



NEWSLETTER - TERM 3 - 9th SEPTEMBER 2015

DIARY DATES	
31/8 – 25/9	NETBALL CLINICS - WEDNESDAYS
08/09/15	9N & 9W SHOW EXCURSION
10/09/15	OPEN DAY AND FUN RUN
11/09/15	SCHOOL CLOSURE DAY
12/09/15	CHOIR REHEARSAL / PERFORMANCE
18/09/15	MIDDLE YEARS MARKET DAY
23/09/15	6AS & 8W EXCURSION TO MONARTO ZOO
25/09/15	PREMIER'S BE ACTIVE CHALLENGE FINISHES

Dear Parents/Caregivers,

DON'T FORGET THAT THERE IS A FULL SCHOOL CLOSURE DAY THIS FRIDAY 11th SEPTEMBER. THERE WILL BE NO SCHOOL STAFF ON SITE. IF YOU NEED CHILD CARE, OSHC WILL BE OPEN. PLEASE CONTACT LISSY OR SALLY TO BOOK IN.

OPEN DAY AND FUN RUN

Don't forget our Open Day and Fun Run Day is this week on Thursday 10th September and we are counting down the sleeps!

We are looking forward to a mild and pleasant day where families can come along and enjoy being in the school with their children sharing their work, lunch and to provide moral support in the Fun Run. Even though we call it a Fun Run, obviously students will be able to walk. The idea is simply for students to be out at the same time for a set duration participating in the activity together with buddies. Then after picnic/barbecue lunch, classes will be showcasing their work in Numeracy R-7,

Music and Japanese and students are looking forward to sharing their learning with you. To help encourage families to visit all learning spaces and see all the work that is happening across the school, we are having a family prize draw. This will be through the completion of an Open Day Passport. There will be one Passport per family that parents collect from one of the teaching spaces at the start of Open Day. Each time you visit and finish looking around an area, you can stamp off the room in your Passport. Once completed, the Passport can be posted in the specially marked box at the front office. One completed Passport drawn from the box next Monday will receive a family prize. We look forward to seeing as many of you here on Thursday in what we hope will be a wonderful school community event.

YEARS 3, 5 AND 7 NAPLAN TESTING RESULTS

Parents and Caregivers are reminded to please collect NAPLAN results from the front office, or contact the school to give permission for students to take them home.

FESTIVAL OF MUSIC CHOIR PERFORMANCE

Good luck to all our senior choristers as they prepare for, rehearse and perform at the Festival of Music Performance this Saturday night. Students have worked together since early in Term 1 and have a wonderful sound. Thank you to Evie Donoghue for her work with the Choir.

CONGRATULATIONS

.....To Charlie from 5E who was recently shortlisted in the Young Writers Award competition and won a Certificate of Commendation.

Well done Charlie!

.....To the Under 11 and both Under 12 Soccer teams who all won their semi-final matches on the weekend. They will be competing in their Grand Finals on 26th September. Good luck everyone!

.....To Katie (ex-student of HCEPS and sister of Cora in 6W), who has just won first prize for her Banana Cake at the Royal Adelaide Show. The recipe for the cake actually came from the school's cookbook "From our Cove to your Kitchen" and can be found on page 68, Kerrianne's prize winning Banana Cake. (We still have some of these cookbooks left for sale if you are interested in buying one.)

SPORTS AND SAPSASA EVENTS

We currently have a number of sporting clinics and SAPSASA events happening at HCEPS. These include Gymnastics, Netball, Rugby and Athletics. Well done to students who have competed in competitions and to Shona Trenouth who has trained the teams. Students across the school are also very lucky to be able to access specialised instruction from athletes in these areas.

STAFFING NEWS

I will be on leave for the last two weeks of this term. Bruce Norris will be Acting Principal in my absence. Suzanne Dunn, Andrea Hayden, Renee Fisher, Jonathon Warren-White and Riandi van Dyk will also provide support for Bruce on different days.

COMING EVENTS

TERM 4

Pupil Free Day

Monday November 2nd:

Australian Curriculum moderation

Anne Rathjen
PRINCIPAL

FUNDRAISING NEWS

Well what a year it has been so far. We just wanted to let you know what is happening and has happened in Term 3 and Term 4.

Firstly we just had our ever-popular Father's Day Stall. There was a big variety of presents available to buy all at \$5 each!! This was very successful making over \$600 profit.

Secondly we have the family photo day, which is a great opportunity to update your family portrait and raise funds for the school too! It will be with Wild Lilly photo studio again after the success of last year. Don't forget to book in with Amanda Maple as the times are filling up fast.

Finally there is the Ladies Day in October. We have had many businesses book a table for the afternoon so it is a date not to be missed. We will be holding a raffle and a silent auction so if any one has a business or knows of a friend who has a business and would like to donate a raffle prize it would be very much appreciated. Please contact Victoria Gorton with any questions or prize offers.

A very big thanks to everyone who has organised any events so far this year and helped bring them together and run them. Of course we also say a big thank you to everyone who has supported them; it is greatly appreciated.

Dates For Your Diary

Family Photo Day – Sunday 20th September

Ladies Day – Saturday 24th October

If you are interested in joining the Fundraising Committee we meet Friday afternoons in Week 2 and Week 6 of each term in the staff room. We are always looking for volunteers to help on the committee and new members to bring ideas for fundraising and what to spend the raised funds on.

If you are interested please get in touch via email on vicgorton@gmail.com or leave a message at the front office. We would love to see and hear from you.

THE FUNDRAISING COMMITTEE

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.

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

Use a writing checklist

Have your child create a writing checklist with reminders such as, "Do all of my sentences start with a capital? Yes/No?"

EARLY YEARS TEAM

PE NEWS

Gymnastics

The programme continues for these classes, 5E, 8W, 8E, 6E, 7W and 9E on Mondays beginning Week 7. Please make sure your child is wearing appropriate clothing on these Mondays. Long pants/shorts or tights without feet are very suitable. Appropriate clothing ensures that your child can participate to the full extent without feeling hesitant.

Please ask your child/children about the Gymnastics programme, it is an extensive programme with outstanding instructors who have planned a very comprehensive series of activities.

Rugby Clinic

A Walla Rugby Clinic run by Rugby SA was organised for Monday Week 8. Seven classes participated. Walla Rugby is a non-tackling version of Rugby for kids, the team has 7 players and the playing field is a modified size.

I will be running trials for those students interested in participating in the SAPSASA Yr 6/7 Walla Rugby Carnival in Week 9. The Carnival is on Wednesday 21st October

2015 (Week 2 Term 4). Permission notes will go out in Week 10 Term 3.

SAPSASA District Athletics

A large group of students travelled to Santos Stadium for the SAPSASA District Athletics Day last week. It was a very successful day with all students trying their best to compete against the other 12 schools in our district. The events were 100m and 200m sprint races, 800m long distance race, High Jump, Long Jump, Discus and Shot Put. These students were successful and made it into the finals for the 100m sprint race - Nathan, Amelia, Alliyah, Jacques, Bella and Gemma. These students made it into the 200m finals - Nathan, Alliyah, Carys, Bella and Olivia. Place getters were Jacques - 1st 12 year boys and Carys - 1st 11 year girls 100m sprint. Carys was also 1st in the 200m sprint race.

James - 3rd in the 800m race, Jacques - 1st in High Jump and 1st in Shot Put. Bella 1st in High Jump, Maddi and Casey were 2nd in the Discus.

Jacques, Bella and Maddi will be competing in the State Athletics Day on Tuesday 22nd September where they will be representing our district. Permission and information notes have been given to the students. There is a team meeting on Thursday 10th September after school at Woodend Primary School.

Netball Clinic

The 2nd sport that has been funded by the Sporting Schools Grant is Netball. This clinic is being held on Wednesdays, Weeks 7-10. The Yrs 1-5 classes are participating. A Development Officer from Netball SA is training the students.

Shona Trenouth

PE/SCIENCE SPECIALIST TEACHER

JOEY'S JOURNAL



Resilience is very popular topic at the moment. I believe this is appropriate because resilience is a very important skill to develop. Awareness is the first

step to improvement.

I found a great explanation on resilience online (www.actionforhappiness.org) that I'd love to share with you.

'All of us have times of stress, loss, failure or trauma in our lives. But how we respond to these has a big impact on our wellbeing. We often cannot choose what happens to us, but in principle we can choose our own attitude to what happens. In practice it's not always easy, but one of the most exciting findings from recent research is that resilience, like many other life skills, can be learned.

Resilience comes from the Latin word resilio - to jump back- and is increasingly used in everyday language to describe our ability to cope with and bounce back from

adversity. Some people describe it as the ability to bend instead of breaking when under pressure or difficulty.

Research shows that resilience isn't a rare quality found in a few, extraordinary people. All of us can take action to increase our resilience.

There is a saying that most of us have heard: "What doesn't kill us makes us stronger" and science has shown that it does have some truth in it. Experiencing some adversity during our lives does increase our resilience by enabling us to learn ways of coping and identify and engage our support network. It also gives us a sense of mastery over past adversities, which helps us to feel we will be able to cope in the future. We have probably all experienced things as stressful initially (for example a new task at school or at work) but later find we are no longer fazed by similar activities.'

My article in the next newsletter will continue to explore resilience including some tips on how to build resilience.

Joey Traeger
PASTORAL CARE WORKER

CANTEEN NEWS

FUN RUN SAUSAGE SIZZLE!!!

The canteen will be running a sausage sizzle from 11:00 am on Fun Run Day. The canteen will also provide over the counter sales of SPECIAL LINES on the day.

Hot Dogs, Assorted Pies and Sausage Rolls
Jacket Potatoes with a choice of Cheese/coleslaw/sour cream & sweet chilli

Various Drinks and counter snacks available.

Cappucino and Hot Chocolate available \$3

Please note no lunch orders will be provided on **Fun Run Day!**

COMPETITION TIME

Guess how many Tiny Teddies are in the Jar, 10 cents per guess. Prize \$5.00 Voucher to spend in the Canteen

CANTEEN VOLUNTEERS

If you can spare anytime to help in the canteen either on Special Lunch Day, Fun Run/Open Day or just any weekday please contact Helen via the school office or on 83223677. Any help is greatly appreciated and certainly your children will enjoy seeing you here helping out!



CANTEEN ROSTER FOR TERM 3 - 2015

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 8 7/9/15 11/9/15	Recess		Cathy Bradford	Cathy Bradford	FUN RUN Cathy Bradford	SCHOOL
	Lunch				Jo Marnes	CLOSURE
Week 9 14/9/15 18/9/15	Recess		Cathy Bradford	Kylie Sparks	Cathy Bradford	Linda Batten
	Lunch					
Week 10 21/9/15 25/9/15	Recess	Anita King	Cathy Bradford	Cathy Bradford	Cathy Bradford	Linda Batten
	Lunch			Kerryanne Springford	Linda Batten Bee Robertson	Bee Robertson

COMMUNITY NEWS

Please see noticeboard for further information.

SPRING HOLIDAY FUN PROGRAM

Come join us on Friday 2nd October 2015 from 9.30am - 12.30pm at Hallett Cove Uniting Church for another Spring Holiday Fun Program. Our address is 18-20 Zwerner Drive Hallett Cove. This event is for children aged 4-12yrs. Hope to see you there.

For catering and planning purposes please email me at www.hcuc.org.au or phone 83221702

YMCA SCHOOL HOLIDAY CAMPS

Why not join the YMCA Camping team on a fun filled school holiday camp these holidays! Running for 5 days during the first week of the school holidays, and suitable for 7-17 year olds, YMCA Camping have an amazing experience planned including tent camping, bush cooking, fishing, bushwalking, arts and crafts, and a large range of other exciting and fun activities.

YMCA Holiday Camps are very popular and places are limited. Book now to secure your place around the campfire (with marshmallows of course!) and join us for a week of Fun, Friendship and Adventure!

All the details and booking form can be found on the YMCA website – www.sa.ymca.org.au/our-services/ymca-camping/school-holiday-camps/
Contact YMCA Camping on 8406 2900 or campingsa@ymca.org.au

CHILD & ADOLESCENT SLEEP CLINIC

The Child & Adolescent Sleep Clinic in the School of Psychology at Flinders University provides treatment for children and adolescents of all ages.

For more information please call 8201 7587 or email casc.enquiries@flinders.edu.au