

2 22nd February 2024



# NEWSLETTER Red Hill C.S.

this issue



Tuesday 27th February

Building Learning Partnerships Year 3 ONLY 3.45pm

> Friday 1st March District Swimming

<u>Monday 4th March</u> Preps commence full time

Tuesday 5th March School Photos

Thursday 7th March Student Environmental Leadership Summit

<u>Monday 11th March</u> Labour Day public holiday— Student Free Day

Tuesday 12th March Divisional Swimming

Thursday 28th March Last day Term 1

2024 Term 1 Dates

29th January – 28th March

AGM & School Council Tuesday 19th March



Principal's Report P.1-2 CLE Update P.3 Wellbeing P.4-5

Dear families and friends,

I hope last week's wild weather didn't impact you or your homes. Fortunately, the storm passed over Red Hill Consolidated School very quickly and didn't pose any risk to our students. This was not the case for some of our nearby schools, who experienced severe weather, trees down and power outages.

# Days of Catastrophic Fire Danger

Last Tuesday was also a day of Extreme Fire Danger for our region and was declared a day of Catastrophic Fire Danger for the Wimmera Region, which meant schools were closed. It is important that all parents and carers understand that Red Hill Consolidated School will be closed on days of Catastrophic Fire Danger. We will inform our community by sms and email the day prior if our region is declared a day of Catastrophic Fire Danger. If the forecast changes, the school will remain closed. If you would like to check the fire ratings, please visit

https://www.cfa.vic.gov.au/warnings-restrictions/fire-bans-ratings-and-restrictions/total-fire-bans-firedanger-ratings

Speaking of Fire Danger, we have appointed two Bushfire Ambassadors for 2024. Ace and Freddie have a very important role. They will be responsible for checking the fire danger rating each day and adjusting our school sign as well as providing feedback from a student perspective on our fire evacuation drills. These two will also work with the CFA and hopefully communicate important safety messages with our school community.

# **Bushfire Evacuation Drill**



Today at approximately 12:45pm, all students, staff and visitors will be involved in our very first bushfire evacuation drill to our school's Shelter In Place for 2024. It is so important that our entire school community is aware of our evacuation procedures. It is also critical that everyone can move safely, quickly and in an orderly fashion in an emergency situation. Students will not be able to be collected during this time and any visitors in our school will be required to take part in the drill. I will provide some feedback on this evacuation drill in our next newsletter, but I am confident our students

will respond perfectly.

# Grade 6 Leadership Badges

Our entire Grade 6 student leadership team were presented with their badges by our local member of parliament, Sam Groth at Friday's assembly. This was an important milestone for these student leaders. I'm sure you will hear from our leaders in our newsletters and on ClassDojo throughout the year. First up, our Sustainability Leaders and team will be attending the Student Environment Summit on the 7<sup>th</sup> of March, where they will develop their leadership qualities to deliver environmental projects back at school.





# House Swimming Sports

One of our first events for 2024 was last week's House Swimming Sports, which for the first time ever was held at Yawa Aquatic Centre in Rosebud. This was a great event, showcasing school and house spirit in addition to some outstanding effort and performances in the pool. It was wonderful to see all children participate in an event, earning points for their house and cheering each other on. In the end, Blue Ocean was crowned the winning house for 2024. Well done to everyone involved and thank you to all parents



and staff who attended to help or support our swimmers. This event was also used to select our swimming team for the District Swimming Competition on Friday the 1<sup>st</sup> of March.

# Excursions – consent and payment

Most year levels have a number of exciting excursions and other activities planned for the coming months and our students from Grades 3 to 6 are all looking forward to their camps this year. Some of these activities require payments, while all these activities require parental/guardian consent. It makes it so much easier for staff if consent and payment (if required) is provided by the cutoff date. Doing this by the closure date of the activity also makes it easier for you and will ensure your child won't miss out. This is a very simple task using Compass. If you need any assistance accessing Compass please don't hesitate to call our administration team.

# **Buildings and Grounds Update**

If you've been in our school grounds lately, you may have noticed a few improvements, with some more planned for 2024. Our bat tennis courts were repainted this week. They look very bright. Some doorways in our main building were painted and so was the stage and pelmets in the hall. We also have a brand new pool cover to help reduce the costs of heating the pool.

# Sick students

Although we want our students to attend school every day, its very important that children with cold and flu like symptoms stay home. Classrooms are the perfect environment for bugs to circulate and we don't want any illnesses to spread to other children or staff. We have a large number of staff away this week sick and it is sometimes difficult to replace them.

# Easter Raffle

Please don't forget to pick up an Easter Egg or other Easter related items for our Easter Raffle next time you are at the supermarket. We'd appreciate as many donations as possible up until Friday the 1<sup>st</sup> of March. Information and raffle tickets will be sent home very soon.

# **School Council Elections**

As you may have read on your Compass Newsfeed, we are seeking a new member for the RHCS School Council. It's not too late to submit a nomination form. Nomination forms are available from the front office and must be submitted before 4:00pm on Friday 23rd February. I encourage all parents to consider this opportunity.

# Annual privacy reminder for our school community

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy and the Schools' Privacy Collection Notice. Our Photographing, Filming and Recording Students Policy (https://redhillcs.vic.edu.au/policies), describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn. We ask parents to also review the guidance we provide on how we use Google Workspace for Education in Grades 4 to 6 safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns regarding your child using Google Workspace for Education, please contact the school. For more information about privacy, refer to: Schools' Privacy Policy — information for parents. This information is also available in ten community languages:

Amharic, Arabic, Dari, Gujarati, Mandarin, Somali, Sudanese, Turkish, Urdu, Vietnamese

# **Building Learning Partnerships**

And finally this week, It was wonderful to see so many of you at last night's Building Learning Partnerships and community picnic. As well as learning all about the routines, approaches, homework expectations and exciting upcoming events from your child's classroom teacher, this was also an opportunity to get together as a community. Thank you to our amazing team of helpers who cooked and sold hot dogs and cold drinks, raising almost \$2000 that will go towards our new school mural. I hope everyone who attended found the evening valuable. Information about how to help out at our upcoming Bunnings Barbeque will be sent out on ClassDojo very soon. For Grade 3 parents, don't forget that your information session was rescheduled to Tuesday the 27th of February from 3:45pm.

Kind regards,

Gus Wettenhall

Principal

# CLE UPDATE



This week we are holding the first "Learning Partnership" event for 2024. During the "Building Learning Partnership" event, staff run information sessions that give teams a chance to outline expectations for the year level, introduce parents to the members of the team, highlight any special events coming up in 2024 and start to build the line of communication between school and home. We then get together as a school community for an RHCS family picnic.

In 2024 we will be holding a number of events that are designed to develop and enhance the learning partnerships between home and school. Early in Term 2 we will hold "Strengthening Learning Partnership" conferences that will see learners, teachers and parents discussing learning progress, setting learning goals and planning how to meet those goals. In Term 3 we will hold student-led conferences called "Celebrating Learning Partnership" conferences. These conferences will see our learners leading conversations about their learning journey and sharing with their family and teacher about how they learn best.

We also hope to run some further information sessions throughout the year, helping parents to understand the teaching and learning that happens at Red Hill and empowering them to support learning at home. The first of these information sessions will be targeted at parents who are keen to be 'classroom helpers'. During the session we will explore the different tasks that parents might be asked to undertake and share some strategies to help parents feel confident. This session will be held later this term. Keep an eye out for more information!

We will also be running a number of Child Safe induction sessions, both in person and online. Anyone volunteering in our school is required to participate in a Child Safe induction. Please look out for more information and dates for these sessions too! As a school we believe that our students achieve better when we have established strong family-school partnerships.

# But what are family-school partnerships?

Family-school partnerships are collaborative relationships and activities involving school staff, parents and other family members of students at a school. Effective partnerships are based on mutual trust and respect, and shared responsibility for the education of the children and young people at the school.

# Why are family-school partnerships important?

Families are the first educators of their children and they continue to influence their children's learning and development during the school years and long afterwards. Schools have an important responsibility in helping to nurture and teach future generations and families to trust schools to provide educational foundations for their children's future. At the same time, schools need to recognise the primary role of the family in education. This is why it is important for families and schools to work together in partnership. Research demonstrates that effective schools have high levels of parental and community involvement. This involvement is strongly related to improved student learning, attendance and behaviour. Family involvement can have a major impact on student learning, regardless of the social or cultural background of the family. Family involvement in schools is therefore central to high quality education and is part of the core business of schools.

The aim of Family-School Partnerships is to encourage sustainable and effective partnerships between all members of the school community, including teachers, families, and students. These partnerships should:

- view each partner as making equally valuable contributions, while respecting different contributions;
- respect student needs and preferences;

• address barriers to involvement in schools by families, in particular Indigenous families, and actively help previously uninvolved families to become involved;

- create better programs, opportunities and learning for students;
- give families appropriate opportunities to contribute to school decision-making and governance; and
- contribute to professional satisfaction for principals and teachers.

Developing family-school partnerships may not always be easy. It requires commitment and time. However, the results of this effort will be significant. Schools that engage families in their children's learning are tapping into a rich source of information and expertise and can help build communities. If you have ideas on how we can further strengthen the bonds between home and school please get in touch with me, either by phone or email. I look forward to hearing from our families!



Hello RHCS Families and Friends,

At our latest Education Subcommittee meeting I was fortunate to get suggestions from our school community for newsletter articles which are interesting and useful for our school families. If you have any suggestions, please let me know.

# **Lunchtime Clubs**

Our Lunchtime Clubs are up and running! Please encourage your child to seek out the lunchtime activities should they be needing a quieter space to play or need some support with friendship issues.

There is plenty to keep the children busy! It would be great if you could remind your child/ren before school which activity will be on that particular day. You could even leave a post-it note message in your child's lunchbox to remind them of the activity they might like to do. There will be a poster in each classroom to help remind the children of what is on offer.

# ANXIETY

Anxiety is a normal and common feeling that everyone experiences at some point in their

lives, especially during times of stress or change. Youth anxiety is a similar experience for children and adolescents, but it can become overwhelming and interfere with their daily lives. It's important for parents to understand what anxiety is and what it means for their children, so they can help them cope and overcome these feelings. By having open and honest conversations, parents can support their children in developing skills and strategies to manage their anxiety and lead a happy and fulfilling life.

Empower confidence. Start the conversation using these strategies:

# 1. Explain what anxiety is:

Start by defining anxiety in simple and age-appropriate terms, that it is a feeling of worry, fear or unease about something that is going to happen or has happened.

### 2. Normalise anxiety:

Let your child know that anxiety is a normal part of life and that everyone experiences it at some point.

# 3. Discuss physical symptoms:

Explain that anxiety can cause physical symptoms, such as a racing heart, sweating or a stomach ache.

# 4. Identify triggers:

Help your child identify what triggers their anxiety and why they feel that way.

# 5. Encourage open communication:

Let your child know that they can talk to you about their worries and fears, and that you will listen without judgement.

## 6. Teach coping strategies:

Teach your child various coping strategies for managing anxiety, such as deep breathing, progressive muscle relaxation and mindfulness.

# 7. Provide reassurance:

Reassure your child that they are not alone in their feelings and that you are there to support them.

# 8. Model healthy behaviour:

Show your child how to handle anxiety in a healthy and productive way.

# 9. Seek professional help:

If your child's anxiety is impacting their daily life, seek help from a mental health professional.

### 10. Emphasise positive self-talk:

Encourage your child to engage in positive self-talk and to focus on their strengths and accomplishments.



Have you seen the SchoolTV Resource link on our school website?

https://redhillcs.vic.schooltv.me/



Because parenting doesn't come with instructions, SchoolTV is a wellbeing resource that can support you in the challenges relating to modern-day parenting. This awardwinning resource helps build relationships, foster connections, enable understanding and break down barriers to navigate a pathway towards better mental health and wellbeing for young people. It can assist in starting conversations on topics that are sometimes awkward or difficult to tackle.

In a world where you can be anything, be kind.

Sascha Wardlaw Assistant Principal

# **ADMIN ADVICE & REMINDERS**

<u>Supervised yard times:</u> Our school yards are supervised between the hours of 8.45am and 3.45pm. Children are not permitted on the school grounds before or after these times <u>unsupervised.</u> We do offer before and afterschool care through Theircare for out of school supervised hours. Please <u>click here</u> for more information.

Daily bus changes:

Please be advised that any changes to daily bus travel is to be made by phoning the dedicated bus line 5989 2321 (option 1). This can only be done on the day the changes are to occur and must be communicated before 2.30pm. Please do not send emails regarding daily bus changes. Permanent changes must be phoned through to the office 5989 2321.

Late arrivals: If your child arrives late to school they are required to make their way to the office to collect a late pass.

Early Departures: If you are collecting your child early from school, please come to the office first so that we can issue a departure pass and then make your way to your child's classroom to collect your child.



# **2024 CAMPS, SPORTS & EXCURSIONS FUND**

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities. If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

# Camps, Sports and Excursions fund eligibility

Below are the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

# Criteria 1 – Eligibility

To be eligible\* for the fund, a mature minor of sixteen years of age or over, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:

- on the first day of Term one, or;
- on the first day of Term two.
- Be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR

Be a temporary foster parent, and;

Submit an application to the school by the due date.

\* A special consideration eligibility category also exists. For more information, see: Camps, Sports and Excursions Fund (CSEF): Eligibility | edu-

# cation.vic.gov.au

Mature minors or parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

# Criteria 2 - Be of school age and attend school in Victoria

School is compulsory for all Victorian children aged between six and seventeen years of age inclusive.

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. Typically, these students are aged between five and eighteen years inclusive.

CSEF is not payable to students attending pre-school, kindergarten, home schooling, or TAFE.

# **Eligibility Date**

For concession card holders, CSEF eligibility will be subject to the parent/legal guardian's concession card being successfully validated with Centrelink on **29 January 2024 and/or 15 April 2024**.

# Payment amounts

# **CSEF** payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- Primary school student rate: \$150.00 per year.
- Secondary school student rate: \$250.00 per year.

The CSEF is paid directly the school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

For ungraded students, the rate payable is determined by the student's date of birth. For more information, see: <u>Camps, Sports and Excursions</u> Fund (CSEF): Payment amounts | education.vic.gov.au

Foundation and Year 7 government school students who are CSEF recipients are also eligible for a uniform voucher. Schools are required to make applications on behalf of parents, so please register your interest at the school.

CSEF payments cannot be claimed retrospectively for prior years.

# HOW TO APPLY

Today your child will receive an application form. If you applied for CSEF at Red Hill Consolidated School in 2023, you do not need to complete an application form in 2024 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

new student enrolments; your child has started or changed schools in 2024 or you did not apply in 2023.

changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2024.

Application forms must be returned to the school office by Thursday 29<sup>th</sup> February 2024.

Queries relating to CSEF eligibility and payments should be directed to the school 5989 2321.



# **RED HILL CONSOLIDATED SCHOOL**



# **ON-LINE LUNCH ORDERS**

# You can order your child's lunch online

# Stir Crazy Kids

Down load the App at the App Store or Google play We will 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. Add it to your cart and checkout for each student individually, and we will take care of the rest. You can order in advance or on the day Ordering closes at 9am Too easy!! Categories are the same as this menu.

Need some help! support@stircrazykids.com.au Call or Text Donna 0405110407

# **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

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 Saftey Regulations all Paper Bags must be new



# Red Hill Consolidated

# **SPECIAL MEAL DAYS**

## MUNCHY MONDAY

Sushi Rolls with Carrot & Cucumb	er
Serving size 2x1/2 Rolls Choose fro Tuna, Chicken, Honey Soy Chicken or Avocado. 2x Soy Sauce fish <b>TASTY TUESDAY</b>	m: \$6.60 .30
Beef Burger/Veggie Burger Add Cheese Vegan or Lactose free cheese With burger or tomato sauce	
Parma Pocket Crumbed chicken patty with Napoli sa ham, and cheese toasted in a wrap. Lactose free cheese	\$6.50 uce, \$1.00
TEMPTING THURSDA Steamed Dim Sims Gluten Free Soy sauce	\$1.50 \$1.80
FANCY EDIDAY	

### FANCY FRIDAY Hot Dog or Vegan sausage In a white long roll Add Cheese

Add Cheese	
Vegan or Lactose free cheese	\$1.50
sauce or mustard	.30ei

\$5.00

## **SPECIAL MEAL DEAL**

Include an Oak Milk or Plain Milk for \$2.80 Add a Slinky Apple, Anzac or a Mini Muffin for \$1.00c each

TERM 1 2024
CANTEEN
MENU
EXS.
ALL DE LE DE

### **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 DET School Canteen and other School food Policy " Whilst we offer Gluten Free choices they are prepared with care in a Gluten environment We use responsible packaging where possible

> WWW.STIRCRAZYKIDS.COM.AU PH 0405110407

Iort	illa Style Wrap with yo	ur choice of
	Cheese & Salad	\$6.50
	Ham & Salad	\$7.50
	Chicken & Salad	\$7.50
	Tuna & Salad	\$7.50

# Mon -Thurs



 Super Salad Bowl
 \$6.00

 Lettuce, Tomato, Carrot, Cucumber & Cheese
 Add Chicken, Ham, Tuna or Avocado for \$1.50

 Distitute with lactose free or Vegan Cheese for \$1.00
 \$1.00

# HOT ITEMS ANY DAY

ſ	Meal Deal Any Day	
l	Penne Pasta & Oak Milk \$8.80 Add a Slinky Apple, Anzac or a Mini Muffin for \$1.10c each	
8	Penne Pasta with Cheese	\$5.50
	(Available Gluten Free)	\$6.50
	Mini Corn Cob	\$1.50
	Hard Boiled Egg	\$1.50
	Chicken Zoomer with cheese	\$6.00
	Tuna , Chicken or Ham Melt	
	Toasted with Corn & cheese	\$6.00
	Pita Pizzas Margarita	\$4.50
	Garlic & Cheese	\$4.50
	Cheese & Vegemite	\$4.50
	Ham & Cheese	\$5.00
	Hawaiian	\$5.50
	Substitute with lactose free or Vegan Cheese for	\$1.00

# **TUMMY TEASERS**

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

00	Orange 1/4	. 60c
00	Slinky Apple	\$1.30c
00	Slice of Fruit in Season	\$1.50c
0	Mini Muffin	\$1.30c
0	Anzac Biscuit	\$1.30c
0	Gluten Free cookie	\$1.60c
00	Garlic Bread	.60c
00	Popcorn Small bag	\$1.00
0	Ginger Bread People	\$2.70
00	Vaalia Yoghurt Tubs— 100ml Tropical, Mixed berries & Blueberry Lemon Crème, Passionfruit & Vanill Available fresh or Frozen	\$2.00 a
00	Quelch—Frozen Fruit Icy Pole	\$1.00

DRINKS

00 Juice Box 250ml-	Apple /Orange
	lackcurrant \$2.80
Oak Milk 300	ml
Choc / Straw /	Van \$3.30
©© Plain Milk	\$3.30
CO Lactose Free	Choc Milk \$3.30
🙂 💛 😳 Hot Chocolat	e \$3.50
Bottled wa	ter \$2.20

Prices include the new State Gov Container Tax

# SUPER SANDWICHES

Your Choice White Hi Fibre/Wholemeal Rolls are available for an extra 80c Giuten Free Bread \$1.00 Lactose Free Cheese \$1.00

٢	Vegemite	\$3.00
0	Honey	\$3.00
	Cheese	\$3.50
	Cheese & Vegemite	\$4.00
	Cheese & Lettuce	\$4.50
	Cheese & Tomato	\$4.50
	Egg	\$4.00
	Egg & Lettuce	\$5.00
	Fresh Chicken	\$4.50
	Fresh Chicken & Salad	\$6.50
	Ham	\$4.50
	Ham & Salad	\$6.50
	Ham & Cheese	\$5.50
	fillings, Tomato, Cheese, Carrot, Le tra fillings are \$1.00 each Avocad	

Substitute with lactose free or Vegan Cheese for \$1.00

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0	Vegemite	\$3.00
	Cheese	\$3.50
	Ham	\$4.50
	Ham & Cheese	\$5.50
	Chicken & Cheese	\$5.50
	Cheese & Vegemite	\$4.00
	Cheese & Tomato	\$4.50
	Ham, Cheese & tomato	\$6.50
Substit	ute with lactose free or Vegan Chee	se for \$1.00

# Instrumental lessons

At RHCS we are very fortunate to have four very experienced musicians available to share their expertise with our students. Only three of these are able to take on new students and you will find their details below.

Instrumental lessons take place during school hours which is a wonderful deal for parents who don't need to add this task to their busy after school schedule! Due to this they are encouraged for students from grade 2 upwards. This is to ensure that students are ready for the instruction and that they are not missing the valuable learning time in the foundation years. It is the responsibility of guardians to contact these teachers to arrange lessons 😊

DRUMS	PIANO
Jim Nash 0413041381 jimnash@drums.melbourne	Natalie Badaracchi 0419110371 <u>Natalie.badaracchi@gmail.com</u>
Innusrie aransineiboarne	<u>Natalie.badardeeme ginali.com</u>
SINGING/ PIANO	GUITAR



At Padua College we offer an education for life, one that encourages students to utilise their God-given talent, be the best that they can be, and make a positive impact on the world.

Mornington Peninsula families are warmly invited to join one of our campus tours to explore the rich curriculum, sporting, cultural and spiritual life that our College can offer your child.

Meet our staff, see the school in action, and learn more about our new Year 7-8 Centre at Mornington and smaller class sizes.





# S Enrol online

YEAR 7 2026

**ENROLMENTS** 

Open: 1 February 2024 Close: 10 May 2024

www.padua.vic.edu.au