



## NEWSLETTER - TERM 1 - 23<sup>RD</sup> MARCH 2016

DIARY DATES	
01/04/16	ASSEMBLY 7E & 5E – 2:15 pm
01/04/16	STUDENT LEADERSHIP TRAINING DAY
08/04/16	SPORTS DAY

Dear Parents/Caregivers,

### SPECIAL EVENTS

The National Day of Action Against Bullying and Violence was held on Friday March 18<sup>th</sup>. This is an important day as we focus on introducing and maintaining accurate concepts about what bullying is and the actions and role individuals can play when bullying occurs. Similarly to students, it is equally important that parents, school staff and the community also understand what bullying is and what bullying is not, as well as the critical roles that individuals play in bullying.

For an act to be considered bullying it must contain three different aspects including:

- the misuse of power in relationships
- intent to cause harm, and
- ongoing and repeated behaviours

The national definition of bullying states that “bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm.” Bullying may include individuals or groups.

The different forms of bullying include:

- **Physical Bullying**— hitting, slapping, poking, pushing, kicking, pinching, biting
- **Verbal Bullying**—mean and hurtful name-calling, yelling, taunting,

insulting, threatening to harm,

- **Relational/Emotional Bullying**—excluding others from a group, spreading rumours, getting others to hurt someone
- **Cyberbullying**—pretending to be someone else on the phone/internet, telling someone else words you want them to type as the message, sending hurtful messages or images by Internet or mobile phone

As can be seen bullying may be overt (obvious) or covert (hidden). In the cases of covert bullying, incidences may occur in school that school staff are not aware of. In particular, cases of covert bullying and the “culture of silence” which sometimes surrounds bullying can limit timely and effective responses. It is reported that many individuals who are bullied never tell anyone about the bullying due to a number of reasons including embarrassment, not wanting to appear weak, fear of retaliation, thinking nothing can be done about the bullying and not having an adult they can trust and confide in.

Preventing and intervening in bullying is important as bullying can have a harmful effect on the mental health and wellbeing of all individuals involved including the individual/s bullying, the individual/s who are being bullied and bystanders. It is also known that each individual can either contribute to bullying or help make the bullying stop.

Research has shown that in many bullying incidences bystanders are present. Although many think that a bystander is an individual who witnesses the bullying and

does nothing about it, in actual fact, bystanders never play a neutral role. Some bystanders actively encourage the bullying by laughing or cheering. Silent bystanders who watch and do nothing about the bullying encourage the bullying by providing an audience as well as giving their silent acceptance that bullying is okay. These types of bystanders contribute to the problem.

Instead of contributing to bullying, bystanders can be a critical component to preventing or stopping bullying. Bystanders can prevent or stop bullying through direct intervention, appropriately defending the person/s being bullied, appropriately standing up against bullying with other peers and reporting the bullying to an adult.

Some more information about bullying and what to do about bullying can be found at these websites:

<http://bullyingnoway.gov.au>

<http://www.friendlyschools.com.au/fsp/>

<http://www.education.vic.gov.au/about/programs/bullystoppers/Pages/default.aspx?Re direct=2>

<http://www.kenrigby.net>



### **Monday 21<sup>st</sup> March was Harmony Day.**

This is a day when organisations across Australia celebrate diversity and the positive influence that diversity brings to our nation. In our school students are encouraged to acknowledge and accept differences in people. We understand that all individuals bring a rich family history

with them. Staff enrich Harmony day through providing experiences for children which include building relationships, learning empathy and building a school climate in which everyone feels that they belong and included.

For our Harmony Day activity all classes are involved in creating one part of a banner which will then be collated and combined to form one banner which says "Harmony Day 2016". This activity is being used to enhance the differences between us but in coming together we can build something that is stronger and understood by all. Students may also participate in an individual or class competition in two ways: decorating one part of the poster or creating an acrostic poem using the letter and numbers from "Harmony Day 2016". More information about Harmony Day can be found at <http://www.harmony.gov.au>

Belongingness and feeling connected to our school is one aspect in which we endeavour to enhance at our school. We aim to foster a culture in which all (students, staff and families) feel accepted and connected. In our aims to enhance these perceptions we invite parents and families to the opening of our Wellbeing Common Room (House 1) on Thursday 31<sup>st</sup> March (after the Garden Bed Opening). More information can be found on the Garden Bed Opening Invitation included in this week's newsletter.



**Evie Donoghue**  
**SCHOOL COUNSELLOR**

*Special Thanks to Evie Donoghue for providing this summary about Bullying - No Way! Day, and, Harmony Day.*

## GOVERNING COUNCIL

Congratulations to our new Governing Council for 2016. We met for our first meeting this week. All the office bearers and sub-committee representatives were chosen. Congratulations to Jo-Anne Wigg who will continue as the Governing Council Chairperson. Any issues or queries regarding Governing Council can be raised with Jo via the front office.

## PUPIL FREE DAYS

The local Partnership of schools is planning to conduct training for staff members across all the schools in the area of Numeracy on two pupil free days. It is hoped that the first of these joint days will be in May and the second in September. We are currently waiting to determine when our planned guest speaker is available and will notify the school community as soon as the dates have been finalised. Governing Council has given support for these training events.

The school is also able to utilise two further Pupil Free Days. At this stage it is expected that one of these will be in Term 4 and the other at another time in Term 2. Once the two Partnership days are finalised we will be able to finalise the other days for the school community. One of the days will be used to develop aspects of the Australian Curriculum and the second, Wellbeing.

A full school closure day is also being planned and further information about this will be provided with the confirmation of the pupil free days.

## COMING EVENTS

Don't forget that we will be holding our annual Student Led Discussions next week, starting on Tuesday 29th March and going through to Monday 4th April in Week 10. I encourage all parents to make a meeting time with your child's teacher.

## SPORTS DAY

Don't forget Sports Day is coming up in Week 10 on Friday April 8th. We look forward to seeing you there.

*Anne Rathjen*  
**PRINCIPAL**

## MUSIC NOTES

On Wednesday 16<sup>th</sup> March the Senior Choir participated in a cluster rehearsal at Hallett Cove R-12 school. At this rehearsal they met Robyn, one of the conductors from the Festival of Music, and began to learn some of the songs we have not yet commenced. It was a great opportunity for students to be introduced to the concept of singing with other students from other schools in preparation for the Festival of Music performance night. Our students are to be commended for their excellent behaviour and attitude at this rehearsal. They were focused and on-task as well as extremely polite and courteous.

A big thank you must go to both Mr Norris and Mrs Sridhar for volunteering to accompany us on our walk to and from the rehearsal. We very much appreciate your time.

A few updates for our other Arts co-curricular programs are:

- Percussion ensemble – will be applying for an audition as an assisting artist for the Festival of Music.
- Drama club – have begun working on "The Little Mermaid" and students and a cast list will be finalised in the next couple of weeks.
- Wakakirri – have commenced working on a story line about mobile phones and have worked in small groups to work on choreography ideas.

**Evie Donoghue**  
**MUSIC TEACHER**

## FUNDRAISING NEWS

### Mother's Day & Father's Day Stall Explained

As there are a lot of new parents to the school we thought we would just give a brief explanation of why we do the stalls and how it all works. Firstly they are not really run as a big fundraiser the main reason for holding these is to give the

children an opportunity to buy their parents / caregivers a surprise present that without this stall they may not be able to. It is done as the children just love to do this. Having run these stalls for many years all you need to do is see the smiling faces of the children as they choose their gifts and it totally makes it worthwhile.

Every gift, is priced at \$5 each, some are a couple of gifts wrapped together but that is still \$5 so it makes it completely straightforward for the children. We make every effort to buy quality items and to choose a variety of gifts. Feedback from previous years has shown that we have accomplished that. The children bring their money into school on the Thursday, the stall opens in the morning and each class comes up in turn to buy their gifts. If however, you forget to send the money in with your child we do offer to hold the item for them and the stall will open again on the Friday morning for the children to come up with their money then.

Hopefully at the end of it all we have very happy children and happy parents / caregivers!!

### Upcoming Events

**School Disco** in Term 2 & Term 3

**Mothers' Day Stall** Term 2 - Thursday 5th & Friday 6th May (amended from last note)

**Fathers' Day Stall** Term 3 – Thursday 1st & Friday 2nd September

**Ladies Day** – Term 3

*More exciting events to be announced soon....*

### Dates for Your Diary

**5th May & 6th May** – Mother's Day Stall

**27th May** – School Disco

**1st & 2nd September** – Father's Day Stall

**16th September** – School Disco

If you would like to volunteer, to help on any of the upcoming events this year, please contact Victoria Gorton on 0433 152 021 or [vicgorton@gmail.com](mailto:vicgorton@gmail.com) for more information.

**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.*

#### "Are we there yet?"

Use the time spent in the car or bus for wordplay. Talk about how jam means something you put on toast as well as cars stuck in traffic. How many other homonyms can your child think of? When kids are highly familiar with the meaning of a word, they have less difficulty reading it.

### EARLY YEARS TEAM

#### Riddle time!

Are you good at riddles? If the answer is yes, then why not do our **HCEPS Riddle Time Competition**. A new riddle will be featured in every newsletter. All you need to do is write the answer down on a piece of paper with your name and class (if you are a student) or your name of child and class (if you are a parent/grandparent/aunt or uncle) and post it in the **Riddle Competition box** in the front office. Anyone can enter - students, staff or parents. The winner will be drawn at the next assembly. The prize is..... Well you'll need to enter to find out!

#### This week's riddle is:

I start with 'P' and end with 'E', but I have thousands of letters. Who am I?

#### The answer to last newsletter's riddle:

AN UMBRELLA

**Good luck! Ms D.**



## PE NEWS

### SPORTS DAY FRIDAY 8TH APRIL 2016

We hope to see you all on Friday 8th April at our Sports Day. Lots of planning has happened and the students are getting very excited. We have had two House meetings and the Year 3-7 Sprint Trials so far to get the spirit rising!!! Students should know their House chants, please ask them to show you!! The tension is building!!! Who will win the Shield??? Hallett? Tate? Perry Barr? or Kaurna?

#### Here is a programme of the day.

<b>In regular classes, roll, lunches</b>	<b>8:40</b>
<b>Opening Assembly - Guest Speaker to open Sports Day, Team Chants, Health Hustle</b>	<b>8:55</b>
<b>Tabloid events (6 rotations x 15 mins.)</b>	<b>9:20</b>
<b>Recess</b>	<b>10:50</b>
<b>Tabloid Events cont. (5 rotations x 15 mins)</b>	<b>11:25</b>
<b>Lunch</b>	<b>Yrs R-2: 12:30-1.30pm Yrs 3-7: 12:45-1.30pm</b>
<b>Buddy Class Event Reception – Yr 2 Sprints Yrs 3-7 House Sprints Yrs 3-7 Relays Staff, Parents Sprint Race Tug-o-war - Yr 6/7 students</b>	<b>1:30</b>
<b>Yard Clean up Shields Presentation Home time</b>	<b>2:40 3.05pm</b>

The morning session has been developed to maximise fun and participation. Our afternoon events allow for our talented athletes to shine, as well as giving as many children as possible the chance to perform in front of our school community. Children in Year 3 – 7 will compete for points throughout the day, with a tally kept to determine the winner of the overall Sports Day Shield. R-2 students will receive a

participation ribbon at the end of their sprints in the afternoon. All children, Reception – Year 7 will also compete for an attitude shield, based on their effort, sporting behaviour, organisation and cooperation. This shield competition will then continue throughout the year.

All students should come dressed for Sports Day and stay at school all day please. If they are colouring their hair for the day or using coloured zinc cream, can you please ensure that this is done at home. Students have been advised not to bring these items to school.

#### Please ensure your child does have:

- \*team colours
- \*school hat
- \*t-shirt with sleeves (sun smart)
- \*suitable running shoes
- \*sunscreen
- \*drink bottle

Reception to Year 7 students will remain in their House teams in their House areas after lunch, cheering on their team mates when not involved in activities. The canteen will be open from 9am.

#### SAPSASA DISTRICT CROSS COUNTRY

There is a very keen large group of students meeting each Tuesday morning at 8.00am on the oval for training. With the help of Lisa Davis and other parents they are training hard. District Cross Country will be on Tuesday 17th May at Thalassa Park near Aberfoyle Park Primary School (Term 2 Week3).

#### YEAR 6/7 SAPSASA KNOCKOUT CRICKET

Unfortunately, due to the lack of players we will not be entering a team in the competition this year.

#### SAPSASA DISTRICT SWIMMING

Congratulations to the 3 students from Hallett Cove East who represented our District (Southern Valley) at the State SAPSASA Swimming Event on Thursday 17<sup>th</sup> March 2016. Oliver, Dylan and Natarsha were swimming in Freestyle, Breaststroke and Butterfly events. Well done!!!

**Shona Trenouth**  
**PE/SCIENCE SPECIALIST TEACHER**

## CANTEEN NEWS

### Volunteering

If you are interested in becoming a volunteer within the school, either on fundraising, sports, canteen or in the class, and you are unsure on who to speak to, please go to the front office and they will let you know who you need to make contact with. Even if you can't help on a regular basis once you have made contact with the relevant person they will then know how to contact you to ask for help when needed.

### Canteen News

Thank you to those families that have been using the Qkr! App to order their children's lunches. A friendly reminder that the order cut of time is 9.15am. Lunches are then ready and made available to classes from 12.30pm.

We have had some teething problems with the notes that parents are making on their orders and we are working on rectifying this problem. In the meantime, if you need to make special notes regarding orders can you please place your order on Qkr! and then send an email to the front office which will then be forwarded to the Canteen. [dl.1053\\_info@schools.sa.edu.au](mailto:dl.1053_info@schools.sa.edu.au) Please bear with us as we work on this issue.

With the Easter Lunch being today, it is a friendly reminder that for future special lunches any orders received after the deadline for return of orders will not be accepted. We apologise for any inconvenience that this may cause but we simply won't have enough supplies to fulfil the orders.

Volunteers are always needed to help out in the Canteen. If you have any spare time, many hands make light work, even an hour makes all the difference. Please

see Helen in the Canteen if you can spare some time. Thank you.

## COMING UP

### SPORTS DAY BARBECUE

Friday 8th April Volunteers needed please!!

**Helen Jefferson**  
**CANTEEN MANAGER**

### COMMUNITY NEWS

Please see noticeboard for further information.

- **COVE FOOTBALL CLUB** - Hallett Cove Football Club is looking for players, to play in the upcoming season. Training starts Fri 18th March. Games start on Sun 24th April. Training is conducted at Cove Football Club, Oval Road, Hallett Cove every Fri evening;  
U 8's - 5.30 pm, U 10's - 6 pm, U 12's - 6.30pm  
Jnr Co-ord Mark Tuckfield 0409 675 699  
U 14's train Mon & Wed 5-6.30pm until 20 March when training changes to Mon and Thurs same times. Games are played Sat 8.15am. Coach Craig Denning 0409 868 459. Director: Tony Kernahan 0409 632 378
- **ABERFOYLE PARK HIGH SCHOOL** - will be holding its 3rd annual Primary School Tennis Challenge for young tennis players in years 5-7 on Fri April 1<sup>st</sup>, 2016. More info & entry forms contact Terry Ellis at the Aberfoyle Park HS. ☎ 8270 4455 email: [terry.ellis@aphs.sa.edu.au](mailto:terry.ellis@aphs.sa.edu.au)

**COME TO THE PARTY**  
**Autumn Holiday Fun**  
Friday 22<sup>nd</sup> April 9.30am-12.30pm

**SKIT GAMES**  
**MORNING TEA CRAFT**

**\$2**  
Donation For Children Aged 4-12 yrs

Hallett Cove Uniting Church 18-20 Zwerner Dr. Hallett Cove  
For catering and planning purposes please register your children and ages  
To 83221702 or via our website [www.hcuc.org.au](http://www.hcuc.org.au)

## JOEY'S JOURNAL



### One-on-one time

It is impossible to overestimate a child's need for your complete attention. So much of my time spent in the yard at recess and lunch is devoted to listening with undivided attention to individual students. Some of what they tell me is big, and other things seem small, but one thing is clear: it is all extremely important to the storyteller. And consequently it means so much to them when I listen and show them that it is important to me as well.

For some families, spending one on one time is a daily occurrence. For others, particularly larger families, it can be quite challenging to find the time. As our lives get busier we need to make time to become aware of the unspoken needs, and make steps towards fulfilling them.

One idea is to hold a "date night" where an outing is scheduled for just one child, and just one parent. Some of the fun is in planning beforehand, and reminiscing afterwards, but the greatest benefit is the conversations you can have without so many distractions. The child has the opportunity to talk about themselves, their dreams and desires, and they don't have to share the spotlight. And in this environment they don't need to fight or argue, their need for attention is being fulfilled by you.

"Date night" doesn't need to be expensive. It just needs to be something that your child will enjoy. Maybe it is as simple as going to the supermarket with you and helping choose what your family will eat for dinner. Or going to the library and reading

books about things they love but their siblings can't stand.

For older children a traditional date of dinner and a movie can be a way to show them how they should expect to be treated when they start dating. And also, how they should treat others.

Experiment with it, and as long as your child feels loved and understands that you value time spent with them, it has been a success.

**Joey,**  
**PASTORAL CARE WORKER**  
**at HCEPS on Mondays and Tuesdays**

[Joey.Traeger704@schools.sa.edu.au](mailto:Joey.Traeger704@schools.sa.edu.au)

**SOUTHERN CROSS CULTURAL EXCHANGE**

Broaden your horizons.  
Expand your mind.  
Make friends for life.

# Bonjour!

## G'Day, Mate!

**Create interest in French language and culture at home!**

Dig deeper into the fascinating history and culture of France without going to France! Learn about France, amazing French cities and countryside, the culture, the sports they love, and what life is really like in France!

Become a volunteer host family to a French high school exchange student with Southern Cross Cultural Exchange. They'll love learning about Australia from you, too! Why not host a French exchange student for only a short duration? We take care of school enrolment and other arrangements.

Talk to Southern Cross Cultural Exchange to select your French student for your family and spend an amazing 3 months together from mid-May! Phone **Jenny** at (08) 8323 0973 now and ask for some student profiles.

[jeh1313@bigpond.net.au](mailto:jeh1313@bigpond.net.au) [www.scce.com.au](http://www.scce.com.au)

## Introduction to Allergy: Program for Adults @ Cove Civic Centre

<b>Event Type</b>	Workshop
<b>Event Focus</b>	Health, Information Sessions, Medical
<b>Event Reach</b>	Adults
<b>Event Scope</b>	Local Community
<b>Price</b>	Free
<b>Dates</b>	21/04/2016 to 21/04/2016
<b>Start Time</b>	10am
<b>End Time</b>	12pm
<b>Location</b>	Cove Civic Centre Hall 1 1 Ragamuffin Drive HALLETT COVE SA 5158
<b>Contact</b>	Cove Civic Centre Email: <a href="mailto:libraryevents@marion.sa.gov.au">libraryevents@marion.sa.gov.au</a> 08 8375 6755

### Learn about allergies

Join us for a session and learn how to identify allergies, avoid common allergens, general management and allergy plans. It also explains anaphylaxis and what it is, how to treat it and how to use an adrenaline auto injector.

*Presented by Diane Edwards, Flinders Medical Centre.*

All library programs are free.

Bookings essential.

- **Bookings are essential and can be made online here:** [Library Online Event Bookings](#)
- **Or by contacting us on 8375 6785.**

Regards

#### **Robyn Fawcett**

Asthma Child & Adolescent Program (ACAP) SA Coordinator



300 South Road  
Hilton SA 5033  
P 08 8238 9300  
P 08 8238 9301 (direct)  
[asthmaaustralia.org.au](http://asthmaaustralia.org.au)



## 14 Reasons to enrol at Hallett Cove School

- 1 One school, one location, for all Reception to Year 12 students.
- 2 Seamless transition through each stage of a child's learning.
- 3 Close to train and bus routes.
- 4 Expansive and attractive grounds and play areas.
- 5 Modern facilities.
- 6 A uniform policy with clear expectations.
- 7 Caring and supportive environment for Junior Primary students.
- 8 Broad and flexible curriculum offerings.
- 9 High value placed upon developing positive Middle School relationships.
- 10 Our supportive, learning focussed Senior School SACE pass rate tops the SA at 98%.
- 11 A volleyball focus programme with our school ranked 16<sup>th</sup> in Australia.
- 12 New FFSA endorsed Soccer Academy.
- 13 A Trade Training School with Award winning VET Programmes in Plumbing and Electro-technology.
- 14 Senior School Science and Maths programme based at Flinders University.

**Hallett Cove School R-12**  
 2-32 Gledsdale Road Hallett Cove SA 5158  
 Phone: **08 8392 1020**  
 Fax: 08 8381 6713  
 Email: [info@hcs.sa.edu.au](mailto:info@hcs.sa.edu.au)  
[www.hcs.sa.edu.au](http://www.hcs.sa.edu.au)

## Important Dates

**School in Action**  
 Wednesday 23 March 2016 8.45am-10.40am  
(Bookings essential)  
 Tour the school and see classes in action.  
 Meet the Principal.

**Open Night**  
 Wednesday 23 March 2016 5.00pm-7.00pm  
 Meet the Principal at 5.00pm then take a guided tour of the school.

**Primary School Tour**  
 Wednesday 10 August 2016 9.00am-10.15am  
 Tour the Primary school and see classes in action with the Head of Junior School and Student Leaders.

**Information Night for 2017 Year 8 Students**  
 Wednesday 30 November 2016 6.00pm-7.00pm

**Orientation Day for 2017 Year 8 Students**  
 Monday 5 December 2016 8.40am-3.10pm

**2016 Term Dates**  
 Term One: 1 February – 15 April  
 Term Two: 2 May – 8 July  
 Term Three: 25 July – 30 September  
 Term Four: 17 October – 16 December

**Hallett Cove School R-12**  
 2-32 Gledsdale Road  
 Hallett Cove SA 5158  
 Phone: **08 8392 1020**  
 Fax: 08 8381 6713  
 Email: [info@hcs.sa.edu.au](mailto:info@hcs.sa.edu.au)

[www.hcs.sa.edu.au](http://www.hcs.sa.edu.au)

### Brighton Secondary School Special Interest Music Information Evening

Parents and students from years 6 and 7 are invited to an information session regarding the entry process into the the Special Interest Music Program.

**When:** 6pm Thursday 14<sup>th</sup> April

**Where:** Brighton Secondary School Concert Hall

Please RSVP to Pam Parsons by Monday the 11<sup>th</sup> April:

Phone: 8375 8215

Email: [pam.parsons@brighton.sa.edu.au](mailto:pam.parsons@brighton.sa.edu.au)

If you have any specific questions that you would like answered on the night, please include these with your RSVP.

This will be followed by a free concert showcasing our Big Bands and Concert Choir beginning at 7pm for those able to stay.

