



## NEWSLETTER - TERM 3 - 23<sup>rd</sup> SEPTEMBER 2015

| <b>DIARY DATES</b> |  |
|--------------------|--|
| 23/09/15           | 6AS & 8W EXCURSION TO MONARTO ZOO      |
| 25/09/15           | PREMIER'S BE ACTIVE CHALLENGE FINISHES |
| 25/09/15           | CRAZY HAIR & CLOTHES DAY               |
| 12/10/15           | TERM 4 BEGINS                          |

Dear Parents/Caregivers,

**CRAZY HAIR /WIG  
CRAZY SUNSMART CLOTHES  
DAY.  
THIS FRIDAY 25<sup>th</sup> September  
Gold coin Donation to the  
Starlight Childrens Foundation.**

The past couple of weeks have been incredibly busy for everyone at school but the rewards have been fantastic.

### WAKAKIRRI

Able lead by Ms Donoghue and Mrs Rathjen our troupe performed exceedingly well and came away with five awards.

- Soundtrack
- Characterisation
- Dance Production
- Well-rehearsed Performance
- Best Public Speaking

Congratulations to everyone involved.

### FUN RUN AND OPEN DAY

There was a huge number of people who came to the school on Thursday 10<sup>th</sup>. What was really wonderful was the number of adults who walked our course with the students.

Overall, the students completed 2506 laps which equates to 1503.6 kilometres. During the open day afternoon, students from 9N and 9W used this data in a series of maths problem solving lessons.

A huge thanks must go to our Fundraising committee who worked before and after the event and to those people who volunteered to don the apron and cook the sausages.

There was a group of people after the Fun Run who took it upon themselves to help put chairs and tables away. A huge thanks to you too!

Figures on the money raised will be available by the next newsletter. Student prizes will also be available next term.

The Open Day saw many families not only seeking out their child's or children's class but passing through most other classes to view classroom learning at HCEPS. The winner of the family passport draw was the Gambling family.

### FESTIVAL OF MUSIC

It was a very busy Saturday (12/09) for our choir students who, for the first time, joined as one with approximately 350 other students from schools across SA. The morning was taken with rehearsals while the evening was a sea of colour on stage at the Festival Centre.

Congratulations to our choir who were superb. A huge thank you to Evie Donoghue once more for her work over the year to have our choir at the level needed to perform so well on the big stage.

## CONGRATULATIONS

Charlie in 5E has done it again. This time with a Distinction in English in the ICAS. Well done Charlie!

## MARKET DAY

Last Friday the House 9 staff and students turned their house and veranda, the COLAs and the Yellow Playground into a giant market.

I was impressed with the skills that were on show. These included problem-solving skills, entrepreneurial skills, planning skills, creative skills and interpersonal relationship skills. As I wandered through the market it was obvious that these students were engaged and motivated. It was also pleasing to see our R-4 students choosing to use good manners throughout the morning.

A huge well done to House 9 teachers and students.

## COMING EVENTS

### TERM 4

#### Pupil Free Day

Monday November 2<sup>nd</sup>:

Australian Curriculum moderation

*Bruce Norris*

**ACTING 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.

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

### Quick, quick

Use new words your child has learned in lively flash card or computer drills. Sometimes these help kids automatically recognize and read words, especially those that are used frequently.

**EARLY YEARS TEAM**

## FUNDRAISING NEWS

### Dates For Your Diary

**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](mailto:vicgorton@gmail.com) or leave a message at the front office. We would love to see and hear from you.

## THE FUNDRAISING COMMITTEE

### PE NEWS

#### SAPSASA Rugby

Students have been selected to play in the SAPSASA Walla Rugby Clinic which is Wednesday 21<sup>st</sup> October 2015. (Week 2 Term 4) Permission notes and Invoices have been given out to those students participating so please get them back to school as soon as possible. There are 2 Boys and 1 Girls' Team.

**Shona Trenouth**

**PE/SCIENCE SPECIALIST TEACHER**

### SOCCER NEWS

The last day of soccer went really well and everyone now has their trophies. It was a perfect day weather wise.

The U11 team played and won their game and ended up finishing 2nd in their league.

The U12 Blue also played and won and finished 2nd in their league.

The U12 Maroon had already wrapped up first place in their league and finished the season undefeated.

Please note that the date both of our teams play off in the cup final has been changed. It is now Saturday 17<sup>th</sup> October. Our teams will have to wait a little longer but that will finish off the season then.

**Jenny Brown**

**SOCCER COORDINATOR**

## JOEY'S JOURNAL



Michael Grose has a wonderful website full of ideas and encouragement for helping children develop to their full potential

([www.parentingideas.com.au](http://www.parentingideas.com.au)). Below are Michael's tips for building resilience in children:

*'From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.*

*You can promote a lasting sense of resilience in your kids by:*

*1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a 'you can do it' attitude for your child when he meets some of life's curve balls.*

*2. Look for teachable moments. Many kids' learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.*

*3. Make kids active participants in the family. Active participation in a family develops the selfhelp, problem-solving and independence skills of kids that are necessary for resilience.*

*4. Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn't go their way, including acceptance, getting away for a while, and normalisation.*

*Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don't go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child's ability to cope.'*

I encourage you, as you develop your resilience skills in both yourself and your

children, to remember that it is time and energy well spent.

If there is any way that I can support you please don't hesitate to contact me. Either phone the front office or email me on [Joey.Traeger704@schools.sa.edu.au](mailto:Joey.Traeger704@schools.sa.edu.au).

**Joey Traeger**  
**PASTORAL CARE WORKER**

## **Ladies Day Reminder** **Saturday 24<sup>th</sup> October**

**2pm – 6pm**

**Tickets on sale now from  
the front office!!**

**QUICK! QUICK!**  
**LIMITED TICKETS**  
**AVAILABLE!!**

**Ladies Day**

**SATURDAY 24.10.15 | HALLETT COVE EAST PRIMARY SCHOOL | TICKET: \$10**  
DOORS OPEN: 2:00 - 6:00PM

Your ticket cost includes a small individual cheese plate. Deserts are available to purchase on the day from Hallett Cove Bakery and food products to sample on some of the stalls. **Please BYO alcohol.** There will be silent auctions and many raffle prizes.

**Sample Only**

*We have many stalls which include:*

- Arbonne
- Herbalife
- Postie fashions
- Angela's kitchen
- Sassy succulents
- Hallett Cove Bakery
- Party light candles
- Lorraine tea linen
- Bessemer cookware
- Your Inspiration at Home
- Sistaco jewellery and watches
- Tri nature cleaning products

Hallett Cove East Primary School | design donated by flutterflydesigns by Jojo

**The Fundraising Committee**

## COMMUNITY NEWS

Please see noticeboard for further information.

### SCHOOL HOLIDAY NETBALL CLINICS

Have fun while learning new netball skills, drill and techniques at Netball SA Stadium.

**5-7 year olds:** Monday 28<sup>th</sup> Sept 9am – 11am

**8-10 year olds:** Monday 28<sup>th</sup> Sept 2pm – 5pm

**11- 16 year olds:** Friday 2<sup>nd</sup> October 9am – 3pm

Register at NSA School Holiday Clinics (Sept/Oct)

### JUNIOR CRICKET AT REYNELLA OVAL, Old Reynella

**Reception – Year 1: Milo in2CRICKET** Saturdays 9-10am from 31<sup>st</sup> October. Cost \$85 for 10 weeks. Register at [www.playcricket.com.au](http://www.playcricket.com.au) or just turn up on the 31<sup>st</sup>.

**RCC Girls only:** Saturdays 9.00 – 10.15am coaching / competition for girls years 2-5, commencing Saturday 31<sup>st</sup> October for 6 weeks. Cost \$30.

Contact for any of these programs: Trish Pinder, [pinder@internode.on.net](mailto:pinder@internode.on.net) 0411 116 300.

### BLUE LIGHT – HALLOWEEN ROLLER DISCO

Friday 30<sup>th</sup> Oct 6.30 – 8.30 pm \$10.00 per skater. Cosgrove hall – York Ave, Clovelly Park  
Dress in your best Halloween costume (hems no lower than ankle length)

### STURT MARION WOMEN'S SOCCER CLUB

Junior Trial dates for 2016 season: Monday 28<sup>th</sup> and Wednesday 30<sup>th</sup> September 6-7pm.

Contact : [sturtmarionwsc@gmail.com](mailto:sturtmarionwsc@gmail.com)

### COME AND TRY ATHLETICS AT NOARLUNGA LITTLE ATHLETICS

Seasons starts Sunday September 27<sup>th</sup> , 9.00am at Christies Beach High School Oval.

Free no obligation Cone 'n' Try sessions to see if you enjoy participating. Register online at [www.salaa.org.au/](http://www.salaa.org.au/) or contact Garry on 0400 147 662 or email [noarlungalac@gmail.com](mailto:noarlungalac@gmail.com)

### LITTLE ATHLETICS SA HOLIDAY FUN CLINIC

Under 6 to Under 8 – Monday 28<sup>th</sup> & Tuesday 29<sup>th</sup> Sept (9am – 11am)

Under 9 to Under 13 – Wednesday 30<sup>th</sup> & Thursday 1<sup>st</sup> Oct (9am – 12.30pm)

Cost \$32 Registrations close Sunday 27<sup>th</sup> and Tuesday 29<sup>th</sup> September at 11.59pm

For more information please visit <http://salaa.org.au/holidayclinics>

### PORT NOARLUNGA SURF LIFE SAVING CLUB

Surf Club Open Day – Sunday 11<sup>th</sup> October 10am – 2 pm

Kids Come n' Try U9 – U14's Saturday 17<sup>th</sup> October at 1.15pm

Tadpoles, U6 – U8's Saturday 31<sup>st</sup> October at 1.15pm