

RED HILL SCHOOL NEWSLETTER

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4TH MARCH 2022



ACT
Government
Education

Red Hill
SCHOOL

Open hearts • Inquiring minds



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Leadership Team Overview

Dear Parents and Carers,

As many of you are aware the number of students reporting positive tests for Covid has increased as the term has gone on. We expect that, given the relaxing of restrictions in the wider community, this situation is unlikely to change. I would like to assure you that we are in daily communication with the Education Covid Response team, who in turn liaise with ACT Health. The number of cases in each year level is being closely monitored and reported to ACT Health each day. Any decision we take is based on instructions from ACT Health, who to date have not considered any form of school closure as required. Of course, student and staff well-being is of the utmost importance to us, and we will continue to follow our "Covid Safety Plan". Should ACT Health advice change we will action this immediately and let our school community know.

I thank the parents who have reported cases promptly and followed the ACT Health Guidelines. In terms of managing COVID cases, it is important that everyone continues to report their children's positive RAT results to us to explain absences and also remembers to report Covid positive RAT results for their children online to ACT Health. When reporting to the school please provide the following information: the child's name, the type of test (RAT/PCR), the date of the positive result and the date of first symptoms.

The ACT Health guidelines can sometimes be confusing in the school setting so please contact us if ever unsure of what to do.

I would like to ask for your continued support in one area. There have been occasions when students have been sent to school unwell, because their RAT has shown a negative result. Please don't send your child to school if they show any Covid like symptoms, even if they have tested 'negative'. Firstly, RATs do not always provide an accurate result- we have had many reports of false negative and false positive results. Secondly, if you send your child to school unwell there is a serious likelihood that other children and teachers will become unwell. Teachers who are unwell are not permitted to be in the workplace – given the chronic shortage of staff we are facing at present we cannot afford to have any more staff members becoming sick.

The teacher shortage we are currently experiencing is not ours alone, it is a system issue. At the beginning of the school year the Education Directorate advised families that "we may experience impacts on our workforce due to the requirements of staff to isolate under ACT Health directions". Staffing has already become an enormous challenge. The number of teachers requiring personal leave has dramatically increased because of Covid- many staff have had to isolate because their own children or partners have contracted Covid during this time, and then become unwell themselves whilst in isolation. Casual relief staff are in the same position.

We are doing everything we can to manage this situation. For example, the leadership team, including me, has gone on class to make sure programs continue and teachers have foregone planning release time. Whilst this is usually the best option for the students it does mean that other important work does not happen behind the scenes as usual, and it has had an impact on staff workload. Please be patient with us if we don't respond to your communication or action items as quickly as we should.

Whilst we know that it isn't ideal there have also been days when we have had to "split" classes and there have been situations where we have not been able to keep a consistent relief teacher on a class. I promise that these

decisions are not ones we have been happy or comfortable with at all. However, they have enabled us to continue face to face learning. We are absolutely committed to doing everything we can to avoid the need for remote learning.

I cannot thank parents and carers enough for your patience and understanding over the last five weeks.

Some of our students have been teased at school this week because they were born in Russia. No doubt this is because of current global events. We did experience something similar during the initial stages of the COVID outbreak in 2020 when some of our students with Chinese heritage had negative comments made towards them.

Teachers have addressed this by having conversations with their classes about the current events and about the inappropriateness of teasing or making negative comments to anyone else based on their background/cultural heritage. We have been reminding students that, as an IB school, being open-minded and caring to each other are core values. If parents and carers could have similar conversations at home that would be appreciated.

The recent Ukraine/Russia conflict has raised other issues. Young people, more than ever, have access to news streams, and some of our students have shown concern recently. Our wonderful new school psychologist, Ruaan Kriel, who has forwarded this article to help teachers and parents talk to children about the conflict.

“Older kids might see disturbing images and news of the Ukraine conflict on social media.

If your kids have heard about the Russian invasion of Ukraine, they may be feeling nervous. Thanks to social media and online outlets, young people have access to more news sources than ever. Many are bound to have questions about the history between the two countries and how the clash may affect the rest of the world.

“My tween called me at work yesterday to ask me if this was World War III,” said Emily W. King, a child psychologist based in Raleigh, N.C.

How should you answer your kids’ questions about what’s going on? If they don’t ask, should you bring up the issue yourself?

Here’s what experts suggest.

Take cues from your kid.

If your child asks questions, it may not be that they are terrified or upset. Many kids “will just ask us questions out of curiosity,” Dr. King said. When they do, try to answer them calmly and accurately, without getting overly emotional yourself, she said.

Young kids may not know about the conflict, but tweens and teens may well have heard things from friends or seen worrying memes on Instagram or TikTok.

“I have already heard teens on social media sharing jokes about gearing up to be drafted for World War III or about nuclear threats to cities that they may live in,” said Dr. Hina Talib, an adolescent medicine specialist at the Atria Institute and pediatrician at the Albert Einstein College of Medicine in New York.

If they don’t seem all that interested in what’s happening, that’s OK, too, said Robyn Silverman, a child and teen development specialist. “You don’t need to push it,” she said, although she suggested that parents at least broach the topic — perhaps by asking what their children have heard about the conflict — and make sure they know a bit about what’s going on.

“You can say ‘Look, I totally get that you’re not interested in this moment. But if you are, please come to me,’” Dr. Silverman said.

Look for signs that your child is feeling anxious.

Sometimes, kids will ask questions that indicate they're feeling anxious. Other times, though, they will worry silently — so it's important to look out for less obvious signs that they're nervous. Kids struggling with anxiety can, for instance, have trouble sleeping, possibly because they are woken up by thoughts or images they saw in the news, Dr. Talib said.

Anxious kids may also have a change in appetite: not eating as much as usual or eating more comfort foods. They may be irritable, clingy or sick with stomach aches. If you see signs of anxiety in your child, "letting them know you are there to talk, often without even having a big talk, can go a long way," Dr. Talib said.

Don't bombard kids with news or scary images.

Although it's understandable to want to keep abreast of the news, be aware that your child may be watching or listening, too. "Having news on, where there's constantly images circulating that may be disturbing to them — that's not going to be your best choice," Dr. Silverman said.

You may not want to search for information online while with your child, either, Dr. King added. "You cannot control what images or videos might pop into view that cannot be unseen," she said. "Either research yourself and share information with your child in a way they can understand without feeling overly fearful or share an article for them to read that you have vetted yourself."

If you're worried that your child is doom scrolling on a device, encourage them to make smart media choices, Dr. Talib suggested. "Ask them which news sources they are following and why, and what coverage has helped them understand more about the conflict versus made their heart race more," she said.

If kids are getting their information from social media, Dr. Silverman suggested pointing them instead to reputable sources of news and information. Common Sense Media recommends a handful of news sites and apps specifically designed for kids, including News-O-Matic and Newsela, as well as sources appropriate for teens, such as NPR and HuffPost Teen.

Get to the root of their fear.

Parents might mistakenly assume that their kids are worried about the same things they are — but often they're not, Dr. Silverman said. "They may have a different frame of reference, perspective or information," she said.

For instance, if your child asks a question like "Is this World War III?" it's best to respond with your own questions so you can understand what's truly worrying them, she said. You could ask: "What do you mean by that?" Or "What specifically is scaring you?"

It could be, for instance, that your child is conjuring up images of past wars and is worried that their community is going to be invaded. Or maybe they're worried that food prices are going to increase, and they'll have nothing to eat.

"Listen up for questions or worries that may indicate any irrational fear about feeling unsafe," Dr. King said.

Appease their concerns while taking them seriously.

Once you've identified what's really worrying your child, address those specific concerns, Dr. Silverman said. But don't respond by telling them to calm down or that they're overreacting. "This can feel dismissive to a child's feelings because kids know that even if they are fine, they might feel sad about the circumstances of war, even in a far-off location," Dr. King said.

If your child is worried for families in Ukraine, think about things you could do to help, such as giving to charities that are providing aid. "You often hear the quote from Mr. Rogers, 'Look for the helpers.' I like to flip that

to ‘How can you be the helper?’” Dr. Silverman said. When kids are given the opportunity to assist others, it gives them a feeling of agency, she said, which can be comforting.

If you don’t have all the answers to your kids’ questions, that’s also fine, Dr. Talib said. “It is OK to say ‘I don’t know’ and that you will seek out an answer and circle back,” she said. “It is also OK to say, ‘This is a big and important topic, let’s talk about it tonight when I can give you my full attention.’” That said, it’s smart to try staying abreast of the news so that you can answer their basic questions.

Remember, too, that the most important thing is for your child to feel secure. “Our primary role, whenever our child is feeling extremely anxious about something that’s happening in the world,” Dr. Silverman said, “is to help them to feel safe and heard.”

(Reference: Moyer, M. W. (February 25th, 2022). How to talk to kids about Ukraine: *New York Times*)

Sincerely , Louise Owens (Principal)

House Captain’s Report

Hello and welcome back, Red Hill.

We are Evelyn(captain) and Rosie (vice-captain), two of the school’s student leaders for 2022. We hope that you’ve had an amazing couple of weeks and it’s been great to have you back!

This term is going to be packed with exciting events! Bridget (another vice-captain) has promised to introduce ‘Free Range Friday’, an opportunity to spend a session of learning on Friday outside. Another intriguing promise is getting new, bigger bike helmets thanks to Mitchell (captain).

Because of our current situation, it’s important to stay COVID safe so please make sure to drop off and pick up your kids at the designated pick up/drop off location for their year group. If you don’t know where your year’s drop off is, please look at the page [linked here](#). If you want to know more about the school’s COVID safety guidelines please go [here](#).

Just a reminder that the weather can get hot so please remember to bring a hat and apply sunscreen. If it looks rainy, still bring a hat and also a rain jacket.

That’s it from the captains for now and we wish you a happy week!

Mask rules remain in schools

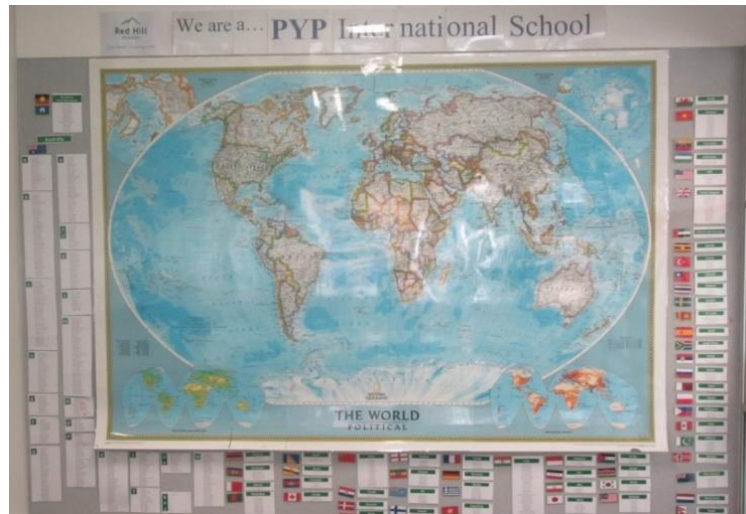
The mask rules for ACT schools and early childhood settings have not changed. Face masks must continue to be worn by staff and visitors in all indoor spaces at school and early childhood education and care settings. The wearing of masks for primary school students is at the discretion of the student and their parents/carers.

The measures we have in place, including mask-wearing, are helping to limit the impact of COVID-19 and ensure continuity of learning for our students.

World Map

It is time to update the information around our map, to welcome our new students and farewell those who have left us.

Is your name already on our lists but you would like to change where it appears because you identify with another nationality? All you need do is fill in the slip below and return it to the front office.



Red Hill School World Map and Nationality Representation

My name is:

My brother's and sister's names are

I was born in: _____

The country/nationality I identify with is:

Uniform Shop

TERM 1 2022

Due to COVID restrictions, all uniform shop orders are to continue via flexischools.

<https://www.flexischools.com.au/>

COVID restrictions permitting...new families can book time with the Uniform Shop Manager if needed; please email for a booking time: rhps.uniformshop@gmail.com.

Secondhand requests can be emailed through to the shop manager.

Donations are to be placed in the purple bin in the front office foyer.

Lost property will continue to be monitored and items that are labelled sent to the front office for return to the student. Anything not labelled will be sent to charity.



Canteen

The school canteen is open Tuesday -Friday for lunch. Orders need to be placed on flexischools by 8am each day and will be delivered to classrooms by senior students at lunchtime:

- Kindergarten – year 3:11.10am
- Years 4-6:1pm

The link to Flexischools can be found on the school website. Unfortunately, counter sales are not currently available because of Covid restrictions.



Healthy Kids Canteen Menu

Red Hill Primary School

Order online at www.flexischools.com.au

Term 1
2022

Sandwiches & wraps **toasted or untoasted**

All served on wholemeal bread unless otherwise requested.

Vegemite (with margarine) V	\$3.00
Cheese V	\$3.80
Cheese & tomato V	\$3.50
Ham	\$3.50
Ham & cheese	\$4.50
Ham, cheese & tomato	\$4.80
Ham & salad	\$4.70
Ham, lettuce & mayo	\$4.20
Chicken & cheese	\$4.50
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

Change up your sandwich:

Add ham, chicken, tuna, egg or cheese	\$1.00
Add Lettuce, carrot, cucumber, tomato, beetroot	\$0.60

Change to: wrap	Extra	\$0.50
Change to: gluten-free bread GF		\$1.00

Fresh salads

Build your own salad	From	\$4.80
Seasonal fruit salad V GF		\$3.50

Hot meals

Pasta Bolognese: beef (with or without cheese) H	\$5.50
Pasta Napolitana (with or without cheese) H V	\$5.00
Lasagne: beef H	\$5.50
Lasagne: veggie	\$5.50
Teriyaki chicken rice bowl	\$5.50
Stone-baked pizza (cheese or ham & pineapple)	\$5.80
Four'N Twenty Lite sausage roll	\$4.70
Four'N Twenty traveller pie	\$5.50

Snacks

Piece of seasonal fruit V GF	\$1.50
Poppin' corn V GF	\$1.00
Jelly (made with 100% juice)	\$2.00
Fluffy chocolate mousse V GF	\$2.00
Banana bread V	\$2.00
Warm assorted English muffins	\$2.50
Cheesy garlic bread V	\$2.50
Veggie sticks	\$2.00

Frozen

Quech juicy sticks V GF	\$0.70
Twisted frozen yoghurt (chocolate/vanilla, Strawberry/vanilla, watermelon/mango) V GF	\$3.00
Juice cups	\$2.00

Drinks

Plain milk: 300ml	\$2.50
Sipahh straw	\$0.50



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.

St Paul's Manuka Youth Choirs

Find out about our
Music Tuition Grants



choral training and musical enrichment with
qualified, experienced music teachers

welcoming & inclusive - no auditions, no fees

www.stpaulsmanuka.org.au





Autumn School Holiday Program



Week Long Sessions
From 11-22nd April, 2022



Locations
Chifley Health and Wellbeing Hub
UC High School Kaleen

Phone (02) 6260 3626 | www.warehousecircus.org.au