



ACT
Government
Education

Red Hill
SCHOOL

Open hearts • Inquiring minds



Issue 5
4 April 2019

Red Hill School Newsletter

Coming Events

Friday 5 April

Junior Singing Group –
8:30am
Swimming Carnival Awards
Assembly 9:30am
RHIPP (Years 1- 6)

Monday 8 April to Friday 12 April

Three Way Interviews

Tuesday 9 April

Year 5/6 Choir – 8:30am
Boundless Playground
Preschool Excursion

Thursday 11 April

Year 3/4 Choir – 8:15am
Boundless Playground
Preschool Excursion

**ROCK YOUR SOCKS – SRC
FUNDRAISER**

Friday 12 April

Junior Singing Group –
8:30am
Whole School Assembly
LAST DAY OF TERM 1

Monday 29 April

TERM 2 STARTS
**ACTION BUS CHANGES
COMMENCE**

Thursday 2 May

Newsletter

Red Hill School is a Nut Free Environment



Harmony Day Celebrations

Ahaana Chauhan, Harper Scott and Mary Brotchie from 3C

Notes Home

Year 5 & 6 Touch Football Gala Day

2019 School Photos – Preschool

2019 School Photos

ANZAC Day Assembly

Year 4 Camp Birrigai

Year 4 Camp FAQs

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CANTEEN WEEK 10

MENU

APPLE SLINKY	\$1.00
BYO APPLE SLINY	\$0.50
POPCORN	\$0.50
MINI HOT CROSS BUN	\$1.00



I would like to thank the Year 6's who have helped out in the canteen this term.

They have done a fantastic job. Well done.

Thank you

Our Next Assembly

Will be a **WHOLE SCHOOL ASSEMBLY** held on Friday 12 April at 9:25am

Hosted by: The Executive Team

All welcome, please be seated by 9:20am for a prompt start

*Parents are invited to attend croissants and coffee
in the parent hub at 9.00am*

Leadership Team Overview

Dear Parents and Carers,

It's hard to believe it's nearly the end of first term! It has certainly been extremely busy with lots of great learning opportunities happening through our units of inquiry.

A safe, inclusive and respectful school culture

Positive Education at Red Hill Primary School

Following on from the professional learning presented by Dr Justin Coulson at the start of the year, the Positive Education Implementation Team have been working with staff and parent representatives to develop our own contextualised wellbeing framework for Red Hill Primary School. This term the focus in classrooms has been to introduce regular mindfulness options for children to engage with throughout the day.

Later in this newsletter, you will find an article by Dr. Justin Coulson that provides many practical parenting strategies that may be useful to try with your children. Dr. Justin Coulson will be a regular contributor to our newsletters over the coming two years and will be running another parent workshop for our families in early term 3.

Three Way Interviews

Three-way interviews are being held this week and next. They provide an opportunity for students, parents and teachers to discuss and celebrate student progress. It is also an opportunity to set learning goals. Thank you to those families who have already booked an interview time via *Parent Teacher Online (PTO)*. If you are experiencing any difficulties accessing or booking a time online, please contact the front office. We look forward to seeing you and sharing in your child's learning.

Car park

Parking continues to be a significant issue in our school car park. In recent weeks we have received several reports from concerned parents about drivers who are continuing to double- park, blocking in other drivers who are legally parked, and taking designated parking places such as our disability spots. This has resulted in car accidents and is a risk to children's safety. These concerns have been reported to the ACT Roads and Transport Authority who have confirmed that they will be sending officers out to the school to patrol the situation and enforce car parking signage.

If you wish to collect or drop off your child quickly, remember that we have a "kiss and drop" section on Astrolabe Street. Monaro Crescent is a good alternative parking place if the school car park is full, as are other nearby side streets. We would also appreciate drivers noting that we have some students and parents with physical disabilities which prevent them walking long distances, so it is essential that these families can park in the disabled zones and exit their vehicles without hindrance.

Please consider students' safety and demonstrate courtesy towards other drivers by parking legally in signed bays.

Changes to the School Bus Services

Later this month there will be significant changes to the school bus services provided by Transport ACT. Later in the newsletter is the link to their new bus timetable and services. The current services will be replaced by one dedicated school bus service (2024) and one public service. The dedicated school bus service will arrive at the bus stop on La Perouse Street (near the shops) at 8.19am. This means that students using the service will arrive at school very early, before teachers' core working hours and playground duty commence. We have contacted Transport ACT with our concerns.

Have a wonderful, safe holiday.

Kristy Aitchison

Executive Teacher

Positive Education – Dr Justin Coulson

Helping Our Kids Feel Good by Doing Good

We all want our kids to feel good. Ice cream. Cake. Beach days. Playdates. These are all great for bringing joy. But typically, these good feelings don't last. Once the ice cream is gone, or the playdate is over, our kids often lose the zest and pep they were feeling.

So, how to make and *keep* the feel-good feelings?

Feeling Good versus Doing Good

Ice cream, cake, beach days and playdates all 'feel good' but they don't help us to have lasting happiness. Instead, [feel-good pursuits give us an immediate rush of euphoria, but leave us craving for more.](#)

And this can lead to an addictive cycle known as '[the hedonic treadmill](#)'. In that case, one cookie won't be enough to give us good feelings, we'll need two. And maybe the next week, we'll need three. (Until we have so many we feel bad. Really bad!)

Doing good, however, is the key to living a more meaningful and happier existence. The ancient Greek philosophers [Plato and Aristotle knew it was true](#), and modern [research](#) bears it out – altruistic behaviours are associated with greater wellbeing, health and longevity. In short, we feel good when we do good.

And interestingly, people who feel good are more creative, more open to learning, have better psychological and physical resilience, [less stress, anger, anxiety and depression](#), and more [gratitude, empathy and compassion](#). It might sound trite and cheesy, but [the happiness that comes from doing good for others seems to last longer and feel deeper](#).

Kind Kids

Every parent wants happy kids. It's the most common answer I receive to the question, "What do you want most for your children?"

But how many of us knew that if you want kids to be happy, you should teach them to be kind?

Moreover, studies highlight that our kids actually want to be kind. They know it makes them happy! [Research](#) shows that from as young as 14 months old, kids consistently want to help others achieve individual goals and cooperate with others to achieve shared goals. This desire to help is something they're born with – even that child of yours who doesn't seem to want to help anyone!

In fact, a [recent landmark study](#) shows even very young kids find helpful and kind acts to be intrinsically rewarding. In this study, toddlers under the age of two exhibited greater happiness when they gave treats to others, compared to when they received treats themselves.

In other words, they want to *help* because they *feel good* when they do.

Teaching Our Kids to Do Good

Bottom line, kids want to help, and it makes them feel great. So, it's our job to help fulfill this natural inclination by guiding them to age-appropriate opportunities to do so.

Here are 5 ways to do just that:

1. Be a good role model. Kids learn to be helpful and kind from you.
2. Perform small acts of kindness. You don't have to run out and paint someone's house or mow their lawn for a year – although you can. Being kind, saying something nice, helping tidy up; these small acts are just as powerful and effective.
3. Make helping a family project. Get your kids involved when you take a meal to a family who have just had a new baby or visit a sick friend in the hospital.

4. Be a good neighbour. In other words, help your kids learn to keep an eye on others, whether it really is your neighbour, or a boy on the soccer team. Teaching your kids to notice what's going on in the lives of people in their community teaches awareness and empathy.
5. Be grateful. Expressing [gratitude](#) is one of the best ways to do good. In fact, nothing can improve your life (and the life of others) like gratitude.

The Takeaway

Doing good is the key to living a more meaningful and happier existence.

Doing good is what makes us human. It lifts the burdens from others and lifts us by activating the joyful part of the brain. And teaching our kids to do good is the best way to help them have lasting 'feel good' feelings. Of course, you should eat cake too. But sharing it with a friend is even better.

Read the full article here:

#drjustincoulson #happyfamilies #parentingexpert #parentingadvice #randomactsofkindness #gratitude #bekind

School crossing supervisor

A school crossing supervisor is supporting our school each morning and afternoon to increase safety for children. Please support this initiative by encouraging children to use the supervised crossing and driving appropriately in the vicinity of the school.

The crossing supervisor is responsible for controlling a busy environment during the peak periods, which includes managing the flow of pedestrians, cyclists and cars. Please be patient, polite and respectful to any supervisor on the crossing, they are committed to keeping our students safe.

It is also important for motorists to drive at a speed which allows them to safely stop when the supervisor enters the road. Motorists should wait until all pedestrians, including the supervisor, are completely off the road prior to driving over the crossing.

The School Crossing Supervisor program is delivered by Transport Canberra and City Services' [Schools Program](#). If you have any feedback about the program, contact TCCS directly rather than raising concerns with our supervisor.

Creating a safe, respectful and comfortable environment for children requires a collaborative approach from everyone in the community.



Kindergarten Term 1



During Play Investigations we have experienced many learning opportunities including making beaded jewellery for our jewellery store, creating mini worlds, writing cards and books, creating hopscotches and big block creations outside and the Kinder Café.



We have been developing our fundamental movement skills like balance, jumping and throwing through gross motor activities.



We enjoyed the Teacher Talk Show in which we learnt a little about what makes our teachers individuals. This was a provocation for our new "Who We Are" inquiry, and everyone is learning more about their identity.



Preschool

All preschool groups have had a wonderful time settling into the classroom routines and investigating how people explore and learn through play as part of our *Who we are* inquiry.

The children have discussed how they play with their families and have used their imagination to create play out of multiple objects.

We are now moving onto our next inquiry *Sharing the plant*. The central idea is “Nature Opens Our Hearts and Minds”. We are just beginning to investigate this, and we are enjoying circle times with nature and connections as our focus.



Harmony Day activities



Harmony Day activities



Exploring the space outside and different types of play at Griffith Preschool.



Drawing, discussing and painting the things we like to play with at Red Hill Preschool.

The Green Team News

The Indigenous night/day garden will be completed by the end of the week. Veronica from "Culture on the Move" has been working with our Deadly Boomerangs to complete the artwork this week. More newsletter items to follow. Please come and look at this beautiful and meaningful area in our school.

Please continue to collect your oral goods and beauty product packaging so that we can recycle them. This is an ongoing program to reduce household waste that can be recycled to make playgrounds and other special items. At present we are in a COLGATE ORAL CARE competition to raise funds for our garden beds. We are high on the leader board at present. To help us get even more points you can vote for Red Hill Primary School on <https://www.terracycle.com/en-AU/contests/colgategardenvoting/vote>.



5FT Science Project

Catherine Ross, a PhD student from the ANU, is running a science project with 5FT students.

The project is run by the Ecological Society of Australia, CSIRO and the NSW Office of Environment and Heritage. It involves only six classes from schools all around Australia doing the same experiment.

The students are studying how to attract pollinating insects, by making artificial flowers and testing which colours and arrangements (single flowers or clumps) get the most insect visitors. The students will also learn about the scientific method and how to conduct experiments, and the study will eventually be published as a scientific paper.

We in 5FT are very excited to be involved.



Kindergarten

Inquiry of self: Each person is an individual with their own identity.

Communicative Objectives

- greet someone close to our own age
- understand how to greet people at different times of the day
- say what our name is
- ask someone else’s name
- ask how one is feeling
- state how one is feeling
- say goodbye/see you soon
- say: “I am an Australian” I am

Mathematics Achievement Standards

- Students make connections between number names, numerals and quantities up to 10 in French.
- They explain the order and duration of events.
- Students count to and from 20 and order small collections.
- They group objects based on common characteristics and sort shapes and objects.
- Students answer simple questions to solve simple maths problems.

French Language Structures

Tu t’appelles comment ? – What’s your name?

Comment t’appelles-tu ? - What’s your name ?

Je m’appelle ... My name is...

Comment ça va? / Ça va? – How are you?

Ça va bien, merci – Well, thank you

D’où viens-tu? - Where do you come from?

Je viens d’ Australie – I come from Australia

Où habites-tu? – where do you live?

J’habite en Australie. – I live in Australia

J’habite à Canberra. – I live in Canberra.

Tu as quel âge? – How old are you?

J’ai cinq ans. / J’ai ans. - I’m 5 years old./ I’m years old.



Vocabulary	Incidental Language
<p>Salut! – Hi!</p> <p>Bonjour - Good morning/ good day</p> <p>Bon après-midi – good afternoon</p> <p>Bonsoir – good evening</p> <p>Bonne nuit – good night</p> <p>Au revoir – good bye</p> <p>À bientôt – see you soon.</p> <p>Ça va très bien – I feel very well</p> <p>Pal mal – I’m not too bad</p> <p>Ça ne va pas- I don’t feel well at all</p> <p>Ça va mal – I feel bad</p> <p>Numbers 0-20: zéro, un, deux, trois, quatre, cinq, six, sept, huit, neuf, dix, onze, douze, treize, quatorze, quinze, seize, dix-sept, dix-huit, dix-neuf, vingt</p>	<p>Instructions quotidiennes –</p> <p>Regarder! - Look!</p> <p>Écouter! - Listen!</p> <p>Levez –vous! - Stand- up!</p> <p>Asseyez-vous OR Assied-toi! -Sit down! (pl & sing.)</p> <p>Dessinez! - Draw!</p> <p>Découpez! - Cut!</p> <p>Collez! - Glue it!</p> <p>Merci ! - Thankyou</p> <p>S’il vous plaît! - Please</p> <p>Arrêtez et attendez! - Stop and wait!</p> <p>Pardon! - Excuse me/I beg your pardon</p> <p>Je suis désolé(e) – I’m sorry</p>

The Francophonie Celebration Day



On Friday, 22nd of March there was the Francophonie Open Day at the Alliance Française in Turner, ACT.

We encountered many people there, even some ex-students from Red Hill PS playing with the Telopea Park High school band. Many of the “Francophonie” embassies participated to promote their language and culture, with food stands, information booths about their countries, live music, a book fair, a coffee stand, and Telopea’s choir which added significance to the “Francophonie” cultural flavours.

Many students from different public schools had entered the Francophone competition including several of the year 4 students from Red Hill Primary School. This year our Francophone country was the intriguing country of Egypt. The students enjoyed carrying out the research on many aspects of Egypt, its captivating history about the pyramids, mummies, hieroglyphic, Egyptian Gods and the Nile river. On the Francophone Opening Day, we were presented with a certificate announcing the 1st prize for the Year 4 category of the Francophone Competition.

Our Egyptian posters were displayed in the foyer of the Alliance Française for the Opening Day with many images used as a frame around the posters. Congratulations to year 4 students who participated in the competition, they made me proud to be part of Red Hill PS. Their posters were admired not only by the Egyptian Embassy but by many other Francophone countries representing the wider community.



All the other competitors who participated in the “Francophonie” Poster Completion, received their participation certificates. Félicitations!

À plus tard!

Frances Szeremet



Alliance Française
Canberra Australie



UNIFORM SHOP

- Hat Surf \$10.00
- Hat Bucket \$12.00
- Hat Slouch \$10.00
- Hat Microfibre Bucket \$12.00
- Dress Summer \$45.00
- Polo Shirt Short Sleeve (green) \$22.50
- Polo Shirt Short Sleeve (gold) \$22.50
- Polo Shirt - Long Sleeve (green) \$22.50
- Jacket Waterproof Flying \$41.00
- Jacket Microfibre \$41.00
- Polar Fleece Jumper \$28.00
- Skorts Pleated \$21.50
- Skorts Gabardine \$21.50
- Shorts Knit \$16.50
- Short Gabardine \$21.50
- Pants Long Gabardine Double Knee \$26.00
- Pants Long Stretch Boot Leg \$56.50
- Track Pants Microfibre \$31.50
- Track Pants Straight Leg Fleece \$21.00
- Socks Ankle Green \$5.50
- Tights Bootle Green \$12.00
- Headband Green \$2.00
- Hair Tie Scrunchie \$2.00
- School Back Pack (M) \$45.00
- School Back Pack (L) \$48.00



Purchase Options

Cash, EFTPOS, credit cards (no American Express)

Ordering In-person

Opening Hours - Wednesday 8:30-9:00am and Friday 2:30-3:30pm

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 or mobile app. Some fees may apply. These orders will be delivered to your child's classroom. Please note the following:

- payments by credit card or bank transfer
- some fees may apply
- orders placed by 3.40pm on Wednesday are filled and delivered to your child's classroom by Friday of the same week
- 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 (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

The Red Hill Uniform shop is staffed by volunteers from our parent community who kindly donate their time to help. If you have some time, please email rhps.uniformshop@gmail.com

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

Red Hill School Calendar 2019 –Term 1

Mon 4 Feb – 12 April

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Feb 4 – 8 Feb	First Day of School for Kindergarten and new Students	First Day of School for Year 1 to 6		Newsletter	
Week 2 Feb 11 - 15				Year 3/4 Choir - 8:15am	Whole School Assembly – Executives to Host
Week 3 Feb 18 - 22	PIPS	Year 5/6 Choir – 8:30am School Board Meeting 5:45pm	Parent Information Night – Positive Education – Dr Justin Coulson	Newsletter Year 3/4 Choir - 8:15am	Junior Singing Group 8:30am RHIPP (Years 1 – 6)
Week 4 Feb 25 – Mar 1		P&C Meeting 6.30pm Staff Room	Year 5/6 Choir – 8:30am Preschool Parent Information Night	Think U Know Student Presentation 9:15am to 11:15am Think U Know Parent Presentation 6pm to 7:30pm	Year 3/4 Choir - 8:15am
Week 5 Mar 4 - 8		Year 5/6 Choir – 8:30am	Year 5 Camp		Junior Singing Group 8:30am Year 6 Leaders – KidFit Course
				Year 3/4 Choir - 8:15am Swimming Carnival Newsletter	
Week 6 Mar 11- 15	11 March Canberra Day	Year 5/6 Choir – 8:30am	Year 6 Camp		Junior Singing Group 8:30am Whole School Assembly – Executives to Host Kenny Koala – Year 4
			Kenny Koala – Year 3	Year 3/4 Choir - 8:15am	
Week 7 Mar 18 - 22	Year 4 Legislative Assembly Excursion	Year 5/6 Choir – 8:30am Year 5 Swimming Carnival		Year 3/4 Choir - 8:15am Harmony Day Newsletter	Junior Singing Group 8:30am RHIPP (Years 1 – 6) Matt Giteau Cup
Week 8 Mar 25 - 29		Year 5/6 Choir – 8:30am School Board Meeting 5:45pm		Year 3/4 Choir - 8:15am RTI Information Session – 8:30am to 9:00am	Ride2School Junior Singing Group 8:30am Junior Assembly – Year 2 to Host RHIPP (Years 1 – 6)
Week 9 Apr 1- 5	P&C Meeting 6.30pm Staff Room	Year 5/6 Choir – 8:30am	Christian Education	Year 3/4 Choir - 8:15am South Weston Swimming Carnival Newsletter	Junior Singing Group 8:30am Swimming Carnival Awards Assembly RHIPP (Years 1 – 6)
Week 10 Apr 8 - 12		Year 5/6 Choir – 8:30am – 9am Preschool Boundless Excursion		Year 3/4 Choir - 8:15am Preschool Boundless Excursion Rock Your Socks – SRC Fundraiser	Junior Singing Group 8:30am Whole School Assembly

Red Hill School Calendar 2019 – Term 2

Mon 29 Apr – Fri 5 July

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Apr 29 – May 3		Year 5/6 Choir – 8:30am		Newsletter Year 3/4 Choir - 8:15am	Junior Singing Group 8:30am ANZAC Assembly
Week 2 May 6 - 10		Year 5/6 Choir – 8:30am Preschool Photos	Ridiculous Rhyme Show – Whole School	Preschool Photos School Cross Country Carnival Year 3/4 Choir - 8:15am	Junior Singing Group 8:30am Whole School Assembly RHIPP
Week 3 May 13 - 17	NAPLAN ONLINE	NAPLAN	Year 5/6 Choir – 8:30am School Board Meeting 5:45pm	Newsletter Year 3/4 Choir - 8:15am	Junior Singing Group 8:30am RHIPP
Week 4 May 20 - 24		School Photos Year 4 Sibling Photos P&C Meeting 6.30pm Staff Room	Year 5/6 Choir – 8:30am	Year 4 Camp	
Week 5 May 27 – 31	27 May Reconciliation Day	Year 5/6 Choir – 8:30am		Newsletter Year 3/4 Choir - 8:15am	Junior Singing Group 8:30am RHIPP
Week 6 Jun 3 - 7	South Weston Cross Country Carnival	Year 5/6 Choir – 8:30am Preschool Teddy Bears Picnic		Preschool Teddy Bears Picnic Year 3/4 Choir - 8:15am	Junior Singing Group 8:30am Whole School Assembly RHIPP
Week 7 Jun 10 - 14	10 June Queen’s Birthday	Year 5/6 Choir – 8:30am		Newsletter Year 3/4 Choir - 8:15am	Junior Singing Group 8:30am RHIPP
Week 8 Jun 17- 21		Year 5/6 Choir – 8:30am School Board Meeting 5:45pm		Year 3/4 Choir - 8:15am	Junior Singing Group 8:30am Junior Assembly RHIPP
Week 9 Jun 24- 28	P&C Meeting 6.30pm Staff Room	Year 5/6 Choir – 8:30am	Christian Education	Newsletter Year 3/4 Choir - 8:15am	Junior Singing Group 8:30am RHIPP
Week 10 Jul 1- 5		Year 5/6 Choir – 8:30am		Year 3/4 Choir - 8:15am	Whole School Assembly –

Languages Afternoon Tea



ACT Bilingual
Education Alliance

- **Fun language activities for all ages**
- **Explore story-telling in other languages**
- **Share ideas about raising children in more than one language**
- **All welcome**

WHEN: Sunday 7 April 2pm – 4pm

WHERE: Latin American Cultural Centre
28 Astrolabe Street, Red Hill ACT 2603

FREE but **booking required** to assist catering

For more details and/or to book
visit **Eventbrite** (preferred) or contact
canberrabilingual@gmail.com or **0408 089 235(m)**

To learn more about the ACT Bilingual Education Alliance (ACTBEA)
visit <https://actbilingual.weebly.com> or Facebook **@ACTBEA**



Organised by ACTBEA with the support of the
Participation (Multicultural) Grants Program 2018-19
and Canberra Multicultural Community Forum Inc.



McDonald School of Tennis Easter School Holiday Tennis Clinic

Kindergarten to 17 Years
All standards



Red Hill Tennis Club, Astrolabe St, RED HILL

15th April to 18th April -

Monday to Thursday 8:00am to 1:00pm (Half Day) or

Monday to Thursday 8:00am to 6:00pm (Full Day)



👍 LESS THAN \$5/HR FOR FULL DAY PUPILS 👍

🎾 Total Stroke Development (1st timers will be serving over-arm by end of the clinic!)

🎾 Trophy Singles Tournament – Thursday 🏆

🎾 Doubles Tournaments, Doubles Training (Full day Pupils)

🎾 Well credentialed, well experienced coaching staff

🎾 Free racquet hire

– Heaps of fun, new friends and prizes galore!

Enrolment Forms at School Front Office or

Phone Matt McDonald, Professionally Qualified Level 2 Tennis Coach 0412565137
