

Phone: 5024 1044
Fax: 5024 2020

Home Page Address - <http://www.redcliffps.vic.edu.au>
EMAIL: red.cliffs.ps@edumail.vic.gov.au

IMPORTANT DATES



Meet the Teacher & Sausage Sizzle—

Tuesday 13th February 3.30-7.00pm

Lunch Orders:

The Red Cliffs Bakery will be providing Lunch Orders on **Tuesdays and Fridays** this year. Parents should ensure their child's name, grade and lunch order are clearly written on an envelope or paper bag. We recommend placing **correct money** inside the envelope or paper bag. The child's lunch order should then be placed inside the "tub" in their classroom.

Prep Rest days:

Our prep students had a fantastic but very tiring day yesterday. Prep parents are reminded prep children do not come to school on Wednesdays during February.

School Hours:

Parents and students are reminded that school commences at **9.00am** and ends at **3.15pm**. Students should be at school by **8.45am** to allow them time to prepare for the day. Students **may** arrive at school from **8.30am**. Students **should not come to school before 8.30am** as there is no yard supervision before that time.

Classrooms are not open until 8.30am.

Parents needing their children to arrive at school before 8.30am because of **work commitments** are asked to contact me directly to discuss the situation.

Have a fantastic week!

**Rod Beer
Principal**

Meet the Teacher:

Parents/carers, students and families are invited to the 2018 "Meet the Teacher" opportunity on Tuesday, 13th February.

Classrooms will be open from 3.30pm. Our students will be asked to show mum/dad/carers around their classroom and introduce them to their 2018 teacher and classroom helpers. This is a great opportunity for teachers and parents to have an informal chat that will help individual students throughout the year.

This is not a formal parent-teacher interview. Parents are invited to visit at any time from 3.30-6.30pm. There will be a continuous "Sausage Sizzle" from 5.00pm. Drop in and collect a free sausage or two either before or after you visit the classroom.



School

The first School Council meeting for 2018 will be held next Wednesday, 7th February at 6.30pm.

Members unable to attend are asked to contact me before 5.00pm next Wednesday.

Council:

**IT'S NOT OK
TO BE AWAY**

RESPECT—HONESTY—RESPONSIBILITY—EXPECTATIONS

Principal's Report:

Welcome Back:

I sincerely hope everyone had a wonderful holiday. Our students have returned to school full of enthusiasm and excitement. It was obvious everyone was very happy to be back.

A special welcome to our 2018 Prep students and the following new students:-

Nye-Ann and Melean Tuliakiono, Max Caudwell, Declan Moore and Aidan Tarrant, Brock and Brae Carter, Shaquille and Shadee Swift, Holli Bolitho, Dakota Reid, Isabella Lihou, Iona and Renato Brolese. I also welcome Jessica-Lee Thomas and Thailen O'Connor back to Red Cliffs Primary School.

I am sure all of our new students and their families will soon feel at home in their new school.

A big welcome also to our newest staff member— **Mrs Chloe McCully—grade 3/4 teacher**. Chloe will be with us for term 1 this year.



Nut Free School:

Parents, carers and students are reminded Red Cliffs Primary School is “Nut Free”. It is vitally important that new and existing parents and students are aware that **peanuts and all peanut products (peanut butter etc.) are not brought to school.**

Parents are asked to ensure that cakes, slices and muesli bars are nut free.

Charlie Goldup, grade 4, has a severe **anaphylactic response** to nuts and nut products—e.g. peanut butter.

It is essential everyone is very vigilant in keeping our school nut free.

I sincerely thank you for your co-operation in this matter.



Child Safe:

Parents and community members are reminded Red Cliffs Primary School is a “Child Safe” school.

All members of staff have a responsibility to ensure the safety of children at all times.

All staff are mandated to report any suspected cases of physical or emotional abuse involving our students.

Please refer to the school website for our Child Safe policy and code of conduct.

Head Lice Check:

Mr Kevin Laity, School Welfare Officer, will be conducting a school wide head lice check this Friday.

I strongly encourage all parents to do an extra-careful inspection for head lice on their children before Friday.

Parents will be notified if eggs/nits or live head lice are found.



**IT'S NOT OK
TO BE AWAY**

School Materials Charge:

The 2018 School Material Charge is **\$135 per student.**

This charge **helps** to pay for consumables such as pencils, pens and photocopying. It also pays for **all local** excursions and visiting performances.

All parents are asked to pay the School Materials Charge by the end of Term 1.

Parents wishing to pay the School Materials Charge by monthly or term instalments are asked to contact the office.

The School Materials Charge applies to a maximum of two children per family.

Parents in receipt of the 2018 Camps, Sports and excursions Fund will need to pay only \$100.



Camps, Sports and Excursion Fund:

Parents and carers in receipt of Health Care Cards etc. are eligible to apply for the \$125.00 Camps Sports and Excursions Fund for each student attending primary school.

Parents who received this payment last year do not need to apply again this year unless their circumstances have changed.

Application forms are available from the office.

Facebook:

Parents/carers and community members are reminded to “like” Red Cliffs Primary School on Facebook.

We regularly post reminders, information and news items.



Instrumental Music Tuition:

Expressions of interest are invited for students to participate in small group Instrumental Music Lessons.

Mr Joel Anderson will be providing lessons in guitar, ukulele, percussion and singing each Thursday afternoon. Cost is \$15 per lesson (payable directly to Joel). Parents wishing their child to participate should contact the office or Joel directly on ph.: 0417 984 323.

7 Ways to make a Sensational Start to the School Year

By Michael Grose

1. Commit to your child going to school every day on time

One of the most important things you can do to ensure your child has a bright future is to make sure **he or she goes to school every day - and gets there on time**. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well

A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day. Consider taking a leaf out of the book of a friend of mine who gets her children to make their beds each morning which sets the tone for a productive day ahead.

3. Establish work & study habits

The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's or young person's school and help them establish a work routine that matches their personality, lifestyle and family style. Be flexible here as one size doesn't fit all when it comes to study routines.

4. Make sure your child gets enough sleep

I encourage you to make a big focus as this year as many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Get your kids outside more for good physical and mental health

Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives. Consider increasing your child's **green time** and decreasing **screen time** for good physical and mental health.

6. Focus on being friendly

Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers. Some kids close down their friendship opportunities through self-centredness, poor attitude and unwillingness to take social risks.

7. Develop self-help skills

Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Also use visual parenting techniques (outlined in Spoon-fed Generation (<https://www.parentingideas.com.au/product/spoon-fed-generation/>)) to aid organisation and encourage independence. Such skills as making lunches, packing school bags and organising after school schedules can be great lessons that impact on how kids perform at school.



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Our Newest Students

