



WHAT'S ON Dates to Note

Grade 6 Camp
Waratah Bay
22nd-24th November

Grade 5 Camp
Somers Camp
8th-10th December

Grade 6 Graduation
8th December

Proposed Altered
Curriculum Day
17th December

School Council Dates

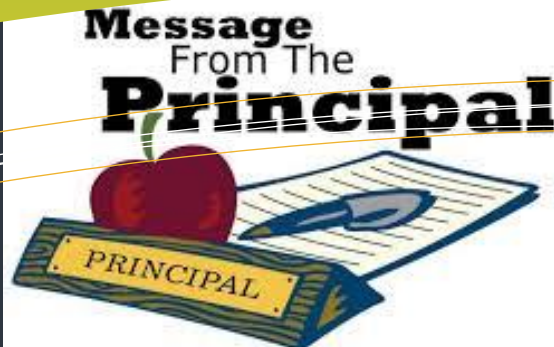
Tuesday, 16th November

Tuesday, 14th December

Term Dates

Term 4

4th October – 17th December



From the Principal

Dear Families & Friends,

How wonderful it is to finally have all of our year levels back at school. Our classrooms are full of busy learners and the playground is once again alive with plenty of smiles and lots of laughter. I know the students and our teachers are so glad to be back.



I hope you are all well after last Friday's wild weather. As you would all know, we experienced some of the strongest winds on record and conditions were extremely dangerous, especially up here in Red Hill. We had a number of large trees and power lines down and like many of you at home, were without power and water on Friday. We really appreciated those families who were able to keep their children home, doing so. I'd also like to thank the D'Antoine family and Andrew Sides who helped with the clean up on Saturday. We managed to clear all entrances to our school and remove a number of dangerous branches. Arborists will also be on site this week to remove other fallen trees and suspended branches.

Some good news from last week was that a number of restrictions have been eased in all Victorian schools. We are particularly excited that we can now plan camps, transition and graduation, and our swimming program will return as of next week. Our swimming pool is ready for action next week with a brand new paint scheme, lane ropes, heating unit, chlorinator and matting to the change rooms. An email was sent home on Friday to all families explaining these changes, as well as all remaining restrictions and measures. If you missed this correspondence, it can be found on ClassDojo.

this issue

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

Wellbeing news **P.3-4**

TheirCare **P.5**

We've received some feedback from parents that Compass payments is a little difficult to navigate to make contributions and access the link to purchase educational items to own (previously book packs) through Kookaburra. If you are having difficulty, please call the office on 59892321. Our admin staff are very happy to walk you through the process or even take contributions payments over the phone. A big thank you to our families who have already made a contribution. Without this support, many of our programs would not be able to run. The most significant being our swimming program, which relies on parent contributions to operate. Please also be aware, that families that are yet to place an order through Kookaburra have until the 22nd of November in order to receive free delivery this year. Orders can be placed after this date, but there will be a \$10 delivery fee and items won't arrive until next year.

Our bus services are not running as smoothly as they could at the moment. Our buses are being held up most afternoons waiting for students on the roll who have already been picked up. Please make sure we have your current travel schedule and avoid making any alterations unless it is absolutely necessary. If you do need to make a change, please make sure this is communicated to the school well in advance.



We were able to walk through our building site for the first time in a while this week. Now that there is no limit to the number of contractors on site, the project is progressing rapidly. The interior framework and windows are in, making it really easy to visualise the learning spaces. One of the key features of this project is the large windows that frame our beautiful views and our outdoor learning spaces. I hope the photos do these features justice. It is very exciting to see the progress

Gus Wettenhall



Wellbeing in November

Congratulations to all our learners on an excellent return to school! I have been so proud of how our students have transitioned to this latest change in their lives. And it has been especially wonderful to see and hear how grateful our learners are for all their educators and supports- all the the teachers, ES & admin staff, Principals, parents, brothers, sisters, grandparents, uncles, aunties, cousins...the list goes on. Thank you to everyone.

Beyond Blue has some great advice as we rejoin society. I have included a few of the ideas that they have put together- the full article can be found at <https://coronavirus.beyondblue.org.au/COVID-normal/family-life/managing-your-childs-transition-back-to-school>

What you can do to help

Fortunately, there's plenty parents and carers can do to help their children feel less anxious about being back at school.

Monitor current requirements. Make sure to stay well across the differing requirements and timelines of your state government and also your child's school. Understanding what's expected (for instance, are they required to wear masks?) will help you prepare and also avoid any potentially unsettling surprises.

Discuss things openly. McDermott suggests openly discussing any issues your child may be experiencing during this transition period, including why and how things might feel different to normal. In doing so, he advises you to be upbeat but matter of fact.

"Getting across that it's business as usual and modelling this with positive words and behaviour will help set the tone," says McDermott.

Stick to a steady routine. Sticking to a reliable, steady daily routine can help with feelings of anxiety.

McDermott recommends starting each school day the same way, including setting the alarm, eating breakfast together, dressing in school uniform or doing whatever you would normally do.

Use incentives and highlight the positives of being back in school. For example, you might organise for a school friend to come by in the morning on the first day back so they can go in together, or arrange a playdate after school with their best friend/s.

Tell them you're confident in them. Remind your child that they've already shown **great resilience and adaptability** during what has been a challenging time, and that you have full confidence in their ability to do it again.

Regularly check in with your child. Ask them how they're feeling, what they're enjoying, and what might not be working so well. Help your child find solutions to any issues they might be having. **Supporting your child in becoming confident in problem-solving** will help them build resilience.

Reiterating with your children the **Zones of Regulation** and how to recognise their emotions can also be a big help! Helping your child to recognise how they are feeling and then working out ways to help move into the green zone is a great starting point to teach our kids how to manage any overwhelming emotions. Please find included a snapshot of the different zones and their emotions.



Celebrating our Community



The Student Voice Team will be meeting later in the week about something we can do as a school to celebrate returning and moving forward into positive times. When the wonderful reps decide what this might look like, I will make sure to send some information home. I am looking forward to the ideas that might be brought forward...if your child has a great idea please make sure they let their class rep know. Stay tuned!!!

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 to contact your child's classroom teacher or myself on louise.kusel@education.vic.gov.au

Once again, welcome back to school. 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

Supplementary Reproducible E for Elementary Ages

THE ZONES OF REGULATION

The ZONES of Regulation

<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>

Sexual Health and Education Parental Information Night

We would like to invite all parents to join our guest speakers
Bec Popplewell and Lauren Johannson
from Communities That Care, Mornington Peninsula Shire to an online
information evening on

Thursday 18th November

6:30 - 7:30

This session will detail RHCS's roll out of health education with student in years 3 - 6

The session will cover

Why teach sex and puberty education
Where does this sit in the Victorian Curriculum
What is taught in Years 3,4,5 & 6
How to have a conversation with your child

This session will discuss our upcoming Sex and Puberty Education sessions that are
being run with years 3 -6.

26th November 2021

**Students in Years 3 & 4 will be learning about Puberty, Protective Behaviours and
Identity**

3rd December 2021

Students in Years 5 & 6 will be learning about Puberty, Sex Education and Identity

We encourage all parents to join us for this information session, so that any questions
you may have about the student's upcoming sessions can be answered on this night.

We look forward to having Bec and Lauren join us and present at both the information
session and to our RHCS learners. They are both experts on speaking with youth about
the importance of Sexual Health and Education.

Please note- WebEx link will be supplied prior to the evening.



Hello everyone, 😊

What a crazy few weeks it has been!! I hope everyone is safe and well, especially for those families that were affected by the winds and weather on Friday.

We down at Red Hill TheirCare are very excited to get back to normal. As school is now back full time, our numbers will begin growing. It is important that you make sure your children are booked in as our numbers are growing, we must make sure we have enough staff on.

Over the past few weeks, we have celebrated Halloween creating some creepy and spooky paintings and crafts. Over the next few weeks, we have some awesome themes planned such as; Imaginarium, Worldly travel and Let's go Camping.

We have also been spending our afternoons outside. It is important to remember that as we approach summer, we have now begun our sun safe policy. The children will need a hat to play outside, parents can leave a hat in their children's bag or can drop one down to us to leave for the rest of the term.

Program Coordinator – Mariah



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

Reminder

Our Summer holiday program has now opened for bookings. It is important to book in as soon as possible as we have an action-packed line up and spots will fill up quickly.

Contact Details

Service phone:
0419 205 469

Service Email:
redhill@theircare.com.au

Theircare:
1300072410.

Theircare email:
info@theircare.com.au



Where kids love to be!



McCrae Yacht Club

Learning and Development Program

Try Sailing free three week program (7-10 year old)

Experience the wonder and amazement of being with your child as they unlock the puzzles of sailing in a complex craft. An ever changing environment of wind and water where rules, strategy and tactics are applied, friendships last a lifetime.

Step 1. New Starter Try Sailing For Fun

- * Complimentary sailing lessons for three weeks
- * Families get an insight into sailing life to decide whether sailing is suitable
- * Australian Sailing insurance, life jacket and access to a club Optimist



Step 2. Start Sailing Learn to sail course

- * For NEW STARTER sailors who want to continue to learn to sail properly
- * Fees apply for Starter Squad which will include annual membership, access to the McCrae YC Learning and Development program, Australian Sailing insurance cover, continued use of life jacket and club Optimists.



Step 3. Transition to Minnow Class dinghy

- * For the developing sailors close to graduation
- * Sail the club Optimist and try the Minnow
- * Graduates will require their own Minnow to continue



Step 4. Youth Classes (teenagers)

Once children have transitioned to the Minnow class, they will continue training in our Learning and Development pathway. As they grow they will need to move into suitable boats for their body size. There are single handed and double handed options. Pictured is the Laser 4.7.



Fun, competitive sailing in a family friendly environment

mccraeyc.com.au

Try sailing free three week course for 7 to 10 year olds

Three intakes for the coming season:

- 1. December: 10th, 17th and 27th**
- 2. January/February: 29th 5th and 12th**
- 3. March: 5th, 12th and 19th**

Places are limited so bookings are essential!

Book via: <https://mccraeyc.com.au/learn-to-sail/>

Phone enquiries can be made on 0400 552 642

Please note children must be able to swim and have confidence in water

A lifetime of discovery and adventure awaits!



Make great friends!



Matt Belcher and Will Ryan win Olympic Gold in Tokyo



Matt Wearn Olympic Laser Champion Tokyo 2020



Casey Imeneo of McCrae Yacht Club on the Olympic journey