



WHAT'S ON Dates to Note

Melbourne Cup Day
2nd November

Prep 2022 Virtual
Information Evening
3rd November

Proposed Altered
Curriculum Day
17th December

School Council Dates

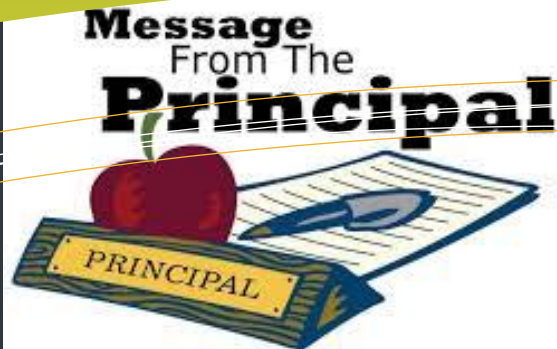
Tuesday, 16th November

Tuesday, 14th December

Term Dates

Term 4

4th October – 17th December



From the Principal

Dear families and friends,

I hope you and your children enjoyed the break from Remote and Flexible Learning over the school holidays and managed to spend some time away from screens. Now that our radius has been extended to 15km, I am sure that many of you explored a little further from home. The big announcement over the break was that students will be returning to school this term. I'm sure that you were all as thrilled as I was to hear this news. An email was sent to all families with the dates and details of this staggered return, but just in case you missed it here they are:

this issue

Principal's Report **P.1-2**

Wellbeing news **P.3-6**

TheirCare **P.7**

BACK TO SCHOOL IN METRO MELBOURNE

| Year Level | From 6 Oct 2021 | From 18 Oct 2021 | From 26 Oct 2021 | From 5 Nov 2021 |
|---|-----------------|-----------------------|------------------------|-----------------|
| Prep | | Monday - Wednesday | Monday - Wednesday | ✓ |
| Years 1 - 2 | | Thursday - Friday | Thursday - Friday | ✓ |
| Years 3-4 | | | Tuesday - Wednesday | ✓ |
| Years 5-6 | | | Thursday - Friday | ✓ |
| Year 7 | | | ✓ | ✓ |
| Year 8-9 | | | Tuesday - Wednesday | ✓ |
| Year 10 | | | Thursday - Friday | ✓ |
| Year 11 | | | ✓ | ✓ |
| Year 12 (VCE Units 3/4 and final VCAL and IB) | ✓ | ✓ | ✓ | ✓ |

Find out more at coronavirus.vic.gov.au



The latest Department of Education and Training Operations Guide has been distributed to all Victorian government schools, outlining all restrictions and safety measures in place. This document is constantly changing to reflect the latest health advice. Unfortunately, at this point in time all camps and excursions cannot proceed, nor can our swimming program. We are hopeful that this advice changes as we progress through the term. Sadly, this means our Grade 3 and 5 students will miss out on camp this year.

We must also continue to limit access to school to essential services only and face masks are mandatory for all visitors on school grounds. This means that parents cannot enter classrooms or hallways for any reason. If you must enter our administration area please call in advance and check in before entering.

More information will be sent home to all families prior to the return of students with arrangements for drop off and pick up as well as all health and safety measures that will be in place. All arrangements and measures will be in accordance with the Department of Education's Operations Guide.

As you would know, we did have a student free day planned for Monday the 1st of November. We have made the decision to reschedule this day until Friday the 17th of December, which is the final day of school for 2021. This change was made to allow for an uninterrupted staggered return of students. Please ensure you change this date on your calendars at home.

We are beginning to make initial plans and preparations for 2022. We are now taking formal requests to assist us develop class lists for next year. If you have a friendship request or if there is something specific you believe we should know, please submit your request in writing to the school email account (red.hill.cs@education.vic.gov.au) by Friday the 22nd of October. No requests will be accepted after this date. We ask that parents do not request certain teachers, as in many cases teachers move year levels from year to year. Instead, please describe the attributes in a teacher that would benefit your child. Please rest assured that our staff work tirelessly on these lists to ensure your child's academic and social needs are met. Please also call the office as soon as possible if your child/ren will not be attending RHCS next year.



Speaking of next year, information will be sent to you next week via the Compass Portal on how to purchase Educational Items to Own (formerly known as book packs) and how to make Curriculum Contributions towards items that are used by your children, like Mathletics, Reading Eggs and a variety of other tools that are used to support our students in accessing the curriculum.

As you would know, we rely heavily on Other Contributions to maintain our school buildings and beautiful natural surrounds. For example, our whole school swimming program and the maintenance of our pool is only possible due to the generous contributions of our parents. To make these payments, families must be registered with Compass. Emails were sent home to all parents and carers last term with clear instructions on how to set up Compass. As mentioned previously, Compass will be used this term to manage all payments. We will be launching all features of Compass to start the 2022 school year. If you are yet to set up your Compass account, please do so as soon as possible. If you need any help to do so, please call our wonderful administration team on 59892321.

Unfortunately our building project was impacted by the restrictions and our site has remained empty for the past two weeks. The good news is that our roofing sheets will go on this week. This is an important milestone for our project. I will post pictures of this exciting stage on Classdojo.

And finally this week, we are seeking volunteers to assist the Lions Club with parking at the Red Hill Market on Saturday the 4th of December. Each volunteer will raise much needed funds for our school. If you are willing and available, please email the school email account or call the school and we will pass your details on.

Please have a wonderful week and keep an eye on your inbox for a number of important emails that will be heading your way shortly.

Be kind, be grateful and be mindful! - Gus Wettenhall



WELLBEING NEWS

Getting Ready for the Return!

October is Mental Health Month and the 10th October is World Mental Health Day

Good mental health is when we can cope with the stressors of our daily lives, participate in loving relationships, contribute to our community, and work towards our goals. Everyone has mental health. And we can all benefit from looking after our own mental health and the mental health of our communities. Here are some ideas for ways to reflect, have fun, and find connection through October.



This year's World Mental Health Day campaign is encouraging everyone to make a promise to **“Look after your mental health, Australia.”**

It is a simple call to action for the one in five Australians affected by mental illness annually, and for the many more impacted by the current COVID-19 pandemic, and the increased uncertainty and anxiety that has ensued over the last eighteen months.

Lookafteryourmentalhealthaustralia.org.au

Mental Health Tips

1. **Stay Active**- exercise increases wellbeing and helps reduce symptoms of common mental health concerns
2. **Eat Well** - Eating nutritious food is beneficial to both your mental and physical health
3. **Connect With Others**- Where possible connect with others, share how you are feeling and invite others to share with you.
4. **Do Something You Enjoy Each Day**- Do activities that make you feel physically and emotionally comfortable, happy even!
5. **Limit Media Consumption**- Make sure what you are scrolling through is trustworthy and helpful- hopefully it can also make you smile and laugh
6. **Keep to a Routine** - Keep to a regular routine, with exercise, sleep, daily work and chores, recreation and connecting with others.
7. **Get an Early Night**- Prioritise this important part of the day for your wellbeing for the next day
8. **Be Kind to Yourself** - this is an extremely challenging and uncertain time for all of us- make sure you are being as kind to yourself as you are being to others
9. **Maintain Perspective** - Remind yourself of the things you are grateful for, and the skills you have learned.
10. **Seek Help**- Should you need to talk with someone, try trusted friends, your family or your GP. There are many online resources available too.

Please do not hesitate to reach out if you should require support, or you can recommend help for someone you know. The following list is from the Black Dog Institute. This may be a good one to cut and keep or even pass on to friends.

If you or your family are experiencing difficult circumstances or hardship and you would like to discuss how the school can help to support your children, please do not hesitate your classroom teacher or me on louise.kusel@education.vic.gov.au

Until next time, take great care of yourself and your loved ones and in a world where you can anything, be kind!

Louise Kusel – Acting Wellbeing Coordinator.



Tailored support options

1800Respect | 24/7 support for people impacted by sexual assault, domestic or family violence and abuse

Alcohol & Drug Counselling Online | 24/7 support for anyone affected by alcohol or drugs

Blue Knot Foundation | support for people who experienced abuse and trauma in childhood or complex trauma as an adult

Butterfly Foundation | support for an eating disorder

Carers Australia | support to improve health, wellbeing, resilience and financial security of carers

headspace | support for 12–25 year olds

Kids Helpline | 24/7 support for 5–25 year olds

MensLine | 24/7 support for men with family & relationship concerns

Open Arms | 24/7 support for veterans and families

PANDA | support for people affected by anxiety and depression during pregnancy and in the first year of parenthood

QLife | support for the LGBTI community

ReachOut | support for under 25 year olds

Relationships Australia | support for all people to achieve positive and respectful relationships

SANE | support for people affected by complex mental health (e.g. complex trauma, bipolar, psychosis, personality disorders)

If your life is in immediate danger dial 000

Beyond Blue | 1300 22 4636 **Lifeline** | 13 11 14

Suicide Call Back Service | 1300 659 467



**Black Dog
Institute**

CALENDAR OF TIPS TO TUNE IN

SUNDAY

3 Learn something new today and share it with someone

10 **Today is World Mental Health Day**
Listen to a song that makes you happy

17 Spend time in nature today

24 Take time today to be curious and listen to someone else's experience or story

31 Notice your boundaries by tuning into your feelings and values

MONDAY

4 Try singing at some point today!

11 Start a conversation with a colleague or friend about mental health stigma

18 Go outside today and feel the sun on your skin

25 Listen to music while working or doing a task

TUESDAY

5 Take time to rest, listen to your body and know when it's time to stop

12 Set a consistent bed time for the week

19 Be curious about yourself - explore things that spark your curiosity

26 Cuddle a four-legged friend or share an animal meme with a friend

WEDNESDAY

6 Reminisce on a funny or joyful time you've had in the last year

13 Write down or tell a friend something you're proud of

20 Take a bath or have a longer shower today

27 Take time to disconnect from screens today

THURSDAY

7 Send a short text or email to celebrate something unique about someone close to you

14 Do something creative - you could paint, draw, write, knit, or even cook [Link to colouring in](#)

21 Practice self compassion by being kind to yourself instead of self-criticizing

28 Immerse yourself in a story today by listening, reading or watching something enjoyable

FRIDAY

8 Take time to be mindful of your senses today - What do you smell, feel with touch, taste? [Link to Tune In](#)

15 Find time to do parallel play - Zoom call a friend to do something creative separately

22 Wear something that makes you feel like you - this could be something small or an entire outfit!

29 Make time today to connect with a friend

SATURDAY

2 Set daily positive reminders for the month

9 Educate yourself on how to be a Mental Health Ally [Link to Ally Pack](#)

16 Move joyfully by dancing, stretching or finding fun ways to move about your home

23 Be playful by making someone laugh

30 Tune into small wins by celebrate something you did well today

Mental Health Ally

Tune In to yourself and self care
Tune In to your senses
Tune In to others or making connections

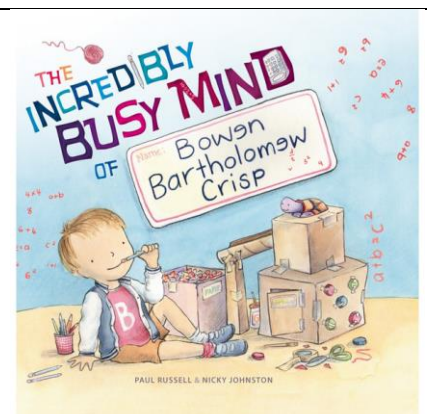
Follow along as we Tune In during the month of October
FB:mentalhealthnsw or Insta:wayaheadmentalhealth or share your journey with the hashtags #tunein #mentalhealthmonth #WayAheadNSW

Mrs Barnes' Book Recommendation

Everyone knows how much I love books and I get so excited about fantastic children's literature. Each newsletter I will be sharing with our school community about a great read. This fortnight I got my hands on a beautiful picture story called 'The Incredibly Busy Mind of Bowen Bartholomew Crisp', written by Paul Russell and illustrated by Nicky Johnston. This beautiful story explores how everyone is unique and different people have different ways of looking at the world. Our Grade 2 students can look forward to seeing this book in their classroom libraries when we return to school!

Most children would say that the ocean is blue, but when Bowen looks at it he sees white where the waves crash, deep black on the ocean floor, and green when there's a storm. He wonders whether fireflies are hot, and notices how the brushstrokes of a painting tell a story too. Bowen sees the world differently to other children and struggles to fit in. How will he find his place in the world?

The Incredibly Busy Mind of Bowen Bartholomew Crisp follows the life of Bowen through school and beyond. At every stage, he finds that he doesn't fit in with his peers, but this eventually becomes his greatest strength. Through thinking differently, he is able to solve problems that no one else could. After all, just because something can't be mended the same as it was, why can't it be mended differently?"





TheirCare
where kids love to be!



Welcome back everyone to term 4!

It was great to see some faces at the holiday programs in Rye and Dromana. Hopefully we get to see more of you soon, we miss your smiling faces.

For the first 3 weeks of term 4 Molly will be acting coordinator while Mariah is on placement for her studies. We wish her best of luck and look forward to her returning soon starting week 4.

During this term we will be starting to create and engage in Halloween. It is going to be a turned into a spooky and gooey place for you to come and play. Now that the sun is shining, we will also be able to go into the yards. Please remember your hats as we are now following the SunSmart policy.

Just a reminder to use the QR code on entry or sign the sheet.

Kind Regards

Redhill Their Care

Molly (Acting Coordinator)

Details & Calendar Info

Pupil Free Days:

6:30am to 6:30pm

Before School Care:

6:30 - 8:45am

Price before CCS: \$23.89

After School Care:

3:30 - 6:30pm

Price before CCS: \$26.52

Contact Details

Service phone:

0419 205 469

Service Email:

redhill@theircare.com.au

Theircare:

1300072410.

Theircare email:

info@theircare.com.au





ON-LINE LUNCH ORDERS

You can now order your child's lunch online @

www.mvschoolconnect.com.au/

Down load the App at the App Store or Google play

We have everything ready to go to make Lunch orders easy. All you need to do is register, add your kids, don't forget their grades, choose their lunch and we will take care of the rest. You can order in advance or on the morning until 9am Too easy!!

CANTEEN LUNCH ORDERS

For orders direct to Canteen Please write the following details for your child's lunch order on a Paper Bag:

Child's Name & Grade. Food order. Cash amount enclosed

Food Allergies in **Red Pen**

Please provide one bag per order

*If a bag is not supplied 20c for a bag will need to be included.

* To help us to comply with Food Safety Regulations all Paper Bags must be new

Grab a Coffee or Hot Choc on Canteen Day

| | |
|---------------|--------|
| Hot Chocolate | \$2.20 |
| Coffee | \$3.50 |
| Tea | \$2.00 |

Light Milk and Soy Available

TERM 4 2021

CANTEEN MENU



Nutritional Guide

All The Food in this Canteen Menu has be ranked by Nutrition experts using smiley faces. This allows you to make informed choices about your child's daily nutritional requirements.

😊😊-Green 😊- Amber

This Menu is in line with the DEECD School Canteen and other School food Policy "

Whilst we offer Gluten Free choices they are prepared with care in a Gluten environment

WWW.STIRCRAZYKIDS.COM.AU

Facebook/stircrazykidscanteen

TUMMY TEASERS

Available for lunch orders and every Canteen day at Recess and Lunchtime

| | |
|--|---------|
| 😊😊 Orange 1/4 | .40c |
| 😊😊 Slinky Apple | \$1.00c |
| 😊😊 Slice of Fruit in Season | \$1.00c |
| 😊 Mini Muffin | \$1.00c |
| 😊 Anzac Biscuit | \$1.00c |
| 😊 Corn Flake cookies (Gluten Free) | \$1.00c |
| 😊😊 Garlic Finger | .50c |
| 😊😊 Fresh pop corn Small | .50c |
| 😊 Ginger Bread People | \$2.20 |
| 😊😊 Yoghurt Tubs—Topped with Fruit Coulis | |
| Sml- \$1.00 Med- \$1.50 Lge-\$2.00 | |
| Available Frozen | |
| 😊😊 Quelch—Frozen Fruit Icy Pole | \$1.00 |

DRINKS

| | |
|-----------------------------------|--------|
| 😊😊 Juice Box 250ml— Apple /Orange | |
| Apple & Blackcurrant | \$2.00 |
| 😊 Oak Milk 250ml | |
| Choc / Straw /Van | \$2.60 |
| 😊😊 Plain Milk cup | \$2.60 |
| 😊😊 Lactose Free Choc Milk | \$2.60 |
| 😊 Hot Chocolate | \$2.20 |
| 😊😊 Bottled water | \$1.60 |



SPECIAL MEAL DAYS

MUNCHY MONDAY

- ☺☺ Sushi Rolls with Carrot & Cucumber
Serving size 2x 1/2 Rolls Choose from:
Tuna, Chicken, Honey Soy Chicken
Or Avocado \$5.50
Soy Sauce .20

TASTY TUESDAY

- ☺ Steamed Dim Sims \$1.00
Gluten Free \$1.50
With or without Soy sauce

WICKED WEDNESDAY

- ☺☺ Chicken Burger \$5.00
Crumbed Chicken
Veggie Delight Crumbed burger \$5.50
With Lettuce and Mayo
Add cheese .50c

TEMPTING THURSDAY

- ☺ Mrs Macs Sausage Roll \$3.00
☺ Mrs Macs Meat Pie \$4.50
☺ Gluten Free Pie \$5.50
Tomato sauce 20c

FANCY FRIDAY

- ☺ Hot Dog or Vegan sausage
In a white long roll \$4.00
Add Cheese .50
sauce or mustard .20

SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk for \$2.40

Add a Slinky Apple, Anzac, Corn Flake Cookie or a Mini Muffin for .90c each

RIGHT-ON-WRAPPS

Tortilla Style Wrap with your choice of:

- ☺☺ Cheese & Salad \$4.00
☺☺ Ham & Salad \$5.00
☺☺ Chicken & Salad \$5.00
☺☺ Tuna & Salad \$5.00

Add cheese for .50c and avocado for \$1.00

SUPER SALAD BOWL

- ☺☺ Super Salad Bowl \$4.50

Lettuce, Tomato, Carrot, Cucumber & Cheese

Add any extra filling for \$1.00 EA

Chicken, Ham, Tuna, Egg, or Avocado
YUM! YUM! YUM!



HOT ITEMS ANY DAY

Meal Deal Any Day

- ☺ Penne Pasta & Oak Milk \$6.40
Add a Slinky Apple, Anzac, Corn Flake Cookie
or a Mini Muffin for .90c each

- ☺☺ Penne Pasta with Cheese \$4.00
(Available Gluten Free) \$4.40
☺☺ Mini Corn Cob \$1.00
☺☺ Hard Boiled Egg \$1.00
☺☺ Fresh Chicken Zoomer
With or without cheese \$5.00
☺☺ Tuna, Chicken or Ham Melt
Toasted with Corn & cheese \$4.80
☺☺ Pita Pizzas Margarita \$4.00
Ham & Cheese \$4.40
Hawaiian \$4.80

SUPER SANDWICHES

& ROCK 'N' ROLLS

Your Choice White Hi Fibre/Wholemeal
Rolls are available for an extra 60c
Gluten Free Bread .60c Lactose Free Cheese .60c

- ☺ Vegemite \$2.40
☺ Honey \$2.40
☺☺ Cheese \$2.70
☺☺ Cheese & Vegemite \$3.00
☺☺ Cheese & Lettuce \$3.20
☺☺ Cheese & Tomato \$3.20
☺☺ Egg \$3.20
☺☺ Egg & Lettuce \$3.70
☺☺ Fresh Chicken \$3.70
☺☺ Fresh Chicken & Salad \$5.00
☺☺ Ham \$3.70
☺☺ Ham & Salad \$5.00
☺☺ Ham & Cheese \$4.20

Extra fillings, Tomato, Cheese, Carrot, Lettuce
All extra fillings are 60c each
Avocado \$1.00

Truly Tasty Toasties

- ☺ Vegemite \$2.40
☺☺ Cheese \$2.70
☺☺ Ham \$3.70
☺☺ Ham & Cheese \$4.20
☺☺ Chicken & Cheese \$4.20
☺☺ Cheese & Vegemite \$3.00
☺☺ Cheese & Tomato \$3.20
☺☺ Ham, Cheese & tomato \$4.80

Order online Details_PTO



BLAIRGOWRIE YACHT SQUADRON

FAMILY | FRIENDSHIP | SAILING

**LOOKING FOR SOMETHING
EXCITING FOR THE KIDS TO DO
THIS SUMMER?**

BYS has a number of learn to sail
programs for all age groups

Tackers Pathway - a fun introductory
games based sailing program for 4 - 12
years

Youth OutThere Sailing - a program for
12 -17 year olds to try a range of on
water activities

head to bys.asn.au/training or
sailing@bys.asn.au for
information

TACKERS

www.discover sailing.org.au/tackers



**OUT THERE
SAILING**
YOUTH PROGRAM