

RED HILL SCHOOL NEWSLETTER

INSIDE THIS ISSUE

PG. 2

Leadership Team Overview

PG. 3-5

Happy Families and Mind Map
ACT

PG. 6

2024 Enrolments and ACT
Swimming Championships

PG. 7

SRC Fundraiser

PG. 8

Uniform Shop

PG. 9-10

Canteen

PG. 11

Calendar



Year one come to together to do some collaborative
artwork to music.



Red Hill School is a Nut Free Environment



19th May 2023



ACT
Government
Education

Red Hill
SCHOOL
Open hearts • Inquiring minds



Notes Home

- ❖ Aladdin Puppet Show (K-3)
- ❖ Fizzic Incursion (Yr 6)
- ❖ Combined Band (Yr 5)
- ❖ Voluntary Contribution

Astrolabe Street, Red Hill

Ph: 6142 0960

PO Box 22, Red Hill, ACT 2603

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,

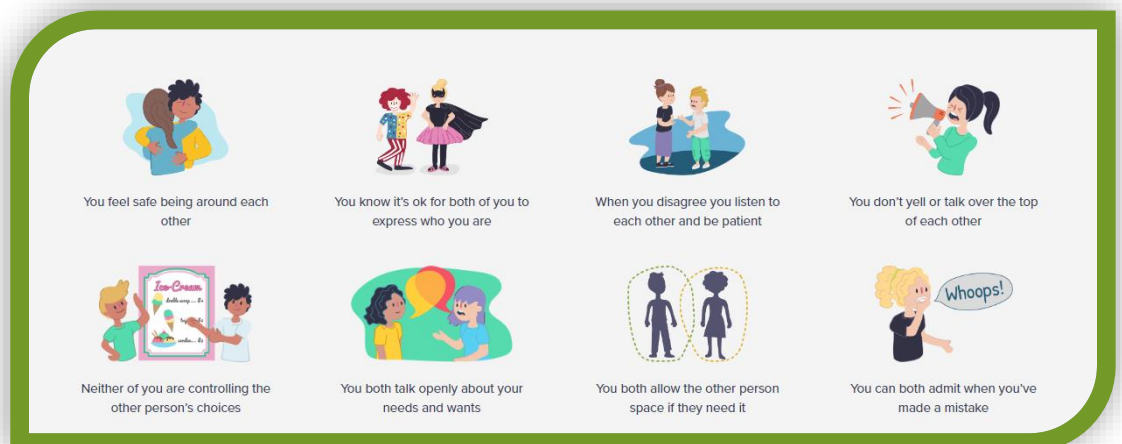
As part of our commitment to Positive Education we have dedicated most of this newsletter to health and wellbeing, and included some resources that you may find useful.

Our school wide Positive Education focus this term is on the demonstration of 'respect': respect for our environment, each other and ourselves. This is connected to the IB Learner Profile attributes of being caring, principled, open-minded and communicators. At assemblies, in class, in the corridors and on the playground, we are constantly reminding students what respect looks and sounds like. We are positively reinforcing the students' demonstration of respectful behaviour and attitudes through a new token system.

Each term will have a different focus. When students demonstrate the focus behaviour/attitude staff members can positively acknowledge this by handing them a 'gold' token. At the front office we have four colourful containers, one for each school house. The students take their gold tokens to the front office and place them in the correct container for their house, thereby contributing to house points. At the end of each term our student leaders will count the tokens and announce the winning house at assembly. The famous Red Hill 'Golden Gnome' has been reinstated and will be proudly wrapped in the scarf of the winning house until the end of the following term.



The infographic below is hyperlinked to the [Kids Helpline](#) page about respect and is a great starting point for having a conversation at home if you would like to reinforce the messages we are imparting to students at school.



Happy Families

As a Positive Education school, we subscribe to the 'Happy Families' School Membership! Owned and run by Dr Justin Coulson, one of Australia's leading parenting experts, the membership offers a wealth of parenting education resources. We will regularly share the resources with you available through our membership, including Insight Articles and Live Webinars. You can also access your resources at any time using the below URL (unique to our school) and password.

<https://schools.happyfamilies.com.au/login/rhps>

PASSWORD: happyrhps

INSIGHTS ARTICLES

A new Insights article is released weekly. Insights articles are written by Dr Justin Coulson and other leading experts and provide parenting education and support for a wide variety of traditional and contemporary parenting challenges. You can also access 300+ previous [Insights articles](#) on our school's URL.

PARENT WEBINARS

You have access to 10 live webinars a year on our school's membership page via our school's unique URL. From there, you'll also be able to access the Video Library which is the full back catalogue of all of Justin's and Parenting Ideas' previous webinars.

The webinars take place once a month. As they are live, you'll be able to ask Dr Justin and / or the guest presenters questions in real time. The recordings will be available later in the Video Library as mentioned above.

UPCOMING LIVE WEBINARS

The Parenting Revolution

Monday 22 May 8pm AEST

Share this URL: <https://schools.happyfamilies.com.au/the-parenting-revolution/>

**Note that the link will only work if you are already signed into the school's page.*

What does it mean to be a good parent? Are you a good parent when your child is compliant, but a bad parent when they're not? What if they're perfect at age three and challenging at thirteen? And what if your child has additional needs?

The Parenting Revolution is about parenting styles and what it takes to be a great parent. We know about tiger parents, helicopter parents, free-range parents, but have you heard of Tesla parents, leaf-blower parents or iPhone 6 parents?

So many styles, but is there one that actually works?

Join Dr Justin for a practical webinar which draws on content from his new book, 'The Parenting Revolution', and incorporates up-to-the-minute research in parenting science as well as studies of childhood development.

Dr Justin Coulson will show you:

- *how our children thrive when we understand and meet their basic psychological needs*
- *how our job is not to fix our kids, but to create an environment that supports their growth and development; and*
- *how children flourish when we minimise control, but maximise our warmth and involvement, and establish healthy boundaries.*

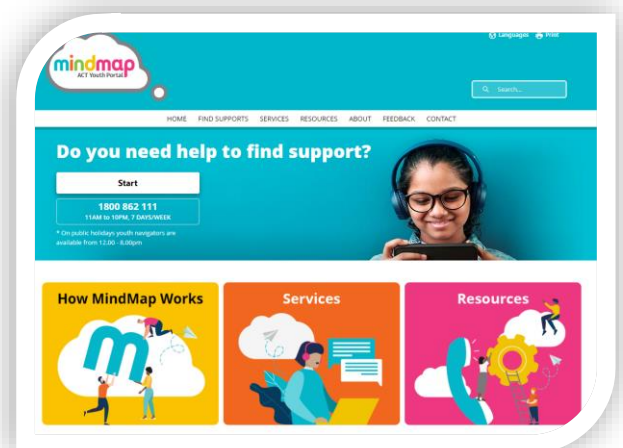
Not all children are the same, and Justin considers a range of circumstances that you or your child might be in – including children with non-typical development. His revolutionary approach and practical strategies will encourage you to change the way you parent forever.

We hope you enjoy the Insights and webinars!

Mind Map ACT

[Mind Map ACT Youth Portal](#) is a dedicated portal for parents, children and young people (up to 25 years of age) to help navigate Canberra's mental health system and to find the right service and support.

Phone : 1800 862 111
1AM to 10PM, 7 DAYS/WEEK



Parent & Carer Online Safety Webinars - 2023

Help your family be more confident and safe online

All parents and carers of an ACT public school student are invited to attend an online safety (eSafety) information session designed to develop their knowledge and skills in supporting their child with digital technologies. This webinar will look at understanding the current eSafety issues children and young people are experiencing, how to support your child to be safe online, resources for preventing and responding to online issues, and where to go for further support.

Families are invited to attend one or more of the following sessions held online from 6.00-7.00pm:

	Primary	Secondary
Term 1	21/2 or 23/3	23/2 or 21/3
Term 2	9/5 or 8/6	11/5 or 6/6
Term 3	1/8 or 31/8	3/8 or 29/8
Term 4	17/10, 14/11 or 16/11	19/10, 14/11 or 16/11



bit.ly/3TyRaZx

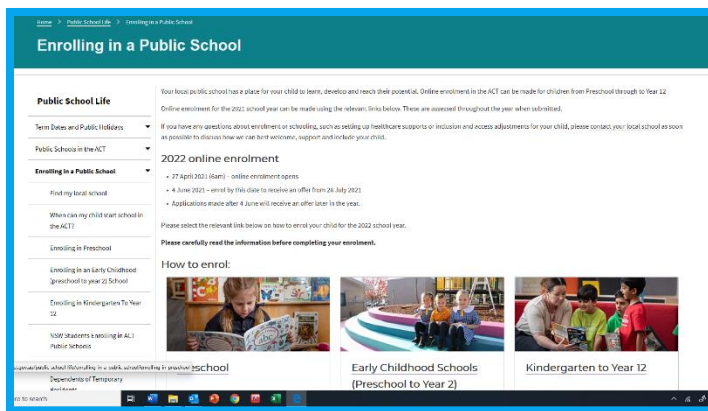
Scan the QR Code or type in the address for more information and to register for one or more parent and carer eSafety webinars.

2024 ENROLMENTS ARE OPEN

Is your child starting preschool, moving to high school or transitioning to another primary school next year?

Enrolments for the 2024 school year are open. Visit education.act.gov.au (see image below) for the online application link and information about the school in your child's Priority Enrolment Area. Apply by 2 June to receive an offer by 24 July 2023. Applications made after this date will receive an offer later in the year.

If you would like any advice or assistance to lodge an enrolment application, please contact Louise Owens (Principal) or Jo Hastings (Enrolments Officer).



ACT Swimming Championships

Congratulations to our swimmers Ian Zagrapan, Corbin Rosenblatt, Mathilda Kearns, Heidi Haling and Avery O'Farrell who competed at the AIS in the recent ACT swimming championships. They were all so dedicated, enthusiastic and swam incredibly well. They made us proud! We wish them all the very best if they are selected for the upcoming Nationals. Thank you also to their families who are always a fantastic support and were a fantastic cheer squad for all the Red Hill swimmers! Red Hill could not be prouder of you and your achievements Ian, Corbin, Mathilda, Heidi and Avery 🥳

Heidi Norton (PE Teacher)

SRC Fundraiser

When I grow up, I want to
be...

Raising money for the
earthquake in Turkey

Friday Week 5, 26th of
May

Gold coin
donation



Kindergarten to Year 6 🤗



On behalf of the SRC 😊



PIC•COLLAGE

REMEMBER SCHOOL PHOTOS ARE ON NEXT WEEK!!!!

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

term 2
2023

Sandwiches & wraps toasted or untoasted

All served on wholemeal bread unless otherwise requested.

Vegemite (with margarine) V	\$3.00
Cheese V	\$3.50
Cheese & tomato V	\$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 V	\$4.50
Salad & cheese V	\$4.20
Egg & cheese V	\$4.50
Egg, lettuce & mayo V	\$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 GF	\$1.00

Fresh salads

Build your own salad	From \$5.00
Seasonal fruit salad V GF	\$4.00

Hot meals

Pasta Bolognaise	\$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

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

Snacks

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

Frozen

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

Drinks

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



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.



Red Hill Primary Greek Lunch Special

What: The canteen is having a Greek Lunch Special!

When: Thursday 25th May

How much: \$10.00

Please note: The regular lunch menu will not be available on this day.

Your order will include:

- **Mezze platter**
Tzatziki, hummus, carrot sticks & flat bread
- **Spanakopita**
Spinach and ricotta pastry
- **Revani cup cake**
Greek semolina syrup cake

Gluten free option available!

Please order ONLINE by 10:00am on Monday 22th May at

FLEXISCHOOLS

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 Workshops	May 31 West African Dance Workshop Year 3- Excursion Botanical Gardens	June 1 Year 6- Fizzics Incursion	Kinder Assembly
Week 7 June 5 - 9			June 7 French Puppet Show K-3	June 9 Preschool Birrigai Excursion	
Week 8 June 12 - 16	June 12 Sovereigns Birthday	June 13 Preschool – Birrigai Excursion			Year 4 Assembly
Week 9 June 19 - 23					
Week 10 June 26 - 30					