



NEWSLETTER - TERM 1 - 19th FEBRUARY 2014

DIARY DATES

3/3/14	AGM
7/3/14	ASSEMBLY (9N & 6AN) 2:15 PM
26/3/14	GROWTH & DEVELOPMENT
28/3/14	ASSEMBLY (5W & 7E) 2:15 PM
4/4/14	SPORTS DAY
24/3 to 4/4/14	STUDENT LED DISCUSSIONS

Dear Parents/Caregivers,

ACQUAINTANCE MEETINGS

Thank you to those of you who were able to attend Acquaintance Meetings last Tuesday. The meetings were very well attended. I hope parents found them valuable firstly to meet teachers and secondly to clarify your understanding of how your child's classroom will operate during the year.

STUDENT LEADERSHIP TEAM

During the last 3 weeks Andrea Hayden (with support from Chris Ross, Jonathon Warren-White and Bruce Norris) has been working with Year 7s to undertake the process to fill Student Leadership positions. 4 Lighthouse Keeper Executive leaders and 16 Wellbeing Leaders were chosen through an application, interview and role play/activity presentation process. These students were presented to the whole school at the Assembly on Friday along with the Lighthouse Keeper class representatives for Semester 1. All students holding a position recited their pledges during the assembly.

Congratulations to:

Lighthouse Keepers Executive Leaders;
Bella, Joshua, Katie and Mae.

and Wellbeing Leaders: Declan, Taylor, Rhys, Joe, Jaden, Natahlia, Alicia, Joel, Josh, Isabella, Luke, Stephanie, Ben, Emma, Kyla and Tyson.

CHILD SAFETY AND WELLBEING

You will be aware that in recent times much has been reported in various sections of the media about DECD responsibility in terms of child protection, student safety and wellbeing. I want to reassure the school community that the staff at HCEPS takes its responsibility for all aspects of student safety very seriously. Staff place student wellbeing high in their practices around duty of care of students, along with provision of a rich and engaging curriculum and having high expectations of students to do their best. You will also be aware that we have had a very rigorous framework in place for some time regarding the work and expectations of Volunteers. Out of the Debelle Inquiry, schools need to ensure management processes of their Volunteer programs meet very clear expectations and you can feel very confident that ours do. Do not forget that all Criminal History Checks for Volunteers must now be conducted by the school using the DECD process. Because schools only receive an email to say the applicant has been cleared, we also ask all volunteers to please provide us with a copy of the actual certificate for our files. If you know you have not done this, could you please do so as soon as possible? Volunteers will shortly receive information regarding Volunteer training to be held later this term. We greatly value volunteers in our school and look forward to continue working with you in your role.

WHAT HAS HAPPENED TO THE UNIFORM SHOP?

As you already know, there have been some changes in the operation of the Uniform Shop including opening times. Uniforms can be purchased on Mondays, Wednesdays and Fridays from 8:15am-8:40am. Jo Berry, one of our SSOSs, is currently managing the Uniform Shop. As she needs to be in classrooms from 8:45am, we thank you for your understanding that closing time is strictly 8:40am.

Please also note the following:

- We will not be ordering new polo shirts in the maroon colour while the blue stock is plentiful in the same size.
- Orders may be placed for specific items and we will endeavour to fill the order as soon as practically possible.
- Once stock has been exhausted new uniforms will feature the same logo for all students.
- We will not be replenishing our stock of uniforms with the Seniors logo.
- The 2014 Year 7 Graduating student order will be sent off this week.
- From 2015 Year 7 Graduating students will have a new design commemorative windcheater/jacket featuring the names of the year 7 graduating students.

Thank you for your ongoing support and pride in our school uniforms.

SCHOOL ANNUAL GENERAL MEETING

The **School AGM will be held on Monday March 3rd at 7:00pm.**

The AGM is a very important event because it gives us an opportunity to share our work and successes of 2013 with the school community. Our Student Leaders will present the highlights of the year and there will also be other student presentations. After the presentations the Governing Council will hold its annual elections. Membership of the Governing Council provides an opportunity to participate in discussions around a variety of school issues and is a great way to learn how schools operate. We always welcome new members to our Governing Council. **Please look for the invitation with this newsletter. If you wish to nominate for Council, you can do so through the invitation.** Please also note that attendance at the AGM does not mean that you are expected to nominate for Council – this is purely voluntary but obviously we certainly welcome new parents. So please do not let this part of the proceedings put you off attending and celebrating our work with us and mark this important date in your diaries.

OTHER COMING EVENTS DON'T FORGET

SPORTS DAY

Sports Day will be on Friday, April 4th. There will be more information about Sports Day provided to you shortly.

STUDENT LED DISCUSSIONS

Student Led Discussions will occur during Weeks 9 and 10 of this term. We will provide further details of these discussions in due course.

FAMILY GROWTH AND DEVELOPMENT SESSIONS

Two Growth and Development sessions will be held on Wednesday March 26th in the evening for parents to attend with their children. There is no cost but booking forms and more information will be sent home separately in order to book a place.

R-5 SWIMMING

Years R-5 Swimming will be held in Week 1 of Term 2. Again further details will be sent home in due course.

Anne Rathjen
PRINCIPAL



PE NEWS

AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES.

Included with this Newsletter are the Guidelines developed by the Australian Government Department of Health. These guidelines apply to all children aged 5 to 12 years irrespective of cultural background, gender, socioeconomic status and ability. Please have a read. I will include the guidelines for children 0 - 5 years in the next Newsletter.

Shona Trenouth
PE/SCIENCE SPECIALIST TEACHER

KONNICHIWA

In Japanese all classes participate in activities, role play, songs and language games that encourage students to develop their listening, reading, writing and speaking abilities in their Japanese learning.

Building an understanding of Japanese culture is also an important part of the curriculum and is included across all year levels. Students enjoy origami, old Japanese folktales, chopstick race, making and tasting onigiri rice balls and activities focused on Festivals. Festivals include the Hina Matsuri Festival – Girls Day on March 3rd, Kodomo no Hi – Children's Day Festival on May 5th, Tanabata- Star Festival, Tsukimi –Moon Viewing Festival and shichi-go-san Festival – for children aged 7-5-3 years old.

This year, a team of year 7 from our school will be competing in the Hiragana Competition against other schools.

Another exciting year. We are looking forwards to it.

CANTEEN NEWS

What's New

Mashi Monsters – Australian made and owned. Milky Pops available in Chocolate or Banana \$1 each.

Freeze Pops – 15 cents each.

Frosty Fruits have been deleted.

I would like to welcome back Michelle Maxwell to our Volunteer team.

There is a vacancy on Thursdays at Lunchtime, please if you can assist we really need you.

Term 1 2014 Menu will be out soon, please refer to Term 4 2013 Menu in the meantime.

Sports Day – extra help is needed in the Canteen and BBQ – if you can assist, please let me know.

Janine Curtis

CANTEEN MANAGER



FUNDRAISING NEWS FEBRUARY 2014

We felt that it would be a good idea to let you all know what was accomplished in 2013 and what will be happening in 2014.

Last year we had some marvellous fundraising activities; these included the Sports Day Sausage Sizzle, Mothers Day & Fathers Day stalls, the Entertainment books, two school discos, the federal election sausage sizzle and the family photo day. Overall these events raised over \$5000 of much needed funds for the school.

A very big thanks to everyone who has organised these events and helped bring them together and run them. Of course we also say a big thank you to everyone who has supported them – without you there would be no success stories to tell!

We had some funds set aside from 2012 to pay for the School Garden, this is still a work in progress but we have paid for the water tank to be moved and re-plumbed, hopefully the garden will begin to take shape soon. With some of the funds raised from last year we are hoping to purchase a Buddy Bench for the school – the idea being that if a child is feeling lonely or has no one to play with they can go and sit on this bench and other children with go over to them and ask them to join in with them.

Here's looking forward to more successes in 2014!

Upcoming Events

School Disco in Term 1 or Term 2

State Election Sausage Sizzle – Saturday 15th March

Mothers' Day Stall in May

Chocolate Drive in Term 3

Fathers' Day Stall in September

Family Photo Day in Term 4

More exciting events to be announced soon....

Dates For Your Diary

7th March 2pm – Fundraising Committee Meeting – Meeting room office

Everyone Welcome! If you feel you have any ideas for fundraising within the school or just want to be more involved please feel free to come along!

Sarah Hole

COORDINATOR FOR FUNDRAISING COMMITTEE

COMMUNITY NEWS

Please see noticeboard for further information.

- **HELEN O'GRADY DRAMA ACADEMY** –Offers a Free session of 'Give drama a go'. Creates confidence, self-esteem, communication and great social skills. Visit www.bppr.com.au or ☎ Belinda on 0402 358 000
- **PINK PANTHERS** – Players welcome. Check website for details www.sapanthersfc.com
- **GILLESPIE SPORTS** – Winter Cricket Academy. Structured lengthy Training Program, Academy Shirt & Competitive Games on completion of program. Visit www.gillespiesports.com.au or book at coaching@gillespiesports.com.au ☎ 8352 2322.

DANCE PARTY
Blue Light WITH DJ OLLY
FRIDAY, MARCH 14 - 6:30-9pm
BAY FUNCTION CENTRE
(Upstairs at the Glensig Football Club,
Brighton Road, Glensig East)
9-13 year olds - \$5.00 per ticket
FACE PAINTING
LOTS OF PRIZES & GIVEAWAYS
FOOD & DRINK AVAILABLE FOR PURCHASE
LOCK IN - NO PASSOUTS
Enquiries: 8207 4820
TICKETS AVAILABLE FROM THE BAY FUNCTION CENTRE - GLENSIG EAST

A BIT FROM BEK

Hi Parents, Caregivers,
Family and Friends!

Hope your term is going well!

I've been doing a bit of thinking about our school values and what each of these looks like when they are outworked in every part of our lives.

Throughout the term I'll share quotes that I find and my little thoughts with you. My hope is that they encourage you and give you something to think about!

A quote by Vince Lombardi (a highly regarded American football player, coach and executive): "Winning isn't everything, but wanting to win is."

When I read this quote, it screamed "excellence". For me this quote speaks of the determination to do the best we can at all times and in all areas of our lives. In the end, the 'win' itself is not the be all and end all, it is in however in remaining focussed on the goal, wanting to achieve, and doing everything in our power to achieve that goal. Dream big. Aim high. And as the saying goes "aim for the moon, if you miss you will still be amongst the stars"

So today, this week, this month – let's focus on wanting to win rather than the win, dreaming big and doing the best we can!

Take care! ☺

Bek O'Neill
CHRISTIAN PASTORAL SUPPORT WORKER





YOU ARE INVITED TO THE ANNUAL GENERAL MEETING OF HCEPS

DATE: Monday March 3rd 2014
TIME: 6:45pm pre-meeting entertainment for a 7:00pm start.
VENUE: HCEPS Pavilion

PROGRAM:

- 6:45pm** Performances by the School Choir and Jump Rope Team
- 7:00pm** AGM begins with Highlights of 2013 presented by the Student Leadership Team
- 7:40pm** Supper and performances by the School Choir and Jump Rope Team
- 7:50pm** Brief meeting of the new Governing Council

The AGM is one of the most important dates on the school calendar as it is when we get to share our work and achievements from the previous year with families from our school community. We hope you can attend. To assist us in organising catering, please complete the tear off slip below to indicate your attendance at AGM. (Parents/Caregivers of students who are Student Leadership Team members, Choir members or Jump Rope Team members will also receive separate information shortly.)

After the AGM, we will be holding our elections for Governing Council for 2014. This process will only take a short time. If you are interested in nominating, we would love to hear from you! Please complete the tear off slip below indicating your interest and return it to me by Friday 1st March. Please note that attendance at the AGM does not mean that you are expected to nominate for Council – this is purely voluntary. Do not let this part of the proceedings put you off attending and celebrating our achievements of 2013 with us.

✂.....

ATTENDANCE AT THE HCEPS AGM

NAME _____ NAME OF ELDEST CHILD _____ CLASS _____

I / we will be attending the HCEP School AGM on Monday March 3rd. No. attending: _____

SIGNED _____

✂.....

NOMINATION FOR PARENT MEMBERSHIP ON GOVERNING COUNCIL

NAME _____ NAME OF ELDEST CHILD _____ CLASS _____

Yes, I would like to nominate for Governing Council for 2014.

I will attend the Governing Council Election meeting as part of the AGM on Monday March 3rd.

SIGNED _____

PARENTING COURSES

Term 1 - 2014

Bringing up Great Kids

Suitable for parents of all aged children
6 week course

Starting Tuesday 4th March
1.30 pm – 3.00 pm

Forbes Children's Centre
80 Thomas St
Plympton South

No Cost

Bookings required: 8293 9000

Dad Factor

Father's role in children's development
7 week course

Starting Wednesday 19th Feb
6.00pm – 8.00 pm

Forbes Children's Centre
80 Thomas St
Plympton South

No Cost

Bookings: 8392 3100 (George)

Tips for Children's Healthy Media Use

1 Evening session

Wednesday 26th Feb
7.30pm – 9.30pm
Effective Living Centre
26 King Williams Rd
Wayville

Cost \$15 /\$10
Enquiries: 8271 0329

Talk so Kids will Talk and Listen so Kids will talk

1 evening session
Wednesday 26th March
7.30pm – 9.30pm
7.30pm – 9.30pm

Effective Living Centre
26 King Williams Rd
Wayville

Cost \$15 /\$10
Enquiries: 8271 0329

Introduction to Circle of Security

1 evening session
Speaker: Dr Mary Hood

Wednesday 2nd April
7.30pm – 9.30pm
Effective Living Centre
26 King Williams Rd
Wayville

Cost \$15 /\$10
Enquiries: 8271 0329

Understanding Your Child's Temperament

1 evening session

Wednesday 14th May
7.30pm – 9.30pm

Effective Living Centre
26 King Williams Rd
Wayville

Cost \$15 /\$10
Enquiries: 8271 0329

CANTEEN ROSTER FOR TERM 1 - 2014

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 5 24/2/14 28/2/14	Recess	Annmarie Smith	Kerriane Springford Jo Marnes	Annmarie Smith	Megan Hunter	Carmen Gonzales Linda Batten Nikki Dopson
	Lunch			Kylie Barnes-Sparks	Alan Beaumont	Linda Batten
Week 6 3/3/14 7/3/14	Recess	Anita King Annmarie Smith	Kerriane Springford Michelle Maxwell	Annmarie Smith	Megan Hunter	Bee Robertson Linda Batten
	Lunch	Anita King		Kylie Barnes-Sparks	Alan Beaumont	Bee Robertson
Week 7 10/3/14 14/3/13	Recess	PUBLIC	Kerriane Springford Jo Marnes	Annmarie Smith	Megan Hunter	Carmen Gonzales Linda Batten Nikki Dopson
	Lunch	HOLIDAY		Kylie Barnes-Sparks	Alan Beaumont	Linda Batten
Week 8 17/3/14 21/3/14	Recess	Anita King Annmarie Smith	Kerriane Springford Michelle Maxwell	Annmarie Smith	Megan Hunter	Bee Robertson Jo Marnes Linda Batten
	Lunch	Anita King		Kylie Barnes-Sparks	Alan Beaumont	Bee Robertson
Week 9 24/3/14 28/3/14	Recess	Annmarie Smith	Kerriane Springford Jo Marnes	Annmarie Smith	Megan Hunter	Carmen Gonzales Linda Batten Nikki Dopson
	Lunch			Kylie Barnes-Sparks	Alan Beaumont	Linda Batten
Week 10 31/3/14 4/4/14	Recess	Anita King Annmarie Smith	Kerriane Springford Michelle Maxwell	Annmarie Smith	Megan Hunter	Bee Robertson Linda Batten
	Lunch	Anita King		Kylie Barnes-Sparks	Alan Beaumont	Bee Robertson Yvonne Caire
Week 11 7/4/14 11/4/14	Recess	Annmarie Smith	Kerriane Springford Michelle Maxwell	Annmarie Smith	Megan Hunter	Linda Batten Carmen Gonzales
	Lunch			Kylie Barnes-Sparks	Alan Beaumont	Linda Batten



Australian Government
Department of Health

Does your child get
60 minutes of physical
activity every day?



Make your move – Sit less
Be active for life!





What's it all about?

Being physically active is good for kids' health, as well as being a great way for them to make friends and to develop physical and social skills. This brochure presents Australia's Physical Activity and Sedentary Behaviour Guidelines for all children aged 5-12 years who have started school, irrespective of cultural background, gender or ability. It also provides information and guidance about physical activity, play, sedentary behaviour (sitting) and 'screen time' for children.

More information about healthy living, including references to other Australian Government guidelines concerning healthy weight and healthy eating, can be found at www.health.gov.au.

What is....

PHYSICAL ACTIVITY? – any activity that gets children moving, makes their breathing become quicker, and their hearts beat faster. Children can be physically active in many different ways, at any time of day.

SEDENTARY BEHAVIOUR? – is characterised by sitting or lying down (except for when sleeping). The use of electronic media can be a big contributor to children's sedentary time.

Children are individuals – they grow and develop physical skills and abilities at different rates. Providing opportunities for active play, will allow your child to continue to grow and develop at their own pace. It is important to promote healthy bodies and minds, and to limit children's sedentary behaviour, regardless of how much physical activity they do.

Move more, sit less, every day!



What are the benefits?

Moving more and sitting less...



SOCIAL BENEFITS

- Creates opportunities for fun with friends.
- Reduces anti-social behaviour, including aggressive and disruptive actions.
- Develops skills such as cooperation and teamwork.



EMOTIONAL AND INTELLECTUAL BENEFITS

- Improves self-esteem and confidence.
- Improves concentration and management of anxiety and stress.



HEALTH BENEFITS

- Reduces the risk of developing type 2 diabetes and cardiovascular disease.
- Improves physical fitness, including coordination and movement skills.
- Reduces the risk of unhealthy weight gain.
- Builds strong muscles and bones.
- Promotes healthy growth and development.

Move more...



At least 60 minutes a day – in many different ways.

Children's daily physical activity does not have to be done all in one go. The 60 minutes can be accumulated throughout the day.

Remember, even if your child doesn't play sport, there are lots of activities they can do. Being active in a variety of ways will help children get all the benefits.



If your child is not doing 60 minutes of physical activity every day, they will benefit from gradually increasing their activity to reach this amount.

Intensity

While all physical activity is helpful, the Guidelines recommend moderate to vigorous intensity physical activities.



MODERATE INTENSITY ACTIVITIES require some effort, but children can still speak easily while doing them.

E.g. fast walking, riding a bike or scooter and active play.



VIGOROUS INTENSITY ACTIVITIES require more effort and make children breathe harder and faster ('huff and puff').

E.g. running, chasing and playing tag, and many organised sports like soccer or netball.



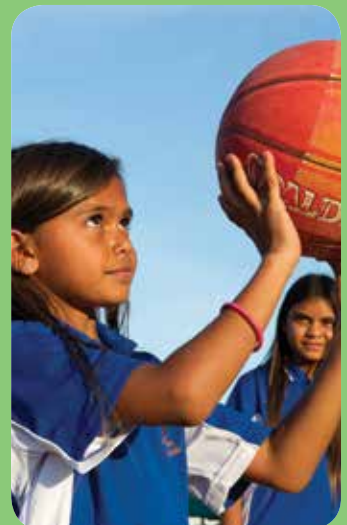
So...10 minutes before school, 20 minutes walking or riding to and from school and 30 minutes of active play after school = 60 minutes.



How about walking, riding, skateboarding or scooting safely to school or other places...



...or washing the car, walking the dog, or helping to dig in the garden?



The more physical activity that children do – up to 3 hours per day – the more they will benefit.

...and sit less!

How much sitting is too much?

Even if children are very physically active, they will still benefit from limiting the amount of time that they spend sitting or lying down (except when sleeping) in as many ways as possible.



Use of **electronic media for entertainment** should be limited to less than 2 hours per day.

You're right – there are some activities, like reading and doing school work, that may need to be done while sitting. The key is to find a healthy balance and limit time spent in front of a screen for entertainment.

Does 'free time' mean 'screen time' for your child?



Time spent using electronic media (such as television, seated electronic games, portable electronic devices or computers) for entertainment, is referred to as 'screen time'.

While screen time activities may be popular, they usually involve sitting or lying down for long periods.

I could give gifts like skipping ropes, balls or kites to encourage active play.

I could set a 'no screen time' rule at dinner time and before school.

I could make my child's bedroom a TV and computer free zone.

I could reward the kids with a trip to the park, instead of TV or computer time.



There are many opportunities to sit in our daily lives. The key is to find opportunities to move.

What will you do





Stronger bones, stronger muscles

As part of your child's daily 60 minutes of physical activity, it's important to include muscle and bone strengthening activities on at least 3 days of the week.



Help children to grow strong bones and muscles by encouraging them to:



- Skip, run, hop and jump.
- Climb or swing on monkey bars and climbing frames.
- Play games like tug-o-war and hopscotch.
- Do structured activities like dance, gymnastics and martial arts.



Did you know that doing activities to strengthen bones and muscles is an important part of healthy growth and development?



Why not try these ideas?

There are many ways for children to be physically active and to limit sedentary behaviour every day.



ACTIVE AND FUN

- Encourage children to play active games like obstacle courses, tag, skipping or throwing a ball or frisbee.
- Visit playgrounds, parks, nature reserves, ovals or beaches.
- Get children involved in a variety of different sports and activities.



ACTIVE TRAVEL

- For short trips, walk or ride safely.
- For longer trips, park the car some distance away and walk with children for the rest of the trip.



ACTIVE AT HOME

- Limit time for watching TV and using electronic games.
- Store portable electronic devices out of sight.
- Enjoy a walk with children around your local area.
- Children can help with gardening activities like digging, sweeping or raking.



ACTIVE AND SAFE

- Start slowly and build up the amount and intensity of physical activity.
- Protect children from the sun – ensure children wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- Always supervise children appropriately when in and around water.
- Speak with your doctor or other health professional if your child has a medical condition.

Be active every day in as many ways as you can!

Australia's Physical Activity and Sedentary Behaviour Guidelines for Children (5–12 Years)

PHYSICAL ACTIVITY

- For health benefits, children aged 5–12 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.
- Children's physical activity should include a variety of aerobic activities, including some vigorous intensity activity.
- On at least three days per week, children should engage in activities that strengthen muscle and bone.
- To achieve additional health benefits, children should engage in more activity – up to several hours per day.

SEDENTARY BEHAVIOUR

- To reduce health risks, children aged 5–12 years should minimise the time they spend being sedentary every day. To achieve this:
 - Limit use of electronic media for entertainment (e.g. television, seated electronic games and computer use) to no more than two hours a day – lower levels are associated with reduced health risks.
 - Break up long periods of sitting as often as possible.

Australia's Physical Activity and Sedentary Behaviour Guidelines

- Move and Play Every Day – National Physical Activity Recommendations for Children 0–5 Years.
- Make *your* move – Sit less – Be active for life!
 - Children (5–12 years)
 - Young People (13–17 years)
 - Adults (18–64 years)
 - Families
- Choose Health: Be Active – A physical activity guide for older Australians.

OTHER HEALTHY LIVING RESOURCES:

- Healthy Weight Guide – www.healthyweight.health.gov.au
- Eat for Health – www.eatforhealth.gov.au
- Shape Up Australia – www.shapeup.gov.au
- Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults, Adolescents and Children in Australia – www.nhmrc.gov.au/guidelines/publications/n57
- Get Up & Grow – Healthy Eating and Physical Activity for Early Childhood (for centre based care, family day care and pre-schools) – www.health.gov.au

To find out more, go to
www.health.gov.au