



NEWSLETTER - TERM 1 - 6TH APRIL 2016

DIARY DATES

08/04/16	SPORTS DAY
15/04/16	EARLY DISMISSAL – 2:05 PM
10 – 12/05/16	NAPLAN TESTING
18/05/16	BOOK FAIR

Dear Parents/Caregivers,

SCHOOL COMMUNITY GARDEN LAUNCH "FROM LITTLE THINGS BIG THINGS GROW"

After several years of planning, fundraising and building infrastructure, our school community Garden was officially opened last Thursday morning. The journey started with a number of people discussing not only the learning and social development but also the parent and school partnership opportunities that a school garden could provide. As with all things done well, it takes time and money to develop a project such as this. Once a decision was made to proceed, the next important step was funding the project. Those of you who have been here for a few years will know that the Governing Council Fundraising Committee led the fundraising for this project over three years that finally resulted in raising the funds necessary to build the required infrastructure. Once that was achieved a Garden committee consisting of staff members, parents and OSHC representatives met to determine the planning and process to commence the works. This group was very capably led by Simon Gierke, parent and governing councillor. Over time and after several meetings, a proposal for the Garden Hub was developed. This was then sent to a number of landscaping firms for quotes and finally an agreement with EcoDynamic was reached. EcoDynamic then constructed

the infrastructure during the January holidays this year. We now have 15 garden beds with 13 belonging to classes, 1 belonging to OSHC and 1 belonging to parents.

When school started for 2016, the WHS committee met to determine the safety protocols for the garden and the Wellbeing committee led by Evie Donoghue and Bruce Norris determined the final requirements including the garden pack for every class. This whole process was then finalised with the opening ceremony on Thursday. Simon Gierke along with Zorin from EcoDynamic, were guest speakers and Simon officially opened the Garden. Now comes the fun part with students working closely with their teachers to determine what they will be growing and how they will be able to access the garden. If you would like more information about how you can participate in the Garden, please contact Bruce Norris or your child's class teacher.

I would like to take this opportunity to thank all personnel who have worked together to see the garden come to fruition (no pun intended), and in particular Simon Gierke, who ensured that the project stayed on track throughout the development.



STUDENT LEADERSHIP TRAINING

Last Friday, it was my privilege to spend much of the day working with students undertaking Student Leadership Training. The Lighthousekeeper Executive, class Lighthousekeeper representatives and Wellbeing leaders along with all students from Years 6/7 participated in a number of activities at different times during the day. In the morning all the students worked together to develop cooperation and team work skills through participation in some fun group games involving students from across the age groups. Students then participated in mini-forums on Leadership skills, Decision making, Public Speaking, Resilience and Being Positive. After recess, the Year 6/7 students listened to two excellent guest speakers **Jayden Inglis** and **Kate Berry**. Both speakers are ex-students of HCEPS with Jayden currently at university studying Aerodynamics and Kate currently doing Year 12. Both had been members of the Lighthousekeeper Executive at HCEPS. Both speakers talked about their strong interest in Sciences and Maths and talked about different activities in which they were involved where commitment, resilience, accepting challenges, showing determination, planning, prioritising tasks and using failures as a way to keep investigating something, were an important part of their focus. Both were wonderful role models of Excellence for students who attended. Year 7s then participated in an activity to design a presentation to promote HCEPS. These will be shared with classes in the near future I would like to acknowledge the significant work of Chris Ross who planned and led the day's program. While Chris is no longer a regular member of staff, at specific times he does work with teachers around student leadership programs and has certainly brought his considerable expertise to the development of the Year 7 leadership program in particular.



CASUAL DAY ON APRIL 15th

On the last day of the term, students will be able to wear casual clothes with a donation of a gold coin. Clothing still needs to be appropriate for school (ie sunsmart, no tank tops or midriff tops, appropriate shoes and no inappropriate logos or sayings). Children will also still need to wear their school hat.

As the Lighthousekeepers will only meet for the first time in Week 1 of Term 2, there has yet to be a discussion as to which charity will be supported by casual day this time. The LHK casual days fundraising always support specific children's charities. Recent fundraising moneys raised have been to support children in countries ravaged by cyclones or earthquakes, childhood health programs such as cancer and leukaemia research and Australian communities affected by bushfires. We hope everyone will support our casual day. We will let you know how much we raise and which charity will receive the funding early next term.

HIGHLIGHTS OF TERM 1 2016

What a busy and successful Term 1 we have had. Students and staff have worked very hard on a number of different projects

and activities and they can all be duly proud of their efforts. We have had a number of highlights aside from our routine programs including:

- Student Leadership and Class Lighthousekeeper representative elections
- Student Leadership and Lighthousekeeper training
- Year 7 Leadership program commenced including in other classrooms
- Traffic Monitor training and work
- Seaview Downs HS presentation
- Visit by Mitcham Girls HS
- Garden Opening
- Wellbeing Centre launched in House 1
- R-5 Swimming program
- Sports Day (to come)
- Excursion to the Migration Museum
- Assemblies
- Harmony Day/Anti Bullying activities
- Premier's Reading and Be Active Challenges commenced
- Development of Senior and Junior Choirs
- Cluster Festival Choir rehearsals
- Jump Rope, Drama Club, Percussion ensemble, Wakakirri and Games groups commenced in lunchtimes
- AGM including presentations by Student Leaders, Senior Choir and Percussion ensemble
- A new Governing Council elected
- 2 Volunteer Training sessions completed
- Family Growth & Development sessions
- Acquaintance and Student Led Discussion meetings

VOLUNTEER TRAINING

Thank you to all those parents who were able to attend the 2015-2017 Volunteer Training sessions during the last 2 weeks. Participation was high in each session. The training is now completed for Term 1 and more sessions will be offered in Term 2. Anyone who works with children must complete a session of the 2015-2017 Volunteer Training. So if this affects you, please keep your eyes open for when the

sessions will be offered next term. Parents who have undertaken the previous training also need to complete the 2015-2017 training as soon as possible. From Term 2 the training will only be offered to current volunteers or those who have applied for/recently received a new Relevant History Screening certificate. If you wish to attend a session next term you will need to put in a screening application, the process for which can be commenced through the front office team.

HATS IN TERMS 2 AND 3

As we start Term 2 in May, students do not need to wear hats from the start of the term. I would ask however, that students still bring their hats to school for the first week or two just in case we have clear and sunny weather and the UV reading is above 3. (You may remember that this has occurred in recent years where the first week of May had temperatures in the 20s and the UV readings were unusually high.) In the long term, however, students will only need hats for long sporting events such as SAPSASA and excursions until August 31st.

STUDENT LED DISCUSSIONS

Thank you to all parents who have attended a Student Led Discussion with your child's teacher. If you haven't met with him or her yet, please contact the teacher to make a time.

SPORTS DAY

We look forward to seeing as many parents, caregivers and family members at school on Friday for our annual Sports Day. Students and teachers have been busy practising events and everyone is looking forward to the day. Don't forget when you come along, to wear a hat and sunscreen throughout the day.

EARLY DISMISSAL LAST DAY OF TERM

Please enjoy a safe and happy holiday break with your children. School will dismiss early at 2:05pm on Friday next week, April 15th. We look forward to seeing

all students safely back for the start of Term 2 on Monday 2nd May.

Anne Rathjen
PRINCIPAL

FUNDRAISING NEWS

Upcoming Events

School Disco in Term 2 & Term 3

Mother's Day Stall Term 2

Father's Day Stall Term 3

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

17th September – Ladies Day

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 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.

Say silly tongue twisters

Sing songs, read rhyming books, and say silly tongue twisters. These help kids become sensitive to the sounds in words.

EARLY YEARS TEAM

PE NEWS

Sports Day Friday 8th April 2016

We hope to see you all this Friday at our Sports Day. Lots of planning has happened and the students are getting very excited. 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.

If there are any parents who are able to help set up the Tabloid Events and the House Shelters before school starts in the morning your help would be greatly appreciated.

Please find the Tabloid Programme for the morning in this Newsletter.

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 they are training hard. Many thanks to the other parents who are also helping and improving their fitness with the students. District Cross Country will be on Tuesday 17th May at Thalassa Park near Aberfoyle Park Primary School (Term 2 Week 3). Students who have been training and have qualified from the Time trails will receive a permission note soon.

SAPSASA Knockout Netball

Trials will be held in Week 1 Term 2.

Shona Trenouth
PE/SCIENCE SPECIALIST TEACHER

JOEY'S JOURNAL



This week I wanted to share an article that I read recently, with you.

The value of eating together

There is overwhelming research which tells us that eating together as a family has huge benefits. Collectively as a family, and as individuals, we are better off nutritionally, physiologically and socially.

Conversation: For children, dinner-time conversation boosts vocabulary. Our brains are switched on when we discuss, share, question and converse with one another. This also helps with reading, and one flow-on effect is that students are better equipped for school, and achieve better results academically. If conversation doesn't come easily for your family, try searching for conversation starters on the web.

Nutrition: Children who eat regular family dinners also consume more fruit, vegetables, vitamins and micronutrients, and fewer fried foods and soft drinks. The nutritional benefits keep paying dividends even after the children mature. Young adults who eat regular family meals as teens are less likely to be obese and more likely to eat healthily once they live on their own.

Behaviour: Anne Fishel, author of 'Home for Dinner: Mixing Food, Fun, and Conversation for a happier Family and Healthier Kids', found links between having regular family dinners and teenage behaviours. The high-risk behaviours parents fear – smoking, binge drinking, marijuana usage, violence, school problems, eating disorders and sexual activity – were lower in families who ate together. In a recent study, Fishel found children who had been victims of cyber-bullying bounced back more readily if they had regular family dinners. She also found connections between regular family dinners

and good behaviours (that is, not just the absence of bad behaviours).

Independence: Children can be helped to become self-sufficient by demonstrating the importance of knowing how to plan and prepare meals. Wherever possible, invite your children to help with the food preparation, baking and cooking. Make it a family event – working as a team puts the meal on the table faster, and means everyone has some responsibility and acceptance of the outcome. Improved eating habits come with "ownership" of a meal.

Socially: Miraim Weinstein, author of "The Surprising Power of Family Meals" suggests the dinner table can be the perfect environment for children to learn how to conduct conversation, observe good manners, serve others, listen, solve conflicts and make compromises.

Joey,
PASTORAL CARE WORKER
at HCEPS on Mondays and Tuesdays
Joey.Traeger704@schools.sa.edu.au

We want your feedback

The City of Marion wants to hear from you about the quality of our sport and recreation facilities, community and cultural facilities, and events. We are committed to providing you the best value for your rates and how we can improve our services to you and better plan for the future. We would appreciate 20 minutes of your time to complete the Facilities and Events Survey. It would be appreciated if the survey could be completed by one member of your household aged over 18 years.

As a thank you

By participating in this survey you can go in the draw to win one of five movie tickets as a thank you for your contribution. So you have a chance to win, please provide us with your contact details at the end of this survey.

The survey deadline is 15 April 2016.
Please visit

<http://www.makingmarion.com.au/facilitiesandevents>

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SPORTS DAY

FRIDAY, 8TH APRIL



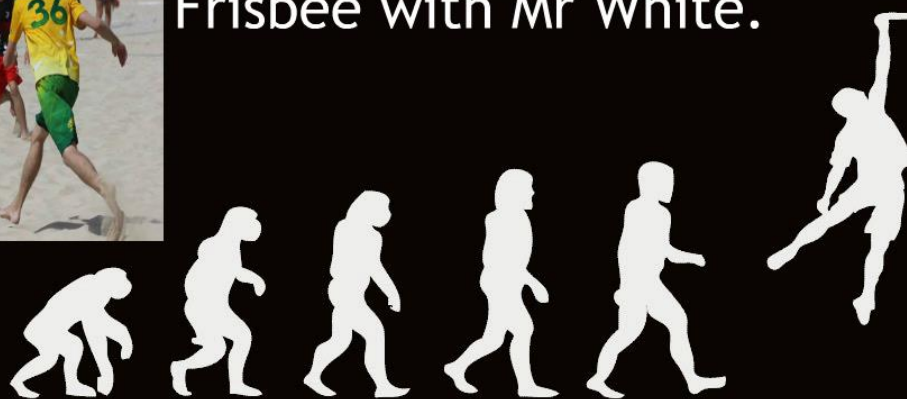
COMMUNITY NEWS

Please see noticeboard for further information.

- TAN MARIE** – Spray Tanning by AnnMarie. Spray tans for \$25, buy 4 and 5th tan is free. No perfumes and no after tan smell. ☎ 0400 845 309.
- LIFE BE IN IT** - Come 'n Try Sport program to be held from Monday 18th to 22nd April in the CBD & Park Lands. Promote a healthy lifestyle for children. 12 sports and activities available.
Life. Be in it.' South Australia ☎ 8362 2150 Mobile: 0424 340 026 Web: www.sa.lifebeinit.org Email: francesca@enventive.com.au
- GRASSHOPPER SOCCER** is back in Term Two at locations close to you. Thursday afternoons – Bellevue Heights Sat mornings – Reynella East & Pasadena Sunday mornings – Seaford Rise and Brighton Oval For more information visit website, www.grasshoppersoccer.com.au OR contact Daniel by phoning 0433 422 347 or email daniel@grasshoppersoccer.com.au



Come and learn how to play Ultimate Frisbee with Mr White.



ULTIMATE FRISBEE

Open to anyone and everyone of all ages. Thursday afternoons on the HCEPS Oval. 3:30-4pm.

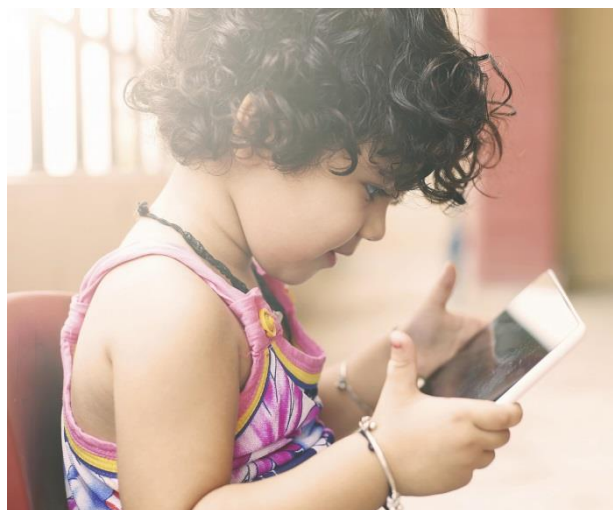
(Classes listed by teacher's initials)

Shading is for classes that will only have 1 session for the High Jump.

[illegible]

(Classes listed by teacher's initials)

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Presented by Dr Justin Coulson

- *Nationally recognised parenting speaker*
- *Newspaper columnist*
- *TV commentator, author and researcher*

Toddlers and touch screens: What should I do?

- the pros and cons of the digital age for children 0-5 years
- how and when to introduce phones, tablets, apps, e-games
- how to manage electronic media use

Tuesday 5 April – Live Webcast

When: 7.00 - 9.00pm

Where: Cove Civic Centre, 1 Ragamuffin Drive, Hallett Cove

Cost: FREE!

To book for this event visit www.marion.sa.gov.au to book online, visit any library branch or phone 8375 6785

Find out more about Dr Justin Coulson at www.happyfamilies.com.au

For parenting information go to www.parenting.sa.gov.au or www.cyh.com.

For the benefit of all participants unfortunately we are unable to admit babies and children.