Dear Parents/Caregivers,

CRAZY HAIR /WIG
CRAZY SUNSMART CLOTHES
DAY.
THIS FRIDAY 25th September
Gold coin Donation to the
Starlight Childrens Foundation.

The past couple of weeks have been
incredibly busy for everyone at school but
the rewards have been fantastic.

WAKAKIRRI
Ably lead by Ms Donoghue and Mrs Rathjen
our troupe performed exceedingly well and
came away with five awards.
- Soundtrack
- Characterisation
- Dance Production
- Well-rehearsed Performance
- Best Public Speaking
Congratulations to everyone involved.

FUN RUN AND OPEN DAY
There was a huge number of people who
came to the school on Thursday 10th. What
was really wonderful was the number of
adults who walked our course with the
students.

Overall, the students completed 2506 laps
which equates to 1503.6 kilometres. During
the open day afternoon, students from 9N and 9W used this data in a series of maths
problem solving lessons.
A huge thanks must go to our Fundraising
committee who worked before and after
the event and to those people who
volunteered to don the apron and cook the
sausages.
There was a group of people after the Fun
Run who took it upon themselves to help
put chairs and tables away. A huge thanks
to you too!
Figures on the money raised will be
available by the next newsletter. Student
prizes will also be available next term.

The Open Day saw many families not only
seeking out their child’s or children’s class
but passing through most other classes to
view classroom learning at HCEPS. The
winner of the family passport draw was the
Gambling family.

FESTIVAL OF MUSIC
It was a very busy Saturday (12/09) for our
choir students who, for the first time,
joined as one with approximately 350 other
students from schools across SA. The
morning was taken with rehearsals while
the evening was a sea of colour on stage
at the Festival Centre.
Congratulations to our choir who were
superb. A huge thank you to Evie
Donoghue once more for her work over the
year to have our choir at the level needed
to perform so well on the big stage.
**CONGRATULATIONS**
Charlie in 5E has done it again. This time with a Distinction in English in the ICAS. Well done Charlie!

**MARKET DAY**
Last Friday the House 9 staff and students turned their house and veranda, the COLAs and the Yellow Playground into a giant market.
I was impressed with the skills that were on show. These included problem-solving skills, entrepreneurial skills, planning skills, creative skills and interpersonal relationship skills. As I wandered through the market it was obvious that these students were engaged and motivated. It was also pleasing to see our R-4 students choosing to use good manners throughout the morning.
A huge well done to House 9 teachers and students.

**COMING EVENTS**

**TERM 4**
**Pupil Free Day**
**Monday November 2nd:**
Australian Curriculum moderation

*Bruce Norris*
*ACTING PRINCIPAL*

**READING CORNER**
Each Newsletter the Early Years Team will provide you with strategies to help support and encourage your child to read at home. These ideas have come from the website [http://www.readingrockets.org/](http://www.readingrockets.org/). This is a very useful site offering ideas to get children reading from a very young age.

*You can also check out the Parent section of our website.*

**Quick, quick**
Use new words your child has learned in lively flash card or computer drills. Sometimes these help kids automatically recognize and read words, especially those that are used frequently.

**EARLY YEARS TEAM**

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**FUNDRAISING NEWS**
**Dates For Your Diary**
**Ladies Day – Saturday 24th October**

If you are interested in joining the Fundraising Committee we meet Friday afternoons in Week 2 and Week 6 of each term in the staff room. We are always looking for volunteers to help on the committee and new members to bring ideas for fundraising and what to spend the raised funds on.
If you are interested please get in touch via email on vicgorton@gmail.com or leave a message at the front office. We would love to see and hear from you.

**THE FUNDRAISING COMMITTEE**

**PE NEWS**

**SAPSASA Rugby**
Students have been selected to play in the SAPSASA Walla Rugby Clinic which is Wednesday 21st October 2015. (Week 2 Term 4) Permission notes and Invoices have been given out to those students participating so please get them back to school as soon as possible. There are 2 Boys and 1 Girls’ Team.

*Shona Trenouth*
*PE/SCIENCE SPECIALIST TEACHER*

**SOCCER NEWS**

The last day of soccer went really well and everyone now has their trophies. It was a perfect day weather wise.
The U11 team played and won their game and ended up finishing 2nd in their league.
The U12 Blue also played and won and finished 2nd in their league.
The U12 Maroon had already wrapped up first place in their league and finished the season undefeated.
Please note that the date both of our teams play off in the cup final has been changed. It is now Saturday 17th October.
Our teams will have to wait a little longer but that will finish off the season then.

*Jenny Brown*
*SOCCER COORDINATOR*
Michael Grose has a wonderful website full of ideas and encouragement for helping children develop to their full potential (www.parentingideas.com.au). Below are Michael’s tips for building resilience in children:

‘From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.

2. Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

3. Make kids active participants in the family. Active participation in a family develops the selfhelp, problem-solving and independence skills of kids that are necessary for resilience.

4. Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.’

I encourage you, as you develop your resilience skills in both yourself and your children, to remember that it is time and energy well spent.

If there is any way that I can support you please don’t hesitate to contact me. Either phone the front office or email me on Joey.Traeger704@schools.sa.edu.au.

Joey Traeger
PASTORAL CARE WORKER

Ladies Day Reminder
Saturday 24th October
2pm – 6pm
Tickets on sale now from the front office!!

QUICK! QUICK!
LIMITED TICKETS AVAILABLE!!

The Fundraising Committee
COMMUNITY NEWS

Please see noticeboard for further information.

SCHOOL HOLIDAY NETBALL CLINICS
Have fun while learning new netball skills, drill and techniques at Netball SA Stadium.

5-7 year olds: Monday 28th Sept 9am – 11am
8-10 year olds: Monday 28th Sept 2pm – 5pm
11-16 year olds: Friday 2nd October 9am – 3pm
Register at NSA School Holiday Clinics (Sept/Oct)

JUNIOR CRICKET AT REYNELLA OVAL, Old Reynella
Reception – Year 1: Milo in2CRICKET Saturdays 9-10am from 31st October. Cost $85 for 10 weeks. Register at www.playcricket.com.au or just turn up on the 31st.

RCC Girls only: Saturdays 9.00 – 10.15am coaching / competition for girls years 2-5, commencing Saturday 31st October for 6 weeks. Cost $30.

Contact for any of these programs: Trish Pinder, pinder@internode.on.net 0411 116 300.

BLUE LIGHT – HALLOWEEN ROLLER DISCO
Friday 30th Oct 6.30 – 8.30 pm $10.00 per skater. Cosgrove hall – York Ave, Clovelly Park
Dress in your best Halloween costume (hems no lower than ankle length)

STURT MARION WOMEN’S SOCCER CLUB
Junior Trial dates for 2016 season: Monday 28th and Wednesday 30th September 6-7pm.
Contact: sturtmarionwsc@gmail.com

COME AND TRY ATHLETICS AT NOARLUNGA LITTLE ATHLETICS
Seasons starts Sunday September 27th, 9.00am at Christies Beach High School Oval.
Free no obligation Cone ‘n’ Try sessions to see if you enjoy participating. Register online at www.salaa.org.au/ or contact Garry on 0400 147 662 or email noarlungalac@gmail.com

LITTLE ATHLETICS SA HOLIDAY FUN CLINIC
Under 6 to Under 8 – Monday 28th & Tuesday 29th Sept (9am – 11am)
Under 9 to Under 13 – Wednesday 30th & Thursday 1st Oct (9am – 12.30pm)
Cost $32 Registrations close Sunday 27th and Tuesday 29th September at 11.59pm
For more information please visit http://salaa.org.su/holidayclinics

PORT NOARLUNGA SURF LIFE SAVING CLUB
Surf Club Open Day – Sunday 11th October 10am – 2 pm
Kids Come n’ Try U9 – U14’s Saturday 17th October at 1.15pm
Tadpoles, U6 – U8’s Saturday 31st October at 1.15pm