



NEWSLETTER - TERM 2 - 4th JUNE 2014

DIARY DATES

6/6/14	ASSEMBLY 9W & 6AS
10/6/14	PUPIL FREE DAY
27/6/14	PUPIL FREE DAY
21/7/14	PUPIL FREE DAY (FIRST DAY OF TERM 3)
5/9/14	SCHOOL CLOSURE – SHOW DAY

Dear Parents/Caregivers,

PUPIL FREE DAY REMINDER

Don't forget that this coming Tuesday, 10th June is a Pupil Free Day. Staff will be undertaking training in the General Capabilities aspect of the Australian Curriculum. OSHC will be open for care during the day. Please contact Lissy or Sally to book in.

NATIONAL SORRY DAY, RECONCILIATION WEEK AND NAIDOC WEEK

If you are a fan of AFL football, you will know that it was the Indigenous Round in the AFL last week, recognising the contribution that indigenous players make both to football and the community. This round coincided with 2 very important celebrations, National Sorry Day and Reconciliation Week.

On May 26th 1997, the "Bringing them Home" report detailing the impact of the "Stolen Generations" was tabled in Parliament on the first anniversary on May 26th 1998, the inaugural Sorry Day was announced. Over the next 10 years a number of recommendations from this report were implemented culminating in the official Sorry to the Stolen Generations delivered by then Prime Minister Kevin Rudd on February 13th, 2008. National Sorry Day is held each year on May 26th.

National Reconciliation Week is celebrated across Australia each year between 27th May and 3rd June. The dates commemorate two significant milestones in the reconciliation journey—the

anniversaries of the successful 1967 referendum and the High Court Mabo decision.

The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort.

Further to Reconciliation Week, NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. (NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself.)

The Australian Curriculum includes indigenous perspectives throughout and is an important part of the learning programs across R-7. Our learning plans in this area also align closely with our Values of Respect and Fairness. Last week, in further recognition of Reconciliation Week, students participated in two special programs.

The theme for National Reconciliation Week (NRW) this year was "Walk the Talk". All classes were invited to join in a gathering to participate in a dance suggested by the website. Classes first met in the pavilion for an Acknowledgement of Country. Ms Hayden then briefly explained the significance of the beginning and ending dates of NRW. Her class then sang along with Paul Kelly to the song "From Little Things Big Things Grow", which is about the walk out at Wave Hill and the Gurindji people's subsequent battle for Land Rights. They then demonstrated the NRW Dance to Jessica Mauboy's song "To The End of The Earth". They played the dance instruction video from the website and 9N and their buddy class 6AN demonstrated the moves. All students were

then invited to join in the dance and sing along to the song.

At the end of the week classes were invited to the COLA to sing and dance to the song "To The End of The Earth" with their buddies and other students.

As part of our Year 7 Leadership Program, Chris Ross led our Year 7s in visits to all classes last Friday and worked with students on the theme of RESPECT, focussing on Aboriginal & Torres Islander people. They talked about the meaning of Respect & related it to different cultures. NAIDOC Week is celebrated later in the term and the students spoke about acknowledging the history, culture and achievements of Aboriginal and Torres Islander people. To enhance and reinforce the meaning of Respect, Year 3-7 students created a RAP, whilst Year R-2 students creatively coloured and added design to an Aboriginal Dreaming story. Chris along with leaders were impressed with the confidence, commitment, group management skills and enthusiasm displayed by all of our Year 7s.

VOLUNTEER TRAINING AND CRIMINAL HISTORY CHECKS

Thank you to all our Volunteers who support a range of programs for students across the school. Thank you also for understanding and supporting the requirement to participate in a Criminal History Check process through the school before working closely with students, and, Volunteer Training. Last week I conducted three Volunteer Training sessions with one more session planned for 1:30pm this Thursday afternoon. If you have not undertaken training yet and work with students there are still places available for training. Please ring Nola or Fran in the front office to indicate your interest in attending. I would remind all sports coaches and managers that they also need to undertake Criminal History Checks before commencing training with children. If you have not done so for the soccer season, please contact front office staff as soon as possible.

CANTEEN RECESS SPECIALS REMINDERS

Don't forget that we are currently trialling a \$2 special Recess deal each day at the Canteen until this Friday. Recess specials have been very popular with students. The advertisement detailing what is offered was in the last newsletter but your children should be able to tell you their opinion of what has been offered. I would encourage families to please support the

canteen and allow children to participate even if it is in just one of the recess specials. A review of the success of recess specials will be undertaken at the end of the week with a view of continuing in some way.

UNIFORM FEEDBACK REMINDER

Don't forget that feedback regarding your thoughts about "one top, one windcheater" Uniform changes are sought by no later than this Friday June 6th. Thank you to those parents who have already provided feedback. Governing Council will consider your input when discussing this at the next meeting.

COMING EVENTS

PUPIL FREE DAYS AND SCHOOL CLOSURES

TERM 2 - Tuesday June 10th:

Australian Curriculum - General Capabilities

TERM 2 - Friday June 27th:

Continuing the work of the Professional Learning Communities

TERM 3 - Monday July 21st:

Australian Curriculum – Geography

(Please note that this is the first day of Term 3)

TERM 3 - Friday September 5th:

SCHOOL CLOSURE DAY – SHOW DAY

TERM 4 - Monday October 27th:

Australian Curriculum – English

Anne Rathjen

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/>. This is a very useful site offering ideas to get children reading from a very young age.

PLAY WITH PUPPETS

Play language games with puppets.

Have the puppet say,

"My name is Mark.

I like words that rhyme with my name.

Does park rhyme with Mark?

Does ball rhyme with Mark?"



INTERNET SAFETY PRESENTATION HELPS CHILDREN STAY SAFE ONLINE

Young people today are immersed in digital technologies. They use the internet and mobile phones to socialise, study, exchange ideas and play. While online activity has many benefits, there are also risks. To help your children stay safe online, Hallett Cove East Primary School will be hosting a Cybersmart Outreach—Internet Safety Awareness presentation. Designed for parents, teachers and students, this presentation is provided by the Australian Communications and Media Authority (the ACMA) as part of a national program of cybersmart initiatives.

The Cybersmart Outreach—Internet Safety Awareness presentation is thorough and non-technical. It covers a range of issues including:

- the ways children use the internet and emerging technologies
- potential risks for children online, such as cyberbullying, identity theft, inappropriate contact and exposure to inappropriate content
- tips to help children stay safe online.

The parent meeting will be held on **Monday 23rd of June 2014 at 6.30**. When a similar meeting was held 2 years ago, parents who attended were astonished at the information that relates to their children of primary school age. This may well be the most important meeting you attend at school this year. Mark the date in your diaries now and more information will be sent home this term.

Regards Suzanne Dunn
E-LEARNING COORDINATOR



In-School Psychology will soon be operating out of our school.

This privately run service is provided on-site at our school, during school hours, and is easily accessible to families.

It is a psychological service that offers timely access to counselling and support for our students with no cost to the parent, providing you seek the relevant Health Care Plan from your doctor.

As a school, we are committed to providing the very best opportunities for your children to experience success. This includes having timely access to support when they are experiencing difficulties in their lives.

Please read the brochure later in the Newsletter for further information about the service then, if you are interested in accessing the service, contact the front office at school for the consent form.

SCHOOL DENTAL SERVICE



The School Dental Service is the major provider of dental services for babies, children and young people under 18 years in South Australia. Around 130, 000 children attend every year.

The Commonwealth Child Dental Benefits Schedule for 2 – 17 year olds started in 2014.

ALL children are very welcome to continue to access dental care at the School Dental Service. Dental care is FREE for most children and the School Dental Service will bulk-bill Medicare.

Children who do not qualify for the Child Dental Benefits Schedule can also attend – a small fee will apply for each course of general dental care provided.

School Dental Clinics are located across Adelaide and regional SA. To locate your local School Dental Clinic, and for more information about the Child Dental Benefits Schedule, visit www.sadental.sa.gov.au
Your nearest clinic is Noarlunga: Phone 8384 9244

A BIT FROM BEK

Hi Parents, Caregivers, Family and Friends!



Walt Disney once said "it's fun to do the impossible"... To that I say that I somewhat agree, but I would also add that it's difficult, a little bit scary but so exciting.

I've been thinking about people we would deem successful and how they came to have that success. - Oprah was actually fired from her first job and was told she was "unfit for TV". - Filmmaker Steven Spielberg was rejected from film school 3 times. - Stephen King (author) had 30 knockbacks before one of his most known books was published. - JK Rowling was struggling to provide for family while she attended university and as she wrote the first 'Harry Potter' novel. - Thomas Edison's teachers dubbed him "too stupid to learn anything", but went on to invent world-changing devices that we still use today. - Walt Disney was fired from a newspaper because the editor said he "lacked imagination and had no good ideas".

All of these people and countless others, famous people and just 'regular Joes' like you and I, are people who fight against setbacks in day to day life. It's up to us to gather up the courage to stand up and have a good red hot crack at doing the impossible.

I hope that you are encouraged and see that while there may be impossible things in our lives it's kind of fun to give them a go.

Take care! ☺

Bek O'Neill
CHRISTIAN PASTORAL SUPPORT WORKER

COMMUNITY NEWS

Please see noticeboard for further information.

- **DANCE PARTY FRIDAY JUNE 27TH – 6.30PM – 9.00PM**
- Bay Function Centre – Glenelg Football Club. 9-13 year olds - \$5.00 per ticket. Face painting & lots of giveaways. Food & drink available for purchase. Lock in – no pass outs. Enquiries – 8207 4820 Tickets available on the night from the venue.
- **CLUB MARION PANTOMIME ALADDIN** – Tuesday 15th July. 11 am or 2 pm. \$8 per person. Children dress up, sing, dance & win amazing prizes. Bookings essential ☎ 8296 8444.
- **CARTOON CAMPS** – 14th to 18th July. Art & Cartooning program over 5 days. Bookings: www.illustrating-man.com.au
- **AUSTRALIAN SPORTS CAMPS** – SA Winter school holiday sports camps. AFL, Soccer & Netball. To find out venues, dates & prices ☎ 1300 914 368 (Free Call) or visit www.australiansportscamps.com.au

HOSTING AN INTERNATIONAL STUDENT

Great opportunity to experience another culture
with the bonus of \$250/week – tax free!



Over the next few months there are three opportunities
for you to host an International student
through Hallett Cove School.

We have the following Study Tours coming to visit us:

Kashiwanoha High School – Year 10's from 19 to 31 July 2014

Ushiko High School – Year 10's from 19 to 30 August 2014

Ritsumeikan Junior High School – Year 9's from 18 Nov to 3 Dec 2014

Please contact Sue Orchard or Sadie Gomer

if you are interested or would like more information.

on 8392 1084 or via email

sadie.gomer@hcs.sa.edu.au or sue.orchard@hcs.sa.edu.au

Commonly Asked Questions

How much does the service cost?

Our psychologists bulk bill Medicare for clients with a referral from a GP so there is no cost involved for the family.

Can I join in on sessions?

Yes, sometimes the psychologist will need to work together with both the child/adolescent and their parent/guardian. Please speak directly with the school psychologist regarding joining in on sessions.

My child's school does not have an In-School Psychology psychologist working there?

If you would like your child to receive our service then please speak with your school's wellbeing coordinator about your concerns, and ask them to contact us directly. You may like to refer them to our website.

How many free sessions is my child entitled to?

Medicare funds up to 6 initial sessions. After the initial 6 sessions the psychologist will send a brief progress report to the child/adolescent's GP. If necessary the psychologist will request an additional 4 sessions. You will then be required to go back to your GP and get a new referral for the remaining 4 sessions before the psychologist can continue working with the child/adolescent. Medicare also funds up to 10 group sessions per year and up to 20 sessions for children with an Autism Spectrum Disorder.

Is the psychologist employed by the school?

No. In-School Psychology psychologists are private psychologists who work onsite at schools for the convenience of children, adolescents, families and schools. The psychologists are independent from the school system.

Parents, where to from here?

If you or the school feels your child would benefit from working with one of our psychologists then you need to complete the following steps.

1. Complete the GP information form provided to you by the school. In some situations the school will complete the letter for you or with you, depending on what the presenting concerns are.
2. Take the letter along with the child/adolescent to your local GP and request a referral under the Better Access To Mental Health Care Initiative to a psychologist. When making your appointment with the GP let them know it is for a referral to a psychologist, as this requires a longer appointment time.
3. Complete the consent form and return to the school with the GP referral. The school will then forward the forms on to the In-School Psychology psychologist.
4. Once the psychologist has received the consent form and GP referral they will contact you and let you know when they will commence working with your child.

What do schools have to do?

In order to receive service from In-School Psychology schools have to:

1. Provide a suitable private space within the school where the counselling can take place.
2. Complete the GP information form when applicable and provide it to the family.
3. Send the completed consent form and GP referral to the schools allocated psychologist.
4. Help collect the student from their class to ensure privacy.
5. Liaise with the psychologist and family about the progress of the counselling sessions.

Contact Us:

Phone: 1300 884 340

Email: info@inschoolpsychology.com

Website: www.inschoolpsychology.com



Delivering free psychological services in school settings to children, adolescents and their families

Parent Information



Who we are

In-School Psychology provides free psychological services to children, adolescents and their families. Our unique service is offered on site at primary and secondary schools, in both the public and private sectors.

The psychologists at In-School Psychology are experts in child and adolescent psychology and are professionals dedicated to providing outstanding and comprehensive services to assist children and adolescents, their families and their schools.

Counselling is a very effective way of helping children and adolescents who are struggling with some aspect of their lives, from feeling anxious or depressed, to experiencing bullying or having difficulties controlling their anger. It can help them recover, and also help prevent recurrence.



Our Services

In-School Psychology counselling service is provided **FREE** of charge, as our service is bulk billed to Medicare for eligible clients. The psychologists at In-School Psychology see children and adolescents who have a referral from their GP under Medicare's Better Access to Mental Health Care initiative, which allows the psychologist to provide 10 sessions per calendar year. As In-School Psychology bulk bills to Medicare there is no out of pocket cost for the family.

As our service is provided onsite at the child/adolescent's school, during school hours, it is convenient and easily accessible to families.

Our psychologists see children and adolescents with a range of difficulties, from simple problems such as difficulty making friends to more complex mental health issues. Children and adolescents are commonly referred to our services for issues such as:

- Friendship problems (making and keeping friends)
- Dealing with bullying
- Anxiety (including school refusal)
- Depression
- Fears and phobias
- Anger management & behavioural difficulties (at home and/or school)
- Self-harm
- Alcohol or substance abuse
- Attention deficit and hyperactivity
- Social skills
- Grief and loss
- Eating disorders
- Autism (developing social skills, anxiety etc.)



How can a psychologist help?

The psychologists at In-School Psychology use a range of different evidenced based psychological techniques. Our psychologists will tailor counselling for each child and adolescent so that the most useful and effective treatments are implemented.

Our psychologists use focused psychological strategies:

- Psych-education (including motivational interviewing)
- Evidenced based therapy (e.g. Cognitive Behavioural Therapy)
- Relaxation strategies (including progressive muscle relaxation and controlled breathing)
- Skill development training (including problem-solving skills and training, anger management, social skills training, communications training, stress management, and parent management)
- Interpersonal Therapy

Counselling helps children and adolescents to:

- Learn practical ways to cope with difficult or distressing situations
- Learn to regulate their feelings and emotions
- Learn to think more rationally and optimistically
- Learn to control their behaviour
- Feel more in control of their thoughts and feelings
- Build resilience
- Build social skills
- Develop communication skills
- Learn relaxation techniques

CANTEEN CREATIONS



To get us ready for the new menu, we are trialling two weeks of ***Recess Specials***.

All items are for purchase over the counter and cost \$2.00.

SOS

So that we can ensure our super new menu is successful, we need more volunteers, especially on Thursdays. Please let me know if you can help.

Helen Jefferson - Canteen Manager

- Mon.** *Tub of potato rounds with shredded cheese & salsa*
- Tues.** *English muffin topped and ½ quelch*
- Wed.** *ANZAC biscuit and Strawberry smoothie*
- Thurs.** *Cheesy jaffle and warm milo*
- Fri.** *Muffin and warm milo*

CANTEEN ROSTER FOR TERM 2 2014 (Weeks 7 – 10)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 7 09/6/14 13/6/14	Recess	PUBLIC	PUPIL	Annmarie Smith		Linda Batten
	Lunch	HOLIDAY	FREE DAY	Kylie Barnes-Sparks		Bee Robertson Linda Batten
Week 8 16/6/14 20/6/14	Recess	Annmarie Smith	Kerriane Springford	Annmarie Smith		Bee Robertson Linda Batten
	Lunch			Mandy Mesecke	Jo Marnes	Bee Robertson Linda Batten
Week 9 23/6/14 27/6/14	Recess	Anita King	Kerriane Springford	Kylie Barnes-Sparks		Bee Robertson Linda Batten
	Lunch	Anita King			Jo Marnes	Bee Robertson Linda Batten
Week 10 30/6/14 04/7/14	Recess		Kerriane Springford			Bee Robertson Carmen Gonzalez
	Lunch			Mandy Mesecke	Jo Marnes	Bee Robertson Kylie Barnes-Sparks