



## NEWSLETTER - TERM 3 - 24<sup>th</sup> SEPTEMBER 2014

### DIARY DATES

24/9/14	EXPO OF LEARNING – HCEP PAVILION
26/9/14	LAST DAY OF TERM EARLY DISMISSAL TIME OF 2:05 PM
27/10/14	PUPIL FREE DAY

Dear Parents/Caregivers,

### OUR TERM OF EXCELLENCE

What a busy Term 3 we have had and one in which teachers and students have been working hard to enact our value of Excellence. The work being done in classrooms across all subjects and especially in areas of literacy and numeracy is of a high quality. This work has been showcased at our EXPO today. Thank you to everyone who attended this very successful event. ☺



I would also like to acknowledge the quality Music/Arts program that Evie Donoghue provides for students across our school. On Friday we had the privilege of attending a Talent Show to showcase some of the excellent work that classes had been doing with Evie, as well as individual and group performers in music, dance and movement areas. In Music lessons all students have the opportunity to learn the basics of playing keyboards and percussion instruments as well as singing and movement. Students perform in classes, groups and individually. Confidence is built and with that skills develop.

Another aspect of high quality learning at HCEPS is the Year 7 Student Leadership program. As you know from a previous newsletter, last term, our Year 7 student leaders led all students in activities to acknowledge NAIDOC Week. The ultimate aim was to provide students with a greater understanding of the importance of friendship and cultural diversity. Koori Kids and DECD also held the NAIDOC Week School Initiative Competition that students could enter. The Year 7 leaders led this competition in our school. In the Early Years there was a colouring competition and in the Primary/Middle Years there was rap writing competition. Some of the entries were sent in. There were over 68000 entries. 20 "2014 NAIDOC Medals of Excellence" were presented across SA. One recipient was from our school, Owen from



Year 1. Owen's winning entry was displayed for a short time in Parliament House in Canberra and is currently on display in Parliament House in Adelaide. Congratulations Owen!



☆☆ **NEW CANTEEN SUMMER MENU** ☆☆  
**NOW AVAILABLE – TAKE A LOOK ON  
OUR WEBSITE**

### HIGHLIGHTS OF TERM 3

Aside from the achievements above and routine programs, other highlights have included:

- Continuation of whole school Values focus
- Continuation of the Year 7 School Leader Values, Resilience and Service to others programs
- LHK meetings and student decision making opportunities and special events including Jeans for Genes Day
- Visiting Japanese/Science teachers program
- Book Week activities including Book Fair, Dress up Assembly and Splash Theatre
- Parent Reading forum
- SAPSASA Volleyball, Athletics
- Footsteps Dance program
- Zoo School excursions
- Maritime Museum and Port River Dolphins excursion
- Assemblies and Talent Show
- Ongoing Literacy Coach programs in some classrooms
- Choir rehearsals and performance
- Jump Rope program
- Staff continue inquiry work in the Re-Imagining Childhood project, Ann Baker Maths and Australian Curriculum
- High Quality Learning EXPO ☺

### STAFFING CHANGES FOR TERM 4

Next term we welcome back Nicole Gully who is returning from Accouchement Leave. Nicole will teach 3 days per week in 9E, on Mondays to Wednesdays. Julia Badcock will continue teaching in 9E on Thursdays and Fridays. From time to time you may also see Julia around the school on Mondays to Wednesdays undertaking other teaching tasks.

### NAPLAN RESULTS

The Years 3, 5 and 7 NAPLAN Reports are available for collection from the front office by parents. I would ask that you please do this by the end of the term. Thank you.

## COMING EVENTS

### PUPIL FREE DAY

**TERM 4** Monday October 27<sup>th</sup>: Australian Curriculum – English

### AND FINALLY....

There is an early dismissal this Friday 26<sup>th</sup> September at 2:05pm for the holidays.

May your children enjoy the holidays and return safely for the commencement of Term 4 on Monday October 13<sup>th</sup>.

*Anne Rathjen*

**PRINCIPAL**



### DECD 2014-17 Strategic Plan

The Department for Education and Child Development's new Strategic Plan 2014-2017 outlines how our public education system will become even stronger over the next four years.

The plan is a commitment to children, families and the community to improve learning achievement, health, wellbeing, child safety, community engagement, and access to services.

We look forward to working together with you to make sure your children continue to be healthy, happy, safe and are supported to do their best.

For more information, visit [www.decd.sa.gov.au/strategicplan](http://www.decd.sa.gov.au/strategicplan).

## 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.

### Once is not enough

Encourage your child to re-read favourite books and poems. Re-reading helps kids read more quickly and accurately.

## EARLY YEARS TEAM

### PE NEWS

#### SAPSASA Volleyball Carnival

We had a very successful day at the Volleyball Carnival, the boys got through to the Grand Final by beating a school that had beaten them earlier in the day. A fantastic effort and the boys ended up with a Silver medal!!! Congratulations Jaden, Zac, Josh, Tyson, Riley and Brayden for a superb effort!!

#### Spikezone Competition

For those students interested in playing more Volleyball there is a Spikezone Competition happening again this term at Hallett Cove R-12 on a Friday night. The competition is for girls and boys in Yrs 4-7. If you have a group of at least 5 players then please nominate them now. Email: [steven@volleyballs.com.au](mailto:steven@volleyballs.com.au).

#### Volleyball SA Yr 6/7 Development Clinic

There is a 2 day volleyball clinic for Yr 6/7s run by SA's best Volleyball Coaches at Brighton High School on 8<sup>th</sup> and 9<sup>th</sup> October 2014. The clinic costs \$120 for 2 days, \$65 for 1 day which includes a T-shirt and lunch each day. Register online by 24<sup>th</sup> September 2014 at [www.volleyballs.com.au/holidayclinics](http://www.volleyballs.com.au/holidayclinics) Ph 08 8363 1265.

#### Footsteps

Students have been really enjoying the Footsteps sessions. The instructor, Courtney has had the students moving and grooving to the music!! They have been a great success!! Final session is on Friday this week.

#### PE Lessons

Just a reminder for students to wear appropriate clothing for their PE lessons. Thank you.

## Be Active Challenge

We have 8 classes participating in the Challenge again this year which is wonderful to see!! The challenge needs to be completed by the end of this week. Medals will be given out during Term 4.

### Edublog

Don't forget to view my Edublog to keep up with what is happening in my PE/Science programme and SAPSASA events. Please visit the site throughout the year.

The site is: <http://shonatreouth.edublogs.org/>. Have a look!

### Shona Trenouth

#### PE/SCIENCE SPECIALIST TEACHER

### SURVEY

My name is Thirza Hayward and as an undergraduate student at Flinders University I am undertaking a research project as part of a Health Science topic. I would be grateful for adult volunteers to answer a nutritional knowledge questionnaire that will take about 10 minutes to complete. If you would like to participate or need to know more about this research project, please contact me on 0427 773 301.

### CANTEEN NEWS

**Summer Coolers  
Recess Specials  
Only \$2.00**

#### MONDAY - "Banana Buzz"

Banana Smoothie with a choice of:  
Cereal Munch or Muffin

#### TUESDAY - "Milo Madness & Muffin"

Icy cold Milo Milkshake and low fat Muffin

#### WEDNESDAY - "Strawberry Smoothie"

Anzac Cookie

#### THURSDAY - Eskimo Cup

Tub of Cubed Watermelon or Chilled Grapes  
Topped with a ball of Icecream

#### FRIDAY - Milo Madness Milk Shake

& Muffin or Cookie

## NINA'S MUSINGS

Last week I was fortunate enough to attend the Festival Theatre to see the Festival choir perform. I find it a wonderful celebration of colour and music. In fact, I find it a very moving event.



Music is like that, though, isn't it? It has the power to stimulate various emotions and senses. Dr Jenny Brockis is a Brain Health Specialist and mother of two. She has done some research into the power of music. Learning music has been found to assist in boosting academic performance, as it helps young people develop language skills and memory, as well as social awareness. In particular, listening to music (and not just classical music, a myth long ago debunked) stimulates both sides of the brain, thus making it easier to both learn and retain or memorise information.

It's not just our brain that gets a workout listening to music. It is also good for our physical body. The reason gyms play music is to keep people working out for longer. Likewise, if our young people listen to upbeat music whilst playing, it stimulates them to be more active too. In other words, it boosts productivity. Of course, quiet, relaxing or soothing music is also good for us. It helps reduce stress and allows for relaxation to take place. Stress-free young people are happy young people, and happy young people are more able to learn effectively.

Such is the power of music.

**Peace, Nina**  
**CHRISTIAN PASTORAL SUPPORT WORKER**



## COMMUNITY NEWS

**Please see noticeboard for further information.**

- **HALLETT COVE KARRARA KINDERGARTEN** – Monster Garage Sale. Dun 2<sup>nd</sup> Nov 10 am to 2 pm. 45 Barramundi Dve, Hallett Cove. Bargains, BBQ, cake, raffle, family fun. Book a stall only \$15. ☎ 8381 9154.
- **THE HARVEST SPRING HOLIDAY FUN** – Hallett Cove Uniting Church, 18-20 Zwerner Dve, Hallett Cove. \$2 donation. Singing, Crafts, Games, Face Painting. For catering purposes please register your child & ages by ☎ 8322 1702.
- **SEACLIFF SURF LIFE SAVING CLUB OPEN DAY & COME 'N' TRY'S** – Have fun, meet new friends, learn life-saving skills. All ages from 5 years welcome. Two free Come 'n' Try sessions to start the season. Open Day - Sat 11<sup>th</sup> Oct 12:30 pm at Clubrooms. Come 'n' Try – 18<sup>th</sup> & 25<sup>th</sup> Oct at 1:00 pm at Seacliff Beach, end of Wheatland St. More info visit [www.seacliffslsc.com.au](http://www.seacliffslsc.com.au)
- **CITY OF MARION CLUB DEVELOPMENT** – Free special workshops to help give your club the edge. First Aid Training, Child Safe Officer's Course, Strategic Planning & Funding Opportunities. Wed 19<sup>th</sup> Nov 5:30 – 8:30 pmat City of Holdfast Bay, Kingston Room, 24 Jetty Road, Brighton. RSVP 10<sup>th</sup> Nov as limited places. ☎ 8375 6850 or [renee.oconnor@marion.sa.gov.au](mailto:renee.oconnor@marion.sa.gov.au)
- **GYMNASTICS SA** – Open Trial Mon 29<sup>th</sup> Sept 12:30 – 2:30 pm at Marion Leisure & Fitness Centre Gymnastics SA is looking for talented children aged 6-9 years to join the Junior Elite Talent Squads. Registration essential forms available from [www.gymsa.com.au](http://www.gymsa.com.au)
- **UNI SA SciWorld PLANETARIUM** – SciFun Days at the Planetarium 2<sup>nd</sup> & 3<sup>rd</sup> Oct. Various workshops. Limited numbers available & selling fast. More info & bookings visit [www.unisa.edu.au/planetarium](http://www.unisa.edu.au/planetarium);
- **MILO in2CRICKET** - is the national grass root program for cricket in Australia. The aim of introducing kids in Reception, Yr 1 & Yr 2 to the great Australian game. It provides children with an opportunity to learn new skills and meet new friends in a fun, safe and interactive environment. Your nearest Centre/s will be run at Brighton CC, Hight Street, Friday 24<sup>th</sup> October at 6:00pm Sheidow Park CC, Sheidow Park Primary School, starting Sunday 19<sup>th</sup> October at 12:30pm To register or more info visit [www.in2cricket.com.au](http://www.in2cricket.com.au)

## Dairy Snacks

Frozen Moosie <i>Strawberry or banana</i>	1. 50
Vanilla Ice Cream Cup	2. 00
♥Greek Yoghurt Tub topped with fruit	2. 50
Frozen Yoghurt Tub	2. 50

## Fruit Snacks

♥ Crazy Carrot Sticks, <i>bag of</i>	60c
♥Orange Wedges, <i>bag of</i>	1. 50
♥Tub of Peaches	2. 00
♥Frozen Pineapple Ring	50c

## Other Snacks

♥Cereal Munch, <i>per scoop</i>	60c
♥Muffin <i>low fat</i>	1. 00
<i>Banana , chocolate, blueberry</i>	
ANZAC Cookie <i>homemade rolled oats &amp; fruit</i>	1. 00
Popcorn, <i>packet</i>	50

## Drinks

♥Spring Water	1.50
♥ Juice <i>250ml 100%Juice</i>	2.00
<i>apple, orange,</i>	
♥ Juice box <i>150ml</i>	1.50
Flavoured Milk, <i>250ml</i>	2.50
<i>Fat reduced, chocolate or strawberry</i>	
Devondale Choc Milk	1.50

## Iceblocks, *all 99% or 100% Juice*

Frozen Juice Stick	80c
Fruit Slushie	2.00
Ice Mony	
<i>Chocolate/strawberry</i>	1.00
Jucie – <i>frozen Juice block</i>	1.00

**No GST is charged on any of the menu items.**



Hallett Cove East Primary School

## 2014 Summer Menu

The Canteen Menu aims to provide healthy and nutritious food and drinks consistent with the DECD 'Right Bite' Healthy Food & Drink Supply Policy for Schools and Preschools'.

**Right Bite uses a colour code GREEN, AMBER and RED to classify food and drink according to their nutritional value.**

### GREEN end of the Right Bite Food Spectrum

Food and drinks that fall into, or close to this area of the spectrum are considered to be the most nutritious and healthiest choices.

### AMBER section of the Food Spectrum

Food and drink in this section of the spectrum are nutritious and so are still good choices, but tend to have some added sugar, salt and/or fat.

### RED end of the Food Spectrum

Food and drink that fall into this end of the spectrum are energy dense and nutrient poor and so school canteens no longer sell these items.

**All items on the Menu fit into the GREEN and AMBER section of the Right Bite Food Spectrum**

**♥ = healthiest choice**

**The Canteen is open Monday to Friday 9.30am to 1.10pm**

### TO ORDER LUNCH FROM THE CANTEEN

1. Write your **Child's Name** and **Room Number** on a large paper lunch bag.
2. Using the Canteen Menu, **choose their lunch**.
3. **Write the items you wish to order onto the bag**.
4. Enclose the correct money if possible. For hygiene reasons please wrap the lunch money before placing it in the bag.
5. **Place the lunch order in the Class Lunch Crate at the start of the day**.
6. To request more lunch bags, write "**More Bags Please**" onto your lunch order bag. (80c for 20)

# Hot Food

♥ <b>Corn on the Cob</b>	1.50
♥ <b>Home Made Pizza</b> <i>Low fat base topped with choice of lean toppings: Ham or Chicken with cheese, pineapple</i>	3.00
<b>Hot Dog</b> <i>Hot dog in a wholegrain roll with or without sauce</i>	3.50
♥ <b>Soup: Chicken Noodle &amp; Veg</b>	3.50
<b>Potato Wedges</b> <i>Tub of potato wedges with sweet chilli dipping sauce</i>	4.00
♥ <b>Chicken Pita Pocket - mini pita pocket with</b> <i>Chicken Pattie, lettuce, tomato &amp; mayo</i>	4.00
♥ <b>Sushi Roll</b> <i>Tuna (Tuna Avocado &amp; Cucumber)</i>	3.50
♥ <b>Pasta</b> <i>Lasagne, beef</i> <i>Macaroni Cheese</i>	4.00 4.00
♥ <b>Baked Potato topped with:</b> <i>Baked Beans &amp; Cheese; Bolognaise &amp; Cheese; Chicken/Ham, Cheese</i>	5.00
♥ <b>Aussie Burger</b> <i>Beef Pattie in a w/grain roll with the lot: Lettuce, sliced tomato, beetroot, shredded carrot &amp; tomato sauce</i>	5.00
♥ <b>Fish Finger Salad</b> <i>3 oven baked fish fingers on a bed of lettuce, cucumber, tomato and mayo</i>	3.50
<i>Mrs Mac's Good Eating Reduced Fat &amp; Salt Pastries, with or w/out sauce</i>	
<b>Sausage Roll 120g</b>	2.50
<b>Pie, 120g</b>	3.50

## Lunch Deals

♥ **Pizza Deal** 5.50  
Any large Pizza  
Juice Box & Muffin

♥ **Dim Sim Deal** 5.50  
2 x oven-baked Dim Sims  
Tub of dipping sauce (tomato or sweet chilli)  
Tub of Custard/Yoghurt with Fruit



# Toasties, Sandwiches, Wraps & Rolls

♥ <b>Sandwich or Toastie</b> <i>Bread used is wholemeal</i>	1 filling	3.00
♥ <b>Roll</b> <i>Rolls used are long and w/grain</i>	1 filling	3.50

### Protein filling options

Cheese Ham  
Egg B/Beans Chicken

### Salad filling options

Carrot Cucumber  
Tomato Lettuce

**Add 50c for additional single fillings.**

**Add \$1 for Mixed Salad Fill** (4 salads): lettuce, carrot, tomato & cucumber

### ♥ Wraps

*Ham, Dijonnaise Mustard with shredded lettuce & grated carrot*  
*Chicken, Cranberry with shredded lettuce & grated carrot*  
*Chicken Tender Bite, with shredded lettuce, grated carrot*

4.50

## Salads

♥ <b>Salad Bag:</b> <i>lettuce, cucumber, celery &amp; carrot sticks</i>	2.50
♥ <b>Salad Box:</b> <i>lettuce, chunks of tomato, cucumber, celery &amp; carrot sticks with - Choose one of: Chicken/ Cheese &amp; Egg / Ham / Tuna</i>	5.50
♥ <b>Buttered Dinner Roll</b>	60c

## 'Summer Coolers' Recess Specials

### Monday

♥ 'Banana Buzz' 2.00  
*Banana Smoothie with a choice of cereal munch or Muffin*

### Tuesday

♥ "Milo Madness & Muffin" 2.00  
*Icy Cold Milo Milkshake & low fat Muffin*

### Wednesday

♥ Strawberry Smoothie & Anzac Cookie 2.00

### Thursday

♥ Eskimo Cup 2.00  
*Tub of cubed watermelon or chilled grapes topped with a ball of ice-cream*

### Friday

♥ "Milo Madness & Muffin" 2.00  
*Icy Cold Milo Milkshake & low fat Muffin or Cookie*

