



WHAT'S ON Dates to Note

Melbourne Cup Day
2nd November

Prep 2022 Virtual
Information Evening
3rd November

Proposed Altered
Curriculum Day
17th December

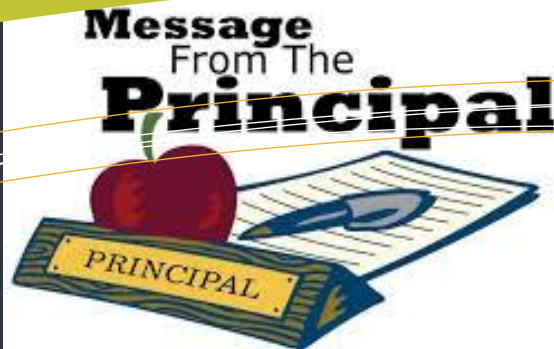
School Council Dates

Tuesday, 16th November

Tuesday, 14th December

Term Dates

Term 4
4th October – 17th December



From the Principal

Dear families and friends,

I hope you are all staying safe and are as excited as we are that most students have returned part time to on-site learning by now. It's been a rollercoaster week up at Red Hill Consolidated School. We were so excited to welcome back our brave little prep students on Monday, only to be closed for 24 hours due to a confirmed COVID Case attending our school. Fortunately, due to our strong COVIDSafe practices, contact tracing was straight forward and the risk to our community was very low. As cases on the Mornington Peninsula continue to rise, this serves as a timely reminder as to the importance of these measures for us all to stay safe.

As we all learned this week, schools may be closed at very short notice if a COVID Positive case visits or attends. Please understand that the decision to close schools lies with Department of Education and the Department of Health. In our case this week, RHCS was closed to provide us with the time to identify and inform close contacts and carry out cleaning. Schools can be closed for a longer period of time to allow for deep cleaning to take place. Please also be aware that we cannot provide details of the confirmed case or close contacts and can only communicate information to our families if approved by the Department of Education. I would like to thank all members of our wonderful school community for their support, understanding and patience as we worked through this process this week. Let's hope that this will be our one and only school closure.

this issue

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

Wellbeing news **P.3-5**



We were all so proud of how well our preppies bounced back on Wednesday and returned to school and learning with big smiles. Classrooms were calm and settled down the prep corridor and it was so nice to see them reconnecting with their friends in the playground. Our Grade 1 and 2 students returned in similar fashion, quickly redeveloping friendships and the school routine. I was particularly impressed with those students who pushed their worries aside during this return and showed such great resilience in this return. Our priority throughout this staggered return is to support and assist our students with their friendships and personal wellbeing, as well as redevelop expectations, routines and gradually build learning stamina. You can help us out at home by encouraging your child to re-establish their home routine, which should include nightly reading, healthy meals and early bed times. A morning routine is equally important to get off to a good start to the day.



Now that we're also less reliant on technology, this is a great time to revisit your household's expectations around devices and technology use. I know most families limit screen time, monitor usage and keep technology out of bedrooms. This is crucial. For more information and advice for parents and carers on technology use at home, please visit <https://www.esafety.gov.au/parents>.

As you would know by now, the Chief Health Officer has mandated facemasks in primary schools for all students in Grades 3 to 6 unless an exemption applies. It is also strongly recommended that younger children wear masks. This is a requirement for attendance. We understand that this may be new and challenging for some of our children. Our teachers will talk to their children about correct face mask use and will also provide plenty of opportunities throughout the day to get outside, so our children can remove masks. We have a supply of face masks arriving very soon. These will be available if a mask is lost, forgotten or becomes ineffective. I would like to congratulate our on-site students in Grades 3 to 6 for doing such an outstanding job with this new health direction.

As we all return to on-site learning, we will attempt to re-establish our recycling and composting. Again, we need your help. Where possible, we're asking for rubbish free lunches and snacks and avoid using soft plastics altogether. At this point in time we are limited in our ability to compost. We will be asking our students to take home uneaten food and some food scraps while we investigate our options. Thank you in advance in supporting us with these important practices.

Thank you to all parents and carers who have sent in their considerations for their child's class placement for 2022. We know how important it is to get class placement right and our staff spend countless hours working on these lists. We always do our best to accommodate requests and place students with a supportive social group. We will not be accepting any further considerations or requests after Friday the 22nd of October.

Our building project continues to progress. We now have a roof and interior and exterior framework. It is changing daily and really taking shape.

I'm looking forward to welcoming our Grade 5 and 6 students back this Friday and our Grade 3 and 4 students next week. Please don't forget that Monday the 1st of November is no longer a student free day and that all students return to full time on-site learning from Friday the 5th of November.

Stay safe and well and as always...

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



WELLBEING NEWS

Getting Ready and Back for the Return!

Reminder that October is Mental Health Month :)

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

[Lookafteryourmentalhealthaustralia.org.au](http://lookafteryourmentalhealthaustralia.org.au)

Please continue to make this a priority, there are some great resources and reminders on the above website if you need some inspiration.



Our Return to School

It was so lovely to see so many smiling faces this week with our Preps, Grade 1 and 2 students returning to onsite lessons! They were all so happy to be there and should be very proud of their courage, resilience and ability to transition. Well done everyone.

Although we couldn't be more pleased with our return to school, we understand that mixed in with the excitement, is the requirement, as issued by the Chief Medical Officer, for our students to wear masks to school, with students in Grades 3 -6 as an attendance requirement and Preps - 2, highly advised and recommended. As this becomes our new normal, I wanted to include some ways in which you may wish to approach this with your children.

This article comes from the Raising Children website and as always provides well thought through and practical advice to help both us as parents and our children prepare for this next phase.

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/face-masks-coronavirus-children>

Kidshelpline, www.kidshelpline.com also have some great articles about talking with your children (and with children in secondary school) - another fantastic resource.

As with our last newsletter, following are a few suggestions that may help settle and reassure your child as they take this next brave step in our current climate.

- Work together with your child/ren to organise their clothes, hat, shoes and socks the night before. If convenient include getting lunches and drinks ready too, to make sure the morning is as stress free as possible.
- Ensure a great and nutritious breakfast to begin the day, with a conversation about how great the day is going to be. It is a good time to reassure the child/ren that you will be there to meet them at the end of the school day. With the restrictions and students attending on different days, your children may require some clear guidelines and explanations about this and be prepared for last minute nerves to take hold when your brave child is the first to attend. Teachers will be on gates in the morning to help with these transitions.
- Include extra fruit and vegetable snacks, it is incredible how hungry our learners become on their return- this was something that teachers really noticed last year.
- Make sure your child knows the school drop-off arrangement and pick up/bus arrangements. This is also really important at our school to avoid bus issues at the end of the day. If your child needs to complete a bus note, they must do this during recess or lunch.
- As we will begin in Term 4, please ensure your child is wearing sunscreen and has their hat.
- [The Invisible String](#) is a lovely book about how we are all connected by love. Something that has reassured learners who are hesitant to leave you, may benefit from reading this book with you- you could then each have a special bracelet to remind you of each other.

Talk to your child's classroom teacher or myself should you have any concerns about the return to school

Our Community Cookbook! ALL THE BEST TAKE 2



We invite all families of our school community to submit a recipe for the cookbook.

I have included a very basic outline of what you might like to include in your recipe submission- category, allergy advice, food preference type and you may- as is the way now, want to include a history or intro for your recipe.

Feel free to include photos or drawings of the method, and please remember these will be available to our entire school community so consider your privacy requirements.

The template can be found at- please download this!

https://docs.google.com/document/d/1B42zUqK-Pp_FphwR1mcUiPmO4XNCRQ00twhnCBBaDb8/edit

The completed recipes can then be placed in the following folder:

https://drive.google.com/drive/folders/14dkv4sbpkThX3C_HqDa2JBK1BXe_zsX4?usp=sharing

Or emailed to me at louise.kusel@education.vic.gov.au

Any questions, please don't hesitate to email me or contact me via Class Dojo. I am really looking forward to what we as a community can create.

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 – Wellbeing Coordinator.



- Lifeline 13 11 14 - 24 hours a day, 7 days a week
- Lifeline Text 0477 13 11 14 – 6pm to midnight (AEDT), 7 nights a week
- Beyond Blue – 1300 22 4636 - www.beyondblue.org.au
- Butterfly Foundation National Helpline 1800 334 673
- Carer Support 1800 242 636 or 1300 554 660
- SANE Australia Helpline 1800 187 263
- Suicide Call Back Service 1300 659 467
- Kids Helpline 1800 55 1800 www.kidshelpline.com.au
- MensLine Australia 1300 789 978
- QLife 1800 184 527
- Open Arms – Veterans and Families Counselling 1800 011 046

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

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

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

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

29 Make time today to connect with a friend

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

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

This fortnight I have been reading a beautiful novel, aimed at our more senior learners, called 'My Brother Ben', written by Peter Carnavas. This book explores sibling relationships, growing up and dealing with loss. 'My Brother Ben' tells the story of 10-year old Luke, whose love for birds and birdwatching is eclipsed only by his adoration for his older brother, Ben. Our Grade 6 students can look forward to seeing this book in their classroom libraries as we return to school!

A timeless story of brothers, boats and birds, from an award-winning storyteller.

Luke and his big brother Ben spend the summer on the banks of Cabbage Tree Creek. Quiet Luke sketches birds, while Ben leaps off the Jumping Tree. The boys couldn't be more different but they share the same dream- winning a boat so they can explore the creek properly.

Then Ben starts high school and the boys drift apart. When Luke catches Ben sneaking out at night, he knows his brother's up to something, but what?

A timeless story of birds and boats, and of brotherly love that is bigger than a wedge-tailed eagle, bigger than the sky.

