



# Ross Hill School Newsletter Term 1 Week 4 2025



## Upcoming Events

### Week 4

**19 Feb Inverell Zone Basketball Trials**

**20 Feb Inverell Zone Tennis Trials**

**21 Feb Inverell Zone Swimming Carnival**

### Week 5

**25 Feb PSSA Cricket Maitland**

**28 Feb K/6M Excursion to Inverell Show**

### Week 6

**4 March School Photos**

**5 March Regional Boys & Girls Tennis Trials**

**6 March Mini Book Fair/World Book Day**

**6 March Regional Boys & Girls Basketball Trials**

### Week 7

**10 March N/W Swimming Trials - Armidale**

**14 March Inverell Zone Boys AFL - Inverell**

**14 March Inverell Zone Rugby's Trials - Bingara**

# Swimming Carnival

On Wednesday 12 March Ross Hill combined with Inverell Public School held our swimming carnival at Warialda Pool. A wonderful day was had by all, with some outstanding times in the races. Congratulations must go everyone who competed, especially to our champions on the day.

Junior Girl Champion Jasmine R

Junior Girl R/U Nell K

Junior Boy Champion Levi W

Junior Boy R/U Cody K

11 Girls Champion Isabella Bailey Smith

11 Girls R/U Taylah K

Senior Boy Champion Chael M

Senior Boy R/U Elroy B











# Inclusion Community Forum

Join us for a collaborative discussion on how we can make our community more inclusive!



 Date: Thursday March 20th


 Time: 10:30am


 Location: Inverell Aquatic Centre



We are bringing together local stakeholders to explore ways to enhance inclusion in recreation, exercise, aquatics, sport, and employment. Our goal is to ensure that everyone has the opportunity to participate and benefit from these experiences. Your voice matters! Let's work together to create a more connected and supportive community.


RSVP by 13th March


 Jenny Thomas phone 0409 687 288


 Please let us know if you'll be attending and if you have any dietary requirements

We look forward to seeing you there!



 Lawrence St, Inverell

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 [JThomas3@inverellaquaticcentre.com.au](mailto:JThomas3@inverellaquaticcentre.com.au)

## CIRCLE OF SECURITY PARENTING PROGRAM



### Circle of Security Parenting (COSP)

The Circle of Security Parenting™ program is an international research-based program that assists caregivers to provide their children with the emotional support needed to develop secure attachment. The program is intended to help caregivers increase their awareness of their children's needs and whether their own responses meet those needs. During the program caregivers will start to look beyond their children's behaviours and identify and respond to their emotional needs.

### Learning Objectives of the Program

- Gain confidence in parenting
- Understand and learn your child's emotional needs
- Enhance attachment between caregivers and children
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Build a warmer and more nurturing relationship with your children

**The Circle of Security Parenting™ is an 8-Week program open to all caregivers.**

**When:** Wednesdays

19 February 2025 to 9 April 2025

**Time:** 10:00am - 12:00pm

**Where:** Pathfinders, 3 Glen Innes Road, Inverell.

Program Cost: Free

Facilitated by Liesel Taber and Rebecca Brewer

**To register contact IFYSS**



**IFYSS**  
Inverell Family Youth  
Support Service



**IFYSS@pathfinders.ngo**  
**(02) 6720 8850**

## CIRCLE OF SECURITY PARENTING PROGRAM



### Is this program for me?

This program is for parents and carers of children of all ages. Though many of the video resources show children aged 0–6, the principles of the program apply to children of all ages. This is because the need for secure attachments continues throughout life, and the skills taught in COSP can strengthen the connection between parents and their children, regardless of their age.

### How we help

Our trained facilitators will help you identify the ways children signal their need for connection and emotional support, and how you can meet those needs effectively. By meeting your child's emotional needs, you will feel more confident and supported in your parenting journey.

### What to expect

Workshops are held face-to-face for up to ten participants. These sessions incorporate a combination of videos, information sharing, group discussions, self-reflection, and goal setting.

It is common to experience some initial anxiety about participating in a group. Our facilitators provide a warm and relaxed space to learn new skills through personal reflection and group discussion. Being in a small group offers a confidential space where you can share your struggles, strengths and parenting concerns and learn from others with similar experiences. Option to participate in the program one on one if the group setting is not preferred or suitable.

### How will children benefit

Circle of Security™-Parenting helps you learn you how to respond to your child's needs in a way that strengthens your connection with them which makes children feel secure.

Connection is an essential part of positive relationships, contributing to children's positive mental health and overall development. Strong parent-child connections, as well as positive connections with siblings, family and friends help guide children through the journey into adulthood.

Secure children develop higher self-esteem, increased confidence and resilience and are kinder to those around them

# Canteen Helpers

Do you have a spare hour or two?

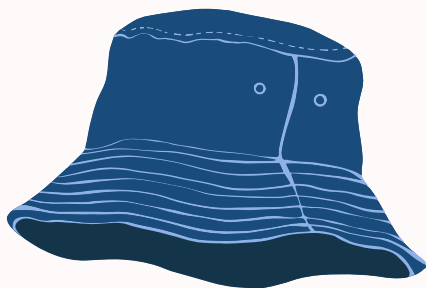
If so, our canteen is looking for you!

Children love to see a familiar face at the canteen window.....so if you are able to volunteer your time, please ring the school and talk to Mrs Whitaker, our canteen supervisor on  
67 222 475



# Hats and Water Bottles

The weather is still warm, so please remember to bring your hat (labelled with your name) and your drink bottle to school.





## BELL BELL TIMES

School Starts	9.15am
First Break	10.50 - 11.30am
Second Break	1.05 - 1.45pm
Home Time	3.20pm

## SPORT SPORT DAYS

Tuesday	Years 3 and 4
Wednesday	Kindergarten
Thursday	Years 1 and 2
Friday	Years 5 and 6

## HOUSES

Avern  
Cookson  
Gilchrist  
O'Connor

Red  
Yellow  
Green  
Blue

House

