = Certified Halal

H denotes products which have been Halal Certified. All chicken used in sandwiches and hot meals is also Halal Certified.



Healthy Kids Canteen Menu Red Hill Primary School

Term 1
2020

Order online at www.flexischools.com.au

Hot meals - canteen made

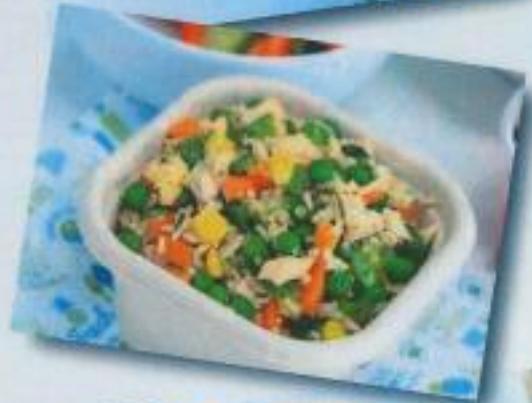
Burger (beef, chicken or veggie V)	\$5.00
Mac 'n' Cheese V H	\$4.50
Split Pea & Lentil Dahl: served with rice V GF H	\$4.80
Pasta Bolognese (beef, chicken) H	\$5.00
Pasta Napolitana: vegetarian H V	\$5.00
Lasagna: beef H	\$5.00



DAILY SPECIALS!

Wednesday

Fun Fried Rice: Chicken GF H	\$5.00
Vegetable V GF H	\$4.50



Thursday

Canteen-made pizza: \$5.00	
Ham & Pineapple	
Tandoori Chicken & Cheese	
Four Veggie & Cheese V	
Cheese V	



Friday

Super Sushi (vegetable, tuna, chicken)	\$3.80
----------------------------------------	--------



On Sale

Polar Fleece Zip Jumper!



Now \$25

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www.flexischools.com

FIRE SALE

WATERPROOF Fleece Lined FLYING JACKETS REDUCED



NOW \$30

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We're now reduced
to **\$10ea.** Help support the
60th Anniversary and pick up your
tea towel and drink bottle today!



Order online www.flexischools.com.au

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

Completing your deposit slip for School Banking day.

Please ensure your child's deposit slip is filled out before banking with School Banking. All 7 fields below need to be completed:

1. Child's name
2. Child's School Banking student number
3. Child's Youthsaver account number
4. Date
5. Amount in coins, notes and/or cheques
6. Total amount of deposit
7. Total amount of deposit (input into the "Add this deposit" field)

The image shows a Commonwealth Bank Deposit slip form with the following fields and callouts:

- 1**: Name
- 2**: Student number
- 3**: Account number
- 4**: Date
- 5**: Amount in coins, notes and/or cheques
- 6**: Total amount of deposit
- 7**: Add this deposit

The form also includes fields for Teller, Previous balance, Subtraction/Withdrawal, Current balance, Number of cheques, Notes, Coin, Cheques, and Total. The Commonwealth Bank logo and slogan "Save regularly and reach your goals" are visible at the top.

RED HILL SCHOOL BIKE TRACK

The new 1km school bike track has been built for the students as well as a place for the community to enjoy outside school hours. To keep the school's latest asset a safe and enjoyable place to ride for many years to come, we all need to play a part in this.

Do's

- Be friendly & supportive of other riders using the trail
- Always wear a helmet
- Make yourself known before overtaking another rider
- Ride the track in an anticlockwise direction
- Ride within your skill limit
- Move off the track if stopping
- Notify the school if the track has been damaged or vandalized



Don'ts

- Ride the track during or after heavy rainfall (give it some time to dry out)
- Ride in the wrong direction
- Modify the track in anyway
- Use motorized bikes on the track

Please read the signage that has been put alongside the track. This signage has some great information and tips on body position when riding the technical features found on the 1km bike track.

We highly recommend that all the student's bikes are checked over for safety issues before riding on the track.



- Brakes are working correctly front and rear
- Tyre pressure is within the recommendation's indicated on the side wall of tyre
- Chain is lubricated with specific bike chain oil
- Gears are shifting smoothly (if bike has gears)
- Seat is at the correct height
- Bike is checked over for any loose components

Most importantly, HAVE FUN!

Red Hill School Calendar 2020 – Term 3

Mon 20 July – Fri 25 Sep

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Jul 20 - 24	Senior Choir 1:05pm	60 th Anniversary Whole School Photo - postponed		Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am	Newsletter
Week 2 Jul 27 - 31	Senior Choir 1:05pm			Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am	
Week 3 Aug 3 - 7	Senior Choir 1:05pm	Year 6 Fizzics Education Incursion School Board Meeting 5:45pm		Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am	Newsletter
Week 4 Aug 10 - 14	Senior Choir 1:05pm			Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am	Cross Country
Week 5 Aug 17 - 21	National Science Week				
	Senior Choir 1:05pm		SRC Pandemic Heroes Fundraiser	Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am	Newsletter
Week 6 Aug 24 - 28	Book Week				
	Senior Choir 1:05pm			Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am	
Week 7 Aug 31 – Sep 4	School Photos Senior Choir 1:05pm	Year 2 Questacon Incursion	P&C Meeting 6:30pm to 8:30pm	Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am	Year 6 Graduation/Special Groups/sibling and catch up Photos Newsletter
Week 8 Sep 7 - 11	Senior Choir 1:05pm	School Board Meeting 5:45pm		Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am	SEAACT Science Fair entries due at Alfred Deakin High
Week 9 Sep 14 - 18	Senior Choir 1:05pm		Christian Education	Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am	Newsletter
Week 10 Sep 21 - 25	Senior Choir 1:05pm			Year 3/ Year 5 Band Practice 8am 4 Choir 8:10am Junior Singing Group 8:30am	



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

Contact

your local Saver Plus Coordinator

Phone

1300 610 355

Email

CanberraSP@thesmithfamily.com.au

Online

saverplus.org.au

Find us on Facebook 

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.