

Issue 8
24 July 2020

Red Hill School Newsletter

Coming Events

Monday 27th July

Senior Choir 1:05pm

Thursday 30th

Year 5 Band Practice 8am

Year 3/4 Choir 8:10am

Junior Singing Group
8:30am

Monday 3rd August

Senior Choir 1:05pm

Tuesday 4th August

Year 6 Fizzics Education
Incursion

School Board Meeting
5:45pm

Thursday 6th August

Year 5 Band Practice 8am

Year 3/4 Choir 8:10am

Junior Singing Group
8:30am

Friday 7th August

Newsletter

RHIPP



Red Hill School is a Nut Free Environment



5L "Brain Break"

Thank you

Red Hill School would like to thank Garreth Paton and the staff of Iconic Trails for building our community mountain bike and walking track on the school oval.



Contents

Leadership Team Overview	3
A Message from ACT Government : Parking around schools	4
Red Hill Digital Art Gallery	5
Defence News.....	6
COMMUNITY NEWS: STUDENT ACTION	7
COMMUNITY NEWS: PARENT ACTION	7
P&C News and Events	8
Red Hill School Calendar 2020 – Term 3	11
Community News and Events	12



ACT
Government

COVID-19

The ACT Government has partnered with SBS Australia to deliver essential information about COVID-19 in Canberra, available on the COVID-19 [website](#).

SBS also have a Coronavirus Information Portal. This includes [videos in 59 languages](#) explaining essential health information, and a growing suite of [infographics and posters](#) in more than 60 languages, clearly communicating and breaking down key COVID-19 messages. The site provides up to date information as well as links to news and reporting from across the world including radio and podcasts. The SBS Coronavirus Information Portal is available at the SBS [website](#). Visit the Connect in Canberra [webpage](#) to find a list of services and programs currently available to support ACT multicultural community.

Leadership Team Overview

Dear Parents and Carers,

This morning I enjoyed talking to a year two class. I asked the students to share one thing that has gone well for them on their return to school. The most common responses were that they were enjoying reconnecting with friends and teachers, they were proud that they could manage an extra rung on the monkey bars and that they could run several laps of cross country on the new bike track! Its very clear that the new playground equipment and bike track are already appreciated by many in our school and wider community. I am hopeful that the low fence will be installed soon so that the temporary fencing can be removed from around the newly turfed football field. PE teachers are now using the field with classes however it should not be used at other times as entry through the temporary fencing is unsafe. Please remind your children of this as I have seen many young and older people entering the field by wriggling under the fence or even climbing over it. I would also like to give a gentle reminder to the community that, for health and safety reasons, dogs are not allowed on school grounds. This includes our school oval.

Students and teachers have settled back into classroom routines and learning activities well. It has been a bit disappointing to have to cancel some school events such as small assemblies, the whole school photo and year 4 camp. We will also need to review the RHIPP program because it is unlikely that we will be able to run it in its current format this term. However, our goal is to be grateful for the things we can do, and problem solve in a positive way, creating new possibilities. For example:

- we believe recognising students' efforts and achievements are important so we will hold regular year level meetings instead of big assemblies at which we will continue handing out Principal's awards and showcasing student work
- we believe student voice, student leadership and student action are important so our school captains will prepare online reports to share with the school community and our SRC has investigated ways to support the disadvantaged, especially those heavily impacted by Covid 19.
- we believe RHIPP plays an important role in building strong relationships between older and younger children and adults so we have set ourselves the challenge to adopt buddy classes on Friday afternoons e.g. a year 4 class may team up with a year one class to do a special activity
- we believe students benefit from authentic purposes to perform publicly and the elderly benefit from interaction with young people so we are exploring opportunities for our singing and music ensembles to be filmed so we can share our love of music with the residents of Carey Gardens.

If you have a feasible, creative idea for our school and community during this Covid period, we would love to hear it! We would also like to acknowledge the achievements and actions of students outside school, so please let us know of anything special that has happened for your family.

This semester our Positive Education focus will be on strengths, particularly character strengths that are the positive parts of our personality that impact how we think, feel and behave. Scientists believe that when we are aware of our greatest character strengths, we can learn to use them to handle stress and life challenges. If you would like to explore this concept a little further visit the [VIA website](#) or [Justin Coulson's thoughts](#).

One of the most exciting research findings from positive psychology is the amazing wellbeing boosts that can be achieved when we harness our own strengths, and the strengths of our children or students. It seems that when we know what our strengths are – or when our children and students can identify their strengths – and those strengths are put to good use, we are happier, more engaged, and more fulfilled. (Dr. Justin Coulson)

A reminder: School reports were sent home at the end of last term. Please contact us if you have not received your child's report or if there is any aspect of the report that you would like to discuss with your child's teacher.

Kind regards

Louise Owens

Principal

A Message from ACT Government : Parking around schools



Don't take shortcuts when it comes to parking safety around our schools.

Access Canberra will be actively monitoring all school areas using [Licence Plate Recognition](#) vans, targeting illegal and unsafe parking:

- at signposted 'no stopping' or 'no parking' zones
- in bus zones
- on zebra crossings
- in disabled bays
- on nature strips and across footpaths
- in bus or bike lanes
- where the driver has blocked off nearby residents driveways

Penalties for doing the wrong thing range from \$114 upwards to \$600. If you're doing the wrong thing - you will get caught - and fined.

Remember!

It's okay to park a little further away and walk the rest of the way. While at the time it might feel inconvenient, every time you do the wrong thing, you put a life at risk.

Consider!

Having a pre-determined meeting spot agreed on with your kids. That way if you are late, they know where to wait - and you don't have to rush.



Red Hill Digital Art Gallery

Week Five of digital learning was **The Great Indoors**.

This week we returned from our adventures on the Nile to our own backyards. Or indoors to be specific. The week's Art activity focused on the routines that have developed from our time at home where we have spent much time.

Students were asked to create an artwork depicting a scene from their time spent at home - a domestic interior.



Aaron, Year Four



Tashi, Year Five



Bridget, Year Four



Defence Happenings

Hi Defence Families.

I have created a Defence display in the community hub and have included resources and information for your perusal.

As you can see from the photos, I am trying to be more Defence inclusive in the school - please remember to email me photos of your family's serving member so I can include it on our display wall. It's great for children to be able to talk about moving/Defence life and the Military to their friends.

Cheers Zoe

Please note I work Mondays and Wednesdays at Red Hill.



COMMUNITY NEWS: STUDENT ACTION

Hi,

Demi is shaving her head to support the Cancer Council and raise funds for those affected by cancer.



Please sponsor me and support my efforts to give back and change lives, because 1 in 2 Australians will be diagnosed with cancer in their lifetime and I want to do something to help change this!

Simply click the link below to make a donation to my page.

<https://www.doitforcancer.com.au/fundraisers/demiandonaros>

Cancer Council is a community funded organisation, working in local communities to help support people as they navigate their cancer journey.

Their work is really important, and I want to do what I can to help. But there is only so much I can do on my own.

You can help too, by donating to my page. Any amount you can give makes a difference!

You can also support me by encouraging others to get involved, too. Please email the link to my page to your friends and family or share it on social media.

Thank you so much for your support - it is truly appreciated.

Best wishes,

Demi 4SE

COMMUNITY NEWS: PARENT ACTION

Would you like to be involved in a research project?

Hi, my name is Kelli Jones. I am a parent of a year four Red Hill student and of a former student (now in year 8).

I am studying psychology honours at the ANU this year and, as part of those studies, need to complete a research project. The title of my project is: *Perceptions of Children's Participation as Patients in Health Interactions*. From this project I am hoping to better understand how children participate in health interactions. I won't be asking about health issues, nor health history. Instead I will be asking participants to write a story.

I want to mention at this point that, while the school has very kindly agreed to include this information in the newsletter, the request outlined here is not a school activity in any way and has not been endorsed as a school activity.

I am hoping to have some children, some parents and some health professionals involved in the study. I would really appreciate it if you would consider being involved in the study yourself, as a parent (or as a health professional – please see the note, below), and/or if you would consider allowing your child (aged between and including **8 years to 12 years** old) to be involved in the study. Your/your child's involvement in the study should take about 10 minutes.

Note: if you are a parent, and also a health professional (particularly one who spends a considerable amount of work time with children), you are welcome to participate as a health professional, instead of as a parent.

Link to more information about the study

To find out more about the study, and to find the links to use to participate in the study, please click on the following link, or copy and paste it into your favourite browser.

https://anupsych.co1.qualtrics.com/jfe/form/SV_bEPBzc0h88Xu1vw



Healthy Kids Canteen Menu

Red Hill Primary School

Term 1
2020

Order online at www.flexischools.com.au

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

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

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
-------------------	--------



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

Order online at www.flexischools.com.au

Term 1
2020

Hot meals - canteen made

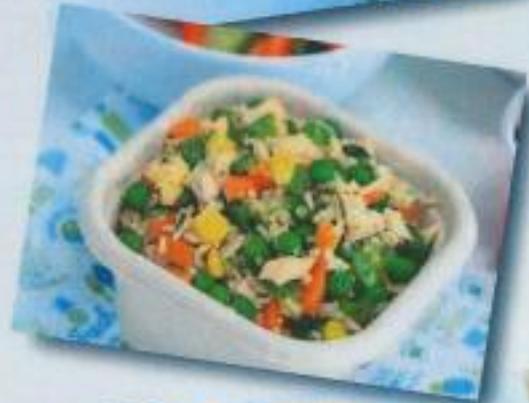
Burger (beef, chicken or veggie V)	\$5.00
Mac 'n' Cheese V H	\$4.50
Split Pea & Lentil Dahl: served with rice V GF H	\$4.80
Pasta Bolognese (beef, chicken) H	\$5.00
Pasta Napolitana: vegetarian H V	\$5.00
Lasagna: beef H	\$5.00



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
--	--------



RED HILL UNIFORM SHOP



HATS	
Bucket	\$12
Micro Bucket	\$12
Surf	\$10
Slouch	\$10
BODY	
Summer Dress	\$47.00
Polo Shirts Green/Yellow Short sleeve	\$24.50
Polo Shirt Green Long sleeve	\$24.50
Waterproof Flying Jacket	\$43.00
Microfibre Jacket	\$43.00
Fleece Full Zip Jacket	\$30.00
Cotton Pleated Skort	\$23.50
Gabadine Skort	\$23.50
Gabadine Shorts	\$23.50
Knit Shorts	\$18.50
Gabadine 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

Ordering in person

UNIFORM SHOP IS CURRENTLY CLOSED FOR FACE TO FACE SHOPPING. PLEASE ORDER ONLINE.

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 or Friday afternoon of the same week, some deliveries may carry over to the following Monday
- 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

Dear Community,

The Uniform Shop will be operating under the same conditions as term 2.

Please order via Flexischools @ www.flexischools.com.au.

Orders will be packed and delivered to your child's classroom at least once a week depending on order volume.

Lost Property will be sorted at least once a week with any named clothing going to the front office for return to the owner.

If you have any questions, please don't hesitate to contact the uniform shop directly @ rhps.uniformshop@gmail.com

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 RHIPP
Week 4 Aug 10 - 14	Senior Choir 1:05pm P&C Meeting 6:30pm Staff Room			Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am	RHIPP
Week 5 Aug 17 - 21	Senior Choir 1:05pm			Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am	Newsletter RHIPP
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	RHIPP
Week 7 Aug 31 – Sep 4	School Photos Senior Choir 1:05pm			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 RHIPP
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	
Week 9 Sep 14 - 18	Senior Choir 1:05pm P&C Meeting 6:30pm Staff Room		Christian Education	Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am	RHIPP 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	



Build Your Tomorrow. **Today!**

Young Engineers

AFTER-SCHOOL CLUB

Education + Entertainment = Edutainment

Join our Young Engineers After-school Club

GROUP 1

AGE 5 to 6
Program

Build Up



GROUP 2

AGE 7 to 11
Program

Engineering+Robotics



Chapman Primary School

Starting From - Tuesday - **28th July 2020**

Yarralumla Primary School

Starting From - Wednesday - **29th July 2020**

Amaroo School

Starting From - Thursday - **30th July 2020**

Charles Weston Primary School

Starting From - Friday - **7th August 2020**

Limited seats available for each group.



Contact us for more information

Phone :0490808138

Email: canberra@young-engineers.com.au

www.young-engineers.com.au

Young Engineers, Canberra