

RED HILL SCHOOL NEWSLETTER

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Community News



Elena, Cleo and Mia from 3KM

On Tuesday 14th October, Year 3 visited the National Museum of Australia. It was a fantastic learning experience, and this excursion enhanced the children's knowledge of their current unit of inquiry, 'Where We Are In Place and Time'. Our students showed great interest in the information provided by the museum guides, and they were wonderful representatives of Red Hill Primary School.



Red Hill School is a Nut Free Environment



24TH October 2025



Notes Home

- ❖ RRR Session
- ❖ Year 5/6 Band

Astrolabe Street, Red Hill

Ph: 6142 0960

PO Box 4235, Kingston, ACT 2604

Website: www.redhillps.act.edu.au

Email: info@redhillps.act.edu.au

Fee code for Voluntary Contributions is VOL CONS

Leadership Team

Dear Parents and Carers,

I have heard Trent Dalton, author of “Boy Swallowed Universe”, state that creativity saved his life. Dalton has expanded on this in interviews by sharing an alternative self- image that could well have been his response to life after experiencing a challenging childhood – he pictures himself not being interviewed in a studio but instead sitting every night on a couch watching Platoon, with a packet of Red Rooster chips in one hand and drinking far too much.

“That would have happened so easily...but creativity saved my life,” Dalton reflects. “The one thing I was able to do was listen to people and turn the things they tell me into stories. And that is a creative process. And it allowed me to process my own stuff in the most powerful way

Dalton’s reflections resonate often with me. They remind me how important it is that schools provide opportunities for young people to experience creativity, particularly through writing and the arts, and that we empower young people with creative skills that they can use across disciplines and through life in general.

Sometimes students share pieces of creative writing with me. I am sharing two of these with you in this newsletter. One piece is a persuasive text written by a student who cares strongly about social media, the other written by a lover of poetry in his holiday break. I hope both these young people continue to enjoy capturing their thoughts in writing through the years to come and thank them for giving me permission to publish their work.

Last Thursday’s inaugural *Spotlight* evening at Erindale Theatre was another wonderful showcase of creativity, including a visual art display in the foyer and choral, dance and musical performances by ensembles and individual students. Not only was this a showcase of creativity but a celebration of passion, commitment, perseverance and talent. I would like to sincerely thank the audience members and many volunteers (staff and P&C) who made the evening such a success. I would also like to congratulate the student performers and their teachers (Sophie Hopkins, Juliette O’Connor, Nathan James, Karen Nixon, Dan Graetz, Jane Raynor and James Urwin). Thank you also, Karen Nixon, for the many extra hours of coordination that made this evening possible.

Resilience, Rights and Respectful Relationships (RRRR) curriculum

On a different note, I remind parents and carers of students in preschool to year 1 that we will be running an information session about the Resilience, Rights and Respectful Relationships Curriculum that we are currently trialing. The session will run from 3.30pm until 4.30pm tomorrow, Tuesday 28th October. Acceptances are still

welcome up to 12pm tomorrow via email to the front office or by returning the slip that was sent home earlier in the term. We will run similar workshops for parents and carers of students in the older years later on.

The Resilience, Rights and Respectful Relationships (RRRR) curriculum is an evidence-based and nationally supported program that supports students to develop the knowledge, skills and attitudes needed to build healthy, respectful relationships and emotional resilience. The curriculum covers eight key topics: emotional literacy, personal and cultural strengths, positive coping, problem-solving, stress management, help-seeking, gender norms and stereotypes, and positive gender relationships.

The RRRR curriculum directly supports the Australian Curriculum Health and Physical Education learning outcomes, particularly in the areas of safety, relationships, and emotional wellbeing. It also addresses the General Capabilities within including Personal and Social Capabilities, Critical and Creative Thinking, Ethical Understanding, Intercultural Understanding.

The RRRR resources were developed by experts at The University of Melbourne and are underpinned by the latest research on children's health and wellbeing as well as effective educational pedagogies and practices. The RRRR resources have been taught in Victorian schools since 2016 and were evaluated between 2019 and 2021, with findings showing widespread support from school communities and positive impacts on student wellbeing, behaviour and relationships. In 2024, the resource was updated to incorporate evaluation findings and reflect changing contexts, such as online safety.

Kind regards,

Louise Owens (Principal)

Hi Mr Albanese,

I am here to tell you that you have to BAN SOCIAL MEDIA. It's use is nearly universal among today's teens. Pew Research Centre reports 97 percent of 13- to 17-year-olds use at least one of seven major online platforms. Kids are becoming zombies all over the world so you must ban social media so our kids can grow up and live the lives they were meant to live

And as if that was not enough, statistics show that 97% of 13 to 17 year olds use one of the seven major platforms so your kids are becoming zombies and are getting bullied. And who knows, one of them could be betraying your trust right this second so even after all of that you might say 'but the restrictions are good'. Wrong. People can basically post anything as well as there are actual scientists studying how to get your kids addicted.

As if that was not all the info ever, here is some more. When adolescents are online, they adapt to a different set of social norms than when they're interacting with their peers in person. Oftentimes, they are more aggressive or critical on social media because of the anonymity they have online and their ability to avoid retaliation. Additionally, cyberbullies may feel less remorse or empathy when engaging in these behaviours because they can't see the direct impact of their actions. (Main info source is the University of Georgia.)

Social media use has given rise to social media addiction, particularly among teenagers, characterized by excessive screen time, compulsive checking, and detrimental effects on real-life relationships and responsibilities. This addiction is driven by a combination of psychological factors, such as low self-esteem and mental health issues, technological mechanisms like infinite scrolling and personalized notifications, and social influences, including peer pressure and exposure to idealized content. (Source: National Library of Medicine, US.)

From Ethan

A Day at Red Hill School

Wake up early and start my day,

Pack my bag and ride away.

Hop in the car, off we go,

Sometimes the traffic makes us slow.

The bell rings vibrantly and the school day starts.

Mum's cheerful hug warms my smiling heart.

In Redhill school our teachers are so kind,

Positive thinking fills our heart and mind.

Mrs. Owens and Mr James are smart and wise,

Both of them greet us with caring eyes.

Mr Byng walks in ready to teach,

With explanations and different speech.

He teaches us with lots of fun,

Makes us shine just like the sun.

Our teachers help us in every way,

With all our works in class and play.

Lunch time comes, we play and share,

With stories to say about love and care.

As usual fun time begins,

With lots of activities where we join in.

Every day is awesome and cool,

Excited for another day at Redhill School.

By Dhiyan

CLASSES 2026

We will be hosting our annual “get to know you” interviews later this term with students and families who are coming into kindergarten and other year levels in 2026. The meetings are part of our transition process, and we strongly encourage every family to take this opportunity to connect with the school.

Thank you to the families who have already let us know of changing family circumstances in 2026. **If your child will not be attending Red Hill School in 2026, please let us know as soon as possible.** It is very important that we have accurate enrolment projections so that we can plan staffing and the correct number of classes for next year.

When creating classes for the following year, we commit to giving each student at least one nominated friend in their new class, recognising the connection between peer relationships and student learning. Sometimes a best friend is a great person to play with but not necessarily an appropriate person to learn with in class. Teachers often speak to the students about this- it is helpful for parents and carers to reinforce the same message.

Over the next few weeks students will be completing ‘sociograms’ at school, selecting five peers they believe they would work well with in class next year. They will bring these home so that parents and carers can talk with their children about their choices. Once you have had this conversation with your child, please sign the sociogram and send it back to school. Please do not sign off unless you feel comfortable with your child’s choices. You can add a note to the back of the sociogram if needed, and you are always welcome to have a confidential conversation with your child’s teacher or me if needed.

We would appreciate the sociograms being returned by **Friday 29th Nov. at the latest.**

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2026 ATTENDANCE AND CLASSES

Name: _____ Class: _____

Name: _____ Class: _____

- Will not** be attending Red Hill School in 2026 - we will be leaving the school on _____ as our family is going to _____.
- We are not sure at this stage but will be able to advise you by _____.

Parents Name: _____

Signature: _____ Date: _____

Student Achievement

Congratulations to Dejashya Vethika Arulmani from 5RC who recently participated in the Tamil competition award ceremony at Melbourne.

Deju achieved third place at state level in the Advanced Senior Division Special Poetry and Writing competition held in Canberra and was awarded an A grade at National level.

This experience has been a wonderful opportunity for her to build confidence and develop her public speaking skills.

The aim of this Tamil language competition is to encourage the younger generation to learn, speak and write in Tamil. It also helps identify and nurture talented Tamil Youths. Deju attends Tamil language school every Saturday as part of her ongoing learning.



Lids 4 Kids

Rescuing plastic for the planet

Why are we doing lids 4 kids?

To reduce plastic waste, and make amazing things out of lids.

how to donate my lids?

Wash all lids so they are clean.

Remove any inserts in the lid.

Place clean lids in the black tub in the breezeway.

LIDS4KIDS



Fresh North Queensland Mangoes Direct from the farm
to you! Support Our Mango Fundraiser

If you **love mangoes**, here's your chance to indulge in fresh juicy Kensington Pride mangoes and support our fundraising drive.

We are selling trays of mangoes picked and packed during the premium harvest.

Cost per Tray is: \$30.00 Payment details are:

Red Hill P&C
BSB - 062-902
Account: 0090 0162
Ref: Childs name

Place your order and payment by:
MIDDAY on Monday 27th October

For further information contact:
Lara Jurkiewicz - 0499 231 740 or lara.jurkiewicz@gmail.com

Money raised will be used to:
make some school wish list items become reality



Uniform Shop and Canteen



Red Hill Primary School Uniform Shop

Item	Price
Hat Surf	\$15.00
Hat Micro bucket	\$15.00
Beanie	\$12.00
Dress Summer	\$46.00
Polo Shirt Short Sleeve (green)	\$30.00
Polo Shirt Short Sleeve (gold)	\$30.00
Polo Shirt – Long Sleeve (green)	\$27.00
House T Shirt	\$20.00
Jacket Microfibre	\$50.00
Polar Fleece Jumper	\$40.00
Red Hill Hoodie	\$40.00
Skorts Pleated Cotton	\$26.00
Skorts Gabardine	\$26.00
Shorts Knit	\$18.00
Short Gabardine	\$22.00
Pants Long Gabardine Double Knee	\$30.00
Track Pants Microfibre	\$36.00
Track Pants Straight Leg Fleece	\$25.00
Socks Ankle Green	\$4.00
Tights Bootle Green	\$14.00
School Bark Pack (M)	\$50.00
School Bark Pack (L)	\$53.00
Anniversary Tea Towell	\$4.00
Second hand items	\$4.00
Second hand items unlimited amount	\$20.00



Uniform Shop Opening Hours
Wednesday 8.30-10.00am
and
Friday 2.30-4.00pm

Payment Options: Cash, EFTPOS, Credit Card (*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. The system is quick and easy and can be accessed 24/7 from your PC or mobile App on your [iPhone/iPad](#) or Android.

Please note the following: -

- For further information and to register please visit: www.flexischools.com.au
- School uniforms orders will be delivered to your child's classroom via their teacher or uniform shop staff.
- Payments by Credit Card or Bank transfer
- Some fees may apply
- Online orders are delivered on Wednesday or Friday of the same week, some deliveries may carry over to the following week.
- Details on sizing, including height, chest and waist are noted with each garment listing.
- Please 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).

Lost property: Lost property collected around the school is placed in the big blue bin outside of the uniform shop. Items in the blue bin will be sorted and then placed in the adjoining blue and white cupboards for students to look through and collect any of their property that they find. When possible, staff will deliver labelled items to classrooms.

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 to help, please email rhps.uniformshop@gmail.com



Canteens4Kids ACT Menu

2025

Sandwiches

Served on wholemeal bread unless white bread is requested.
Wraps and **GF** bread also available.

Happy Little Vegemite (with margarine) V	\$3.50
Cheese V	\$4.50
Cheese & tomato V	\$5.00
Ham & cheese	\$6.00
Ham, cheese & tomato	\$6.50
Ham, lettuce & mayo	\$6.00
Chicken & cheese H	\$6.00
Chicken, lettuce & mayo H	\$6.00
Tuna & cheese	\$6.00
Tuna, lettuce & mayo	\$6.00
Rainbow: Lettuce, carrot, tomato, cucumber, beetroot V	\$5.50
Egg, lettuce & mayo V	\$6.00

Toasted Sandwiches (in press)

Served on wholemeal bread unless white bread is requested.

Happy Little Vegemite (with margarine) V	\$3.50
Cheese V	\$4.50
Cheese & tomato V	\$5.00
Ham & cheese	\$6.00
Chicken & cheese	\$6.00
Tuna & cheese	\$6.00
Ham	\$5.00
Ham, cheese & tomato	\$6.50
Gluten-free bread	Extra \$1.50

Fresh Salads

Build your own salad	From \$5.50
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Hot meals

Pasta bolognese DF, H (GF available)	\$7.50
Pasta napolitana DF, H, V (GF available)	\$7.00
Sausage roll	\$6.50
Beef lasagna H	\$7.00
Cheeseburger H	\$7.50
Chicken tender sub H	\$7.00
Mac & cheese V	\$6.50

Daily Specials

Daily specials available online

Snacks

Fruit salad	\$3.50
Popcorn	\$1.00
Cheesy garlic bread	\$3.00
Banana bread	\$2.50
Jelly cup (made with 100% fruit juice)	\$2.50
Homemade mini muffins	\$2.50
Corn on the cob	\$1.50
Chocolate mousse	\$2.50
Milo cookie	\$2.00
Piece of fruit	\$1.50

Frozen

Frozen juice cup	\$2.50
Twisted frozen yoghurt	\$3.00

V- Vegetarian/GF- Gluten Free/ DF- Dairy Free/H-Halal


Prices inclusive of GST

Red Hill School Calendar 2025 – Term 4

Mon 12 Oct – Thus 18 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Oct 13 - 17	13 th October Pupil Free Day	14 th October Year 3 Excursion to National Museum of Australia Year 6 Exhibition Parent Workshop 6 – 7:30pm		16 th October Year 2 Learning Journey	17 th October Whole School Assembly
Week 2 Oct 20 - 24	Year 2 ACT Water Safety Group 4				
		21 st October Kindergarten Excursion to CMAG	22 nd October Kindergarten Excursion to CMAG Year 1 Learning Journey STP	23 rd October Spotlight: Red Hill Arts	24 th October Preschool Learning Journey – Gabadang and Garrang WCS Playgroup 9:30-10:45am
Week 3 Oct 27 - 31	27 th October Preschool Learning Journey - Djira and Winyu Year 5 Excursion to Questacon	28 th October IMP Band Rehearsal IMP Evening Band Celebration	29 th October School Captain Speeches Years 2-6		31 st October Junior Assembly – Year 2 WCS Playgroup 9:30-10:45am
Week 4 Nov 3 - 7			5 th November House Captain Speeches Years 2-6	6 th November Year 4 Excursion to National Portrait Gallery	WCS Playgroup 9:30-10:45am
Week 5 Nov 10 - 14					14 th November Senior Assembly – Year 5 WCS Playgroup 9:30-10:45am
Week 6 Nov 17 - 21	17 th November Preschool Orientation (Winyu)				21 st November Junior Assembly – Year 1 Preschool Orientation (Garrang) WCS Playgroup 9:30-10:45am
Week 7 Nov 24 - 28	24 th November Preschool Orientation (Djira)				28 th November ICAS Assembly Preschool Orientation (Gabadang) WCS Playgroup 9:30-10:45am
Week 8 Dec 1 - 5		2 nd December Preschool Visit - Winyu	3 rd December Year 6 Exhibition	4 th December Year 6 Exhibition	5 th December Junior Assembly-Kinder Preschool Visit - Garrang WCS Playgroup 9:30-10:45am
Week 9 Dec 8 - 12	8 th December Year 6 Telopea Orientation 11.30am-2.30pm	9 th December Year 6 Achievement Assembly	10 th December Year 6 Fun Day	11 th December Preschool New Student Orientation 9:30-1pm School Disco 6-9pm	WCS Playgroup 9:30-10:45am
Week 10 Dec 15 - 17	15 th December Pool Fun Day	16 th December Year 6 Graduation		18 th December Whole School Assembly	19 th December School Holidays

Community News



CBS Canberra Brick Show

Come along to Canberra's largest LEGO® fan event! Over 300 tables of LEGO® displays, food trucks, LEGO® retail vendors and interactive displays.

2025

When
1-2 November

Where
Thoroughbred Park, Lyneham

Tickets available online
canberra.brickshow.au

Presented by
Canberra LEGO User Group



CODECAMP

CODING

It's after-school fun at your school!

Get creative using design, code and logic to build your own games!

Tuesday 21 Oct - 9 Dec
3:30PM - 4:45PM

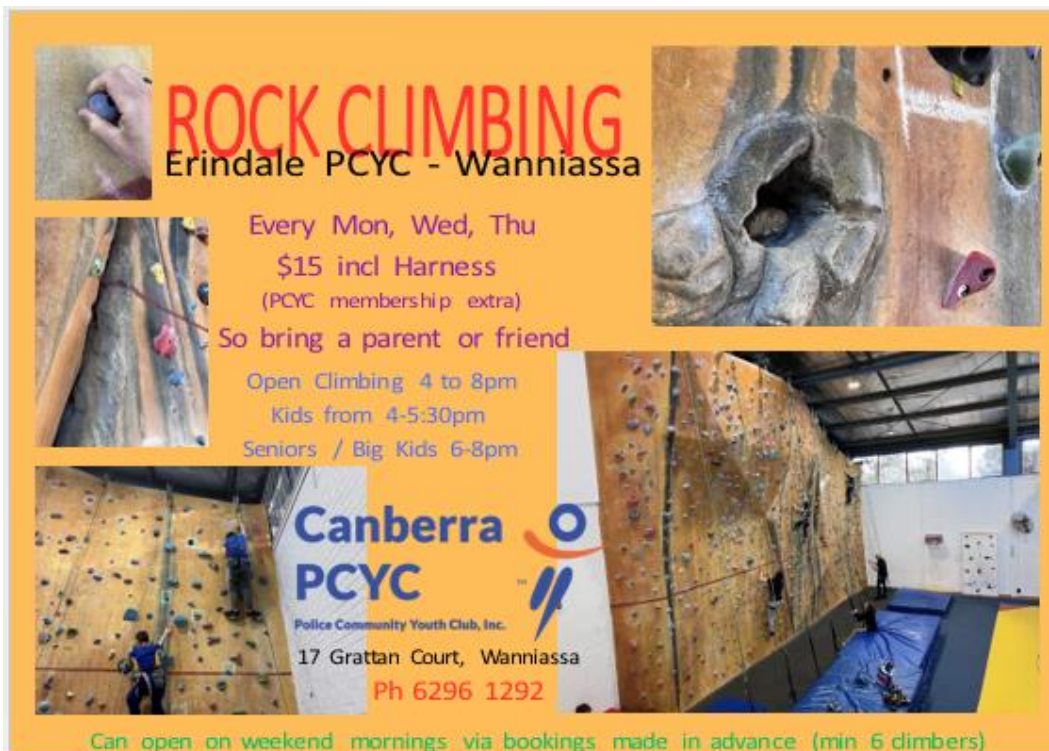
Red Hill Primary School

Years 2 - 6

www.codecamp.com.au/redhillps

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ROCK CLIMBING
Erindale PCYC - Wanniasa

Every Mon, Wed, Thu
\$15 incl Harness
(PCYC membership extra)
So bring a parent or friend

Open Climbing 4 to 8pm
Kids from 4-5:30pm
Seniors / Big Kids 6-8pm

Canberra PCYC
Police Community Youth Club, Inc.
17 Grattan Court, Wanniasa
Ph 6296 1292

Can open on weekend mornings via bookings made in advance (min 6 dimbers)

REGISTER YOUR INTEREST FOR

2026 U12 & U13 SAP GIRLS TRIALS

TUES 21 OCTOBER
THURS 23 OCTOBER & SAT 25 OCTOBER @ AIS



TO BE THE BEST ON AND OFF THE FIELD

Expressions of interest must be submitted through the [Jotform](#) link below. Link and further details in posts, on our Insta stories or Facebook.

<https://formjotform.com/252440825487866>

PROMOTED TO NPLG!



CAPITAL FOOTBALL CHAMPIONS

RED HILL PRIMARY SOCCER AFTER SCHOOL CARE!

HOLLIER SPORTS

ABOUT OUR SOCCER SESSIONS
Our After-School sessions are designed to build confidence, develop the basics of football, promote sportsmanship, and most importantly - have fun! Coaches will collect players directly after school, with parent pick-up after our session at 4:30pm.

- ✔ Separate Junior & Senior Classes
- ✔ Fun & encouraging
- ✔ Caring and patient coaches
- ✔ Social skills & confidence
- ✔ Strategy, games & teamwork
- ✔ Skills development & ball techniques
- ✔ Wet weather plan - no cancelled sessions!

For More Information & Bookings
hello@holliersports.com or 0450 078 401
<https://www.holliersports.com/redhill-primary>
or scan the QR code!






WWW.HOLLIIERSPORTS.COM
ENROL FOR TERM 4 NOW!




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2026 Enrolments Early Bird Special
\$100 Discount*
Enter Promo Code SN100 on the registration form
* New participants only & excludes Teenies classes. Register by 15 December 2025



JOIN US AT

GIRLS' BRIGADE

CRAFT - GAMES - CHALLENGES - SPORTS
COOKING - BUILDING LEADERSHIP SKILLS
BIBLE STORIES - COMMUNITY
- FRIENDS - FUN -




JOIN US ON TUESDAY NIGHTS DURING THE SCHOOL TERM

ALL GIRLS IN KINDY TO YEAR 12 WELCOME

(Kindy to Year 2) 5:30pm—7:00pm
(Year 3—Year 12) 6:00pm—7:30pm

At Weston Creek Presbyterian Church,
1 Mahony Ct, Weston (Coolleman Court)

Contact us at: actforrest@girlsbrigade.org.au

Girls' lives transformed

ACT Skipping for Healthy Hearts

Skipping for Healthy Hearts is a FREE 6-week program for primary school-aged kids that promotes heart health and physical fitness through skipping.

Skipping workshops will run each Saturday with our next program scheduled from **SATURDAY 1 November 2025 until SATURDAY 6 December 2025.**



National Champion Skippers

Full of knowledge and expertise



MEET YOUR COACHES



PROGRAM TIMES & LOCATIONS

THROSBY SCHOOL:

11:00AM - 12:15PM

FLOREY SCHOOL:

1:00PM - 2:15PM

TRINITY CHRISTIAN COLLEGE:

2:00PM - 3:15PM

Skipping workshops are led by experienced skipping trainers who bring a wealth of knowledge and expertise. Trainers will teach a range of skipping techniques, from basic to advanced, to enhance coordination, balance, and motor skills while ensuring kids have fun.

Kids will be provided with a free quality skipping rope which they are able to keep at the end of the program.

REGISTER TODAY - <https://www.eventbrite.com.au/d/australia--australian-capital-territory/skipping/>

Skipping for
Healthy Hearts



NOVEMBER 8-9

Queanbeyan Show 2025

AUSSIE FMX PAW Patrol LIVE
DOCK DOGS HOSTED BY FARMER DAVE BENDIGO BANK BARNYARD
FIREWORKS FARMYARD DEMONSTRATIONS
YOUNG FARMERS CHALLENGE YARD DOG COMPETITION
WOODCHOP CATTLE HORSES ARTS & CRAFTS PAVILION
POULTRY FREE FACE PAINTING SIDE SHOW ALLEY
AND SO MUCH MORE

Sponsored by:

ASC AUSTRALIAN SPORTS CAMPS

\$245 for 3 days! 30% Offer ends November 23rd!

PROGRAM INCLUDES

- 01 9-3pm each day
- 02 Basketball, Cricket, Netball and Soccer on offer
- 03 Suitable for all ages and skill levels
- 04 Guest appearances at selected programs

THREE DAY SCHOOL HOLIDAY SPORTS CAMPS!

LOCATION
 ANU, 19 North Road,
 Acton ACT 2601 -
22, 23, 24 December & 14, 15, 16 January 2026

It was overall very positive and the kids made great connections with coaching staff and other participants

Contact Us:
 1300 914 368
 admin@australiansportscamps.com.au

More Information:
 australiansportscamps.com.au