



# Heights Happenings

20 Mar 2025

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*We would like to acknowledge the Wurundjeri Woi Wurrung people who are the Traditional Custodians of this Land and Waters and pay respect to their Elders past, present and emerging.*



## 2025 Diary

### March

Sat 22 • Working Bee  
9am start

Wed 26 • LT4 Easter Market

Thur 27 • LT4 Public Speaking

Mon 31 • Community Catch Up  
Coffee

### April

Wed 2 • Cross Country day

Fri 4 • Last Day Term 1  
Finish 2.30pm

Mon 11 • Easter Monday  
Holiday

Tues 22 • Term 2 commences

Fri 25 • ANZAC Day Holiday

Tues 29 • Storytime session  
9- 9.30am

### May

Mon 5 • Community Catch up

Wed 7 • LT4 Camp starts

Thur 8 • LT3 Hooptime

Fri 9 • LT4 Camp returns

Tue 13 • Whole School  
Photo Day



Log in details are below:

<https://schools.happyfamilies.com.au/login/ringwood>

PASSWORD: happyrhps

### Uniform Shop

### Opening Hours

Monday: 8.30-9am

Wednesday: 3.15-3.45pm

It will be an action-packed fortnight as we head toward the end of Term 1 which began yesterday with the whole school picnic. Alongside the learning programs the students will also enjoy the whole school cross country, the Easter market and the much anticipated Easter raffle.

It was great to see a number of families enjoying the grounds, connecting and catching up with one another last night at the family picnic. Thank you to the Community Liaison Committee for the planning and organization of this community event. The students enjoyed the entertainment and participated with great energy – as did some of the teachers (huge effort Mr Gore - a special applause for you) and parents!

After the Working Bee which is scheduled for this Saturday, the students will be able to practice on the actual track in preparation for the big day. The BBQ on Saturday will be fired up early so that our helpers can grab a sausage and drink before heading home. The working bee is solely focused on the track so when the track is finished our work will be done. A big shout out to Hayden Clarke ( father of Harvey) who has already had a first go at some overhanging branches and given us a fabulous head start. There is however still plenty to do. If you are planning on helping out, please bring any tools that will help with pruning, cutting back of bushes, whipper snipping grass and generally defining the track with stone placements and raking. Thanks in advance for your help.

Congratulations to Steph, Ash and big sister Ruby Cacciopoli on the birth of, 'Eva Lyn' who was born on March 17. Everyone is well and enjoying lots of cuddles.

Kim Bride  
Principal



## Wellbeing @ RHPS



Saturday 8th March was **International Women's Day**. According to The Resilience Project, one of the key pillars proven to cultivate positive wellbeing is **gratitude**. We invited the students to express gratitude for the women that care for, inspire and support them - here's what they said!

### Junior School

"I am grateful for my Mum because I love her and she loves me. She sets up things for when I get out of the shower and that's really kind."

"I am grateful for Miss Schumann because she helps us learn and she's smart."

"My grandma because when we go to her house she usually has something waiting for us - she is thoughtful."

"My grandma because she taught me how to knit."

### Learning Team 3

"I am grateful for my Aunty Caitlyn because she spoiled me when I was in hospi-

tal and came to visit when she was not in New Zealand.”

“I’m grateful for my mum because she works hard for our family.”

“I am grateful for Katia Kraft because of her stunning work on volcanoes and her fiery passion for them, right til the end.”

“My Grandma because she always encourages me to follow my dreams and always do what I think is best for me. She is just super kind and means a lot to me.”

#### Learning Team 4

“My aunty because she always comes to my sporting events to support me.”

“My grandma, mum and teachers because they support me throughout everything.”

“All LT4 teachers because they help us learn and grow.”

“I am grateful for my Mum because she works very hard for us and when she comes back she gives us a big cuddle.”

As staff, we are incredibly grateful for the **many women** who make our school community such a nurturing, enriching and stimulating place for all students to become their **best possible selves!**

Maybe your family could have the same conversation - **who are the women that you are grateful for?**

**Jude Ridley**  
Health and Wellbeing Leader

### Save the Date! Walk Safely To School Day FRIDAY 16 MAY 2025

This year National Walk Safely to School Day is on 16<sup>th</sup> May. Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. More information will be sent in the last week of term.



## Community Catch up

There will be an extra coffee morning after assembly on Monday 31st March. Please feel very welcome to stay for a chat!

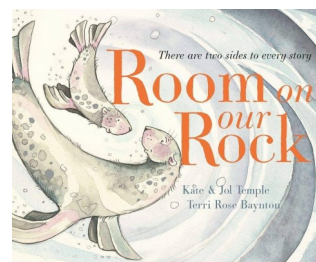
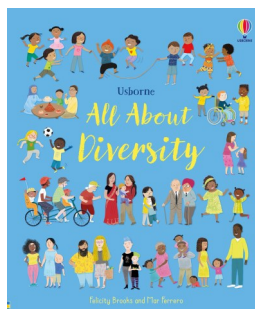
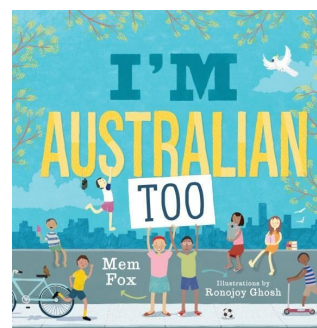
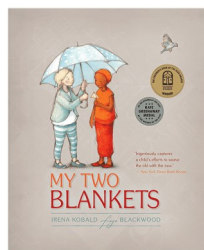
### Junior School

#### Harmony Week

This week is Harmony Week, so in the Junior School we are learning more about it and how it relates to our big question: How is it the same? How is it different?

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It’s about inclusiveness, respect and a sense of belonging for everyone.

We learnt that Australia is a multicultural country, and that culture is like a special way of life shared by a group of people, including their traditions, beliefs, food, language, and art.



To help us learn more about multiculturalism and diversity, we read a few picture books and had discussions about some of the traditions, celebrations, languages and food we enjoy in our families.



Some things we learned and shared in MH:

- Being different is a good thing - Abby
- Different people celebrate different things - Arlo
- Australia is a better place because we have different cultures - Charles

- We welcome new people in Australia - Luna
- In the book *My two blankets* the girl is giving her new words so that she can feel included- Maisie
- Some of the differences in Australia are the language we speak and our celebrations - Isla
- Harmony Week is celebrating our differences - Juniper
- Harmony week is about belonging together - Holly

### Learning Team 3

On Monday afternoons, we all head outside for sport. We look forward to our Monday afternoons as they are always fun. This term we have started on the oval where we run laps for about 10 to 12 minutes. This helps our cardiovascular fitness and is also great practice for the Cross Country which will be held on Wednesday 2nd April. We count our laps too as when we get back to school on a Tuesday, we then add our data to our graph. We have been tracking each week the number of laps we run to see if we are getting fitter.

After running, we then all move into the stadium and in our House colours compete in fun relays. These relays also help our cardiovascular fitness, they help us to all show teamwork and sportsmanship, and we build new skills too. The stadium can be a little loud, but that is only because lots of us are cheering our team mates on. The relays are so much fun.



Once we finish our relays, we then break off into our rotation groups where we have been learning about basketball, skipping, fitness and yoga. LT3 sport is not just about running, it is also about calming our bodies down, and stretching the correct way, which is what we all do as part of yoga. We all have such a great time participating in LT3 sport and one of the best things is not just learning new skills and keeping our fitness levels up, it is also about building friendships.

### Learning Team 4

#### Sport Reports

##### Girls Basketball

On Friday the 14th of March LT4 did an inter school sports gala day. We competed in the Warrandyte South District against 9 other schools. Each sport played at different venues, including various primary schools, The Nets in Heathmont and HE Parker oval 2. Girls basketball won three games, lost two and tied one. We all played our best and showed great sportsmanship. We all enjoyed playing on our team. Thank You to Mrs Clarke and all the parent helpers.

##### Mia & Lola

##### Mixed Basketball

Mixed basketball played 6 games and won 5 games and lost 1 to Our Lady's primary school. We won 13 to 12 where we had a game winning free throw where we got fouled and so someone had to take a free throw and they scored. It was intense. The game winning free throw was close but we tried and pushed through every game. Thank you to the team for giving your all, also thanks to Our Ladys. We would like to thank Georgia for supervising and coaching us today.

##### Zac & Tobi

##### Girls cricket

The RHPS girls cricket team went to Ainslie park and had some great games. We loved playing with each other and had heaps of fun. We all improved even more throughout the day. We cheered each other on by doing some creative dancing skills and made everyone feel good about themselves. We all worked well as a team and ended up being undefeated. We are very excited about moving to the next stage. A big thank you to Mrs Read for umpiring and coaching us throughout the day. We all loved her coaching us and we appreciate her very much.

##### Chloe & Goldie



##### Mixed Cricket

The mixed cricket team worked hard and tried our best. We played 3 normal games and played in the finals against Marlborough Primary School. It was really close and it came down to the last over. We ended up coming out on top and winning by five runs. Everyone was great sports and we all enjoyed playing cricket against the other schools. We move on to the next round now.

##### Luke & Ollie

##### Sofcrosse

The sofrocrosse team played their games at Croydon primary. We had 4 games, we lost three and drew 1. We had an amazing time bonding with the team.

##### Macsen & Charlie



## Hot Shots

On Friday Nia, Radhya, Kensi, Lee, Harry, Zac, Daniyal, Luke and Hugo went to St Annes to play hot shots against other schools. First, we competed against St Annes, Bayswater North, Marlborough, and St Richards. After playing against all those schools, we came up with a grand total of 389 points. This got us into the semifinals, going against Yarra Road. Thankfully, we scored 97 against them and we were in the finals! In the finals, we played Mullum and scored 72 points overall. We all played really well but sadly in the end we lost by 4 points with Mullum winning the final. On behalf of the Hot Shot team, we would like to say thank you to Mrs Hallam for coaching us and spending her time in the hot sun just to see us play.

**Nia and Radhya**



## Volley bounce

The volley bounce team played 15 minute matches and we played three games. There were two games happening at once. We practiced when we weren't playing. For our first game, we were as nervous as ever. We played against Our Lady's and the scores were 17 - 12 and sadly lost, but we were proud of our efforts. We were still a little unsure as we faced Yarra Road but we ended up coming off the court with a win - 19-18. We had won our second game. With a five minute break, we were back on the court for our final game against St Anne's Blue. St Anne's Blue ended up winning with a nine point lead but we had some great rallies out there which we were proud of. On behalf of the Volley Bounce team, we would like to thank Mrs Clark for coaching and encouraging us the whole time. We had all improved our game and had a bunch of fun.

**Talia & Isabelle**

GO RINGERS!!!!!!

## House Cross Country Wednesday 2<sup>nd</sup> of April

On Wednesday 2nd April we will be holding our Annual House Cross Country event. Students across the school have been training during PE and have been shown the course and their age group distance.

- Grade 3 - 6 students will be running between **9:10am and 10:40am.**
- Junior School students will be running between **11:20 am and 12:40pm.**

Students are encouraged to wear appropriate shoes and their House colours on the day, this could be a t-shirt, hair ribbons or coloured socks. A reminder for students to come to school with their hats, water bottles and sunscreen.

## Parents' Club

### Easter Raffle

Thanks to the families who have already donated easter goodies. Raffle Tickets, sales money and easter donations are due by Wednesday 26 March. Extra tickets are available from the office. Prize winners will be drawn every afternoon of the final week of term, with the major prize being drawn at assembly on Monday 31 March.

### PC AGM held 13 March 2025

Our Parents' Club AGM was held on Thursday 13 March. We were able to secure many of the volunteer positions. We also commenced event planning for the year.

President – Sarah Marsh (Interim)

Vice President -?

Secretary - Rachel Hodgson

Treasurer - Tanya Kluka

Munchie Crunchie -?

Special Lunch Days – Felicity Adcock, Melanie Gordon

Pie Drive – Rachel Hodgson

Bunnings BBQ – Tanya Kluka

Mother's Day & Father's Day Stall – Sarah Marsh

Mother's Day & Father's Day Celebrations -?

Major Event – Jade Dunne, Melanie Gordon, Sarah Marsh

We are looking for volunteers to fill the positions for President, Vice-President, Mother's and Father's Day Celebrations, and extra helpers for the Major Event. If you are interested, please contact Parents' Club or the office. Feel free to co-ordinate an event with a friend, it is loads of fun and a great way to connect with the community.

**Next PC meeting is 27 March 2025**

The next Parents’ Club meeting is Thursday 27 March 7.30pm via Teams link, to continue planning for the various events in 2025.

Thursday, March 27, 2025 7:30 PM – 8:30 PM (AEST)

Meeting link: [RHPS Parents Committee Meeting | Microsoft Teams | Meetup-Join](#)

Microsoft Teams meeting [Click here to join the meeting](#)

Meeting ID: 939 321 540 461 2, Passcode: 8wf7Vn

**How To Contact Parents’ Club**

Join our Facebook group for regular reminders of upcoming events and fundraising activities:

<https://www.facebook.com/RingwoodHeightsPrimarySchool/>

Call Sarah Marsh, President on 0409 009 542 or email: [sarahmarsh11@hotmail.com](mailto:sarahmarsh11@hotmail.com)

Or leave a message at the office.



**Getting started with a Body Bright home**

**BRAVE**

**Try to** ✓

Make your home a free-zone of negative or teasing appearance-related comments (including nicknames)

**Avoid** ✗

Encouraging your child to change their appearance to avoid getting teased in the future.

**GRATEFUL**

**Try to** ✓

Focus on what makes everyone in your family unique and what bodies can do.

**Avoid** ✗

Making comparisons, and allowing others to make comparisons, between your child’s body/appearance and any other person.

**RESILIENT**

**Try to** ✓

Help your child to be aware of the tips and tricks used to alter the appearance of images they see in all types of media.

**Avoid** ✗

Endorsing the appearance ideals that are often presented in media (e.g., *complimenting only thin or muscular bodies*)

**HAPPY**

**Try to** ✓

Encourage joyful movement in your family, which means moving in ways that feel good and are fun.

**Avoid** ✗

Attaching physical activity to weight, shape and size, or used as a tool to change the body (e.g., *lose weight/increase muscle size*). This includes, avoiding suggesting food should be earned or worked off.

**INCLUSIVE**

**Try to** ✓

Encourage a celebration and acceptance of different body shapes and sizes, and aspects of appearance.

**Avoid** ✗

Making assumptions of a person’s health, intellect, or personal value, based on how they look or what they weigh.

**THOUGHTFUL**

**Try to** ✓

Remind children, and role model, that all foods can be part of healthy eating and serve a purpose (e.g., nutrition, fuel, enjoyment). Call foods by their name (e.g., *lollies – instead of sugar or a treat*)

**Avoid** ✗

Attaching moral value to foods and labelling foods as good/bad or healthy/unhealthy, avoid demonising foods (e.g., *telling children sugar is ‘bad’*)



For more tips like these and information on how you can be Body Bright at home, visit:

[www.butterflybodybright.org.au/resources](http://www.butterflybodybright.org.au/resources)

