2020 Principal Reflections

Welcome to the February 2021 edition of The River School newsletter. Our Year of Curiosity has inspired a diverse range of inquiry focused learning as we enter our third week of the school year. From our Red Cedar roaming reporters (see page 5) to the scientific exploration of melting objects in Piccabeens, I have been delighted to witness firsthand the enthusiasm and imagination of our young people, as they settle into their new classes and strengthen connections with new and returning students.

Current Health Measures

The River School and ECC have endorsed the COVID Safe Industry Plan: Education created by the QLD Government in consultation with QLD Health. This plan employs a tiered approach to public health risk management with restrictions dependent on community transmission levels and analysis of state, interstate and international trends and data. At present we are on Response Level 1 — Covid normal. At this level adults are required to maintain a physical distance of 1.5m for meetings and 2m for assemblies and school events such as morning circle and parent forums. School camps and other activities may go ahead with Covid specific plans in place. This means, as long as good health prevails, parents can enjoy doing energy contribution at school and attend our first Café Night of the year, Friday March 5th.

Parent Class Meetings

It has been wonderful to see parents take up the opportunity to attend their class information meeting. These gatherings are an excellent way to connect, meet new parents and get to know the class teachers’ intentions and vision for the term. Regents will hold a combined class and camp information meeting on Thursday 18th February at 3:00pm.

Electives

Our popular elective program began this week and will run alternate Tuesday afternoons throughout Term 1. Students have been through the process of prioritising options and as a result everyone received one of their top three. Students who did not get their first choice this round will be given priority in Term 2. Electives for Term 1 are: Depot Waste Warriors (Trudi & Racheal), Art Extension (Alieta & Soul), Mandala Magic (Kester), Lego Designs (Shelene & Vicki), Skateboarding (Chiggy's Skateboarding teachers and Annie), Cooking Delights (Maria & Cheryl)

Service

Service lies at the heart of Neohumanism and this year it will be emphasised at every level, starting with our students and staff through to our River School community. On page 4 of this newsletter you will read about the contributions many parents have, and are continuing to give beyond their energy hours. You will also hear from our young people how they are taking on extra duties to care for the indoor and outdoor environments. This year a percentage of whole school fundraising profit will be allocated towards external, service projects.

Ann Donoghoe
(Principal)
The River School — Connection through Community

Neohumanist Education for Life
### Week 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 8 February</td>
<td></td>
</tr>
<tr>
<td>Tuesday 9 February</td>
<td><strong>Electives</strong> P&amp;F meeting 2pm</td>
</tr>
<tr>
<td>Wednesday 10 Feb</td>
<td></td>
</tr>
<tr>
<td>Thursday 11 February</td>
<td>Red Cedars RSL Solar Project</td>
</tr>
<tr>
<td>Friday 12 February</td>
<td></td>
</tr>
</tbody>
</table>

### Week 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 15 February</td>
<td></td>
</tr>
<tr>
<td>Tuesday 16 February</td>
<td></td>
</tr>
<tr>
<td>Wednesday 17 Feb</td>
<td></td>
</tr>
<tr>
<td>Thursday 18 February</td>
<td>Red Cedars RSL Solar Project <strong>3pm Regent Parent Meeting</strong></td>
</tr>
<tr>
<td>Friday 19 February</td>
<td></td>
</tr>
</tbody>
</table>

### Week 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 22 February</td>
<td></td>
</tr>
<tr>
<td>Tuesday 23 February</td>
<td><strong>Electives</strong></td>
</tr>
<tr>
<td>Wednesday 24 Feb</td>
<td>REGENT Camp to Moreton Island</td>
</tr>
<tr>
<td>Thursday 25 February</td>
<td>REGENT Camp to Moreton Island</td>
</tr>
<tr>
<td>Friday 26 February</td>
<td>REGENT Camp to Moreton Island</td>
</tr>
</tbody>
</table>

### Week 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 1 March</td>
<td></td>
</tr>
<tr>
<td>Tuesday 2 March</td>
<td></td>
</tr>
<tr>
<td>Wednesday 3 March</td>
<td>World Wildlife Day</td>
</tr>
<tr>
<td>Thursday 4 March</td>
<td></td>
</tr>
<tr>
<td>Friday 5 March</td>
<td>P&amp;F AGM and <strong>CAFE NIGHT</strong></td>
</tr>
</tbody>
</table>
is it BULLYING?

When someone says or does something intentionally hurtful and they do it once, that's RUDE.

When someone says or does something intentionally hurtful and they do it once, that's MEAN.

When someone says or does something intentionally hurtful and they keep doing it—even when you tell them to stop or show them that you're upset—that's BULLYING.
A restorative approach asks us to ask open-ended questions.

Open-ended questions are questions that encourage people to talk about whatever is important to them. They help to establish rapport, gather information, and increase understanding. They are the opposite of closed-ended questions that typically require a simple, brief response such “yes” or “no.”

Open-ended questions invite others to “tell their story” in their own words. They do not lead people in a specific direction. When asking open-ended questions one must be ready and willing to listen to the response.

Using open ended questions means we support the child to become the problem solver. When your chid comes home with a problem – try open ended questions to assist them to build conflict competency.

Examples of open-ended questions:
• Would you tell me more about ___?
• Could you help me understand?
• What have you tried before?
• How do you feel now about ___?
• How do you see things changing?
• What do you want to do next?
• What is more important for you now?
• What do you imagine ___?
• What would happen if ___?
• What is that like?
• Where would you like to begin?

A BIG thank you to our friends and families for their additional help in getting the school ready for 2021.

* Rick and Olivia (Marlowe & Bowie’s parents) for building the new retaining wall and bench seating in the Puggles sandpit.

* Chris (Miller & Lane’s dad) for collecting a trailer load of furniture from the coast.

* Gaye Liddington for donating a large T.V. screen for the the Regent classroom.

* Racheal’s parents for coming down over multiple days to help set up the Japanese room.

* Geoff, Kristy’s husband for assisting in getting the Lillypilly indoor and outdoor areas ready for 2021

* Bee (Simba’s mum) for washing and donating all of the schools lost property in December.

Thank you for your time and energy.
February’s Red Cedar Roaming Reporters; Cameron, Emma & Auraillia.

They have photographed and interviewed students around the school.

“I have been at this school for 3 years and I rate it 10 out of 10”

“I rate school 10/10”

Zaria is in year 5 and started in year 2.

Izzy is a Red Cedar and his mum Rochelle is a wonderful tuckshop helper.

Dada is the school Acharya. He teaches yoga and meditation.

Spotted working hard to keep the school running smoothly - JET

The Boss Dog!

Soccer games are a popular lunch activity for the Piccabeen & Regent students.

Red Cedar students enjoying the playground at lunch time. Just hanging out with friends.
Each week the school focuses on a different Virtue.

*During February our focuses are;*

**Week 2 - Respect**

**Week 3 - Compassion**

**Week 4 - Responsibility**

**Week 5 - Courage**

**Compassion**

Compassion is a habit that I nurture every day. Everything I give to others is a gift to myself. As I give, I receive. I always find the time to thank people for their kindness. I communicate love and understanding in all that I do and say.

Today I express love to each person I meet.

**Responsibility**

I take RESPONSIBILITY for...

- property
- my thoughts
- my safety
- the safety of others
- my pets
- my environment

Most of all, I take responsibility for myself. I help myself or ask for help when I need it.

**Courage**

I have COURAGE!

I am willing to try new things.
I admit mistakes and learn from them.
I listen to my heart.
I have courage to do the right thing.
I can do what needs to be done, even when it is really hard.
Term 1
Electives

Cooking
Lego Design
Skateboarding
Art Extension
Waste Warriors
Mandala Magic

Fun & Learning

February 2021

Neohumanist Education for Life
Fun in Lillypillies!

The amazing Lillypillies have been having such a fabulous time learning new things, making new friends and of course playing new games!

Our Favourite new game is Bunny Hop closely followed by Button You Must Wander. We are getting really good at these games!

We have been exploring the creek and discovering new dress ups. We are having a blast reading new books and of course singing some new songs.

This week learning the boundaries of the big playground has been a focus as we are starting to learn how to be safe when we go out to play in the big playground.

Our brains are continuing to surprise us each day as we expand our literacy and number skills. Thanks to our Learning Assistants, Brenda and Buzza for helping us with our learning tool.

With such a spectacular start to the year, we know we are all in for an awesome year of love and learning.

With such a spectacular start to the year, we know we are all in for an awesome year of love and learning.

With such a spectacular start to the year, we know we are all in for an awesome year of love and learning.

With such a spectacular start to the year, we know we are all in for an awesome year of love and learning.

With such a spectacular start to the year, we know we are all in for an awesome year of love and learning.

JAPANESE NEWS

Konnichi wa!

The new Japanese room is up and running and looking amazing! Thank you everyone who helped make this space possible - we love it SO much! All classes get to spend an hour per week learning about Japanese language and culture while being immersed in surroundings that will inspire their curiosity about this neighbouring country. I know that many of the students were taking their learning home to teach their families as well so I’m sure you will be relieved to get your lessons going again!

I can’t wait to see our students add their ideas and learnings to this beautiful new space.

Racheal Sensei.
Understanding Sentient Diet

Along with a vegetarian diet, we also follow a “sentient” diet at The River School. This means that we avoid eggs, onions, garlic and mushrooms. The sentient diet is also embraced by Buddhists, Hindus, Taoists, and many yoga and meditation practitioners, such as Transcendental Meditation and Shivananda. This diet is especially beneficial for anyone wanting to practice introspection or enjoy a quiet mind.

The yoga diet is based on the concept of three principles: static, mutative and sentient. Static energy is sleepy, dull and heavy. Mutative is fiery and stimulating. Sentient energy is peaceful, focused and clear, and brings a sense of relief.

At The River School we don’t encourage mutative foods such as caffeine based drinks, high sugar foods and chocolate. These foods stimulate a rapid increase in energy quickly followed by a rapid decrease.

Static foods are meat and fish, onions and garlic and mushrooms. Along with the ethical, health and compassionate reasons not to eat animals, they are also detrimental to a clear mind and calm thinking.

Onion and garlic are irritating to the body. Because of this, our body tries to expel them quickly—causing a strong odour in our breath and also hands and feet as the body expels the toxins. The process of expulsion causes agitation in the lower energy centres of the body from a yogic perspective and stimulates anger, irritability and distraction. Some people can recognise this naturally. But for many people the best way is to do an experiment and not eat onions and garlic for some time. You will probably feel the affect when you resume eating them. This will be especially true if you are also practicing meditation, deep relaxation or yoga.

Mushrooms are not vegetables, but fungus. They grow on rotting and decaying matter. Many species of mushrooms are poisonous, others are hallucinogenic. From a yogic perspective, all mushrooms have a static affect on the mind.

Eggs, even unfertilised, have a very strong static effect and are detrimental to spiritual practices.

It is our experience that the sentient diet at The River School helps contribute to a sentient environment at the school, and a positive, peaceful and joyful experience for our students and staff. Thank you for your support.
### KEY DATES 2021

**Updated: 12/02/2021**

#### Term 1 ~ 10 weeks
**Wednesday 27th January – Thursday 1st April**
- Monday 18th January: Professional Development
- Tuesday 19th January: Professional Development
- Wednesday 20th January: Professional Development
- Thursday 21st January: Professional Development
- Friday 22nd January: Professional Development
- Monday 25th January: **PUPIL FREE DAY**
- Tuesday 26th January: Public Holiday – Australia Day
- Wednesday 27th January: First Day of Term
- 24th – 26th February: Regent – Moreton Island Camp
- Tuesday 23rd March: School Tour OPEN Morning 9:15 – 10:45
- Friday 2nd April: Public Holiday – Easter
- Thursday 1st April: Last day of Term

#### 2 week holiday (AUTUMN holidays)
**Term 2 ~ 10 weeks**
**Tuesday 20th April – Friday 25th June**
- Monday 19th April: **PUPIL FREE DAY** – Professional Development
- Tuesday 20th April: First Day of Term
- Monday 26th April: Public Holiday – ANZAC DAY
- Monday 3rd May: Public Holiday – Labour Day
- Tuesday 4th – 7th May: Red Cedars – Blue Peter Camp
- Friday 28th May: Public Holiday – Mooney Shores Holiday
- Tuesday 15th June: School Tour OPEN Morning 9:15 – 10:45
- Friday 25th June: Last day of Term

#### 2 week holiday (WINTER holidays)
**Term 3 ~ 9 weeks**
**Tuesday 13th July – Friday 10th September**
- Monday 12th July: **PUPIL FREE DAY** – Professional Development
- Tuesday 13th July: First Day of Term
- 8th – 10th September: Kingfishers & Piccabeens – Bribie Island Camp
- Tuesday 31st August: School Tour OPEN Morning 9:15 – 10:45
- Friday 10th Sep: Last day of Term

#### 3 week holiday (SPRING holidays)
**Term 4 ~ 10 weeks**
**Tuesday 5th October – Friday 10th December**
- Monday 4th October: Public Holiday – Queen’s Birthday
- Tuesday 5th October: First Day of Term
- Saturday 6th November: SPRING FAIR – TO BE CONFIRMED
- Tuesday 2nd November: School Tour OPEN Morning 9:15 – 10:45
- Friday 3rd December: **PUPIL FREE DAY** – Professional Development
- Friday 10th December: Clean-up Day – No Buses running
- Friday 10th Dec: Last day of Term

#### SCHOOL DAILY TIMETABLE

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:30</td>
<td>1st session</td>
</tr>
<tr>
<td>10:30 - 11:15</td>
<td>1st BREAK</td>
</tr>
<tr>
<td>11:15 – 12:45</td>
<td>Middle session</td>
</tr>
<tr>
<td>12:45 – 1:15</td>
<td>2nd BREAK</td>
</tr>
<tr>
<td>1:15 – 2:30</td>
<td>Last session</td>
</tr>
</tbody>
</table>

#### BUS STUDENTS
- 2:30pm: 1st bell – 1st students leave classroom
- 2:45pm: 2nd bell – 2nd students leave the classroom

#### PARENT DROP OFF & COLLECTION
- 8:15 – 8:30am: Staff supervision provided at the carpark deck (no students on grounds prior to 8:15am)
- 8:30am: Classrooms are open
- 2:30pm: All students being collected by a parent move directly to the carpark deck for collection. Staff supervision provided from 2:30pm – 3:00pm.

Designated Kiss ‘n Ride zone located in the carpark at the base of the oval.

Please park in the carpark if you intend to leave your vehicle (do not occupy the Kiss ‘n Ride zone).

**STRICTLY NO VEHICLES** permitted on the school ring road 8:15am – 3:15pm
Hi I’m Freya,

I’m a former student and have two brothers, Arlo and Tully who currently attend. I’m looking for any babysitting work in the area. I have a real passion for children of all ages and would love to be able to pursue that through some casual work!

I have my Certificate 3 in early years education and care and have completed over 230 hours of practical volunteer work at the River school ECC and Maleny Goodstart early learning centre. I also have three younger brothers and have volunteered at a few summer camps as a leader, one for children with disabilities and another for 10-15 year olds, which would apply to older children :) I am in my final year of school, however, I do not attend school on Wednesdays, my weekends are free and I can do after school and evenings.

standard rates are:

Blue card ✓
First aid ✓
Cert 3 ✓
Experience ✓

$20/hr for under 4 hrs
$15/hr for 4 + hrs
However, rates are negotiable ✓

Contact details:
Ph: 0474593567
hbfreya@gmail.com
FB: Freya Hamilton-Barry

If you or anyone you know are interested or would like more information or references, just let me know, I’d be more than happy to have a chat!

---

WANT TO PLAY NETBALL?

Maleny Netball Sign On / Come and Try Day
Saturday 30th Jan 2021
9am to 12pm at Maleny High School Courts
- ball skill drills
- shooting and defending skills
- netball stretch session
- uniform sales
- 2021 registrations and sign on assistance

Who can play?
Net Set Go (ages 7-10 years)
Juniors (attending school ages 11-18 years)

We're a FairPlay activity provider