



The Weekly News

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16th October 2025

What	When
Grade 4/5 and 5/6 swimming	Monday 20th to Friday 24th October
School Council meeting—7.30am	Tuesday 21st October
Melbourne Cup public holiday	Tuesday 4th November
Grade 3 and 4 camp to Swan Hill	Thursday 13th and Friday 14th November
2026 Prep transition day—9-11am	Monday 17th November
2026 Prep transition day—9-11am	Tuesday 25th November
2026 Prep transition day—9-12	Monday 1st December

"Every Day Counts"

If your child is absent from school we must have a note, phone call or you can also enter the reason directly onto COMPASS to explain the absence. This is required by the Department for our records.

Contact School Council: rceps.schoolcouncil@gmail.com

Assembly this week will be run this Friday by Grade 2/3, at 2.45pm.

Our students have the opportunity to participate in footy clinics run by AFL Victoria.

The sessions will be run at school over 5 Tuesdays from 3.30 to 4.30pm. The first session will start on Tuesday 21st October

If your child is interested in the program, please scan the QR code on the flier and complete the registration process.

GOOD CLEAN FUN

PLAY.AFL/AUSKICK

**RED CLIFFS EAST PS
AT SCHOOL AUSKICK CENTRE**

TUESDAYS
3:30pm - 4:30pm
\$55 for 5 WEEKS
STARTS : OCT 21st

Register Here:

Birthdays: James Caldwell, Mia Alchin.



Congratulations

On Monday we had 5 students represent our school and the district at the regional athletics in Bendigo. What a fantastic accomplishment to make it to this event.

Piper Marr—Triple jump
Mia Alchin—Discuss
Zac Allford—Discuss
Henry Marinucci—Discuss
Remy Glen—High jump

All the students have said that they tried their hardest and were 'pretty happy' with how they went in their event.

A special congratulations needs to go out to Zac. He managed to come second in his Discuss event and will now progress to the next stage in Melbourne in early November. Well done Zac. What a great achievement.



Swimming

Next week the Grades 4/5 and 5/6 will have the opportunity to attend swimming lessons at the First Stroke Swimming complex. The lessons will be 30 minutes in duration for all year levels this year. The lessons will be conducted by trained swimming instructors.

Dates for the programs:

Monday 20th to Friday 24th October – **Gr 4/5 and Gr 5/6 (payment/note due by tomorrow, 17th October).**

The lessons will be conducted in two parts so while your child is not swimming they will have something to keep them busy at the pool.

Please send extra food with the students each swimming day as their appetite seems to increase with the extra exercise.

Please return the Medical Information sheet and permission notes.

Grades 2/3 and 3/4 have spent this week in the pool. They have all done such a great job.



2026 Prep Transition Program

We will hold 4 days transition for our 2026 Prep students. These students will attend school on the following days:

Monday 17th November 9-11am

Tuesday 25th November 9-11am

Monday 1st December 9-12

Tuesday 9th December 9-12

The students will have the chance to experience life at Red Cliffs East PS, even if only for a short time. The days are kept short intentionally, so as not to overwhelm the students. They will get enough experience during the 4 days to know what to expect when school starts in 2026.

Parents are asked to drop their child off at the classroom and collect them from the same place at the pick up time. Students will not be able to leave the room without an adult there to pick them up.

Broad Brim Hats—Term 4

Term 4 means that students must have a broad brim hat to wear in the yard. Please ensure that your child's hat is clearly named as they can be misplaced very easily.

'No hat, no play'. Students without hats will be asked to stay under the shade sails at recess and lunch time.

We have school hats for sale at the office.



THE RESILIENCE PROJECT™ Emotional Literacy

HOW TO USE GEM CHATS

Make GEM Chats a part of your dinner routine to reflect, check in, and practice emotional literacy.

Try these prompts:

- ★ What **emotion** do you feel right now and why?
- ★ What are **some emotions** you have felt today/this week? How did you **identify** them?
- ★ Describe a moment from your day when you **felt excited**.
- ★ What emotions have you noticed today in your **friends, teachers** or **family members**? How did you recognise these emotions?
- ★ What could you do today/tomorrow to **experience a positive emotion**?

Out Of School Hours Care

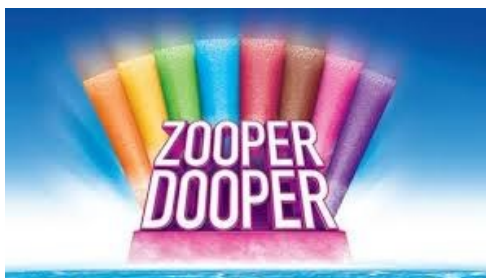
Due to Alina recovering from a medical procedure, After School Care will not be running for the first 3 weeks of Term 4. Alina is under doctors orders not to return to work until the 27th October (week 4).

We do understand that this may be an inconvenience for some families, but we need to prioritise Alina's health and well being.

Icy Poles

The Grade 6 students have started selling icy poles during lunch time. The cost is 50 cents each for a Zooper Dooper.

Students are able to bring money to school if they would like to purchase an icy pole.





COME AND TRY Calisthenics

TWO WEEKS OF FREE COME AND TRY CLASSES

STARTING MONDAY 13TH AND FINISHING ON WEDNESDAY 22ND OF OCTOBER

Tiny Tots (3-5yrs) Monday 4-4.30
 Tinies (5-7yrs) Tuesday 4.30-5.30
 Sub-Juniors (7-10 yrs) Monday 4.30-6.30
 Juniors (11-13yrs) Wednesday 4-6
 Intermediates (14-17yrs) Tuesday 5.30-7.30
 Seniors (17+ yrs) Wednesday 6-8

MILDURA CALISTHENICS CLUB
EST. 2022

Stronger Together:

Youth Mental Health with Matt Runnalls

Building resilience and connection in our community

Hear from **award winning mental health advocate**, mind and behavioural specialist and best-selling author Matt Runnalls to celebrate **Mental Health Month!**

6pm, Wednesday 8 October
Powerhouse Place
FREE to public

Matt Runnalls is a passionate mental health advocate dedicated to fostering awareness, acceptance, education, and connection within communities to **combat the global stigma** surrounding mental health and suicide.

Scan here to register

IRYMPLE CRICKET CLUB JUNIOR TRAINING

U14 & U16
 Tuesday & Thursday starting from 5pm
 starting Tuesday 16th of September

J1 (U10's) & J2 (U12's)
 Wednesday from 5pm
 commencing on Wednesday 1st of October

Master Blasters
 Thursday 6th of November from 5pm

Register at: [PlayCricket.com.au](https://www.playcricket.com.au)
 Contact Chris on 0437301531
 Mixed teams - New players welcome

SUMMER TENNIS

FAMILY FUN DAY @ RED CLIFFS LAWN TENNIS CLUB

JOIN US FOR A SOCIAL MORNING OF
TENNIS ON OUR LAWN COURTS

SATURDAY 11TH OCTOBER
**FREE TENNIS FOR JUNIORS,
SENIORS & HOT SHOTS**

9AM-9:45AM HOT SHOTS
 9AM JUNIORS
 9:30AM SENIORS
 10:30AM FREE SAUSAGE SIZZLE

REGISTER TO PLAY:
 JUNIORS: ROBBIE 0408 563 016
 HOT SHOTS & SENIORS: LISA 0400 726 824

