

Issue 1  
3 February 2021

# Red Hill School Newsletter

## Coming Events

### Early Excursions

#### Year 5 Camp

Cooba Sport and  
Education Centre  
Berridale

Wednesday 3<sup>rd</sup> March  
to  
Friday 5<sup>th</sup> March

#### Year 6 Camp

Coastlife Outdoor  
Education Coastal  
Adventures  
Tathra

Wednesday 10<sup>th</sup> March  
to  
Friday 12<sup>th</sup> March



*Red Hill School is a Nut Free Environment*



Starting school is an exciting event but can also be an anxious time for children and their parents. The information and links here, along with our own school resources, aim to help you and your child be prepared for this next chapter in their lives.



## Notes Coming Home Soon

General Medical Information and Consent Form (via Email)

*\*Please note – a new General Medical Information and Consent Form is required by the Directorate for every student each year. Hard copies are available at the front office for collection if you are unable to print.*

Year 5 Camp Cooba

Year 6 Camp Coastlife

Year 6 Shirts

Use of Third-Party Web Based Services – Permission to Access

2020 BYOD Program

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## Leadership Team Overview

### Dear Parents and Carers,

Good afternoon everyone,

The school year is now officially underway! Students have settled in quickly to the new routines and expectations of higher year levels and the teachers are thoroughly enjoying their new classes. It was fantastic to have so many new families join us for morning tea yesterday and again today. Families have joined us from Newcastle, Brisbane, Wollongong, London, Tokyo, Bangkok, New Zealand and many other places around Australia and the world.

Although I am sure you would prefer to hear about more exciting things at the start of the school year, unfortunately I must remind you that we are still restricted by Covid school guidelines. This means we are required to be careful about the number of adults in the school and we must also know who is here at all times.

- We ask that you continue to drop your children outside the Breezeway or black gates before school unless they are very young or anxious and that you follow the points listed below.
- If you need to come into the school building through the school day, please check in at the front office. A staff member will then assist you.
- If you are attending a meeting or event at school and will be here more than 15 minutes, PLEASE scan the Canberra Check-In App on your arrival. We appreciate that not everyone likes or wishes to use this app, however this was a condition set by ACT Health for schools to increase the number of parents allowed on site.
- Please endeavour to socially distance 1.5 metres unless you are in a family group.
- Please use hand sanitiser on arrival at school.

The following is a reminder of the routines for morning drop off and afternoon collection, and a few other 'housekeeping' rules.

### ARRIVING AT AND LEAVING SCHOOL

#### Students in years 1 to 6

- All students should be dropped off by 9.10am at the Breezeway or black gates. If students arrive earlier, they should make their way to the central asphalt area where there is a teacher on duty from 8.40am. We don't recommend that students arrive earlier than 8.40am because the area is not supervised. Whilst staff

commence work at 8.30am they usually have meetings, planning and lesson preparation to attend to before school. (Please note: the oval is not supervised before school.)

- The first school bell rings at 9.08am. Students can make their way to the classrooms as soon as they hear that bell. They have time to fill their water bottles and go to the toilet if needed though because a second bell will ring at 9.10am.
- At the end of the day (3.15pm) year 1 students can be collected from their teachers on the paved area near the flag poles outside the Breezeway. Year 2 students can be collected from the teachers at the black gates near the bike racks. Parents are welcome to touch base quickly with the teachers. If you need a longer time to chat please email the teacher or front office to make an appointment.
- If you will not be collecting your year 1 or 2 child because of other arrangements, for example you have given them permission to walk home with an older sibling or go straight to a music or tennis lesson, please let the classroom teacher or front office know in writing. It's a bit nerve-wracking for the teachers of younger children, particularly at the start of the year when they don't know them so well, if they haven't heard about arrangements from parents (young children sometimes get arrangements confused).
- Before and after school care is available if needed and is provided by Woden Community Services (WCS). Casual and emergency bookings are possible, but you must have registered with WCS beforehand.
- There is a teacher supervising the front of school area every afternoon until 3.40pm. That person's main role is to ensure students get on school buses safely, however they also keep an eye on students who are waiting for parents and carers. Students who have not been collected by 3.40pm will be taken to the front office and parents will be contacted.
- If you have an emergency and are running late to collect your child please don't worry. Ring the front office and let the staff know what has happened. The duty teacher or front office staff will look after your child and reassure them until you arrive.
- If your child is attending an after school 'Paid Tutor' activity or After School Care, please let the class teacher know. As these activities are booked directly with the providers, we do not have access to this information unless you tell us.

### Kindergarten

- In week one kindy students can be dropped off at the classroom from 9am onwards and collected at the front of the school (outside the office) from 3pm, unless they are attending before/after school care.
- Please remember that children must be collected by a responsible adult. We are reluctant to put the responsibility for looking after young children into the hands of siblings, dependant on their age. If you wish for an older sibling to collect your child, please put this in writing and let the teacher know so that duty of care requirements are met and we can be sure your children are safe.
- If your child is attending an after school 'Paid Tutor' activity, please let the class teacher know. As these activities are booked directly with the providers, we do not have access to this information unless you tell us. WCS however provide the kindergarten teachers with a list of all kindy students attending their program and collect the children from the teachers each day.

### **BIKES**

- We absolutely encourage students to ride to school-older students can ride independently and younger children can ride with parents/carers. However please ensure they have a bike chain and lock so they can secure their bikes at the racks near the black gates.
- A very warm welcome to new and returning families, students and staff in 2021.
- The start of the year can seem very hectic, and sometimes a little overwhelming, particularly if this is your first experience of formal schooling or you have just moved to Canberra. We are here to help make your experience at Red Hill School a positive one. With this in mind, we have documented some processes, so that everyone knows where and when to be next week. Here are the details of these arrangements to go along with the dates and times outlined on the front cover of this newsletter.

### **CANTEEN**

- The canteen is now open, **Tuesday to Friday**. Orders can be placed through the 'Canteen' tab on our school website up to 8am each morning for same day delivery. Students collect their recess items directly from the canteen, but lunch orders are delivered by year 6 students to the classrooms.

## **LOST PROPERTY**

If your child loses a hat or other clothing item, drink bottle or lunch box please let the front office know. The uniform shop and school staff regularly check items and return them to their owners. However, this system can only work effectively if your child's belongings are clearly labelled with their name.

## **PHONES**

Nowadays many students carry personal phones so they can communicate with parents on the way to and from school. For many reasons including cyber safety and the risk of loss, theft or breakage, students' use of mobile phones is not permitted on school grounds. Phones should be handed to the class teacher to be locked away during the school day and then collected at 3.15pm. If parents or students need to contact each other during the school day this can be done through the front office. If a student is observed using a personal phone at school, they will receive a warning. A second incident may result in the phone being confiscated and parents being contacted. Under no circumstances should any student use their phone to take photographs of other students.

## **TOYS**

Students are asked to leave toys and other special personal items at home unless they are part of a planned classroom activity. This will avoid the distress that results from a special item being lost, broken or picked up by another child. Please make sure your child does not bring toy guns or sharp objects to school.

The exception to the 'toys rule' is "magic" or other cards. Students are permitted to bring these to school because we have found they are a great way for quieter children to initiate and engage in conversation with each other. However please remind your child that 'trading', 'swapping' and selling of cards is not allowed at school, again because of the potential for distress.

It is the responsibility of students to look after any personal items that they bring to school. If they mistakenly bring something to school and become worried, they should speak to their class teacher or front office staff. We can always put the item somewhere safe for them until the end of the day.

## **WATER**

Water is our preferred drink at school. It is healthier and is also less likely to ruin students' work if spilt. Please don't send juice or cordial to school.

Finally....

Students need to bring a healthy packed snack and lunch, a water bottle and a SunSmart hat (all labelled). Classes usually have a fruit break around 10am so make sure you include plenty of fruit and/or vegetables in their lunch boxes.

Stationery requirements have been delivered to the school and dropped off at your child's classroom already.

Again, welcome to Red Hill School. If you have any questions or concerns, please don't hesitate to speak to us.

**Sincerely**

**Louise Owens**

**Principal**

## **OTHER IMPORTANT INFORMATION**

### **Coronavirus**

The Education Directorate and ACT Health have advised that students should not attend school if they:

- are showing symptoms of the Coronavirus (the most common symptoms are fever and respiratory symptoms, including cough, sore throat and shortness of breath)
- have been in contact with any confirmed novel coronavirus cases, in which case they must be isolated in their home for 14 days following exposure

- are returned travellers from overseas, in which case they must also be isolated in their home for 14 days, other than for seeking individual medical care; and/or
- are generally showing signs of being unwell (e.g. runny nose, cough, headache, high temperature).

**We ask that all parents and carers who have been overseas with their children in the last two weeks or have been in contact with a confirmed Coronavirus case follow this advice and advise the school.**

### 2021 RED HILL STAFF

PRINCIPAL	Louise Owens		
DEPUTY PRINCIPALS	Emma Campbell	PYP Coordinator	
	Nathan James	Student Welfare	
Executive Teachers	Kristy Aitchison Deb Lawrence Serena Wahome	Early Childhood Lower Primary Response to Intervention	
PRESCHOOL – Red Hill	Amanda Tutalo Heidi Weilguny	Veronica Fischetti	
PRESCHOOL – Griffith	Julie Fergusson Tamsin Cowap	Bronwyn Beattie	
KD	Isabelle Dunlop (née Carpenter)		
KG	Hayley Grant		
KM	Nicole Mengel		
KMC	Kristy McCumiskey		
1H	Adam Hambly		
1J	Juliette O'Connor		
1LC	Vickie Larnach and Angel Chung		
1MW	Kathy Winchester		
1R	Nazmeen Rahman		
2B	Tania Brown		
2BJ	Nigel Byng and Lynda Keane		
2LF	Sue La Flamme		
2M	Cass Moorby		
2MH	Gwen McCormack and Claire Hansen		
3B	Rachael Bellwood		
3C	Charlotte Churchill		
3K	Claire Kerswell		
3N	Hazel Naidoo		
3S	Karen Spence		
4JP	Janice Peh		
4P	Dianne Peios		
4SE	Susan Edwards		
4T	Catherine Thorpe		
5E	Skye Eddi		
5F	Julien French		
5G	Amber Griffin		
5MN	Mel Newton		
5S	Sammi Smith		
6K	Ben Kemp		
6KN	Karen Nixon		
6N	Heidi Norton		
6S	Holly Shaw		
Teacher Librarian/Library Tech	TBA	Kelly Nash	
Response to Intervention (RTI) and EAL/D	Serena Wahome	Alecia Beahan	Linda Hill
Visual Arts	Helene Halliday		
Languages	Frances Szeremet (French K-3)		Chad Birks (Mandarin 4-6)
PE/African Drumming	Dan Graetz		Rob Elsom
Release	Emily Minto, Heidi Weilguny, Kate Juntanamalaga		

Defence Mentor	Zoe Rossiter			
School Psychologist	Carina Li			
BUSINESS MANAGER	Cheryl Gillett			
School Secretary	Jo Hastings			
Enrolments	Sandy Porter			
Office Support	Ivanka Kennedy			
School Assistants	Nicole MacPherson	Kerry Sturgeon	Mollie Zaja	Deepa Walia
	Zac Lawrence	Jake Frazer		
BUILDING SERVICES OFFICER	Anthony Hosking			

### Questions and Concerns

Our staff are here to support students, parents and each other. If you have any questions or concerns, big or small, please do not hesitate to talk to your child’s teacher. However, there may be times when the teacher is unable to help you, or you feel your question has not been answered. On those occasions please come to see a member of the leadership team. We want to work in partnership with you and the sooner we are aware of a concern, the faster we can work together to find a solution.

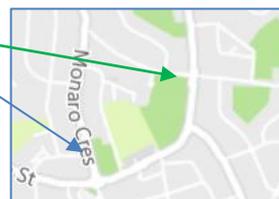
Leadership team year level support	
Preschool	Kristy Aitchison
Kindergarten and Year 1	Debra Lawrence
Year 2	Serena Wahome
Year 3 and Year 4	Emma Campbell
Year 5 and Year 6	Louise Owens
Student Welfare	Nathan James

### PARKING AND TRAFFIC MANAGEMENT

Parking and traffic can be difficult in the afternoon, especially on Astrolabe Street. It is important that all of us adhere to safe practices around the school to keep our students safe. So please don’t double park and abide by the parking signage in our carpark and on our local streets.

Here are some suggestions to ease the congestion.

- Consider parking on Monaro Crescent and walking across the park to meet younger children. Consider parking on Carnegie Crescent if you have older children and asking them to walk across the school oval to meet you.



- We encourage older students to walk or ride their bike to and from school. (As part of our commitment to healthy and sustainable living, bike safety and bike riding are taught in our PE curriculum for years 3 and 4.)
- If there is a bus service near your home, consider using it. I have attached a Transport Canberra information sheet about the services available to our school. There are specific buses that stop outside the school on

Astrolabe Street each morning and afternoon so that your child does not have to cross any roads and a teacher is on duty every afternoon to supervise children getting on the buses.

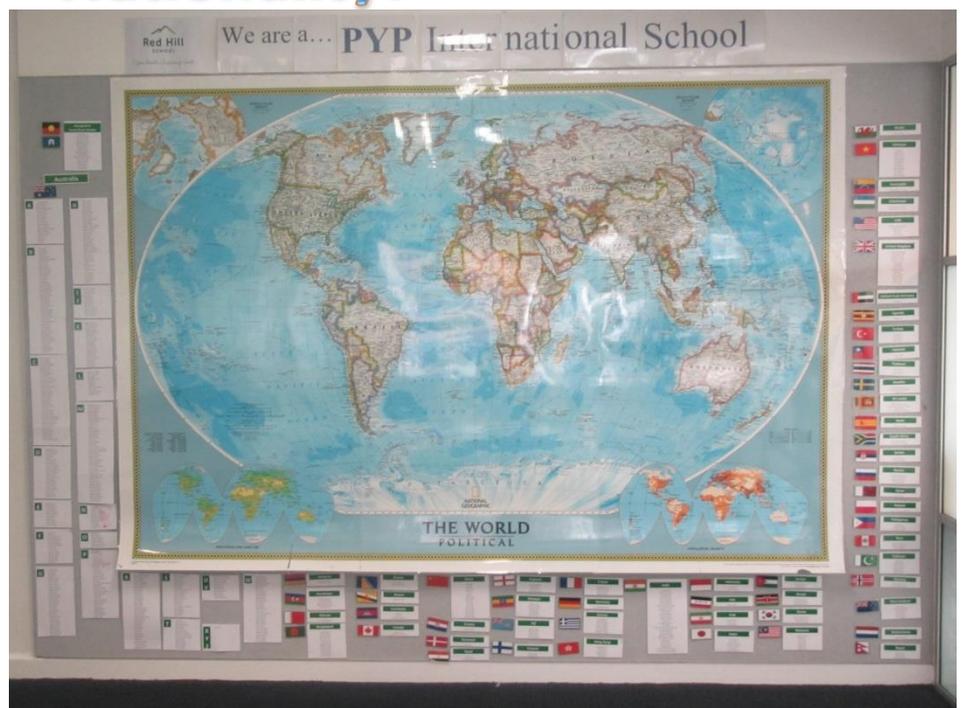
- If your child is in grade one or above, please don't feel that you must collect your child from the class teacher. If you pull in at the "kiss and collect" area on Astrolabe Street the teacher can send your child straight over to you when the child sights your car. That way you don't have to leave your car and can leave the "kiss and collect" area quickly. If your child doesn't arrive, we recommend that you circle the block and return a few minutes later. This way other parents can pull in and collect their children and the traffic can keep flowing.
- Secondly, we have observed that the traffic congestion on Astrolabe Street settles between 3.20pm and 3.25pm. Although school finishes at 3.15pm parents of older children are very welcome to collect their children between 3.20pm and 3.30pm. A teacher is on bus duty at this time and will always keep an eye on your children until you arrive. Quite a few parents have adopted this approach and find it less stressful and much easier to pull in and pick up their children on Astrolabe Street from 3.20pm onwards. If you think this strategy would be helpful let your child know so that he/she doesn't worry.

## Where were you born or what is your Nationality?

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 have to do 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

\_\_\_\_\_



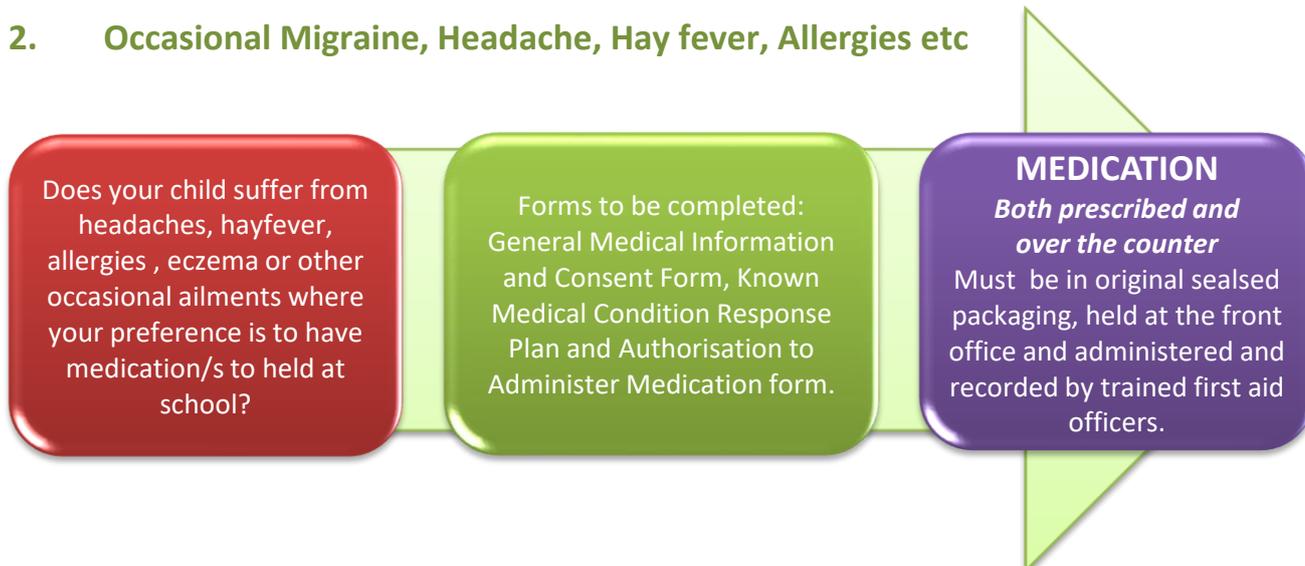
# The 1,2,3 of Medical Conditions, Medication and Treatment Plans

The ACT Education and Training Directorate guidelines regarding Medical Conditions, Treatment Plans and the administration of all medication to students must be closely followed. The rule of thumb to ensure that we are able to assist your child in the best way we can while at school. At the beginning the school year families are required to complete a Medical Information and Consent Form. Any specialised, individual or temporary medical requirements must be accompanied by additional paperwork.

## 1. ANAPHYLAXIS, ASTHMA, DIABETES, EPILEPSY



## 2. Occasional Migraine, Headache, Hay fever, Allergies etc



## 3. Temporary Medication for Seasonal colds/flu/Allergies, Antibiotic, Pain relief etc



For further advice and to collect copies of medical forms please visit the front office or contact the front office staff on 6142 0960.

## Year 5 and 6 Camp Information

### YEAR 6 CAMP 2021: COASTLIFE OUTDOOR EDUCATION COASTAL ADVENTURES

- When:** Wednesday 10<sup>th</sup> March 2021 to Friday 12<sup>th</sup> March 2021
- Venue:** Coastlife Adventure Camp  
Kianinny Bush Cottages, 247 Tathra Road, Tathra, Sapphire Coast NSW
- Departure Time:** Leaving Red Hill School promptly at 8.00am on Wednesday 10<sup>th</sup> March 2020  
***Parents should ensure students are at school no later than 7.40am on 10<sup>th</sup> March***
- Return Time:** Returning to Red Hill School between 5.15 and 5.45pm on Friday 12<sup>th</sup> March 2020
- Transport:** Coach fitted with seatbelts
- Accommodation:** Lodge style accommodation
- Cost:** **Approximately \$430.00 per child**  
*Cost includes transport, accommodation, meals (except morning tea and lunch on day 1), activities, staff and administration costs*
- Day 1 Meals:** Students are required to have a packed lunch and recess (in disposable packaging and separated from other luggage) to be eaten at scheduled stops while in transit  
***All meals from afternoon tea on day 1 to lunch on day 3 are fully catered by Coastlife***
- Activities:** Surf Safety, Flying Fox, Raft Building, Canoeing, Team Building, Discovery Walk and Night program

### YEAR 5 CAMP 2021 - COOBA SPORT AND EDUCATION CENTRE

- When:** **Wednesday 3<sup>rd</sup> March to Friday 5<sup>th</sup> March 2021**
- Venue:** Cooba Sport and Education Centre  
Berridale NSW 2628  
Phone: (02) 64561350 or 64563283
- Time:** Leaving Red Hill School promptly at **8.15am on Wednesday 3<sup>rd</sup> March 2021**  
*Families should ensure students arrive at school by 8.00am on the day of the camp*  
Returning to Red Hill School at approximately **3.30pm on Friday 5<sup>th</sup> March 2021**
- Transport:** Air conditioned, seatbelt fitted coaches.
- Cost:** **\$320.00 per child**  
*This cost includes transport, accommodation, meals, activities, staff and administration.*
- Accommodation:** Two nights at Cooba Sport & Education Centre. 6-11 students per room.  
***Students are required to bring sleeping bag, pillowslip and towel***
- MEALS Day 1 Transit:** Students are required to have a packed morning tea, afternoon tea and lunch on day 1 to be eaten at scheduled stops while in transit (please pack this in disposable packaging and keep separate from other luggage).
- All Other Meals:** **All food requirements will be provided by the venue.**
- Activities:** **Students complete 5 of the available activities listed:**  
Assault Course\*, Low Ropes Course, Leap of Faith, Teamwork Initiatives, Archery, Gladiator Challenge,\* Big Swing, Team Manoeuvres, Mountain Bike and Pump Track.  
*\*includes shallow water elements(below knees)*

*Please note: Hardcopy notes for both camp excursions with further information, permission and medical forms and payment options will be sent home with your child in week 1 of 2021.*



## Set yourself up for a year of healthy lunchboxes!

**Healthy Lunchbox Week is here to help set you up with healthy lunchbox habits for the year ahead. Fuelling our kids with the right stuff gives them a head start for both learning and long-term health.**

Check out Nutrition Australia's top three tips for lunchboxes in 2021.

### **1. Smart swaps**

Make the switch from highly processed foods to healthier alternatives. It can be as simple as swapping white bread for wholegrain, chips for popcorn or fruit straps for a carrot. With a bit of planning and simple preparation, buying less processed foods can actually save you money and reduce packaging.

### **2. Fuel their day**

Around a third of children's daily food intake is consumed at school. Kids who eat well are better fuelled to listen, learn and play. Including food from each of the five food groups will help children meet their nutritional needs and support their long-term health.

### **3. Safe and simple**

No-one wants to eat a hot salad sandwich or a soggy, bruised banana. Keeping food safe and fresh between home and the school playground can have its challenges, especially during a hot Aussie summer. Be sure to keep lunchboxes cool using insulated bags and cool packs. Remember to keep it simple with a healthy snack, a piece of fruit or vegetable and an easy lunch dish. Even leftovers can be hit.

With some trusty guides and recipes by your side you can stay in control of fantastic lunchboxes the whole year through. For more lunchbox inspiration, visit Nutrition Australia's [Healthy Lunchbox Week website](https://www.nutritionaustralia.org/healthy-lunchbox-week).

## RED HILL UNIFORM SHOP



### 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 secondhand 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 secondhand 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 is staffed by volunteers from our parent community who kindly donate

### 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