Ringwood Heights Primary School - No 4911

Heights Happenings

6 August 2026

No. 12

60 Summit Crescent
Ringwood 3134
Principal: Kim Bride

Ph. 9870 3050

Outside School Hours Care
Kelly Club - 0412 525 359

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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.

2026 Diary

August

Thu 6	• LT4 Debating
Wed 12	• Junior School Basketball Clinic
Thu 13	• LT4 Debating
Fri 14	• LT4 Mixed Cricket Final
Tue 18	• LT3 BQT Incursion
Thu 20	• LT4 Debating
Tue 25	• JHK & JRC Rippon Lea Exc
Wed 26	• LT4 Norwood Musical - Sister Act
Thu 27	• LT4 Debating
Fri 28	• JF & JS Rippon Lea Exc • **Whole School Movie Night 5pm (info coming soon)**

September

Tue1	• Coffee Cart 8.30 - 9.30am Fathers & Friends
Wed 2	• Student Free Day
Thu 3	• LT4 Debating Finale
Fri 4	• Fathers & Friends Stall
Tue 8	• District Athletics

Uniform Shop

Opening Hours

Monday: 8.30-9am

Wednesday: 3.15-3.45pm

Dear Ringwood Heights Primary School Families,

It is with great excitement and gratitude that I introduce myself as the new Acting Principal of Ringwood Heights Primary School. I am truly honoured to be joining such a welcoming school community and look forward to getting to know our students, families and staff over the coming months.

I strongly believe that positive relationships are at the heart of every successful school. Building genuine connections with students, families and staff is something I value deeply, and I look forward to working together to ensure every child feels known, supported and inspired to achieve their very best.

For the past seven years, I have had the privilege of serving as Campus Principal at The Lakes South Morang College. During that time, I was also fortunate to undertake Acting Principal roles at Wollert Primary School and Norris Bank Primary School. These experiences have reinforced my belief in the importance of strong school communities, high expectations and creating opportunities for every student to thrive.

Outside of school, my wife, Josie, and I have two wonderful children, Oliver (13) and Ashton (10). As many families will relate to, our weeks are filled with basketball and football commitments, which certainly keep us busy! Through our children, we understand the importance of balancing school, family and community life.

Sport has also been a significant part of my professional journey. I have been incredibly fortunate to have coached with the Western Bulldogs in the AFLW program and coached at Coburg (VFL) and the Northern Knights. I am currently coaching at Montmorency Football Club in the Northern Football League. These experiences have taught me the value of teamwork, resilience, leadership and creating environments where people can grow and succeed - qualities that I also bring to education.

As I begin my time at Ringwood Heights Primary School, I am excited to build on the outstanding work of Kim, James, Jo and the wider Ringwood Heights team. They have established a wonderful foundation, and I look forward to working alongside them, our students and our families as we continue to strengthen the school's culture of learning, wellbeing and community.

Warm regards,
Marcus Abney-Hastings
Acting Principal

Wellbeing @ RHPS

We hope you are enjoying the Maroondah Lift Project! The staff are finding the concepts incredibly relevant to sustaining a school environment that cultivates learning and wellbeing together. We are currently up to Week 4. Here's a look back at the content from Week 3 and 4.

Session 3: Blue and Green Should Often Be Seen - Immerse Yourself In An Uplifting Physical Environment

Your **Limbic System** receives messages from your senses - sight, sound, smell and taste. Your mood can therefore be **significantly lifted by time spent in nature**, and our Limbic Systems are particularly responsive to bright light. Being outdoors in the **sunlight** is excellent for our wellbeing.

Challenge - Choose a clear day this week (tricky in August!) and take the time to watch a sunrise or sunset.

Session 4: Together Is Better - Immerse Yourself In An Uplifting Social Environment

We can help create positive social environments by spending time 'in real life' creating new friendships and by **strengthening our existing relationships**. Two ways to strengthen our existing relationships are to **love first** (by speaking the love language of others) and **forgive** (by choosing to give up our right to hurt someone else for hurting us). The positive impact of forgiveness on wellbeing can't be understated.

Challenge - This week you are challenged to consider whether there is someone in your life that you need to forgive - for your own sake. Boost the impact by selecting one practical way to build an existing friendship by showing kindness first.

Interrelate

Our senior school students really appreciated Robyn W and Robyn H from **Interrelate** coming in to facilitate three sessions that complemented and built on our wellbeing program. They clearly and expertly communicated the significant concepts covered in the LT3 and LT4 programs. When asked what they **valued most** about the sessions, here's what our students had to say.

LT4 students:

"It was so helpful to learn about how to notice the early warning signs our bodies give us to know that something is wrong or unsafe."

"I was reminded that friendships are not one-sided, and that healthy friendships are like a wall - they need strong foundations like trust, respect and kindness."

"One of the games we played helped me realise that the changes that happen in adolescence happen to all of us at different times in different ways - we don't have to be embarrassed about it."

LT3 students said they found it helpful to learn about how bodies change and how we can keep our bodies safe. They also liked being able to see a video about how unborn babies grow inside their mothers.

Jude Ridley
Wellbeing Leader

Auslan

Last Tuesday we welcomed Kathy, a member of the Deaf community, to our school. Kathy taught games during Auslan club at lunch time and then along with an interpreter spent time with each of the classes in the junior school.

Students were very excited to be able to authentically connect with someone from the Deaf community as well as being given the opportunity to ask questions and sign with the help of the interpreter. It was encouraging to see the curiosity of our learners come to the fore, asking multiple questions and comparing the life of someone who has grown up Deaf with their own life experiences thus far.

Thank you to everyone who made the visit possible and to Kathy who gave up her own time to visit our students.

Some of the questions that were asked included:

Carl: "What is it like in the Deaf community?"
Kathy explained that she loves being a part of the Deaf community.

Norah: "How did you know you were Deaf?"
Kathy: "I thought it was normal for a long time. Then I saw people moving their lips"

Ruby: "What is it like being a Deaf person?"
Kathy explained that it is normal for her. It is what she has known. Growing up Deaf, she went to a Deaf school (Victorian College of the Deaf) in St Kilda.

Poppy: "How did you learn to sign?"
Kathy: "My parents learnt basic sign but I learnt full signing from school"

Ellie: "Do you want to be able to hear?"
Kathy: "Sometimes, yes. I'd like to be able to hear music but the peace I have is peaceful and relaxing".

"How do you communicate with people who don't know Auslan?"
Anisa: "What is gesture?"
Kathy explained that gesture is if you were for example ordering a drink and pointing to the one you wanted but then moving your hand up and down to show higher or lower.

Sam: "Does it feel good to be a Deaf person?" **Kathy** responded, by describing some of the opportunities she has just like the hearing community such as travelling overseas.

Senior Athletics Day

On Thursday 23 July, students took to the field for an exciting day of athletics, competing in a wide range of events to earn points for their house while striving to secure an invitation to District Athletics later this term. With the winter sunshine beaming down, students gave their all as they ran, jumped and threw with determination and positive attitudes.

Events like these simply would not be possible without the incredible support of our school community, and I was overwhelmed by the number of volunteers who generously gave their time to help make the day such a success. Big thanks to Priya Kellar, James Kellar, Mitch Kellar, Ali Trewhella, Charelle Broughton, Nick Veliades, Jess Stephens, Susan Whiffin, Andy Bissett, Catherine Rosalion, Amy Richards, Josie Bell, Kelly Hill, Andy Hodgson, Amanda Tan, Simone Haag, Lana Hudson, Alicia Lehr, Brendan Hale, Mim, Tom Stray, Kate Locastro and Billy Draper.

- 1st place - Acacia 486
- 2nd place - Hakea 444
- 3rd place - Waratah 304
- 4th place - Hovea 271

District athletics will be held on Tuesday 8th September for qualifying students.

Alex Clark

Junior School

100 Days of Prep

Our Prep students recently celebrated **100 Days of Prep** with a day full of fun, creativity and learning. From dressing up as 100-year-olds to completing counting challenges and reflecting on how much they have grown, the day was filled with smiles and proud moments. Here are a few of our students sharing their favourite moments from their big day!

I loved 100 days of Prep. It was a very fun day. We designed our own $100 note. If I had $100, I would give it to the tooth fairy and then she would give it back to me - **Dani**

My favourite thing on the day was counting 100 things. I made 100 playdough balls which took me a very long time and I also counted 100 streamers AND 100 pencils that I grouped in different colour - **Jude T**

When I grow up, I want to be a race car driver - **Bior**

I have been at school for 100 days and I am 100 days smarter - **Harvey**

We counted 100 connector blocks and then we connected them to make a mega long line of connector blocks - **Jude S**

We made a crown for 100 days of Prep. I feel very proud of me and I liked my crown. It was red and red and it is very lovely - **Emma**

On 100 days of Prep I made a crown. It was a lot of fun. I also counted 100 things. I felt so brave that I tried dressing up. I was so excited for it - **Liv**

Learning Team 3 Hooptime

Last Wednesday 34 LT3's went to Hooptime at Nunawading Basketball Stadium. I played as a rookie and my team was called Ringwood Heights Reindeers. My team won 2 games and lost 1.

Thank you to Ian Crosby for coaching and Sinnead for scoring throughout the day. Shout out to all of my team for being graceful losers on the day and to Mrs Shackelford and Ms Eddington for taking us. We had a fun time waiting for the bus that broke down and ended up taking a long time to pick us up, but we did get back to school eventually - **Evie.**

I was part of the Future Star Rhinos. My team started off strong winning 4 out of 5 games getting us into the semi finals. In the semi final we were all enthusiastic and cheering for each other. Sadly we lost to Anderson Creek PS by 8 points. It was a good game and we all did well.

Thank you to Matt for coaching us on the day and Tim for scoring. We all had a great day out with lots of basketball being played - **Jasper.**

I played for the All Stars Rebels. We played 5 games, lost 4 and won 1 game.

Thank you to Charelle who was our coach and the people who scored for us, Thank you to Mrs Shakelford, Ms Eddington and all our parent helpers that made the day happen. I would also like to thank my team mates who were supportive and showed good sportsmanship.

I can't wait to go to Hooptime next year - **Riley.**

I played as a Rookie and my team was called the Rockets. This year was my first time trying Hooptime and I don't regret giving it a go. I had so much fun!

We lost 2 games but we won 3 and our whole team was really supportive and we never gave up. Our last game for the day we applied a great strategy and it worked because we won! Thank you to our coach Derek and Catherine and Shirin for scoring, we couldn't have done it without you - **Zolal.**

Learning Team 4

Athletics Day and Hooptime Reflections

LT4 students have had a busy few weeks of sport. All students participated in Athletics Day on Thursday 23rd July and many LT4 students chose to participate in Hooptime last week.

These days are not possible without our wonderful teachers and parent helpers – a huge thank you to Mrs Clark for organising Athletics Day and to Mrs Hallam for organising Hooptime. A big thank you also goes out to all parent helpers who helped at Athletics Day and Hooptime – these events cannot run without your support.

Please see LT4's reflections below:

Athletics Day

What was the highlight of your day?

My highlight of the day was long jump and triple jump because I did well in them (**Lucy**).

My highlight of the day was high jump because I got my personal best score (**Bassy**).

How did you push yourself on the day?

I pushed myself to get 5th place in the 200m race (**William**).

In the 800m sprint I really pushed myself because I ran the whole time and had a good end result. I came 4th (**Chloe**).

What moment made your heart race?

My heart was racing when I was doing the sprints. It was beating really fast while I was running (**Abby**).

In the 200m I was racing against fast people, so it really made my heart race trying to do well (**Freya**).

What goal are you racing towards?

To practise triple jump so I can get better for next year (**Charlie**).

Improving my sprints and jumps and going faster at the end (**Clover**).

My goal is to run faster and beat my record in the 200m sprint (**Ahmad**).

Hooptime Reflections

Spencer: A highlight was making a three pointer. I enjoyed getting to the grand final.

Liv: I enjoyed when we persisted though our first 3 games and learnt from our mistakes and how the other teams played. We used it and worked together and won our last game. It was very rewarding.

Eliana: A highlight was when my team kept on persisting through the first 3 games, then finally wining our last game by 7.

Gemma: Thank you to all the teachers for helping organise it.

Isaac: I enjoyed being part of a team and being able to share our wins all together.

Georgie: I enjoyed playing the game and learning a new sport. It was fun just getting there and then being part of a team.

Ziggy: I enjoyed playing with my team and getting to the grand final.

Stella: I enjoyed working as a team with my teammates and helping each other out, and everyone got a goal!

Sofia: I enjoyed playing with people I'm not too familiar with and that we all got along and played great games together. I also enjoyed watching other teams play and getting to cheer them on.

Lexie: I enjoyed playing with people from school and getting a goal.

Alby: A highlight was when we won our first game.

Harvey: I really enjoyed playing basketball with my friends.

Immy: I enjoyed playing as a team and even though my team lost all our games, I still had lots of fun!

Hayden: I enjoyed playing basketball as a team and we all played a great team game.

Parent Community Group

Thankyou

A huge thankyou to the Stevens family for your generous vacuum cleaner donation. The uniform shop carpet has never looked so clean.

Lob-a-Choc Donations
Tuesday 11th August

One of the stalls planned for our Election Day Fun Day is a **Lob-a-Choc** stall. This fundraising game gives participants the chance to toss a coin onto a table of chocolate bars - if their coin lands on a bar, they win it!

To help us gather enough chocolates, we invite families to bring along a block or bar of chocolate on **Tuesday, 11 August**. All contributions will go directly toward making the event fun and successful.

Thank you so much for your support.

Father's and Friends Morning
Tuesday 1st September

We are looking forward to welcoming dads and special people to our Father's and Friends morning on Tuesday 1st September. A coffee van will be on site from 8am for families to purchase a hot drink before sporting events coordinated by Kelly Sports will be held before class time, commencing at 8.30am.

Father's & Friends Stall
Friday 4 September

Father's and Friends stall is on Friday 4 September. Notices will be coming home soon. We would love donations of home made or new gifts to sell at the stall, and these can be left at the office. We need lots of volunteers on the day; if you can assist, please reach out to Tanya Kluka on 0423 716 642.

Calling all green thumbs!

A plant stall is planned as part of our Election Day Fun Day on **Saturday 28th November**. We're looking for families who can help us get a head start by raising seedlings or propagating cuttings at home over the coming months. Even a handful of plants can make a big difference! If you're happy to volunteer a little time and grow some plants to donate for the stall, we'd love to hear from you. Your support will help us create a fantastic fundraising event for our school community. Please reach out to Melanie Gordon on 0433 892 827 if you are able to help.

Swap and Sip
Friday 11th of September 6-8:30pm

$15 entry (adults only event). You are welcome to start dropping off your clothing and accessories donations to the office now. Clothes must be in excellent pre-loved condition.

Please RSVP to Jade Dunne 0432 631 344 or Sarah Palumbo 0405 207 558.

Family and friends are welcome.
We hope to see you there!

COMMUNITY NOTICES