

# RED HILL SCHOOL NEWSLETTER

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The official opening of Rozalia's 'Italian Restaurant' was an enormous success.

Thank you to everyone for being involved and showing their support for this beautiful family.

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



### Notes Home

Basketball

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Music Evenings (student)

20<sup>th</sup> October 2022



**ACT**  
Government  
Education

**Red Hill**  
SCHOOL

*Open hearts • Inquiring minds*



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Fee code for Voluntary Contributions is VOL CONS

# Leadership Team Overview

Hello Parents and Carers,

Last week we published a special newsletter as we had some time important information that we wanted to get out to you ahead of the standard newsletter publishing date. I have included some of the information from last week's newsletter again to ensure no one misses it.

## **Pupil Free Day**

The ACT Government is supporting all ACT public schools to hold two 'pupil free' planning days this term. These days will provide teachers with some extra space to complete assessment, reporting and curriculum planning. This term the Education Directorate has determined that the pupil free days will be on Friday, October 28th, 2022, and Monday, November 28th, 2022. We will be asking that where possible students do not attend school on these days. Children of essential workers and vulnerable children will still be able to attend school and be supervised. Please complete this [form](#) if your child requires supervision onsite at Red Hill School for the pupil free day on Friday, October 28th. A separate registration form will be sent for the second pupil free day closer to the time.

## **Children's Week**

"In 1954 the United Nations General Assembly proclaimed Universal Children's Day as a day to promote friendship and understanding among children of the world. From this beginning it developed into a day that focused attention on the issues and needs of children and their families. Following the International Year of the Child in 1979 the Commonwealth Government suggested that Universal Children's Day be celebrated throughout Australia. The name was then changed to Children's Week to take in a wider audience. Children's Week Committees in each State and Territory seek to focus attention on the theme of Children's Week – with due regard to the rights, needs and accomplishments of children, within the context of the family, the community and the world."

This year's focus is that all Children have the right to a standard of living that supports their wellbeing and healthy development, and that the government should help families who cannot afford to provide this. During Children's Week we will invite our students to contribute their views through writing and drawing on what they think are key factors that help with wellbeing or a happy life. Their contributions, which are important in this conversation, will be displayed in the Breezeway for all of us to reflect on.

## Upcoming Musical Evenings

We are excited to be able to showcase the work of our staff and students in the music ensembles this year. We have separated the previous traditional musical evening into two events that will both run in week four. This decision was made based on community feedback last year and in consideration of ongoing Covid recommendations. Students from each of the ensembles will perform on one of the two nights. Tickets for each evening will be on sale from the start of next week and registration will be through Eventbrite. Everyone is welcome. The money raised on the evenings will go towards our sponsorship of Mohamed Sylla, a child who we support to attend school in Guinea. Moreover, every entry ticket will go into a lucky door draw for exciting prizes!

- Music Evening (Wassa Wassa) **Tuesday 1<sup>st</sup> November 6.30pm to 7.30pm (week 4)**
- Music Evening (Band and Choir) **Thursday 3<sup>rd</sup> November 6.30pm to 7.30pm (week 4)**

## Year 1 Zoo Excursion

On Tuesday, 18 October 2022 our Year 1 students visited the National Zoo and Aquarium. The students had a wonderful time and I'm reliably informed the highlights of the trip were feeding the emu, touching the reptiles and visiting the aquarium. Thank you to Mrs. Winchester for organising the excursion and to all of the accompanying staff and parent volunteers on the day. Photos from the excursion can be found later in the newsletter.

## Rozalia's Restaurant at Griffith Preschool

On Sunday evening we welcomed the Spadafora family along with the Griffith Preschool, Red Hill School and St Bede's Primary School communities to the opening of Rozalia's 'Italian Café' at Griffith Preschool. This was a wonderful event with about 150 people coming together to celebrate the restaurant opening and remember Rozalia. We would like to thank all of those who came along as well as the team of people who organised this event. Julie and Bronwyn from Griffith Preschool did a wonderful job, and they were so well supported by the Griffith Preschool P&C, the Red Hill School P&C and Rozalia's family. So many community members contributed in different ways to ensure we could purchase the café, have it transported and constructed, and finally have it furnished so beautifully. This was a reminder of what an excellent community we belong to.

## BASE Assessments

The kindergarten students are currently sitting the BASE end of year assessment with their teacher. The BASE assessment is administered one on one with the teacher, and it takes about 20-30 minutes for each child to complete. We anticipate all kindergarten students will have completed the assessment by Thursday next week. Parents will receive their child's results later in the year. The Education Directorate coordinates the distribution of results and when they arrive with us, we will forward them to parents.

## Kindergarten Health Check

The Child and Adolescent Immunisation Team is offering catch-up clinics for those children whose parents consented for them to have the kindergarten health check but were absent on the day/s they attended the school. Parents would have received an 'absent' letter from the Child and Adolescent Immunisation Team, informing them of their child's absence and inviting them to phone Central Health Intake to make a Kindergarten Catch Up appointment.

Appointments are held in the City Health Centre, Level 2, 1 Moore Street, Canberra City, and are available from **Friday 9<sup>th</sup> December until Friday December 16<sup>th</sup>**. Parents can call **Central Health Intake on 5124 9977** to make this appointment. When there is a queue, they offer a call back service. Parents may choose this option to retain their spot in the queue and receive a call back in turn.

Dave Corcoran

Deputy Principal

## Mandarin Classes

China holds a myriad of opportunities both culturally and economically for Australia as a country and all of us as individuals. This said, negotiating the nuanced and complex Sino-Australian relationship is not easy. Learning the Chinese language and the right aspects of Chinese culture can make all the difference in achieving better outcomes for all of us.

Commencing Friday 21 October 2022, running every school week Friday until the end of the school year, a parents and teachers' Mandarin class will be held in the Community Hub from 8.30am to 9 am.

Mandarin is one of the easiest languages to learn to speak. Dedicated students have reached basic fluency in as little as 10 weeks.

When: Friday mornings 8.30am to 9am

Where: Red Hill Primary Community Hub

Contact: [chad.birks@ed.act.edu.au](mailto:chad.birks@ed.act.edu.au) or 0405050420



We have another bookfair coming up which is running over 2 weeks (Weeks 3 and 4).

This time around we will have a face-to-face option where children can come in to view and purchase books, accompanied by a parent, either before or after school.

Parents and their children must visit on their allocated day (see below). Siblings are allowed to come together, on the older sibling's rostered day.

Students can also purchase books without a parent present during their rostered weekly library session.

## Book fair Roster (Term 4 Week 3)

Please be aware that this roster is for face-to-face visits only. The online component of this book fair is available to you 24/7 over the period of the book fair.

	Before School accompanied by parent	During the school day - order in the library	After School accompanied by parent
Monday 24/10/2022	Kindergarten	All year levels	Kindergarten
Tuesday 25/10/2022	Year 1 & Year 2	All year levels	Year 1 & Year 2
Wednesday 26/10/2022	Red Hill Preschool	All year levels	Red Hill Preschool
Thursday 27/10/2022	Year 3 & Yea 4	All year levels	Year 3 & Yea 4
Friday 28/10/2022	Year 5 & Year 6	All year levels	Year 5 & Year 6

Note: If parents would like to bring siblings together, please bring the younger sibling on the older sibling's day.

## Book Fair Roster (Term 4 Week 4)

Please be aware that this roster is for face-to-face visits only. The online component of this book fair is available to you 24/7 over the period of the book fair.

	Before School accompanied by parent	During the school day - order in the library	After School accompanied by parent
Monday 31/10/2022	Kindergarten	All year levels	Kindergarten
Tuesday 01/11/2022	Year 1 & Year 2	All year levels	Year 1 & Year 2
Wednesday 02/11/2022	Griffith Preschool	All year levels	Griffith Preschool
Thursday 03/11/2022	Year 3 & Year 4	All year levels	Year 3 & Year 4
Friday 04/11/2022	Year 5 & Year 6	All year levels	Year 5 & Year 6

Note: If parents would like to bring siblings together, please bring the younger sibling on the older sibling's day.

## Uniform Shop

Due to COVID restrictions, all uniform shop orders are to continue via flexischools.

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

COVID restrictions permitting...new families can book time with the Uniform Shop Manager if needed; please email for a booking time: [rhps.uniformshop@gmail.com](mailto:rhps.uniformshop@gmail.com)

Secondhand requests can be emailed through to the shop manager.

Donations are to 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.



# Uniform Shop Extended 2022/2023 Hours

## December 2022

### Week 9 & 10 December 7th to 9th

Wednesday 7th December	8.30am to 9.30am
Friday 9th December	2pm to 4.00pm
Wednesday 14th December	8.30am to 9.30am
Friday 16th December	2pm to 3.30pm

*Flexischool order cut off for 2022 will be 7th December 2022.*

*All orders placed during week 9 will be delivered by Wednesday 14th December.*

**Last Day for opening in 2022 is**  
**FRIDAY 16th December**

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## JANUARY 2023

### Set up in the Art Room next door to Uniform Shop

Tuesday	24th January 2023	8.30am to 12pm
Wednesday	25th January 2023	12.30pm to 3.00pm
Friday	27th January 2023	8.30am to 12pm

*Flexischool orders will reopen on 18th January 2023. All orders placed between the 22nd and 31st January can be collected during above opening times.*

### Term 1 Week 1 2023

Monday	30th January 2023	8.30am to 10.30am
Tuesday	31st January 2023	8.30am to 10.30am
Wednesday	1st February 2023	8.30am to 10.30am
Friday	3rd February 2023	2pm to 4pm
Wednesday	8th February 2023	8.30am to 9.30am
Friday	10th February 2023	2pm to 4pm

**Regular Shop hours for 2023 to be confirmed.**





# Healthy Kids Canteen Menu

## Red Hill Primary School

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

Term 3  
2022

### 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

### Hot meals

Pasta Bolognaise: beef <b>H</b>	\$5.80
Pasta Napolitana <b>H V</b>	\$5.00
Lasagne: beef <b>H</b>	\$5.80
Lasagne: veggie	\$5.80
Butter chicken & rice	\$5.80
Stone-baked pizza (cheese or ham & pineapple)	\$5.80
Four'N Twenty Lite sausage roll	\$5.00
Four'N Twenty traveller pie	\$5.80
Add cheese to pasta	extra \$ .30

### Snacks

Piece of seasonal fruit <b>V GF</b>	\$1.50
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	\$1.00

### 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

**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 School Calendar 2022 – Term 4					Mon 10 Oct – Fri 16 Dec
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Oct 10 - 14				13 Oct Chess Championship	Oct 16 Rozalia's Restaurant Official Opening. Sunday 5-7 pm
Week 2 Oct 17 - 21	17 Oct BASE testing begins for Kinder	18 Oct YR 1 Zoo Excursion 9.30-2.30pm			21 Oct Junior School Assembly – Hosted by Kindergarten Preschool Disco SRC Student Congress (Online) 11:30-12:30pm
Week 3 Oct 24 - 28			ACT Finals Basketball Year 3 Mungga -Iri Jingee Academy of Future Skills 9:30-2:35pm		28 Oct BASE Testing finishes Pupil Free Day
Week 4 Oct 31 – Nov 4	31 Oct Narrabundah ECS Transition Afternoon Tea 3.30- 4.15pm	1 Nov African Drumming Musical Evening 6.30- 7.30pm		3 Nov Band/Choir Musical Evening 6.30-7.30pm	
Week 5 Nov 7 - 11	7 Nov Preschool Wiradjuri Echo's 1pm -2pm				11 Nov Whole School Assembly Preschool Wiradjuri Echo's Excursion 1-2pm
Week 6 Nov 14 - 18		15 Nov 2023 Preschool/Kindy Orientations		17 Nov 2023 Preschool/Kindy Orientations	
Week 7 Nov 21 - 25		22 Nov 2023 Preschool/Kindy Orientations		24 Nov 2023 Preschool/Kindy Orientations	25 Nov Junior School Assembly Hosted by Year 2
Week 8 Nov 28 – Dec 2	28 Nov Pupil Free Day			1 Dec YR 6 Exhibition	
Week 9 Dec 5 - 9	5 Dec Telopea Transition Visit Year 6 9.30-1.30		7 Dec Year 6 Fun Day Christian Edu 9.10-3.00	8 Dec End of Year School Disco 6-9pm	9 Dec Year 6 Final Assembly (Year 6 Only) 9.30 -11.00
Week 10 Dec 12 - 16		13 Dec Pool Fun Day 9.00- 3.00		15 Dec Year 6 Graduation 11.00- 1.00	16 Dec Whole School Red Hill has Talent Assembly Hosted by SRC

# Community News

**WORLD'S  
GREATEST  
SHAVE™**



**Koda R**

I'm shaving on October 22, 2022 to  
help beat blood cancer.

[Donate to me](#)

# School Travel

## Term 4 2022

### 2023 school travel applications are now open

Applications for student travel in 2023 open from **Monday 10 October 2022**.

Students who need a School Opal card or travel pass for 2023 can [apply](#) now. A new application will need to be submitted if they are applying for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications, and entitlements remain valid for the start of the 2023 school year. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), we will send an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2023.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes.

Students/parents should confirm with their nominated operator if they do not receive a pass.

### Travel from Term 1 2023

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for 2023 School Student Transport Scheme (SSTS) travel open at the start of Term 4 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a busy period for local transport operators, and students travelling without a valid ticket make service planning and operations difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Students using School Opal cards are also reminded that they must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at [transportnsw.info/travel-info/using-public-transport/school-travel](https://transportnsw.info/travel-info/using-public-transport/school-travel)

Enquiries can be submitted at [transportnsw.info/contact-us/feedback/passes-concessions-feedback](https://transportnsw.info/contact-us/feedback/passes-concessions-feedback)





## Australian Childhood Anxiety TREATMENT STUDY

### Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

#### About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

#### About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

#### Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 [cadrp@griffith.edu.au](mailto:cadrp@griffith.edu.au)

 [griffith.edu.au/childhood-anxiety-treatment-study](http://griffith.edu.au/childhood-anxiety-treatment-study)



Australian Government  
National Health and  
Medical Research Council

 **Griffith**  
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