Dear Parents/Caregivers,

**SCHOOL ANNUAL GENERAL MEETING**
Thank you to all the parents who were able to attend the AGM on Monday night. It was great to see so many parents present to hear about the highlights of 2015. I would like to take this opportunity to congratulate all students in the Choir and Percussion Ensemble groups along with Evie Donoghue for their excellent performances. I would also like to thank all the Student Leaders for their presentation, they did a fantastic job. As part of AGM our new Governing Council for 2016 was elected. Thank you to all those parents for your future work for and commitment to the governance of our school. I will include details of the new Council in next newsletter once the office bearers and committees have been determined.

**VERIFICATION OF STUDENT INFORMATION**
Last week you should have received a letter with an attachment seeking your support to verify or update the information we have on file for your child. I ask that all parents please return that information even if there is no change, as soon as possible. Thank you.

**SWIMMING**
The R-5 students have greatly enjoyed swimming so far this week and we have certainly been very lucky to have had hot weather for the return to school at the end of each session, (a big change from recent years). Thank you to all parents who supported our protocols around photographing students and returning children to school for changing. Your support is appreciated and helps us to ensure student safety.

**STUDENT HEALTH NEEDS**
We currently have a number of students who have medication held at school for a number of reasons including asthma, anaphylaxis and allergies. These medications do go out of date and do need replacing. The front office team have recently advised a number of parents that student medication is now out of date. Please ensure this is replaced as soon as possible so we can continue to provide the complete care we need to in the event of a health issue arising.

A number of students also have Medical Plans on file. In preparing for swimming a number of parents gave information on the swimming medical form that was different to the medical plans on file. A typical response to a follow up query was that the child didn’t have that condition (eg asthma) any more but the school had not been notified of any change. To ensure the best possible care for students with health needs I ask all parents to please ensure that Medical Plans kept at school are the most up to date and that any change is accompanied by either a letter or a new plan from the doctor.

We have an increasing number of students who suffer from Anaphylaxis and whose allergic responses to triggers and particularly nuts, can become an emergency. Those of you who were
parents in our school in 2015 will know that we are a Nut Aware School and for all parents our policy is in the website in the Parents section. In those houses with students with severe anaphylaxis concerns, parents with children in the affected classes have already been asked do not send nut products.

**VOLUNTEER TRAINING**
I will be conducting Volunteer Training (that includes Responding to Abuse and Neglect), in Week 8. The training takes about 1.5 hours and also includes other relevant issues concerning working in an education site such as confidentiality and safety. Once the training is completed you will receive an official certificate which can be used at any school or pre-school site. If you would like to book into Volunteer Training, please do so using the form at the end of the newsletter.

**UNIFORM**
This is just a friendly reminder to families that school uniform items need to be pre-ordered. I would encourage you to put in an order now for any items required for Term 2 to allow time for delivery. Please refer to the website for an order form. Uniform can also be purchased via Qkr!

**COMING EVENTS**

**STUDENT LED DISCUSSIONS**
We will be holding our annual Student Led Discussions in Week 9 from Tuesday 29th March to Monday 4th April in Week 10. This is a time when you will be able to meet with your child and his or her teacher to share and celebrate your child’s progress and strengths and discuss areas for improvement. You will also be able to talk about ways you can help your child at home and encourage him/her to become responsible for his/her learning. Your child will then share examples of his/her learning. At the end there will be a brief time set aside when you can discuss any concerns privately with the teacher if you so wish. A letter indicating your teacher’s meeting availability will be sent out this week. I encourage all parents to make a meeting time with your child’s teacher.

**SPORTS DAY**
Don’t forget Sports Day coming up in Week 10 on Friday April 8th. We look forward to seeing you there.

**Anne Rathjen**
PRINCIPAL

**CONGRATULATIONS**
Congratulations to both Sam and Marcus who last week competed in the 2016 BMX National Championships in Bathurst, NSW. Sam raced in the 10 year boys class making the 1/8 finals and finished 23rd out of 78 riders. Marcus represented his state racing in the Dynamite State Challenge for 13 boys reaching the Semi Finals and finishing overall 9th from the top 17 riders from across the country. He then raced in the 13 year boys class where he made the final finishing 8th in Australia from 72 riders.

**SCHOOL COUNSELLOR**

**POSITIVITY AND STUDENT WELLBEING**
As a school community we understand the influence that student wellbeing has on their achievements and success at school. One of many ways in which the school community can enhance student wellbeing is by creating an environment in which students can develop emotional health
through positivity. Our school promotes student positivity by creating a sense of belonging and connectedness to the school. Within the classroom teachers use co-operative learning approaches for instruction as well as ensuring students feel that they are supported and cared for through peer tutoring and class buddies. Feeling safe is also linked to school connectedness. At our school feeling safe is promoted through the provision of explicit teaching and development of social-emotional skills which decrease incidences of bullying and put-downs. On Friday March 18th the school will be participating in the National Day of Action Against Bullying and Violence. Class teachers will be encouraged to explicitly teach students about bullying behaviours and what they can do to assertively protect themselves from bullying. The whole school will be supporting “no bullying behaviours” at our school by creating a unified display of “hands – up for no bullying”.

A positive mindset is also important for creating mental positivity. This can be done through developing the attitudes and skills which teach students to look for and acknowledge positive action in their own and others actions, finding hope in difficult times, expressing gratitude and appreciation, mindfulness and savouring pleasurable feelings. Mindfulness is the skill of paying attention to the present moment as well as acknowledging feelings and emotions felt without judgment. Mindfulness techniques can be taught to students through focusing on their breathing. Research has shown that practising mindfulness helps to increase positive emotions an aspect of optimistic thinking which helps to promote student wellbeing. Students from Reception to Year 5 will be participating in mindfulness activities at HCEPS at the beginning of every music lesson.

Evie Donoghue
SCHOOL COUNSELLOR

MUSIC NOTES
Learning a musical instrument has many benefits. Some of the benefits include learning perseverance, enhancing hand-eye coordination and increasing listening skills. Some studies have also shown that playing a musical instrument increases memory as well as mathematical ability. Personally, I feel that the most beneficial outcome of playing a musical instrument is the pure pleasure, enjoyment and fun! At HCEPS students learn to play instruments such as the recorder, keyboard, drum-kit and guitar. Many parents however wish for their child to learn another instrument. In the first instance, if your child is interested in music and playing a musical instrument I would encourage and nurture their love for music: by listening to music, creating self-made musical instruments or banging the pots and pans in the kitchen. When you think your child is ready for an instrument be mindful of a few aspects such as your child’s size, age and strength (physical limitations) and whether they like the sound the instrument creates. For a beginner instrumentalist matching the instrument to the child’s body is important. Instruments such as the violin and guitar come in smaller sizes which helps with the body-instrument match. Many teachers (like myself) suggest piano/keyboard for many students as this helps to develop basic knowledge and understandings which can then be transferred to other instruments. Remember though, whatever instrument is chosen it needs to be one in which has a good body-instrument size match but also one in which the child finds enjoyable to play.

Evie Donoghue
MUSIC TEACHER

FOUND
A pair of children’s reading glasses have been handed into the school office. They have tortoise shell rims with pink arms.

If these belong to your child, please call into the school office to collect them.
**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.

**Teach your child some “mind tricks”**

Show your child how to summarize a story in a few sentences or how to make predictions about what might happen next. Both strategies help a child comprehend and remember.

**EARLY YEARS TEAM**

**Riddle time!**

Are you good at riddles? If the answer is yes, then why not do our HCEPS Riddle Time Competition. A new riddle will be featured in every newsletter. All you need to do is write the answer down on a piece of paper with your name and class (if you are a student) or your name of child and class (if you are a parent/grandparent/aunt or uncle) and post it in the Riddle Competition box in the front office. Anyone can enter - students, staff or parents. The winner will be drawn at the next assembly. The prize is.................. Well you’ll need to enter to find out!

**This week’s riddle is:**

What goes up when rain comes down?

**The answer to last newsletter’s riddle:**

YOUR SHADOW

Good luck! Ms D.

**PE NEWS**

For PE we have begun Athletics in the Year 3-7 classes and Sports Day Tabloid events for the R-2 classes. Please be aware of what day your child has PE and make sure they are wearing appropriate clothing and footwear. A drink bottle is also very helpful to keeping hydrated in this weather.

**SAPSASA DISTRICT CROSS COUNTRY**

The permission notes are out this week and training began last week on Tuesday mornings 8.00am on the Oval. We had many students turn up for the first training, well done parents for helping them get organised. The District Cross Country will be Tuesday 17th May 2016 (Wk 3 Term 2)

**SPORTS DAY**

Sports Day is being held on Friday 8th April 2016 and plans have begun to get the day organised. Students have been allocated their House Team and the Well Being Leaders have been elected. These are;

<table>
<thead>
<tr>
<th>Perry- Barr Yellow</th>
<th>Kaurna Green</th>
<th>Hallett Red</th>
<th>Tate Blue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sophie and Kyle</td>
<td>Chloe and Marcus</td>
<td>Olivia and Jake</td>
<td>Maddi and Damon</td>
</tr>
</tbody>
</table>

One of the reasons that your child may change House Teams each year is so that classes can have even numbers in each House for the Team Tabloid Events held in the morning on Sports Day. Please keep Friday 8th April clear for this event, your child will really appreciate your attendance and parent involvement really adds to the atmosphere. If you are able to help on the day please let the front office know or write me a note.

**LITTLE ATHLETICS**

Just a reminder, that the local Little Athletics is on each Friday night at the Hallett R-12 School. The contact is Adam Ireson. Mob. 0426391213. Please consider taking your child to have some fun and learn more about Athletics.

**Shona Trenouth**

**PE/SCIENCE SPECIALIST TEACHER**

**SOCCER REGISTRATIONS**

Soccer Registrations are now overdue. Please get registrations in as soon as possible so teams can be finalised. Players from Reception to year 7 welcome. Registration forms are available in the front office. Any questions please email [hcepsoccer2016@gmail.com](mailto:hcepsoccer2016@gmail.com) I will notify every one of their team placings as soon as I can. Thank you.

**Jenny Brown**

**SOCCER CO-ORDINATOR**
**FINANCE NEWS**

**OSHC / VAC CARE**

OSHC/Vac Care accounts can also be paid via our school website, please ensure you select the OSHC/Vac Care link and process your payment via BPOINT. NEW to OSHC is an EFTPOS terminal, this facility which will enable the OSHC Directors and senior staff to provide you with the option to settle your accounts via the EFTPOS terminal at point of pickup and collection of your child/children.

**SCHOOL**

Those families who would like to apply for School Card for 2016 school fees please refer to the school website for the application form.

It has been great to see so many parents settling their accounts and utilising our direct debit instalment option available via our school website. We provide several payment options, cash, cheque, EFTPOS, a 24/7 BPOINT payment option via our school website. BPOINT replaces our previous payment system of Bizgate and we have direct debit payment plans options also via the website. Together with the options noted above we are NOW LAUNCHING Qkr.

Please download and register your child’s details on the App. Easy to follow instructions for download and registration follow in this newsletter.

**UNIFORMS**

School Uniforms must be PRE-ORDERED. Generally orders take approximately 6 weeks to be delivered, therefore we urge you to place orders **NOW** for winter stock. We hold minimal stock in the school administration office so please place your orders now! Uniform order forms are available on our website. Uniforms can also be ordered via our Qkr App.

**CANTEEN**

CANTEEN ORDERING MADE EASY. Place your child’s/children’s lunch orders via our new App. You can place orders up to 2 weeks in advance and pay via your preferred credit card. No longer do you need to complete the lunch order bag or find the correct change to pop in the lunch bag. Qkr makes it so much easier for you to order the children’s lunches. Orders must be submitted by 9.15am on the day you require the order to be delivered. PLEASE support our school canteen and place orders for your child’s/children’s lunches on our new no fuss app. We look forward to your support. Thank you!

**Qkr! is now at Hallett Cove East Primary School**

The new Qkr (pronounced ‘quicker’) app is now live for families of students at Hallett Cove East Primary School. Qkr by MasterCard is a secure payment app for schools and can be downloaded for free from Apple’s app store for iPhones (iPads should download the iPhone app) or from Google Play for Android phones and tablets.

After downloading the app and registering, simply select Hallett Cove East Primary School from ‘Nearby Locations’ on Qkr or type HCEPS after tapping the magnifying glass in the top right of the home screen of Qkr, and then the app will always recognise you as part of the school in future to make payments even easier.

You can order and pay for canteen lunches, uniforms, M&S Fees and more right now using Qkr, so why not download it today and take a look at our school on Qkr!

All feedback to the school office is very welcome.

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**Jenny McFadyen**

**FINANCE OFFICER**
Canteen News

We have vacancies for volunteers on any week day.

If you have any spare time, many hands make light work, even an hour makes all the difference. Thank you.

Coming Up

Easter Special Lunch
Wednesday 23rd March - watch out for the flyer coming home.

Sports Day Barbecue
Friday 8th April Volunteers needed please!!

Helen Jefferson
Canteen Manager

Joey’s Journal
Seasons for Growth

I recently read a great article about friendship on the Child and Youth Health website (www.cyh.com). I’ve included part of it below for you to read too. Making new friends isn’t easy; it takes lots of effort no matter how old we are. I encourage you to support your children as they develop skills and habits that will enable them to make new friends. Talk together about their social skills, and spend time together practising the skills that they have more difficulty with.

Getting into the group
Maybe you’re not a person who makes friends easily. You could be new to the school, the class, that area, the team, the club or whatever. But that doesn’t mean that you have to just watch all the groups around you, you can make friends too!

Be prepared:
- Look for a group who seem to have interests which you can share, or know something about.
- Find out about clubs, groups, sports, music, whatever is happening in your school and join any in which you are interested or know something about.
- Make sure you know about or can do a few things that others can do e.g. skipping, kicking a ball, throwing and catching, shooting goals, reading about pop-stars, watching TV programs that other kids watch.

Take action:
- Look for eye contact and smile when someone looks at you.
- Hang around near a group that looks interesting.
- Decide what you want to say before you talk, don’t just babble on.
- Catch the eye of someone in the group and smile. If that person smiles back join in the group.
- Listen to the conversation and when you know what is going on join in.
- Speak in a positive way and don’t brag (boast).
- Join in with the group; don’t try to take over.
- Look for others who are alone or seem shy and introduce yourself. Ask them about their interests. You may turn out to have a lot in common.
- Helping others is a good way to make friends, so if you see someone who is struggling ask if they would like some help - be kind not bossy.

Joey, Pastoral Care Worker
at HCEPS on Mondays and Tuesdays

Community News

Please see noticeboard for further information.

- Scallywags Disco - Friday 18th March, 2016 at the Hallett Cove Lutheran Church, 20 Ragamuffin Drive, Hallett Cove. Starting at 7pm and concluding at 9:30pm. For R-7 children only. Entry is $5. Drinks, chips and lollies are available for purchase. Any enquiries phone 8322 2544 or visit www.hallettcovelutheranchurch.org.au
9/3/16

Dear Volunteer,

To be able to volunteer in a school, not only do volunteers need to have a current DCSI Relevant History Check (Child Related) but also have undertaken the new Responding to Abuse and Neglect training. I will be conducting Volunteer Training (that includes Responding to Abuse and Neglect), in Week 8. Once the training is completed you will receive an official certificate which can be used at any school or pre-school site. The training takes about 1.5 hours and also includes other relevant issues concerning working in an education site such as confidentiality and safety.

The next 2 Volunteer Training sessions will be held in Week 8

Monday March 21st from 5:15pm-6:45pm
Friday March 25th from 9:00pm-10:30pm

Sessions will be held either in the room next to the Staffroom or in the Resource Centre depending on numbers.

Please indicate on the tear off slip below which session you are able to attend and return to me by no later than Friday March 18th. I will provide a written confirmation of your booking and the training room once I finalise numbers.

Thank you,
Anne Rathjen

NAME ___________________________________________ ELDEST CHILD _________________

☐ I am able to attend Volunteer Training on Monday 21st March from 5:15pm-6:45pm
☐ I am able to attend Volunteer Training on Friday 25th March from 9:00am-10:30am
2016 SOCCER REGISTRATION & CONSENT FORM

Hallett Cove East
Primary School

***Note: Please write clearly***

**PLAYER DETAILS**

Student’s Name: ___________________________________________ Age: ______ M/F: ______

Address: __________________________________________________________________________

Date of Birth: ___________________________ Classroom Number: ______________

Teacher’s Name: ___________________________ Year Level: __________

School (if not HCEPS) ________________________________________________

**CONTACT DETAILS**

Contact Person One: ___________________ Phone: ___________ Mobile: ___________

Criminal Check Completed: YES/NO  Volunteer Training Completed: YES/NO

Contact Person Two: ___________________ Phone: ___________ Mobile: ___________

Criminal Check Completed: YES/NO  Volunteer Training Completed: YES/NO

Email: __________________________________________________________

**PREVIOUS SOCCER EXPERIENCE**

Previously Played School Soccer: YES / NO

If Yes, Last Team Played for & Year: ____________________________ (e.g. Under 11 2014)

Comments re Team/Age Group Preference in 2015: __________________________________________

(Optional - any comments re preferred age group/coach/team etc)

Club Soccer: Does your child play soccer for a club? YES / NO  (for FFSA Levy purposes)

If Yes, Club: ___________________________ Age/Team: __________

**MEDICAL INFORMATION**

Does your child have a Student Asthma Record Card? YES / NO

Does your child wear glasses for sport? YES / NO

(NDJSA have a policy re wearing glasses in matches)
If there is any medical information that is relevant to the student's participation in this activity, please provide details:

________________________________________________________________________
________________________________________________________________________

MEDICARE NUMBER: __________________________________________(This MUST be completed)

ASSISTANCE IN 2016

We cannot offer Soccer at the school without significant parent help. If coaches, assistants, and team managers do not come forward, teams will not be registered and players will miss out.

Please note that all coaches, assistants & team managers are required to have a current police check. A copy of this will be required prior to commencing any training.

If you are able to help with any of the following tasks, please circle below:

Committee Coaching Asst Coach Team Manager Linesperson
BBQ Coordinator Saturday Morning Set-up

ACKNOWLEDGEMENT & CONSENT

I give permission for my child to be involved in both training and matches for the above Sports Team. I am responsible for the transport of my child to and from match and practice venues.

I acknowledge that I am responsible for the payment of registration fees directly to the school finance office prior to the end of term 2. This includes any unpaid fees from previous seasons.

I accept responsibility for the care of my uniform or equipment loaned to my child and its return, (cleaned) at the end of the season. If I do not return the loaned uniform I am aware that I will be invoiced for the replacement of that uniform.

I understand that the Coach/Manager is authorised to obtain medical assistance for my child if deemed necessary and I/we agree to pay any medical, hospital and ambulance expenses incurred.

All players and parents/caregivers/guardians acknowledge that they participate in school sport under the school’s “Code of Behaviour” policy. All players and parents/caregivers/guardians acknowledge that they also participate in school soccer under NDJSA guidelines.

I understand that my child will automatically be enrolled in OSHC (the registration fee will be waived for soccer purposes) in case your child is not collected from training and I understand that I will be responsible for all OSHC fees incurred if this service is used.

I understand that all parents are required to assist with the canteen/BBQ as rostered by the team manager for home matches during the season.

Players Signature: __________________________________________ Date: __________

Parent’s Signature: __________________________________________ Date: __________
URRBRAE AGRICULTURAL HIGH SCHOOL
Providing unique opportunities for learners and future innovators.

URRBRAE COULD BE THE SCHOOL FOR YOU

To find out what Urrbrae has to offer, come along to one of our **Information Sessions** on

**Tuesday 22\(^{nd}\) March, 2016**

Meeting at the Farm Shed.

**Two hour visits to the school will include:**

Information about the Application Process, Farm Tour and School Tour

**The Open Day Program runs from:**

9.30 am - 11.30 am and will be repeated at 1.00pm - 3.00pm and again at 6.00pm - 8.00pm

Applications for Year 8 2017 will close at 5.00pm on **Wednesday 4\(^{th}\) May 2016**

Collect a brochure from your School Office for more details.

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E-mail: dl.0798_admin@schools.sa.edu.au
Website: www.urrbraehs.sa.edu.au

505 Fullarton Road, Netherby SA 5062
Telephone: (08) 8372 6955
Facsimile: (08) 8372 6999
OPEN NIGHT
Tuesday 22\textsuperscript{nd} March

Tours will leave from the marquee every 10 minutes between 6.00pm & 7.30pm

Come and meet our great students and teachers, be inspired by our dynamic programs and state of the art technology in a school where your child is our focus.

\textit{I look forward to meeting you at Open Night.}

Liz Mead ✶ Principal

Taylors Road
Aberfoyle Park SA 5159
Phone: 08 8270 4455
Fax: 08 7370 5819
Email: info@aphs.sa.edu.au
Web: www.aphs.sa.edu.au
A second opportunity to sit the IGNITE test for a place in the 2017 year 8 cohort has arisen.

Aberfoyle Park High School is the designated DECD Ignite Secondary School for the southern Adelaide area. Our IGNITE program offers a tailored curriculum to suit the needs of identified gifted and talented students.

How do I know if my child is gifted?

- Does your child have a high level of intelligence?
- Did your child show curiosity from an early age?
- Is your child’s imagination vivid?
- Can your child solve high level problems?
- Is your child able to elaborate on complex ideas?
- Do you marvel at your child’s amazing memory?
- Does your child have a highly developed sense of humour?
- Does your child maintain a strong sense of social justice?

Selection is based on performance in the ACER (Australian Council for Educational Research) Gifted & Talented Assessment.

Application forms for this program can be obtained by:
- Downloading from the school’s web site at www.aphs.sa.edu.au
- Phoning: 8270 4455
- Emailing: ignite@aphs.sa.edu.au

The closing date for applications is Monday 4th April 2016

Testing for a place in Year 8 Ignite for 2017 will be held at Aberfoyle Park High School at 8.45am on Monday 11th April 2016.
ATHLETICAL ANTICS
Wobbles the Clown is back with his funniest show yet... and sport will never be the same again! The laughs are guaranteed as Wobbles fumbles his way through basketball blunders, football fiascos and great golfing gaffes. Fantastic family fun!
Tickets $10

THE POWER OF ME
This puppet performance is full of exciting modern songs and a relatable story to many school students. Written by Benji Riggs, who was bullied himself for many years, the show will aim to widen the understanding of the effects of bullying for primary school students, and demonstrate to all ages that they can themselves have The Power of Me!
Tickets $10

THE MUSICAL ADVENTURES OF POPEYE & OLIVE
Meet spinach chewin' Popeye the Sailor Man, his lanky ditzy girlfriend Olive Oyl, bully Brutus Bluto and the evil hook nosed Sea Hag as they take you on a retro adventure on the High Seas. This energetic show stays true to the cartoon with plenty of slapstick, some fancy singing, voodoo magic, fast paced foot work and lots of wham bam fighting.
Tickets $10

SUNDAY 20 MARCH 2016 | 3.00pm
The Domain Theatre, Marion Cultural Centre
287 Diagonal Road, Oaklands Park

Adelaide Youth Strings
Martin Butler Conductor

Our youngest musicians, the Adelaide Youth Strings perform exhilarating classical and popular string music for audiences of all ages.

Book with AdYO on 08 8361 8896 | adyo.com.au
Tickets $10 | Children under 12 FREE
Are you strong or flexible?
Do you love being upside down?
You might like to attend the next

Open Trial

Saturday
2 April 2016
12.00-1.30pm

Meet
Blake Gaudry
2012 Olympian
5 x Australian Trampoline Champion

Gymnastics South Australia is looking for talented children aged 5-9 years to join the Junior Elite Talent Squads.

Previous gymnastics experience is **not** required!
Boys & girls welcome!

Registration is essential

High Performance Program
Marion Leisure & Fitness Centre
Cnr Oaklands Rd & Rosedale Ave, Morphettville

For all enquiries contact:
Andrew Cordery - High Performance Manager
08 8294 8343 / highperformance@gymsa.com.au