



WHAT'S ON Dates to Note

Monday 22nd May and
Wednesday 24th May

Building Learning Partnerships

Friday 26th May

National Sorry Day
Welcome to Country Smoking
Ceremony – 9.30am

29th-31st May

Yr. 4 Camp

Wednesday 7th June

Yr. 6 Boys Netball &
Girls Football

Monday 12th June

KING'S BIRTHDAY PUBLIC
HOLIDAY

Tuesday 13th June

Student Free Day

Wednesday 14th June

Yr. 1 TwistED Science

Friday 16th June

Yr. 5 & 6 Winter Lightning
Premierships

School Council Dates

Tuesday 20th June

Term Dates

Term 2, 2023

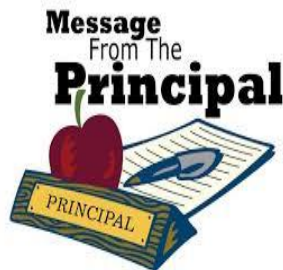
24th April – 23rd June

Term 3, 2023

10th July – 15th Sept

Term 4, 2023

2nd October – 20th December



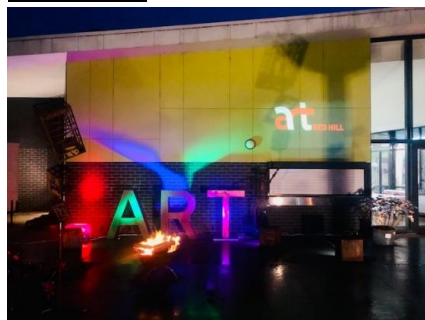
From the Principal

Dear families and friends,

What a fortnight! I don't think we could have possibly fit more in if we tried. If you ask our students, especially our younger ones, the biggest news on the hill was the opening of our brand new Lower Sandy Playground. Although, we are still awaiting one panel and a decision on the pathways, it was so great to see this equipment finally being used and enjoyed. Please feel free to enjoy this playground on weekends.



Art Red Hill



For the grown-ups, and some of our students Art Red Hill was the talk of the town.

this issue

Principal's Report **P.1-3**

Wellbeing **P.3-5**

Despite the heavy rains, Opening Night was very well attended and was a wonderful celebration of art, food, wine and community. It was pleasing to see so many of our families visit over the course of the weekend, enjoying the art works and taking part in the kid's tent activities. I would like to sincerely thank all members of the organising committee as well as the volunteer helpers over the weekend for their enormous effort. And finally, a very special mention to Tracy Bardis, without her this event would not have been possible. We will have some idea of how much Art Red Hill raised for our school in the coming weeks.

Cross Country

Tuesday last week was our whole school cross country event. Although the rainy start changed our plans slightly, our students at both events had a great time. In fact our muddiest students seemed to have the biggest smiles. Well done to Mr. Milenkovic for coordinating this event and thank you to all of the parents who attended to cheer on our runners. Students from Grades 3 to 6 who finished in the top ten, qualified for the District Cross Country Competition, which took place this Wednesday.

Prep Information Night



Our Prep Information Night was held last Wednesday and was well attended by parents considering RHCS for their prep child next year. It was really nice to see a few existing families, many who missed an in person information night in past years due to restrictions. Our Grade 6 Captains and Specialist Leaders stole the show and we can all be very proud of how well they spoke about our beautiful school and community in front of a large crowd. A big thank you to these students and their families for attending this after school event. I would also

like to thank all staff who helped organise and spoke at our Information Night.

If you have a child starting prep at Red Hill next year, we would appreciate enrolments as soon as possible to help us with this process. Enrolment packs are available from the front office or they can be downloaded at: <https://redhillcs.vic.edu.au/enrolments/> Please note that we require birth certificates and immunisation records with all enrolment documents.

Susan McLean Cyber Safety Presentations

Next up last week was the Susan McLean Cyber Safety Presentations. Susan is one of Australia's leading experts in cyber safety, having worked in the Victorian Police force for 27 years, including in the role of Cyber Safety and Young People. In fact you may have even seen Susan on the Today Show last week, streaming live from my office! Susan worked with students from Grades 4 to 6 throughout Thursday, then presented to staff and parents after school. Each of these sessions were so valuable in reminding us all of our role to play when we or our young people navigate the online world. I would hope that the student workshops generated some very valuable dinner table discussions last week. Susan's parent session, although a little confronting and scary, was full of important information on the risks associated with technology and the steps we can take to reduce these risks. If you missed this presentation, at the very least please watch Susan's top ten tips for parents at: <https://www.cybersafetysolutions.com.au/top-tips/> And please take note of her number one tip; no technology in bedrooms! You can find many more useful videos and resources on her website or by following her on Facebook. There will be a repeat of the parent session on the 29th of May at Mt Eliza Secondary College. If you would like to attend, please call the school on (03) 97876288. Thank you to Ms. King and Ms. Kusel who organised these presentations for our community.



Photographing, Filming and Recording Students Policy

Susan McLean's presentations highlighted the risk when filming or taking photographs of children and sharing them online. According to the RHCS Photography, Filming and Recording Policy, Red Hill

Consolidated School permits parents/carers, students and invited guests to photograph, film or record school performances, sporting events and other school-approved activities. However, we request that images and recordings are not published in any form, including on social media, without the prior consent of persons whose children also appear in the images. This also appears in our Child Safe Code of Conduct, which applies to all visitors and helpers in our school. By signing in, you are agreeing to this code of conduct. This is on display in our foyer or can be found on our website at: <https://redhillcs.vic.edu.au/wp-content/uploads/2019/07/RHCS-Child-Safe-Code-of-Conduct-2019.pdf>

Mother's Day Stall



Firstly, I hope all of the Red Hill Mothers and Special People had a wonderful Mother's Day on Sunday. I would like to thank Kathryn, Alissa, Jemma and Kate for organising and running our always popular and successful Mother's Day stall. Our students enjoyed this opportunity to shop and I'm sure all of the mums were delighted with their gifts.

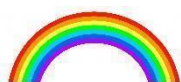
Kind regards,

Gus Wettenhall

Red Hill Consolidated School

Principal

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Wellbeing Newsletter May 2023

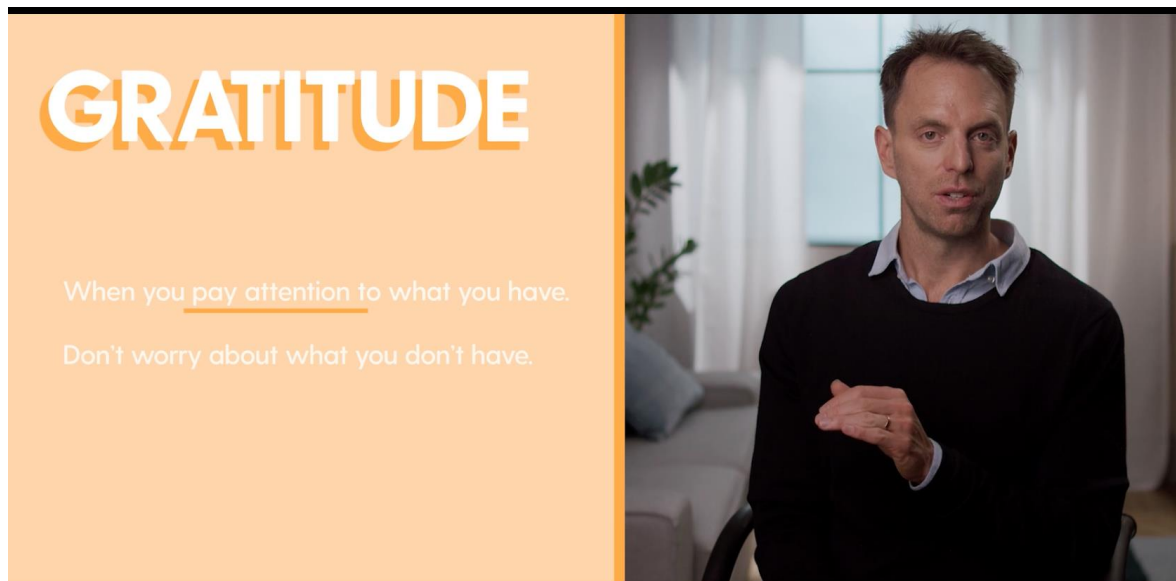
Susan McLean - CyberSafety

Thank you to all the parents and carers who attended our CyberSafety evening with Susan McLean. It was informative, confronting and valuable information for all parents, students and educators. For more information please head to <https://www.cybersafetysolutions.com.au>

Following are some of Susan's recommendations for keeping all children of all ages safe online:

- *The use of computers, laptops or any internet enabled devices (iPad, phone, iPod, Xbox) SHOULD be in a common area of the house NOT IN THE BEDROOM! Need an alarm – buy a clock radio!*
- Parental monitoring is vital – walk past and see what your child is doing, who they are talking to and what sites they are on....be aware if their mood changes. This is NOT invading their privacy at all...it is parenting in the digital space.

- Make sure there is no response to rude or harassing emails. (keep a record in case of further investigation)
- Advise your student/child to immediately exit any site that makes them feel uncomfortable or worried. Basic protective behaviour principles apply.
- ABSOLUTELY NO EXCHANGE OF PERSONAL INFORMATION!
- Children Under 13 ARE NOT ALLOWED on Facebook, Instagram, Kik, SnapChat, iTunes and many more. Don't support your child to break the rules & they won't be the only one without these accounts. Learn to say NO!



The Resilience Project

Our work with The Resilience Project continues to develop! It is wonderful to see so many of the lessons flowing into the students conversations, in the classroom and into the playground.

- **Gratitude is paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us.**
- Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world for what we are thankful for. It is also shown to broaden thinking, and increase physical health through improved sleep and attitude to exercise.
- **View Part 2 of the series here:** <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

- There are many ways in which you can practise gratitude, including starting a gratitude journal. You can simply use a notebook to list three things that went well for you each day, or use a more comprehensive [Wellbeing Journal](#), like those created by The Resilience Project.
- Source: [Psychology Today](#)
- For mental health resources and support information, visit [The Resilience Project's Support Page](#).

• **FAMILY LIFE**

Family Life is a specialist family services provider working with vulnerable children, families and communities since 1970. At the core of our organisation is our vision to build capable communities, strong families and thriving children. Family Life are offering some incredible group work for families, parents and children and some of their upcoming programs are listed below. To find out more please have a look at <https://www.familylife.com.au/> or if you have any questions, please contact Louise Kusel. louise.kusel@education.vic.gov.au or 59892321

Have a wonderful week!

Kindest regards,

Louise Kusel – Wellbeing Coordinator.



[Safe steps](https://www.safesteps.org.au) <https://www.safesteps.org.au>

[The Orange Door](http://www.orangedoor.vic.gov) www.orangedoor.vic.gov

[Beyond Blue](https://healthyfamilies.beyondblue.org) <https://healthyfamilies.beyondblue.org>

[Kids Helpline](https://kidshelpline.com.au) <https://kidshelpline.com.au>

[Southern Peninsula Community Support](https://www.spcsic.org) <https://www.spcsic.org>

[ParentLine](https://parentline.vic.gov.au) 132289



2024 Prep Enrolment Information & Tour Dates

Friday 19 th May	– 9.30am
Tuesday 30 th May	– 9.30am
Thursday 15 th June	– 9.30am

Please phone the school office if you would like to book in for one of the above tour dates. 5989 2321

Enrolment Packs are available on our website or at the office.

<https://redhillcs.vic.edu.au/enrolments/>

Reconciliation Action Plan Update

National Sorry Day

Please find in this newsletter an invitation to you as parents to attend our Welcome to Country and Smoking Ceremony on Friday 26th May at 9:30am on the undercover basketball courts for National Sorry Day. We warmly extend this invitation to any family or friends in the community who would like to attend. Our grade 2 students together with Red Hill Memorial Preschool and Monterosso Early Learning centre will be singing two songs!



Sea of Hearts Challenge

"Reconciliation must live in the hearts, mind and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait islander peoples" - Reconciliation Australia website.

To do this we are asking all families to join our students, who are completing this task at school, to think about '**what reconciliation means to you?**' Please decorate the heart found in this newsletter with your answer. Return your heart to school and we will laminate it and add it to our 'Sea of Hearts' around the entrances to school. Red Hill Memorial Preschool and Monterosso Early Learning Centre are joining us also. We can't wait to see your hearts ♥

Floral Fridays

Thank you to those families and students who are supporting our Floral Friday's. The next Floral Friday will be on June 2nd.

National Reconciliation Week

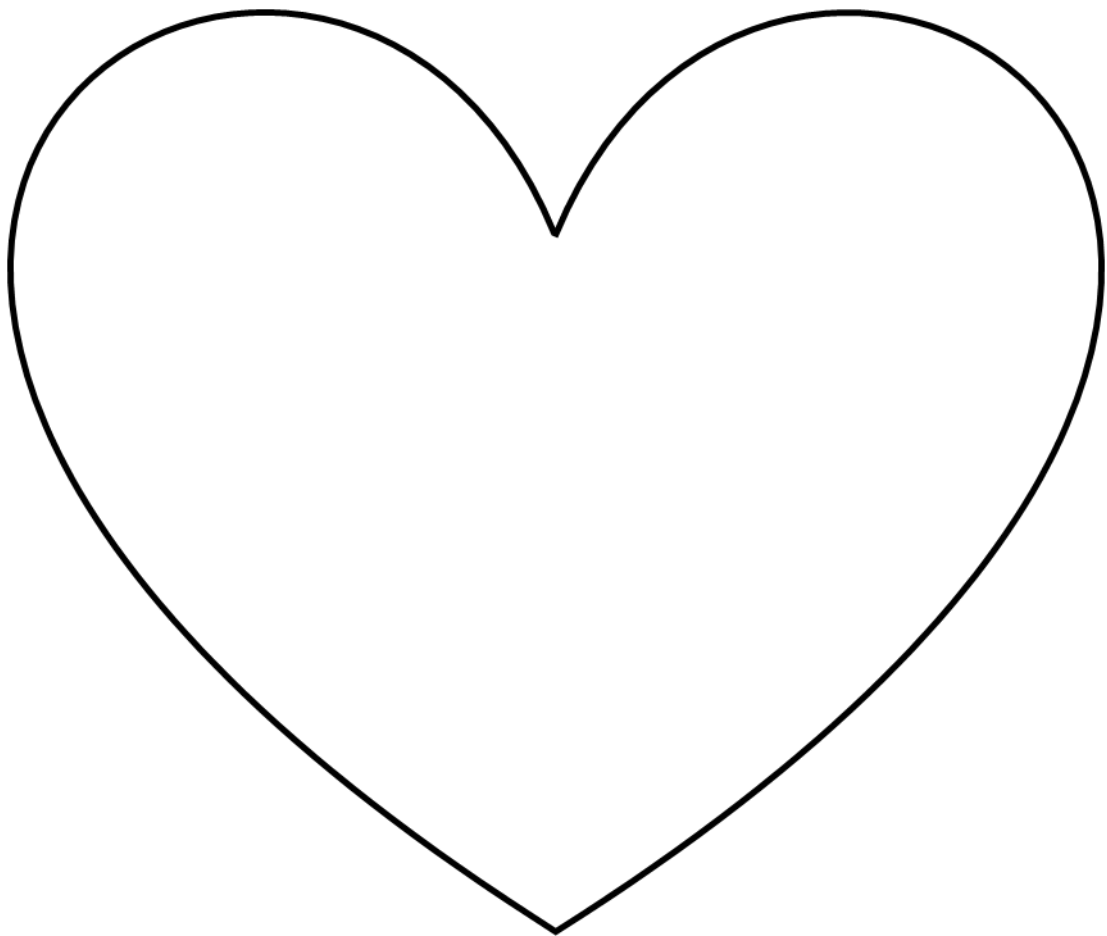
SEA OF HEARTS

CHALLENGE

Ask 'What does reconciliation mean to you?'

Decorate the heart with your answer – words, drawings, combination, there are no rules!

Cut out the heart and return it to school by Tuesday 23rd May 2023





WILLUM WARRAIN'S MORNINGTON PENINSULA

RECONCILIATION WALK 2023

SUNDAY, JUNE 4, 2023 AT 11 AM – 1 PM



BE A VOICE FOR GENERATIONS

Join us, the Aboriginal community of the Mornington Peninsula, for a leisurely stroll in the spirit of Reconciliation.

Come with your family, school group or community group - everyone is welcome.

Includes Welcome to Country by the Bunurong Land Council, Djarlo (Ganga Giri with dancers), Yeng Gali Mullum choir, cultural activities & free family BBQ from 11.30am onwards at Willum Warrain.

The walk begins at Pelican Park on the Hastings Foreshore at 11:00am & proceeds to our Gathering Place at 10c Pound Road, Hastings. Park at Willum Warrain at 10:00am for the shuttle bus lift to Pelican Park.

For more information please call (03) 5979 1391

Organisations- please register your interest on the FB event to help with catering:
<https://www.facebook.com/WillumWarrain>

WELCOME TO COUNTRY & SMOKING CEREMONY

Please join us as we acknowledge National Sorry Day and the commencement of National Reconciliation week with a Traditional ceremony from Bunurong Land Council Elders.

Friday 26 May 2023

9:30AM

**Red Hill Consolidated School
Undercover basketball courts**

**BE A VOICE
FOR GENERATIONS**

**NATIONAL
RECONCILIATION
WEEK 2023
27 MAY — 3 JUNE**

NRW.RECONCILIATION.ORG.AU

#NRW2023



INSTRUMENTAL TEACHER CONTACT DETAILS



PIANO

Natalie Badaracchi

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GUITAR

Chris Commerford

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GUITAR, BASS AND VOCALS

Brendon Mellere

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DRUMS

Jim Nash

0413041381

jimnash@drums.melbourne



TOUR DATES

Thursday 4th May – 4:15pm – 4:45pm

Thursday 1st June – 4:15pm – 4:45pm

Tuesday 20th June – 4:45pm – 5:15pm

redhillpreschool.com.au

Address: 210 Arthurs Seat Rd, Red Hill, Vic 3937. Phone: 03 5989 2225