

# RED HILL SCHOOL NEWSLETTER

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Carter Elliott and Hamish Butler (Preschool PG2) getting prepared to cook damper at Birrigai on their Wombat Song Lines excursion.



**Red Hill School is a Nut Free Environment**



16th June 2023



**ACT**  
Government  
Education

**Red Hill**  
SCHOOL  
*Open hearts • Inquiring minds*



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Fee code for Voluntary Contributions is VOL CONS

# Leadership Team

Hello Parents and Carers,

It is hard to believe that we are nearly through the first semester for the year. We have had a busy fortnight and it has been great to see students achieving in so many areas across the school.

## Cross Country

On Friday 9 June we held our annual cross-country event. Students from all years participated enthusiastically and it was great to see so many parents attend and cheer for their children, while enjoying the fabulous weather. A big thank you to the P&C which provided fresh fruit for the participants and to the parent helpers who supported teaching staff. Congratulations to all those who participated.

Following the success of our event, last week approximately 50 students attended the South Canberra Cross Country event, achieving great success. Red Hill came second overall with several students setting new records. Eighteen students subsequently participated in the ACT finals on Thursday 15 June. Based on their success, some students are progressing to the national event. At both events our school spirit was noted, and the supervising teachers reported that members of the public commented on the sportsmanship and courtesy shown by our students.

## Excursions

On Wednesday 14 June, Year 3 attended an excursion at the Australian National Botanic Gardens where they investigated First Nation peoples' use of plants for medicine, food and tools. They explored the gardens and learnt new ways to use plants including Banksia flowers, which can be dipped in water to make a sweet drink similar to cordial. Teachers and students reported that it was a fantastic day and was a great finish to their 'Sharing the Planet' inquiry into living things and natural resources.

## Parent Engagement and the P&C

The P&C have been working hard on organising social events for families to engage with each other and the school.

The calendar of events for the P&C for next term is as follows:

Wednesday 26 July	'Red Hill's Got Talent'
-------------------	-------------------------

The P&C are always looking for volunteers and if you would like to become involved it is a good opportunity to support the school community.

**The P&C is also urgently seeking someone to take on the Treasurer role** (see Kelli's article later in this newsletter). Unfortunately, neither the P&C, nor the Uniform Shop (which is run by the P&C), can continue if there is no Treasurer. If you think you could take on this role or would like more information, please contact Kelli via email – [rhps.pandc@gmail.com](mailto:rhps.pandc@gmail.com). Perhaps you know another parent who you could share the role with?

### General Reminders

- Please remind your children to wear warm layers to school that they can adjust when inside and outside. The Uniform Shop now has school beanies to help keep students warm.
- Support your children to pack a healthy lunch, including a healthy snack of fruit or vegetables for fruit break.
- Water is our preferred drink at school. It is a healthy option and is also less likely to ruin students' work if spilt.
- We are a 'nut free' school.
- Students are not permitted to share food.

Kind regards

Samantha Harris (Acting Executive Teacher)

## Staying Covid Smart at School



**Free rapid antigen tests** are available at the front office (nasal and saliva).

**STAYING COVID SMART AT SCHOOL**

As you may be aware, there has been an increase in COVID-19 cases across ACT public schools in recent weeks.

To help stop the further spread of COVID-19 in our school, we are encouraging and implementing the following measures:

- Students who are COVID-19 positive or displaying symptoms (including a runny nose, sore throat, cough, fever) should test and **must not attend school while unwell**.
- Parents and carers must **inform schools** if their child is COVID-positive.
- Keep up to date with vaccinations.
- Families can access a **free rapid antigen test (RAT)** from the front office of their school. Nasal and saliva tests are available. **Test when symptomatic or as a precaution.**
- Practise good hand and respiratory hygiene.
- Distance where possible.

For the latest COVID-19 advice please visit the [ACT's COVID-19 website](https://www.act.gov.au/health/covid-19).

# Important P&C Message



Dear Red Hill families,

I have really enjoyed being in the P&C Treasurer role for 5 years, and being involved with the P&C. It has helped me to feel much more a part of the school community; I've learnt some new skills, and I've met some really inspiring and talented people (and made new friends!). However, as my children have now finished at the school, it is time for me to pass on the Treasurer baton to someone else.

And I would like to do that from 1 July. However, that doesn't mean I'll just leave the next person to it - I will definitely do a proper handover and provide support to the next Treasurer for as long as they need it.

If you think you could take on this important role, please consider putting your hand up. Ideally you would have some book-keeping skills - however, those skills aren't essential. Also, you can, of course, choose to take on the role only for a year or two (regardless of how long your child has left at the school) - you don't have to stay on until your child has finished at Red Hill.

Essentially, this role requires the person to:

- use XERO to reconcile the 3 P&C bank accounts (*one for the uniform shop, one for the preschools, and one for 'everything else'—such as takings from events, donations etc.*)
- pay the Uniform Shop Manager
- pay invoices, and refunds to other parents, from time to time, and
- prepare basic reports for P&C meetings.

It would definitely be possible to split the duties of the role too.

Unfortunately, neither the P&C, nor the Uniform Shop (which is run by the P&C), can continue if there is no Treasurer.

If you think you could take on this role, please contact me via email – [rhps.pandc@gmail.com](mailto:rhps.pandc@gmail.com). If you're not sure about taking on the role, but have questions about it, please also feel free to send me an email.

Thank you for considering this request.

Warm regards, Kelli Jones



# Garden Working Bee

Thank you to all those families who came to the garden working bee we had on Sunday 4<sup>th</sup> June! We achieved so much with many workers.

If anyone is interested in being involved in the garden on a regular, voluntary basis, please email your name and mobile number to Flip at [calamityj75@hotmail.com](mailto:calamityj75@hotmail.com).



# Sporting News

Congratulations to Ian Zagrapan from Year 6 (3rd Place) and Mathilda Kearns from Year 5 (2nd Place) who recently received a 2nd and 3rd place at the ACT swimming carnival and were selected to represent the ACT at Nationals in August. We wish to congratulate Ian and Mathilda on this fantastic accomplishment and wish them all the very best in the upcoming swim meet. We are very proud of you!!

Miss Jenkins and I recently took 50 very enthusiastic students to the Regional Cross Country Carnival held at Stromlo. The students were full of enthusiasm, respectful, displayed excellent sportsmanship, tried their very best and had a great day outdoors. Congratulations to all runners and thank you to their families who not only supported them but stayed on to cheer for all the Red Hill Students. We are very proud of you and wish those students who progress through to the ACT carnival all the very best of luck!

Thank you also to the P&C for providing a delicious selection of fruit to all our runners on Cross Country Day. Your donation was very kind and help provided much needed sustenance to our runners 😊

Heidi Norton

PE Teacher

## SunSmart Hats

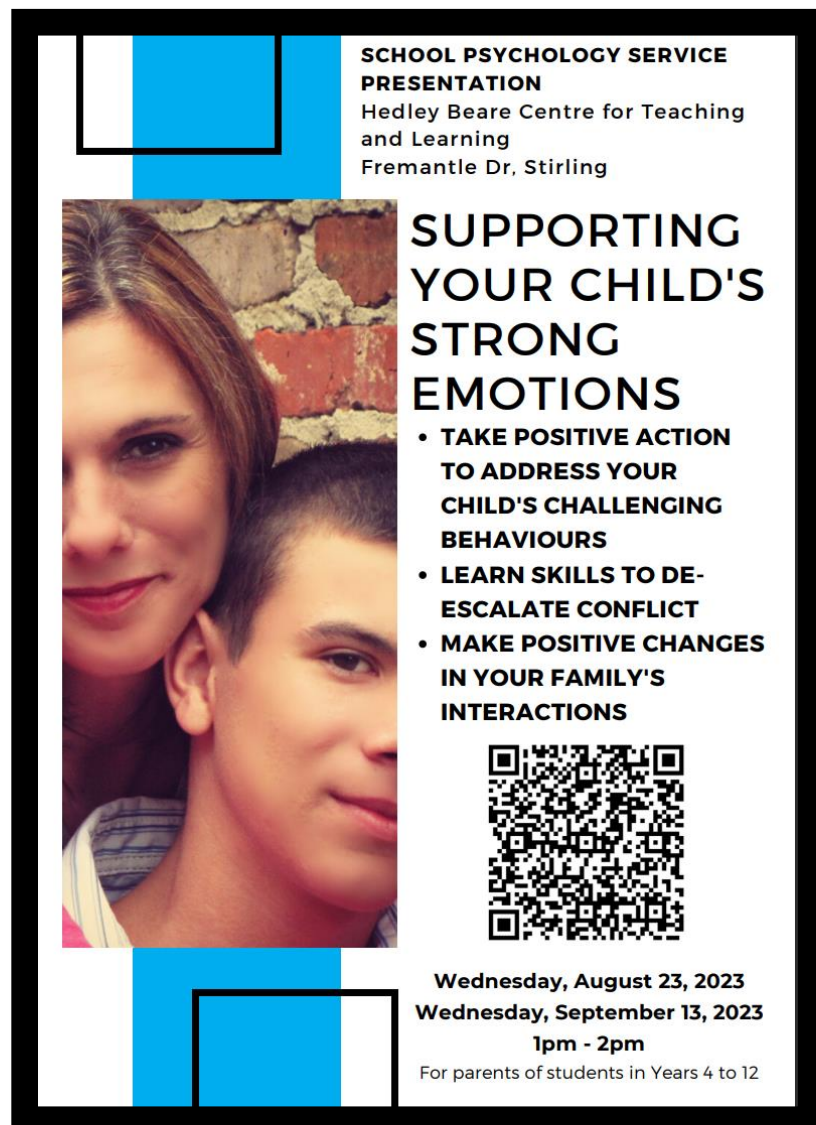
As of the end of May students no longer need to be wearing their SunSmart hats at school. SunSmart hats are optional for June and July and students can get some vitamin D. The uniform shop also has Red Hill Beanies which are a good option in the colder months. Please ensure that all winter jackets, jumpers, gloves and beanies have students' names on them.

# School Psychology Service

The School Psychology Service Early Intervention team are providing two parent presentations in term 3 that are aimed at supporting parents in responding to their child's strong emotions. During these presentations parents/carers will learn strategies to take positive action to address their child's challenging behaviours, learn skills to de-escalate conflict, and learn how to make positive changes in their family's dynamics. For parents of students in years 4-12.

Sessions will be held on Wednesday, August 23 and Wednesday, September 13, 2023, from 1:00pm – 2:00pm at the Hedley Beare Centre for Teaching and Learning.


Parents can sign up to attend directly through the QR code on the flyer, or by registering online.

A flyer for a School Psychology Service presentation. It features a blue and white geometric design on the left and right sides. In the center, there is a photograph of a woman and a young boy smiling. To the right of the photo, the text reads: 'SCHOOL PSYCHOLOGY SERVICE PRESENTATION', 'Hedley Beare Centre for Teaching and Learning', 'Fremantle Dr, Stirling'. Below this, the main title is 'SUPPORTING YOUR CHILD'S STRONG EMOTIONS'. A bulleted list follows: '• TAKE POSITIVE ACTION TO ADDRESS YOUR CHILD'S CHALLENGING BEHAVIOURS', '• LEARN SKILLS TO DE-ESCALATE CONFLICT', '• MAKE POSITIVE CHANGES IN YOUR FAMILY'S INTERACTIONS'. A QR code is positioned below the list. At the bottom, the dates 'Wednesday, August 23, 2023' and 'Wednesday, September 13, 2023' are listed, along with the time '1pm - 2pm' and the target audience 'For parents of students in Years 4 to 12'.

**SCHOOL PSYCHOLOGY SERVICE PRESENTATION**  
Hedley Beare Centre for Teaching and Learning  
Fremantle Dr, Stirling

**SUPPORTING YOUR CHILD'S STRONG EMOTIONS**

- TAKE POSITIVE ACTION TO ADDRESS YOUR CHILD'S CHALLENGING BEHAVIOURS
- LEARN SKILLS TO DE-ESCALATE CONFLICT
- MAKE POSITIVE CHANGES IN YOUR FAMILY'S INTERACTIONS



Wednesday, August 23, 2023  
Wednesday, September 13, 2023  
1pm - 2pm  
For parents of students in Years 4 to 12



# Lost and Found

## Lost and Found

We are changing the way we process lost and found at the school.

During Covid parents were limited from attending the school so staff distributed items back to students.

Now with restrictions reduced we are returning to a system where students are primarily responsible for collecting lost and found from outside the uniform shop.

All lost and found will be placed in the big blue bin in the corridor outside the uniform shop. A few times a week this will be sorted and placed in the adjoining cupboards which are divided into named uniform items, unnamed uniform items, non-uniform clothing and in the final cupboard drink bottles, lunch boxes and other items. By sorting the items, we hope to make searching quicker and easier for the students. Parents are also welcome to look for an item there at drop-off or pick-up.

We are making this change partly because returning items took up a lot of staff time and also because having the students responsible for recovering items will hopefully encourage them to not lose them in the first place.

Michael

Uniform Shop Manager





# Uniform Shop

## Ordering Online

The Red Hill School P&C Association uses Flexischools for uniform shop sales.

<https://www.flexischools.com.au/>

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.

School Uniform orders for existing students will be delivered to your child's classroom. Otherwise, orders can be collected from the front office.

## Ordering in person

Opening hours Wednesday 8.30 to 10:00am and Friday 2.30 to 4.00pm. We prefer payment by credit card, but we can accept cash.

With COVID continuing to present a risk we prefer that orders are made online where possible.

Secondhand requests can be emailed through to the shop manager.

Donations can be placed in the purple bin in the front office foyer.

Lost property will continue to be monitored and items that are labelled sent to the front office for return to the student. Anything not labelled will be sent to charity.





## Healthy Kids Canteen Menu Red Hill Primary School

Order online at [www.flexischools.com.au](http://www.flexischools.com.au)

Term 2  
2023

### Sandwiches & wraps toasted or untoasted

All served on wholemeal bread unless otherwise requested.

Vegemite (with margarine) <b>V</b>	\$3.00
Cheese <b>V</b>	\$3.50
Cheese & tomato <b>V</b>	\$4.00
Ham	\$4.00
Ham & cheese	\$4.50
Ham, cheese & tomato	\$5.00
Ham & salad	\$5.50
Ham, lettuce & mayo	\$4.50
Chicken & cheese	\$5.00
Chicken & salad	\$4.80
Chicken, lettuce & mayo	\$4.50
Tuna & cheese	\$4.50
Tuna, lettuce & mayo	\$4.50
Rainbow: Lettuce, carrot, tomato, cucumber, beetroot <b>V</b>	\$4.50
Salad & cheese <b>V</b>	\$4.20
Egg & cheese <b>V</b>	\$4.50
Egg, lettuce & mayo <b>V</b>	\$4.50

### Change up your sandwich

Add: ham, chicken, tuna, egg or cheese	\$1.00
Add: Lettuce, carrot, cucumber, tomato, beetroot	\$0.60

Change to: wrap	Extra \$0.50
Change to: gluten-free bread <b>GF</b>	\$1.00

### Fresh salads

Build your own salad	From \$5.00
Seasonal fruit salad <b>V GF</b>	\$4.00



**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.

### Hot meals

Pasta Bolognese	\$6.50
Pasta Napolitana	\$5.50
Sausage roll	\$5.50
Beef lasagna	\$6.50
Veggie lasagna	\$6.50
Honey soy fried rice - chicken	\$6.50
Honey soy fried rice - veggie	\$5.50

### Weekly specials

<b>Wednesday:</b> Stone baked pizza	\$6.50
<b>Thursday:</b> Crispy chicken burger wrap	\$6.00
<b>Friday:</b> Nacho dippers	\$6.00
Sushi rolls	\$4.80

### Snacks

Piece of seasonal fruit <b>V GF</b>	\$2.00
Poppin' corn <b>V GF</b>	\$1.00
Jelly (made with 100% juice)	\$2.00
Fluffy chocolate mousse <b>V GF</b>	\$2.50
Banana bread <b>V</b>	\$2.00
Cheesy garlic bread <b>V</b>	\$2.50
Veggie sticks	\$2.00
Custard cup	\$2.00
Jelly / custard	\$2.00
Milo cookie	\$1.50

### Frozen

Quech juicy sticks <b>V GF</b>	\$1.00
Twisted frozen yoghurt (chocolate/vanilla, Strawberry/vanilla, watermelon/mango) <b>V GF</b>	\$3.00
Juice cups	\$2.00

### Drinks

Plain milk: 300ml	\$2.50
Sipahh straw	\$0.50

Red Hill School Calendar 2023 – Term 2					Mon 24 April – Fri 30 June
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 April 24 – 28		April 25 Anzac Day Public Holiday			
Week 2 May 1 – 5					
Week 3 May 8 – 12					Year 3 Assembly
Week 4 May 15 – 19		PBL Parent Workshop 2.30pm	May 17 Combined Band-Year 6 5.30-7pm Parent Information Evening		May 19 Cross Country
Week 5 May 22 – 26	May 22 School Photos	May 23 Preschool Photos		May 25 School photos – Year 6 and Groups, catch up day. Rostrum Finals	May 26 Preschool Photos SRC fundraiser Year 6 Assembly
Week 6 May 29 – June 2	May 29 Reconciliation Day Public Holiday	May 30 West African Dance Workshop	May 31 West African Dance Workshop	June 1 Year 6 Fizzics Incursion	Kinder Assembly
Week 7 June 5 – 9		June 6 Regional Cross Country	June 7 French Puppet Show K-3		June 9 Cross Country Assembly Preschool Birrigai Excursion
Week 8 June 12 – 16	June 12 Sovereigns Birthday	June 13 Preschool – Birrigai Excursion	June 14 Botanic Gardens Yr 3		Year 4 Assembly
Week 9 June 19 – 23					
Week 10 June 26 – 30	CHESS COMPETITION				



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# FOOTBALL SCHOOL HOLIDAY PROGRAM



**WEEKS 1 & 2**  
**3 DAYS | 9AM-12PM**  
**JOIN US ON THE FIELD!**



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experience creating a micro-business,  
hand-made products, and a market day @  
Old Bus Depot Markets selling products to  
customers!

#### **JULY PROGRAM:**

**2-day workshop:** Thurs, July 13+ Fri, July 14 @  
Canberra University, Faculty of Arts and  
Design, Bruce. 9.30am - 4pm (both days).

**Market Day:** Old Bus Depot Markets, Kingston  
on Sunday, July 23 from 9.00am - 2.30pm.

**BOOK:** [www.edii.com.au](http://www.edii.com.au)