



WHAT'S ON Dates to Note

Friday 17th May

Assembly @2:40pm

Wednesday 22nd May

Prep Tour @9:30am

Wednesday 29th May

Divisional Cross Country
Year 6 Dromana Secondary
College Visit

Wednesday 29th– 31st May

Camp Manyung—Grade 4

Monday 3rd June

Prep Tour @9:30am

Wednesday 5th June

Year 6 Boys Netball
Year 6 Girls Football

Monday 10th June

King's Birthday Public Holiday

Wednesday 12th June

Year 6 Dromana Secondary
College Visit

Friday 14th June

Prep Tour @9:30am

Friday 21st June

School Disco

Wednesday 26th June

Year 6 Winter Lightning
Premiership

School Council

Tuesday May 21st

Tuesday June 18th



Dear family and friends,

First and foremost, I hope all of the mums and special people in our community had an incredible day on Sunday, celebrating Mother's Day with your family. I hope you were spoilt and made to feel very special. I also hope you managed to catch a glimpse of our spectacular night skies over the weekend. I heard so many of our children talking during the week about the Aurora Australis and recent geomagnetic storms.

It's been an exceptionally busy fortnight. Here's a quick recap of some of the big events.

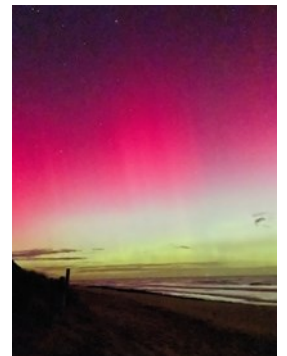
Student Free Day



As you all know, last Monday was a student free day at RHCS. This was an excellent chance for staff to take part in some very targeted and valuable professional learning to strengthen and refresh our Inquiry pedagogies and approaches with an expert in this field, Shaz Bayley. Shaz was full of infectious passion during this day and led staff through a number of activities to help us further ignite curiosity and wonderings in our students through Inquiry. Staff will be provided with further opportunities to work with Shaz throughout the year.

Classroom Observations

My favourite part of last week was getting into classrooms to observe some incredible teaching and learning as part of our school's coaching model. The highlight of my week was sitting in on a Grade 6 Writer's Notebook lesson. This particular lesson provided challenge and voice for all learners. I was very impressed with how engaged the students were, as well as the quality of their written work. Most impressive however, was the thoughtful and respectful feedback our students provided one another based on their individual goals and success criteria. I'm sure you're not surprised to hear how amazing our teachers and students are up here at Red Hill Consolidated School.



Mothers Day Stall

I would like to show my sincere gratitude to Kathryn and her hard working team (Alissa, Jemma and Dean) who spent many weeks sourcing and organising gifts as well as running our Mother's Day and Special Person's stall last Friday. As always, the quality and range of sourced and created gifts was exceptional. This is without a doubt the best Mother's Day stall in the country! Thank you also to parents who donated or created gifts for this stall. I hope all of the mums were very happy with their beautiful gifts on Sunday.



District Cross Country

Wednesday last week was District Cross Country, held at the Truemans Road Reserve. Students selected from our House Cross Country a few weeks ago competed at this next stage against other runners from schools across the Southern Peninsula. As we come to expect of our students, they represented RHCS perfectly, showing exceptional behaviour, sportsmanship and effort throughout the day. Well done to all who competed and did their very best. Congratulations also to those who finished in the top ten, qualifying for the Divisional Cross Country at the Hastings Foreshore on the 29th of May. Thank you to all staff and parents who attended on the day to keep our athletes organised and cheer them on. And as always, well done to Coach Milenkovic who has been training these students for the past weeks and preparing them for this event.

Buddy Bench

I'd like to thank our good friends from the New Peninsula Men's Shed who installed our beautiful new Buddy Bench on Thursday last week. This has been a collaborative project involving the beautiful artwork of last year's preppies. This will be a wonderful addition to our gardens and another opportunity for our incredible students to support one another. Well done also to our school leaders who thanked and interviewed the Men's Shed Team. Their article can be found in this newsletter.



Education Week

This week we celebrate Education Week at RHCS. This is the perfect opportunity to recognise and learn about all of the excellent educational opportunities we provide our students. By the time this edition goes to print, parents would have had the chance to attend a number of events, including our open classroom morning, helper induction session, Wellbeing Information Night and our special assembly. Thank you to everyone who took part.



Building Fund Receipts

By now all families who made a voluntary contribution to our school's Building Fund should have received their tax receipts. If you haven't received yours yet, please get in touch as soon as possible. With the end of financial year fast approaching, some parents may be in a position to make a tax deductible voluntary contribution to our Building Fund. Parents can make voluntary contributions at any point in the year. If you are interested in making a contribution or would like to know more, please give the office a call on 5989 2321.

School times

Just a quick reminder that our school grounds are only supervised between 8:45am and 3:45pm each day. Students should not be dropped off or picked up from school outside of these times. If you need care for your children outside of these times please use our OHSC provider, TheirCare. More information about TheirCare can be found on our website at <https://redhillcs.vic.edu.au/their-care/>

Gymnasium

And finally in this edition, we have locked in a contractor to resurface the gymnasium floors over the July School Holidays. If everything goes to plan, our gym will be ready for action on day one of Term 3. This project was made possible thanks to the fantastic fundraising efforts for our Colour Run earlier this term.

That's it for another fortnight. As always, please be aware of the important dates and events and keep an eye on ClassDojo for important reminders.

Kind regards— *Gus Wettenhall*



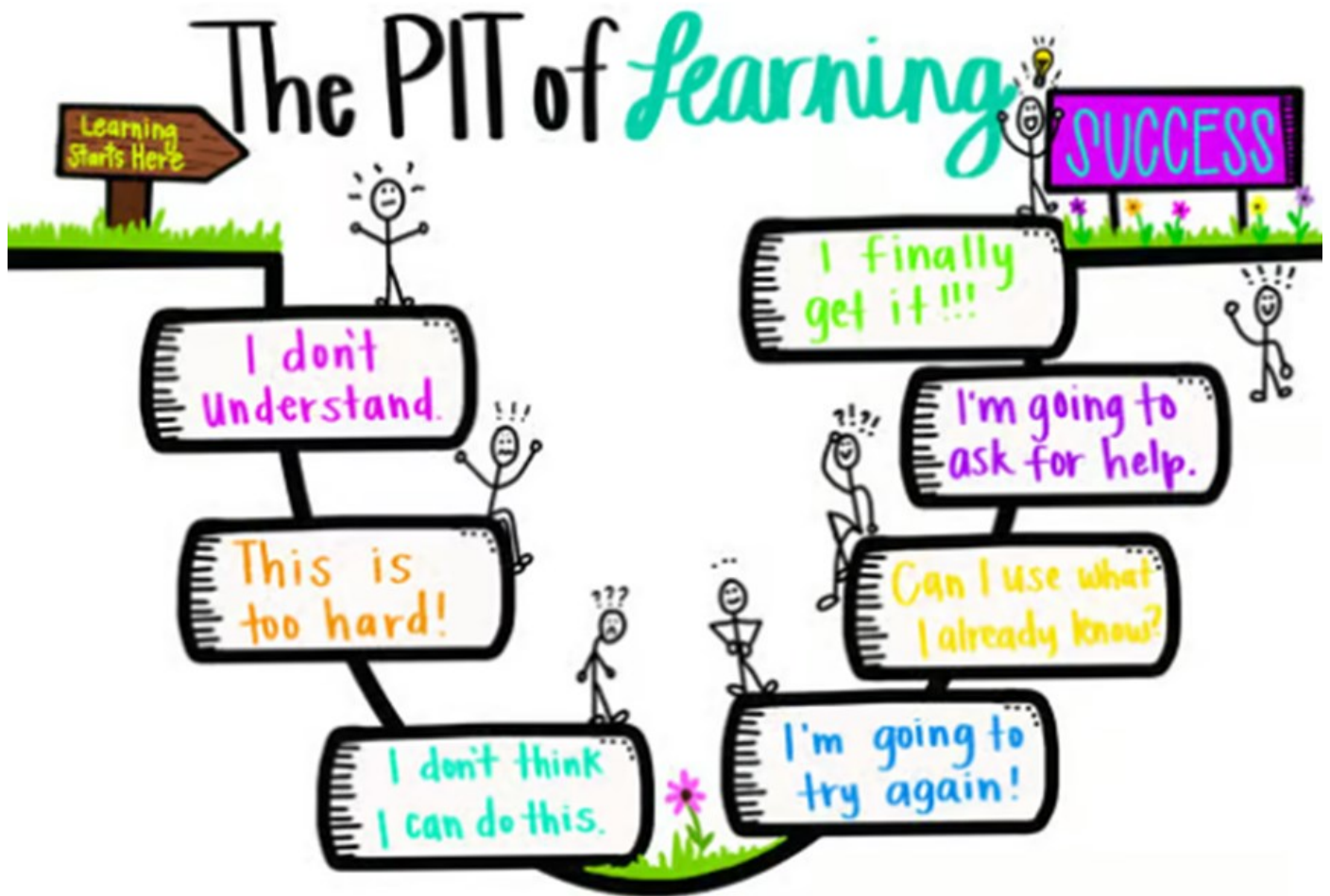
CLE UPDATE

The Learning Pit

Over the weekend I was lucky enough to have the opportunity to attend a live show of 'The Imperfects.' For those who don't know, The Imperfects is a podcast hosted by Hugh van Cuylenburg (founder of the Resilience Project), his brother Josh van Cuylenburg and Ryan Shelton, a successful Australian comedian. In the podcast they chat to a range of interesting people who talk about their struggles and imperfections.

One concept that was discussed during the show was that in this current time people really struggle with the feeling of uncertainty. That feeling of 'not knowing' is one that many don't experience very often. An example given was that nowadays when the phone rings, you know exactly who is calling as the number and often the name of the caller is displayed on the screen of your mobile phone. 20 years ago, this was not the case. Our phones are also used now as soon as we do not know the answer to something. Just this morning I caught myself Googling as I could not remember the name of an artist that produced a song that I listened to on my way to work. Before the days of Smart phones, I would have sat in that uncertainty until I next heard the song on the radio or Rage.

In our classrooms we want to encourage our students to be comfortable with that feeling of uncertainty. At Red Hill Consolidated School, we often talk about the Learning Pit. When someone is out of their comfort zone, struggling to learn something new or uncertain about how to do something, then they are in the Learning Pit. This light-hearted name helps ease the sense of frustration often felt during the learning process. It can also be an empathetic and reassuring phrase to share with others, giving them the impression that everyone experiences Learning Pit moments.



A lot of people assume that learning involves putting one foot in front of the other until at last, they're proficient. Unfortunately, learning often involves stepping backwards or sideways – or even, starting all over again – and this can be disheartening, particularly if it's unexpected. That is why many illustrations of the Learning Pit, such as this one here, include the sorts of worried thoughts people experience when struggling to learn something new or different. James Nottingham, the creator of the Learning Pit, chose the term 'pit' because it is an honest representation of the struggle: stepping outside of your comfort zone makes you feel uncomfortable.

You might like to talk about the Learning Pit with your children over dinner this week. Below I've listed a few conversation starters that might help begin the discussion:

- Have you been in the Learning Pit today?
- What's the most interesting thing you've learnt by being in the Learning Pit?
- What question, action or idea pushed you into the pit?
- How confident were you at the beginning of the Learning Pit experience?
- Which strategies did you think of using to get out of the pit?
- What was the most frustrating or confusing thing about being in the pit?
- How did it feel as you climbed out of the pit?
- What did you do this time that you'd definitely do again (and why)?
- What advice would you give to others about the best way to go through the Learning Pit?

Next week, on Tuesday 21st May and Thursday 23rd May we have our Strengthening Learning Partnership conferences. During these conferences, you might hear your student talk about their learning and being in the Learning Pit. They might also share with you about learning goals that they have developed, in collaboration with their teacher, and how they plan to go about achieving these goals.

If you have not yet booked a time, please remember to get onto Compass and do this ASAP. We look forward to welcoming parents into school for these conferences and know that our learners and parents will enjoy them.

Joanne Barnes



😊 Buddy Bench 😊

Hi Red Hill Community! Guess what? We have had a Buddy Bench installed by the wonderful people at Mount Martha Men's Shed, and the Mornington Peninsula Shire. It's such a great addition to our school, so never fear our buddy bench is here! Covered in Marine varnish and ready to go! Beautifully hand painted by the Preps & Grade 6's of 2023 and what's more it's made of recycled materials and Australian hard wood. It took hard work and concentration to make this dream come true and after weeks it's here! Big shout out to Gerard, Steve, Keith, Evan and Phil. Also, this wouldn't be possible without Gavin helping out and putting in a sturdy hand. Thankyou!

Written by school captains of 2024

Hello Parents / Carers,

Social and Emotional Learning in the classroom

Classrooms are very busy and vibrant places where children are continuously engaged in learning and interacting with their peers. This stimulating environment can sometimes feel overwhelming for young children as they navigate the social and emotional aspects of their development.

It's important to understand that children, especially in their early years, are still learning how to regulate their emotions, manage their impulses, and effectively communicate their needs. The classroom setting, with its many activities, noises, and social dynamics, can sometimes feel overstimulating for them. We understand the importance of creating a nurturing and inclusive environment for all children.

That's why it's crucial to have a range of resources and strategies in place to help teach and support children's social and emotional skills. These can include:

1. Dedicated lessons and activities focused on emotional literacy, conflict resolution, and empathy building.
2. Quiet spaces or calming corners where children can take breaks and self-regulate when they feel overwhelmed.
3. Trained staff who can provide guidance, mediation, and one-on-one support to children struggling with social or emotional challenges.
4. Collaborative partnerships with parents to ensure a consistent approach and shared understanding of each child's needs.

By providing a comprehensive approach to social and emotional learning, we can help children develop the necessary skills to thrive in the classroom and beyond. This not only supports their academic success but also their overall well-being and ability to form positive relationships with their peers.

Social and emotional learning can help students learn the skills needed to build resilience. These skills need to be taught and can help children learn to manage their emotions, behaviour and relationships with others. It involves giving students opportunities to learn and practice social skills.

Recognising our emotions and identifying tools to manage them

Understanding and working with the 'Zones of Regulation' helps children to manage difficult emotions. This is known as 'self-regulation'. Self-regulation can go by many names such as 'self-control', 'impulse management' and 'self-management'.

From time to time, all of us - including adults - find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. These emotions often make it hard to learn and concentrate in school. The 'Zones of Regulation' aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn.



All staff across the school often discuss with children 'the tools' we could use to help us when we are in a particular zone. It is also often discussed so children have a better understanding of how others may be feeling at particular moments. I encourage parents to discuss 'The Zones' at home with their children. The strategies we explore at school can be used just as easily at home. If you would like more information on the 'Zones of Regulation', there's a lot of support online or send me an email and I can send you some resources.

Remember it's ok to be in any zone – it's what we do with those feelings/emotions that count.

Alternative questions to ask your children instead of the generic "How was your day?":

Do you often ask your child "How was your day?" and get a minimal reply? Instead of the typical "How was your day?", try asking your children more open-ended and engaging questions to get them to open up about their experiences. Rather than a simple one-word response, questions like "What was the best part of your day?" or "What was something new you learned today?" can prompt your children to reflect and share more details about their day. These types of questions show you're genuinely interested in their thoughts and feelings, not just looking for a quick summary.

I found this useful information from the Big Life Journal:

WHAT TO ASK KIDS INSTEAD OF "HOW WAS YOUR DAY?"

Instead of: How was your day?	Try this: → What's one thing that made you laugh today?	You can learn a lot about your child's sense of humor, friends, and get them smiling by asking them to recount things that made them laugh.
Instead of: Did you eat your lunch?	Try this: → Who did you sit by at lunch today?	Allowing your child to discuss friends they may have a hard time getting along with, opens opportunities to discuss how others make them feel.
Instead of: Did you have a good day?	Try this: → What did you do that made someone smile today?	Show your kids that school isn't just about academics. Kindness matters.
Instead of: What did you learn at school?	Try this: → Did you enjoy art or science more today? Why?	When questions are broad, it's easy for a child to feel unsure of how to answer. Being specific facilitates a detailed response and opens the door for further discussion.
Instead of: What did you do today?	Try this: → I love hearing about your day.	Sometimes questions are overwhelming. Just letting your child know that you're interested, gives them permission to share when they are ready.
Instead of: How was your day?	Try this: → What was easier today than yesterday?	Encouraging your kids to notice that their practice is making a difference helps instill a positive self-image and a growth mindset.

BigLifeJournal.com

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

Sascha Wardlaw

Assistant Principal





TOUR DATES

Tuesday 23rd April – 4:00pm – 4:30pm

Thursday 16th May – 4:00pm – 4:30pm

Tuesday 18th June – 4:00pm – 4:30pm

redhillpreschool.com.au

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