

Issue 11  
18 September 2020

# Red Hill School Newsletter

## Coming Events

### Monday 21<sup>st</sup> September

Senior Choir 1:05pm

### Thursday 24<sup>th</sup> September

Year 5 Band Practice 8am

Year 3/4 Choir 8:10am

Junior Singing Group  
8:30am

### Friday 25<sup>th</sup> September

SRC Fun Day – Crazy Hair  
Day

Jump Rope for Heart  
LAST DAY OF TERM 3

### Monday 12<sup>th</sup> October

TERM 4 STARTS

Senior Choir 1:05pm

### Thursday 17<sup>th</sup> October

Year 5 Band Practice 8am

Year 3/4 Choir 8:10am

Junior Singing Group  
8:30am

### Friday 16<sup>th</sup> October

RHIPP

Newsletter



*Red Hill School is a Nut Free Environment*



*3MP and KM enjoying their Buddy Reading session*

## Notes Home

Year 5 Combined Band Practice  
Student Protocols for Combined Bands  
Mini Art Show (Years 4,5 and 6 only)

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

## Leadership Team Overview

Dear Parents and Carers,

I am conscious that some of the usual ways we share children's learning with families (such as learning journeys and assemblies) have not been possible recently. So, as term three draws to a close, I would like to share some of my experiences and reflections with you.

*Lifelong learning is about constantly learning, unlearning and relearning when the contexts change. It entails continuous processes of reflection, anticipation and action.....This is how agency is built. So modern schools need to help students constantly evolve and grow, and to find and adjust their right place in a changing world.*

*Schools now need to prepare students for more rapid change than ever before, to learn for jobs that have not yet been created, to tackle societal challenges that we can't yet imagine, and to use technologies that have not yet been invented. And they need to prepare students for an interconnected world in which students understand and appreciate different perspectives and world views, interact successfully and respectfully with others, and take responsible action toward sustainability and collective well-being" ( OECD, 2018, p.29).*

When Andreas Schleicher wrote these words in *World Class: How to Build a 21st-Century School System* (OECD, 2018) , he could not have imagined that it would be Covid 19 bringing about rapid change for us and our students. But bring about rapid change it did. Whilst Covid 19 is not something anyone would have wished for I believe it has shown us how extraordinary our children can be. The ways that our students have approached the adversity and rapid change of 2020 has been remarkable and leaves me feeling confident, as they are our future, that we will be in good hands.

Our students have shown inspiring resilience, flexibility, adaptability and problem-solving ability. This was most evident in the year 5 'Market Day'. I recently stepped in to teach a year five class for two days and experienced the preparation for Market Day firsthand. What I observed was heartening. Market Day is the culmination of a unit of inquiry in which teachers endeavour to build knowledge, skills and understanding in financial literacy, and foster innovative thinking and cooperative skills. The first challenge students faced was being told by teachers that their ideas needed to be adjusted, or even abandoned, because they weren't Covid safe. Groups didn't grumble or complain, they simply came up with even better solutions! Two groups, when told that they couldn't run with their first ideas, walked away and within an hour had combined as one group, designing a wonderful experience for younger children from the best of their ideas- without any adult intervention or prompting.

The second challenge students faced in the lead up to Market Day was the tension any working group experiences in real life. It is not easy to work with three or four other people, who may have different ideas and/or may contribute unequally to the workload. In this unit of inquiry teachers always spend much of their time helping students work through the inevitable tensions. This year however, students needed very little support.

I cannot congratulate year 5 (students and teachers) enough on this year's Market Day. Their products and experiences were innovative and their willingness to think flexibly and problem solve was remarkable. They were wonderful hosts to hundreds of children over two days and packed up at the end of Market Day without complaint. In short, they rose to the challenges of Market Day in ways we have never seen before.

On behalf of the year five teachers I would also like to thank parents and carers. Without your support in purchasing Market Day vouchers the financial literacy side of the unit would not have been anywhere near as successful. The large number of financial contributions will also mean that year five can take substantial, meaningful action around the school over the next twelve months. Schleicher also wrote that “tomorrow’s schools will need to help students think for themselves and join others, with empathy, in work and citizenship’. With your help and the support of the rest of the school we have been able to do this.

At this year’s cross country, we saw students of all ages and backgrounds approach training with courage and perseverance. Many stood out, not as ribbon winners, but because they pursued their personal best even when they openly told us that they didn’t like running 😊. For this reason, we have not only given out first, second, third and fourth place ribbons this year but one student in each age group received a “Champion’s Award’ for demonstrating commitment and good sportsmanship. Courage is the ability to do something that is frightening or doesn’t come easily to us: whilst some of these students weren’t able to complete the age group requirement for distance they shone in their endeavours and were admired by many of their peers.

Last Friday afternoon I had a truly pleasurable experience with thirty year six students. While year six teachers were busy planning for next term’s Exhibition, we walked around the local neighbourhood for an hour amidst laughter and chatter, simply enjoying each other’s company, the fresh air and the sunshine. I reflected afterwards that we really don’t need to fear that young people are tied to screens and electronic devices. Given the opportunity, they relish interacting with others, and they enjoy things as simple as outdoor walks. Perhaps the months of “lock down” and online learning have influenced their appreciation of people and the natural environment, perhaps we have just underestimated them?

I hope you all enjoy the October break with your families. Thank you for your support.

Sincerely

Louise Owens

Principal

### **SAS Onboarding Message for School Communities**

*On Monday 14 September, our school progressed into the third stage of implementation of the new School Administration System (SAS), the Enrolment module. So far, the program has helped to bring digital roll marking, parent /carer SMS communication and wellbeing processes across all ACT Public Schools. This is a major step for our school and the Directorate as we move away from the MAZE system as our source of student and financial information.*

*The Directorate’s SAS team will be working very closely with us to ensure that the correct support processes are in place to ensure that the transition is a success.*

*As we transition into the new modules of the system over this period, information will be provided to the school community about new features that enhance or change current school processes. This update is particularly exciting for the administration of our school as previous releases have been focused on teacher use.*

*We expect this to be a smooth transition and appreciate your support and understanding during this time. As always you can contact the school office if you have any questions or concerns that may arise.*

## Pandemic Heroes Fundraiser

Dear Mrs Owens,

Would you please extend our gratitude to all the Red Hill Primary students and community and Griffith Preschool for their generous support last week. What an amazing response it was!

All the donated items have now been passed on to St John's Care for those in need. It is so encouraging to see your school community being such a good neighbour to those in need. This kindness will make a big difference for some people.

Thank you all,

**The Reverend Dr Ben Edwards**

Rector,  
The Anglican Parish of Manuka



## Jump Rope For Heart

Next Friday, on the last day of term, we will have our annual grade level skipping events. This is part of our commitment to "Jump Rope for Heart". We will also be selling skipping ropes for \$10 each -all profit from the sales will be passed on to the Heart Foundation. The ropes are available in three sizes (small, medium and long).

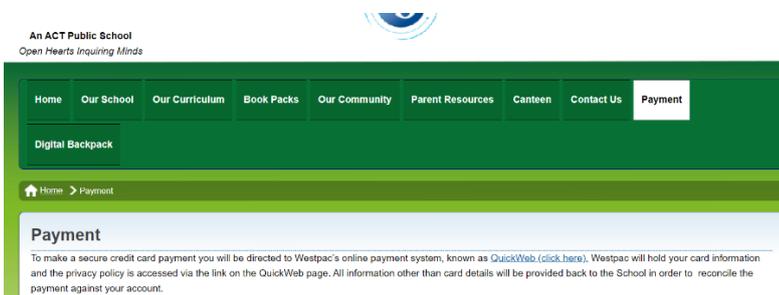
If your child would like to purchase a rope you can make a payment through our online Quick Web facility, accessed through the school website. Payments can be made until the evening of Wednesday 23<sup>rd</sup> September.

**We will be unable to process online payments made after the 23<sup>rd</sup>.**

Students will be able to pay cash direct to Mr Graetz on Thursday and Friday. However, as a Covid precaution, we are trying to avoid cash payments so if you can pay online by Wednesday evening it would be greatly appreciated.

The online fee code for payment is 8744-000-00-00.

Kind regards  
Louise and Dan



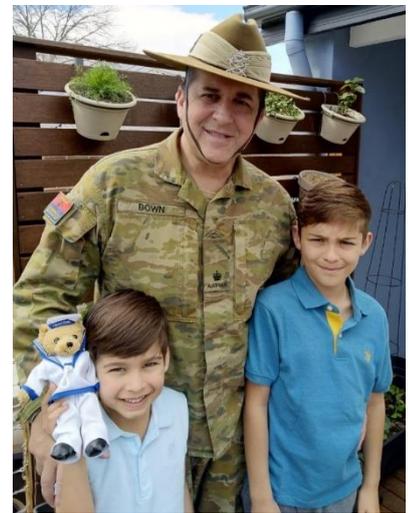
# Defence Happenings

Our Defence Bears have had a great adventure last week. There have been some great conversations in the yard at lunch time about where and what the Bears have been up to - please remember to email me photos of your time with Bear to be included in the newsletter and our display wall near the library.

**Gentle reminder** – Please email me a photo of your child with the Serving Member in your family. The Family display wall is a fantastic talking point for children and gives a lot of pride to show classmates and friends their parent(s).

Posting Orders are out. Please let me know if you are moving at the end of the year, or if there is a change in your circumstances. I have some great stories and resources that can help make the move a little easier.

DCO Hotline is manned by counsellors and psychologist for Defence families 24hrs 1800 624 608.



## Important Phone Numbers for Defence Families

**Defence Family Helpline (DCO)**  
1800 624 608

**Open Arms**  
1800 011 046

**Lifeline**  
13 11 14

**Beyond Blue**  
1300 224 636

**Suicide Call Back Service**  
1300 659 467

**1800 RESPECT**  
1800 737 732 (Family Violence)

**Kids Helpline**  
1800 55 1800

To contact a Chaplain please call the Defence Service Centre on 1800 333 362 and ask for the Duty Chaplain in your area



### Other Important Numbers

**Defence Housing Australia**  
139 342

**Toll Transitions**  
1800 819 167

Cheers

Zoe  
Defence Mentor  
Red Hill Primary School

# Healthy Hub



## High 5 for Veggies!!

### Why?

Veggies are an essential part of a healthy diet and are powerhouses of vitamins, minerals and dietary fibre. They protect against many chronic illnesses such as heart disease, diabetes, obesity and some types of cancer. While the Australian Dietary Guidelines recommend that we should eat 5 portions of veggies a day (4 portions for children 4-8 years) only 7% of Australian adults and 4% of children do so.

### How much?

A portion of veg is 75g which is equal to:

- ½ a cup of cooked green, orange veggies or corn 
- 1 cup of leafy greens or raw salad 
- ½ a cup of peas, beans, lentils 
- ½ a potato or sweet potato 

It is important to eat a variety of veggies every day (think eating the colours of a rainbow) with canned, frozen and fresh veggies all counting towards your 5 a day!!

### Some tips

5 A's are helpful tips to increase our kiddies (and our own) veggie intake:

#### Accessible

- Make veggies easily accessible - have a plate of ready cut up cucumber, carrot, capsicum, celery in fridge. Quick and easy for little hands to grab when they are looking for something to eat.
- Provide easy to eat veggies in your child's lunchbox – both on their sandwich or main meal and as ready to eat snacks. Think veggie sticks, baby vegetables, air-popped popcorn, roasted chickpeas.

#### Available

- Offer veggies with every meal and snack – if you never serve veggies to your child, they will never eat them!!
- Add veggies to your favourite meals - try adding chopped carrots, capsicum or lentils to bolognese sauce; add zucchini and capsicum to your pasta sauce - blend the sauce if your kiddies pick out the veggie pieces.

#### Appealing

- Try offering veggies dips together with veggie sticks to increase their appeal - try hummus, beetroot, roast pumpkin dips or peanut butter
- Use corn, spring onions and grated zucchini to make veggie pikelets or offer veggie-packed savoury muffins.
- If your child doesn't like boiled veggies, there are lots of other ways to prepare them. Offer raw salad veggies, try steaming, stir frying, roasting or baking them.
- Get creative – use shape cutters to make cute veggies shapes or make fun veggie characters or food art.

#### Assist

- Children who help make their meals are more likely to eat them. Let your kiddies help make their own sandwiches, wraps, rice paper rolls and let them choose what fillings to add for example grated carrot, cucumber, olives, avo.
- Go grocery shopping with your children – let them choose a new veggie to try.
- Set up your own veggie patch with easy to grow vegetables or even a herb pot on your windowsill.

#### Accept

- Be a good role model and increase your own veggie intake. Children learn behaviours from their parents and carers. Let them see you eating and enjoying a variety of veggies too.
- Keep exposing your children to veggies in positive ways. Never force or pressure them to eat. The more repeated exposures and positive experiences children have with veggies, the more likely they are to eat and enjoy them.



**RED HILL PRIMARY**  
**Special canteen day!!**  
**Friday 25<sup>th</sup> September**

Red Hill canteen is having a special canteen meal deal day!!

**Please note- the canteen will only be offering the special on this day closed for normal service.**

**All meals come with celery & carrot sticks and an apple & blackcurrant frozen juice cup all you need to do is choose your meal option.**

**\$8.50**

- Traveller pie & tomato sauce

**\$8.00**

- Sausage roll & tomato sauce
- Halal Sausage roll & tomato sauce
- Spinach & ricotta roll (vegetarian)

**Please order ONLINE by 9:00am on Wednesday 23<sup>rd</sup> September**  
at [www.flexischools.com.au](http://www.flexischools.com.au)

## RED HILL UNIFORM SHOP



<b>HATS</b>	
Bucket	\$12
Micro Bucket	\$12
Surf	\$10
Slouch	\$10
<b>BODY</b>	
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
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
<b>BAGS</b>	
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](http://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](http://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](mailto:rhps.uniformshop@gmail.com)

Dear Families,

The 60th anniversary publication is finally available for pre-order!

Featuring the history of our school, memories of former students and staff, art and articles by current pupils, and this fantastic cover.

Pre-order through the uniform shop on Flexischools until 15 October for the special price of \$15, or as part of an "Anniversary Bundle" — including drink bottle and tea towel — for \$30. After mid-October the publication will be priced at \$19 each.

Pre-ordered copies will be distributed early in Term 4.

This is a wonderful keepsake for your children, and a celebration of our school in a difficult year. All proceeds will support the fundraising efforts of the P&C.

Many thanks,

Red Hill P&C



## School Banking

### School Banking day – Friday

Leave banking at Front Office by 9.00am on Friday Morning **CommonwealthBank**   
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

# 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 <sup>th</sup> 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	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	Year 6 Band Combined Band Rehearsal at Mawson Primary School Senior Choir 1:05pm	Year 2 Fizzics Education Incursion Year 5 Market Day School Board Meeting 5:45pm	Year 5 Market Day	Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am Year 2 Fizzics Education Incursion	SEAACT Science Fair entries due at Alfred Deakin High
Week 9 Sep 14 - 18	Senior Choir 1:05pm	Preschool National Arboretum Excursion	Christian Education Kindergarten Yurbay Incursion	Year 5 Band Practice 8am Year 3/4 Choir 8:10am Junior Singing Group 8:30am Preschool National Arboretum Excursion	Year 5 Combined Band 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	SRC Fun Day – Crazy Hair Day Jump Rope For Heart

# Red Hill School Calendar 2020 – Term 4

Mon 12 Oct – Thurs 18 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Oct 12- 16	Senior Choir 1:05pm			Year 3/4 Choir 8:10am Junior Singing Group 8:30am	Newsletter – Louise RHIPP
Week 2 Oct 19 - 23	SEAACT Science Fair – Public Viewing CSIRO Discovery				
	Senior Choir 1:05pm			Year 3/4 Choir 8:10am Junior Singing Group 8:30am	RHIPP SEAACT Science Fair Award Ceremony
Week 3 Oct 26 – Oct 30	Preschool Photos Senior Choir 1:05pm	School Board Meeting 5:45pm		Year 3/4 Choir 8:10am Junior Singing Group 8:30am Preschool Photos	RHIPP Newsletter
Week 4 Nov 2 - 6	Senior Choir 1:05pm P&C Meeting 6:30pm Staff Room			Year 3/4 Choir 8:10am Junior Singing Group 8:30am	RHIPP
Week 5 Nov 9-13	NAIDOC Week				
	Senior Choir 1:05pm			Year 3/4 Choir 8:10am Junior Singing Group 8:30am	RHIPP Newsletter
Week 6 Nov 16 - 20	Senior Choir 1:05pm			Year 3/4 Choir 8:10am Junior Singing Group 8:30am	RHIPP
Week 7 Nov 23-27	Senior Choir 1:05pm			Year 3/4 Choir 8:10am Junior Singing Group 8:30am	RHIPP Newsletter
Week 8 Nov 30 – Dec 4	Senior Choir 1:05pm	Whole School Captains Speeches and Voting School Board Meeting 5:45pm		Year 6 Exhibition Year 3/4 Choir 8:10am Junior Singing Group 8:30am	RHIPP
Week 9 Dec 7- 11	Senior Choir 1:05pm P&C Meeting 6:30pm Staff Room		Christian Education in Schools	Year 3/4 Choir 8:10am Junior Singing Group 8:30am	Newsletter
Week 10 Dec 14 - 18	Senior Choir 1:05pm		Year 6 Graduation	Year 3/4 Choir 8:10am Junior Singing Group 8:30am	Last Day of School for 2020



## McDonald School of Tennis Spring School Holiday Tennis Clinic

Kindergarten to 17 Years  
All standards



Red Hill Tennis Club, Astrolabe St, RED HILL

28<sup>th</sup> September to 2<sup>nd</sup> October  
Monday to Friday 8:00am to 1:00pm (Half Day) or  
Monday to Friday 8:00am to 6:00pm (Full Day)



✓ 100% refund after Monday if not continuing



✓ FULL DAY, less than \$5/hr 🙄!👍💰

🎾 Full Stroke Development (1<sup>st</sup> timers/beginners will be serving over-arm by end of the clinic!)

🎾 Well credentialed, well trained coaching Team

🎾 Trophy Singles Tournament – Friday 🏆

🎾 Afternoon Doubles Training and Tournaments

🎾 McDonald's Lunch – Friday full day pupils

🎾 Free racquet hire

🎾 Great range of Lunchtime activities

– Games, heaps of fun, Prizes galore!

**Enrolment Forms at School Front Office or**

Phone Matt McDonald, Professionally Qualified Level 2 Tennis Coach 0412565137

## HOLIDAY HAPPENINGS™



The next Holiday Happenings edition is now available online.

To see the *Programs, Activities & Events* happening these holidays go to:

[www.holidayhappenings.com.au/online-booklet](http://www.holidayhappenings.com.au/online-booklet)



Come and learn how to ride at the  
**Big Skills for Small Bikes**  
course: 28 Sept-2 Oct

**Suitable for children aged  
3-8 years**

**Northside and Southside locations**

**Go to - [www.pedalpower.org.au/courses/skills-for-kids/](http://www.pedalpower.org.au/courses/skills-for-kids/)  
for more details and to register.**

