Our Vision:
Inspiring all learners to be resilient, ethical citizens who will thrive in a global, innovative and sustainable community.

From the Principal’s Desk

Welcome to the start of the 2015 School Year
How exciting to be back for 2015. As usual, Ms Moore and I visited classes in the first few days, beginning with our new Foundation students. How well they have settled into the school routine. We have been quite fortunate with the weather; February can be so hot! Our Foundation students now attend for full days with Wednesdays off for assessments. Check out some of their early artwork on page 4.

Staffing for 2015
Returning families were advised of staffing placements at the end of the school year. Here is a reminder for them and an overview for our new families, so they know where teachers are, should they need to communicate with them.

Specialists: Jake Mutimer – PE, Kate Warner – Performing Arts, Yang Gibson – Chinese, Andrew Sirianni – Visual Art (Specialists work from Tuesday – Friday)
Foundation: Elyce MacMillan, Daena Hailey, and Ashleigh Wilson (nee Den Elzen)
Level 1 & 2: Janice Addicott, Isobel Bespalov, Allie Lawton and Angela Stubbs
Level 3 & 4: Brendan Van Haaster, Llinos Poole, Carolyn Allan (formerly Hernandez), and Rachel McDonald
Level 5 & 6: Tim Wilson, Damien Smith, Mel Layton and Emma Fawcett

Teaching Support: Helen Plunkett, Tina Toleman
ESO (Education Support): Leanne Doyle, Carole Thomas, Sue Kilner, Lee-Anne Izzard, Heather Raymakers, Maree Knight, Sandy Veares, Zoe Cornwall, Helen De Laine, Lyn Walton, Kirsty Edwards and Sara Iedema
Library Technician: Marg Nettelbeck
Admin: Pam Tattersall, Susy Sutton (Mon, Tues, Wed), Peta Ryan (Thurs, Fri)
Canteen: Wendy Schilling
OSHCare: Nicole Pirzas (nee Elliott) and Sue Brown
Principal Class: Mary Moore – Assistant Principal and Terry Spottiswood – Principal :-)

School Photos
Our School Photo Day is on Thursday, 26th February. All students are expected to wear full school uniform.

We have a new website. Our address is the same, but that’s all that is! Check out the new look at www.rollinghillsps.vic.edu.au. More info on page 4.

Have you checked out our Facebook page? Make sure you like us for daily updates on events, activities and exciting announcements!
Student Learning and Well-being at Rolling Hills Primary School: Inspiring all learners to be resilient, ethical citizens who will thrive in an innovative and sustainable community.

This year we commenced our first professional learning session with an overview of the year’s priorities. At RHPS, we have active programs to support students to develop independence and resilience. These include TRIBES, student leadership positions, JSC and we have a consistent approach to dealing with inappropriate behaviour based on Restorative Practices. Last year, we revisited aspects of Positive Psychology by having a focus on Character Strengths. When you see these displayed around the school, please invite your child to share their understandings.

In addition to these programs, this year we will continue to develop our student leadership programs by trialling The Leader in Me program which equips students with the self-confidence and skills they need to thrive in the 21st-century. This program complements our existing programs which are designed to help students show responsibility, initiative and creativity. Through various aspects of learning we support them to set goals and meet them. When conflict does arise, as is to be expected when primary students are finding their place in the broader community, we want students to be able to resolve conflicts and solve problems.

School Council
School Council elections are held every year, for half of the membership of the committee (four parents). The majority of parents who have completed their term of office have decided not to stand for re-election, and a few of our councillors were parents of year 6 students, so we have a number of vacancies. Each term of office is for 2 years, and the commitment is a monthly meeting on a Tuesday night from 7.30 – 9.00pm and one other sub-committee meeting of your choice.

2016 will be the 30th anniversary of the school, so one of the major items this year will be to start planning for that.

We are always looking for parents with skills in sustainability, finance, school development, policy writing, marketing or a passion in any of these areas. If you are unable to join council you may consider joining one of our sub-committees (this then requires only 1 meeting per month).

Getting To Know You Interviews – Week 4
Interviews will be held from Monday 16th February to Friday 20th February. Evening interviews will be held on Tuesday 17th February, with the last interview being at 7.30pm. Bookings open today, 5th February at 3.45pm.

A flyer went home on Tuesday to all families with information about how to book your interview and when the site opened. We expect all families to attend these interviews and share with your child’s teacher any information you think is pertinent to your child’s learning and/or wellbeing.

New Carpet
Two of our Foundation classrooms have fantastic new carpet, thanks to the generosity of C4 National Flooring Services, courtesy of one of our student’s grandparents. Over the next three weeks, Mr Foletta and his company have kindly offered to carpet two more rooms. We are overwhelmed by this generous gift for our students. If you need carpet for your business, give them a call on 1300 552 750.

Compas School Management
This year we have introduced the Compass School Management system as a tool for managing school organisational processes and tracking student learning.

Compas has a number of significant features which will be rolled out through the year including Attendance, Calendar Events, Learning Tasks and Student Reporting. Your first introduction to this will be the delivery of your next newsletter. Today, you have received a hard copy. From the next edition, you will be advised when the newsletter is available to access, through the Compass portal. Families will receive further information and login details next week, which will allow them access to our Parent Portal. Please ensure that your email address is current with the school, so that you can receive this information. You will receive an email from compass@jdff.com.au – Subject title – Rolling Hills PS Newsletter, which looks something like the graphic below.

Terry Spottiswood, Principal

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**Wednesday’s bulletin. Enjoy your day :-)**

Dear T SPOTTISWOOD

A news item entitled “Wednesday’s bulletin. Enjoy your day :-)” has been posted on Compass School Manager for Rolling Hills Primary School. [Click here](#) to login and view the item.
Hello to all our families – old and new. What a delight to be back at school!

For those new families, last year I was on an International Teaching Fellowship to Ontario, Canada. I had a teaching role – Grade 4/5 from January 6th until June 27th and then Grade 3 from September until December. It was a great opportunity to investigate another country’s educational system. Many things were the same and of course, several were different. I was able to have an influence on student well-being and supporting student needs by modelling differentiation and personalised learning. My research project was about the Principal selection and appointment process – very different to Australia! I present my findings in the city, in March. I will be chatting with the kids about some of my experiences, such as doing yard duty in temperatures down to minus 18C: and in the SNOW! www.maryandadamincanada.blogspot.com for more details.

Student Well-being:
One of my roles as Assistant Principal at RHPS is to lead student wellbeing. What a great start to the year with all of our students settling in so well. Even our Foundation parents managed the first day with few tears. Our students who are part of our Program for Student Disabilities have started the year with enthusiasm – our value of SUPPORT can be seen right across the school. Well done everyone. Our other values at RHPS – Responsibility; Honesty; Pride and Support. Our school is a TRIBES school where Attentive Listening, Participation, Mutual Respect, Appreciation, Personal Best and Safety are all agreements we live by.

Learning Support: Ms Plunkett and Mrs Toleman will continue to provide support with our learning support programs of Toe by Toe, NIMBLE and literacy. We have quite rigorous identification in place so if you child is receiving support, please can you ensure that the home learning support is put in place too. Thanks.

Referrals: If you have a concern about the well-being of your child, the classroom teacher is the first port of call as they are the ones who establish the closest relationship with your child. You can also come and see me if you need referrals for educational or speech assessments [dependent on DET personnel availability]. These may be needed if your child is well below expected level academically or has behavioural or communication concerns. Our school chaplain also spends time with students, journeying with them if support is needed. Please see me if you need a referral. We don’t need to know the details, it just helps monitor the workload and prioritise student needs. Other agencies for support are the Shire of Yarra Ranges and Anglicare.

Starting School: Nine years ago it was my first day at RHPS as Assistant Principal. I will admit to being anxious and more than a bit nervous. I don’t think I’m alone with first day/first time anxieties. This is pretty normal. If the anxiety continues beyond the first day or week and impacts on daily life, then this needs to be addressed. We have several ‘anxiety kits’ here at school that may be a good starting point. They contain some picture books, CD, information etc. Come and see me if you would like to take one home for a week.

Nine years ago now seems like nothing as this year, I celebrate THIRTY years non-stop of being an educator….. wow. I recall doing my teaching rounds and the supervising teacher was 36. I thought she was really old and thought I’d never reach that. Over the 30 years, I have had many roles in education – consultant, teacher, Assistant Principal, School Community Development Officer…. And I still love my job. Your kids make my day, every day!!!!!!!

I found this info from a blog: http://blogs.kidspot.com.au/villagevoices/10-things-to-ask-your-child/ I have included some of it here – to read the rest, go to the blog. My favourite question to ask is: “Tell me the 3 best things that happened today.” [and don’t be worried if the answer is play time and lunch time. Some days that’s me, too!]
“How was school today?” you ask brightly. “Good!” your daughter answers. “I can’t remember,” your son mutters. In homes across Australia and, let’s face it, the entire world, this is the scenario being played out. When our kids get home from school we are like eager puppies bouncing around them and they are like fellow puppies, let off the leash and racing away.

A vague question like “how was school today?” just becomes part of the getting-home-from-school ritual. A glass of milk, a quick “dunno” and they’re out the door. If we really want to reconnect with them and get to know them through their day, we’ve got to be clever with our questioning.

“Did” questions can often result in a “yes” or “no” answer (Did you enjoy your lunch? Did you play with anyone new?). “What” questions are always good (What did you most enjoy at lunchtime?). Ask questions that ask for a description of their world and hopefully open up a genuine conversation. Here are some from the blog that I liked the most:
1. What was the funniest thing you heard all day?
2. What was your favourite thing that happened today?

And a bonus question that is always absolutely lovely to ask:
3. What are you looking forward to tomorrow?

Remember that a conversation is a two-way street. You can open up your questions with an anecdote from you own day.

See you at the school gate,
Mary
Our new website—same address but new look!

www.rollinghillsps.vic.edu.au

Each fortnight, through the newsletter, we will give some ‘helpful hints’ about how to navigate the website or advise about particular updates that might be relevant. We hope you use our website to access information you need such as key dates, our news, notices and classes rostered for assembly etc.

We are having lots of fun in Foundation already! Check out some of the fabulous artwork, we have created...

**Georgia, F/1W**

**Emelia - FH**

*How my pet chick is going to grow.*

**Madi, FM**

*The New Dog*
Welcome to another exciting year at RHPS. I hope everyone had a relaxing and happy holiday. The Canteen Sub-committee will continue to work hard in 2015 to bring students a healthy, tasty and interesting menu.

**PRICE INCREASES:**
Due to rising wholesale costs I’ve had to adjust the price of Oak milk, which will now sell for $1.80. Fresh Fruit Salad Small (280ml) - will now sell for $2.50 and Large (440ml) - $4.00.

**VOLUNTEERS:**
Thanks to those who have volunteered to help in the canteen this year. Rosters for Term 1 will be sent home with youngest students on Friday. I am always looking for new helpers, so if you are able to give just a few hours per term, please call me on 0438 553 177 or drop in.

**COFFEE:**
A reminder that canteen offers freshly brewed Lavazza coffee (to parents and staff). Cappuccino, latte, flat white, long black and Chai Latte are all available Monday, Wednesday and Friday, between 9am - 3.15pm.

**FRIDAY OPEN LATE:**
Canteen will continue to open after school on Fridays until 4pm, offering icy treats, coffee and snack items.

**SPECIAL:**
Our first special for 2015 is home baked **Snickerdoodle Cookies.** These are an old family favourite; cinnamon & buttery cookies, which taste a little like Cinnamon Donuts. Snickerdoodles will be available to order with your lunch or at the canteen window for 50c each, from Friday 6th - Wednesday 18th February.

Thank you
Wendy Schilling

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**Canteen Roster**

<table>
<thead>
<tr>
<th>Mon 9th February</th>
<th>Wed 11th February</th>
<th>Fri 13th February</th>
<th>Fri 13th February</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hailey Grigson</td>
<td>Candice Zaviska</td>
<td>Angela Peto</td>
<td>Angela Peto</td>
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<tr>
<td>Robyn Sheedy</td>
<td>Sandra Aitken</td>
<td>Meaghan Williams</td>
<td>Meaghan Williams</td>
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<tr>
<td></td>
<td></td>
<td>Jamie McGregor</td>
<td>Katrina Franklin</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Mon 16th February</th>
<th>Wed 18th February</th>
<th>Fri 20th February</th>
<th>Fri 20th February</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brooke Ellis</td>
<td>Geraldine Pasinati</td>
<td>Fiona Bone</td>
<td>Fiona Bone</td>
</tr>
<tr>
<td>Melissa Holly</td>
<td>Tracey Robbins</td>
<td>Romy Harcourt</td>
<td>Romy Harcourt</td>
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<tr>
<td></td>
<td></td>
<td>Lynette Podesta</td>
<td>Robyn Sheedy</td>
</tr>
</tbody>
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**Twilight Working Bee**

**Friday, 20th March**

4–6pm

**BBQ provided for all helpers!**

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We no longer recycle batteries at RHPS. **Batteries leak dangerous chemicals in landfill.**

Do the right thing! Recycle batteries at:

- **Aldi**
- **Battery World**

OR

43 Cave Hill Road
Lilydale
10 Ways to Build Resilience

We have had ‘Resilience’ as a character strength we would like to develop in our students for quite a while and a few years ago it was our key focus. This article I have found below is for parents, about how adults can become more resilient; that said, of course children need the same abilities, it is just that we would not expect them to have these fully developed. The article is taken directly from ‘Generation Next’ and adapted from ‘The Road to Resilience’. I hope you find it both interesting and useful.

Resilience is not a trait that people are born with. It involves behaviours, thoughts and actions that can be learned and developed. A combination of factors contribute to resilience:

* The capacity to manage strong feelings and impulses.      * The capacity to make realistic plans and take steps to carry them out
* A positive view of yourself and confidence in your strengths and abilities      * Skills in communication and problem solving

1. Make connections. Good relationships with family members, friends or others are important. Accepting help and support from those who care about you strengthens resilience. Some people find that activity in local groups provides social support. Assisting others in their time of need can also benefit the helper.

2. Avoid seeing crises as insurmountable problems. You can’t stop highly stressful events, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

3. Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

4. Move toward your goals. Develop realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”

5. Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

6. Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

7. Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

8. Keep things in perspective. In trying times, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

9. Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

10. Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. This will help to keep your mind and body primed to deal with situations that require resilience.

Adapted from The Road to Resilience

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**School Uniform Shop**

The Uniform Shop at school is now open twice a week.

**Tuesdays 8:30am to 9:30am & Thursdays 3:00pm to 4:00pm at the Canteen window**

Or, you can purchase directly from Beleza’s shop at Ferntree Gully, Shop 5 Mountain Gate Shopping Centre, 1880 Ferntree Gully Road, Ferntree Gully. Open Monday to Saturday every week (except public holidays).

Or, purchase online at store.beleza.com.au.

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**School Banking**

School Banking has began again for 2015 this week. Remember to bring along your banking wallet each week to collect tokens so you can redeem them for some great rewards.

**New Rewards for 2015**

- Released in Term 1 – ET DVD and Planet Handball.
- Released in Term 2 – Invisible Ink Martian Pens and Intergalactic Rocket.
- Released in Term 4 – Outer Space Savers Money Box & Lunar Light Band.

All rewards are only 10 Tokens each and are available on the dates listed.

**Parent Packs.**

Students from Foundation to Grade 3 have received their new parent pack for 2015. We are waiting on a delivery of more packs and as soon as they arrive they will be sent home for students from Grade 4 to Grade 6. These packs contain information on getting started with School Banking, a savings chart and the new reward redemption sheet. Please keep it in a safe place, to be sent in with your tokens when you are ready to redeem.
## OSHCARE

<table>
<thead>
<tr>
<th>Date</th>
<th>Program</th>
<th>Afternoon Tea</th>
</tr>
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<tbody>
<tr>
<td>Mon 9 Feb</td>
<td>Paper Cup Puppets</td>
<td>Vegies, dips &amp; crackers</td>
</tr>
<tr>
<td>Tues 10 Feb</td>
<td>Loom Bands</td>
<td>Fresh fruit &amp; milkshakes</td>
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<tr>
<td>Wed 11 Feb</td>
<td>Playdoh (Make &amp; Create)</td>
<td>Toasted sandwiches</td>
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<tr>
<td>Thurs 12 Feb</td>
<td>Hearts &amp; Flowers</td>
<td>Ice creams</td>
</tr>
<tr>
<td>Fri 13 Feb</td>
<td>Valentine's Day Cards</td>
<td>Pasta</td>
</tr>
<tr>
<td>Mon 16 Feb</td>
<td>Crayon / Charcoal Sketching</td>
<td>Salad wraps</td>
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<tr>
<td>Tues 17 Feb</td>
<td>Shrove Tuesday Traditions</td>
<td>Pancakes</td>
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<tr>
<td>Wed 18 Feb</td>
<td>Windmills</td>
<td>Sausages in bread</td>
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<tr>
<td>Thurs 19 Feb</td>
<td>Clay Creations</td>
<td>Jelly &amp; tinned fruit</td>
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<tr>
<td>Fri 20 Feb</td>
<td>World Harmony Day</td>
<td>Saladas &amp; spreads</td>
</tr>
</tbody>
</table>

## Chinese New Year

One of the most exciting time of the year for our Mandarin learners is the Chinese New Year! 2015 is the year of the Goat in Chinese Zodiatics. Chinese New Year’s Day is on Thursday 19th February this year. We will have a range of New Year activities in our Mandarin class in the next few weeks! As part of the tradition, councils in Melbourne have organised some celebration activities in different locations and different dates. Come and join in the celebrations and you will have great opportunities to experience some cultural activities including lion dance/dragon dance, getting red posters, red packages etc. All these celebrations are free.


From my experience, parking is not easy, unless you get there well before the activity time.

Xu Lao Shi

<table>
<thead>
<tr>
<th>Location</th>
<th>Venue</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td>Richmond</td>
<td>Victoria St</td>
<td>1 February 2015</td>
<td>10am – 10pm</td>
</tr>
<tr>
<td>Footscray</td>
<td>Hopkins St</td>
<td>8 February 2015</td>
<td>10am – 10pm</td>
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<tr>
<td>Box Hill</td>
<td>Market St and Whitehorse Rd</td>
<td>14 February 2015</td>
<td>10am – 12pm</td>
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<tr>
<td>Springvale</td>
<td>Buckingham Avenue</td>
<td>15 February 2015</td>
<td>9am – 9pm</td>
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<tr>
<td>Chintatown</td>
<td>Russell St</td>
<td>22 February 2015</td>
<td>10am – 12pm</td>
</tr>
<tr>
<td>Federation Square</td>
<td>Melbourne</td>
<td>28 - 29 February 2015</td>
<td>10am - 5pm; 12pm - 4pm</td>
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<tr>
<td>Glen Waverley</td>
<td>King’s Way</td>
<td>1 March 2015</td>
<td>11am – 8pm</td>
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</table>
**Make the switch and save $!**

*Rubbish-free lunches make for healthier bodies and a healthier planet, while also saving you money!*

**TIP:** Reusable containers or partitioned lunch boxes can help you pack a waste-free lunch. Although they have a high upfront cost compared to a roll of plastic wrap, they will pay for themselves over time. Containers enable you to buy food in bulk (instead of in pre-packed single servings), which can save a lot of money!

*Reusable canteen satchels are available at the office for lunch orders too.*

<table>
<thead>
<tr>
<th>Common Lunch Item</th>
<th>Rubbish Free Alternative</th>
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<tbody>
<tr>
<td>Plastic bags, cling or foil wrap, zip lock bags</td>
<td>reusable containers:</td>
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<tr>
<td></td>
<td>- a quick wash and they can be used again.</td>
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<tr>
<td></td>
<td>- often easier for children to open and close.</td>
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<tr>
<td></td>
<td>- durable and long lasting.</td>
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<tr>
<td></td>
<td>- can be recycled.</td>
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<td></td>
<td>- keeps food in original condition.</td>
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<tr>
<td>Yoghurt tubs or “squeezable” pouches</td>
<td>- buy yoghurt in large tubs: it’s cheaper!</td>
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<tr>
<td></td>
<td>- spoon out yoghurt into reusable containers.</td>
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<tr>
<td></td>
<td>- choose the right sized portion so they don’t waste any: this could also save you money!</td>
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<tr>
<td></td>
<td>- for some extra fun and vitamins, have your child select fruit or muesli to mix in themselves.</td>
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<tr>
<td>Single portion chips, pretzels or biscuits</td>
<td>- buy one large packet and make your own portions</td>
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<tr>
<td></td>
<td>- they eat the amount they want and seal it up again for later</td>
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<td></td>
<td>- make popcorn at home for a fun, healthy snack.</td>
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<td></td>
<td>- bake your own goodies: keep an eye out for rubbish free recipes in our newsletter!</td>
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<tr>
<td>Muesli bars</td>
<td>‘trail mix’ or bulk muesli can be portioned into containers.</td>
</tr>
<tr>
<td>Fruit products: tubs, bars, straps, puree, individually wrapped dried fruit</td>
<td>- fresh fruits are a healthy alternative without colours, preservatives, sugar or wrappers.</td>
</tr>
<tr>
<td></td>
<td>- portion large tins of fruit into reusable containers.</td>
</tr>
<tr>
<td></td>
<td>- buy bulk dried fruit e.g. sultanas, apricots or ‘banana chips’.</td>
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<tr>
<td></td>
<td>- make your own jelly and fruit mix or puree in reusable tubs.</td>
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<tr>
<td>Individual ‘snack packs’: biscuits with dips, wrapped cheese sticks</td>
<td>- create your own combinations: portion biscuits and dips into containers.</td>
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<tr>
<td></td>
<td>- cut up carrot or cucumber to make healthy ‘dipping sticks’.</td>
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<tr>
<td></td>
<td>- use cheese cut from a block to avoid overly processed products: it’s cheaper too!</td>
</tr>
<tr>
<td>Plastic cutlery</td>
<td>- wash and reuse spoons from home.</td>
</tr>
<tr>
<td></td>
<td>- reusable or folding plastic spoons come in a great range of colours and patterns.</td>
</tr>
<tr>
<td>Juice boxes or Pop Tops</td>
<td>- refilling a drink bottle is free!</td>
</tr>
<tr>
<td></td>
<td>- use our school’s “Be Smart, Choose Tap” water fountain</td>
</tr>
<tr>
<td></td>
<td>- water is the best way to stay hydrated.</td>
</tr>
</tbody>
</table>

**TIP:** Large family? Short on time? Make up multiple portions for the week ahead.

**TIP:** Turn packing lunches into a fun family activity by sharing the responsibility of preparation with your children. Make it a rich learning experience!