



NEWSLETTER - TERM 1 - 8th FEBRUARY 2017

DIARY DATES	
15/02/17	ACQUAINTANCE MEETINGS
19/02/17	R-7 ASSEMBLIES STUDENT LEADERSHIP
06/03/17	AGM
10/03/17	2:15 PM ASSEMBLY 6W & 7E
14/03/17	PUPIL FREE DAY
31/03/17	2:15 PM ASSEMBLY 6AN & 5W
13/04/17	SPORTS DAY

Dear Parents/Caregivers,

A GREAT START TO 2017

We have had an excellent start to 2017 having started the year with 380 students and a staff that is looking forward to working closely with students and the school community throughout the year ahead. We welcome all our new students and families to our school and look forward to working closely over many years.

STAFFING

While I provided a staff list on the back of the welcome letter last week, there were still a couple of staffing matters to clarify for the school community.

Congratulations to Evie Donoghue who has again won the position of School Counsellor for one year. Evie will be working in her Counsellor role on Wednesdays but messages can be left with her in the front office at any time.

Congratulations also to Jonathon Warren-White who has won a position as an e-Learning/IT Coordinator for one year. Apart from managing the IT processes in the school, Jonathon will be training and mentoring staff in a range of aspects from the Technologies curriculum. Jonathon will also be released mainly on Wednesdays but will also work flexibly with teachers in a couple of lessons on other days. Since last

week, Louise Nicholas has joined the staff and will work in 9W to replace Jonathon on Wednesdays.

From Week 3 to Week 6, Bruce Norris will be on long service leave. Congratulations to Andrea Hayden who has won the position of Acting Deputy Principal in his absence. Welcome to Dylan Phillips who will teach 9N while Andrea is in her role.

WELLBEING AND VALUES WEEK

Last week we had a focus on our values and developing positive relationships, social and learning skills including a positive mindset and resilience. Each day we had a specific focus with Relationships being on one day and the 4 values being on the others. On Wednesday students participated in a wellbeing activity with Ms Donoghue. Several classes did this with their buddies. On Friday we had an assembly to share the work we had done and this finished our week on a very positive note.

Throughout the year we will be further developing our social, emotional and wellbeing programs as part of the KidsMatter program.

CLASSES PROCESS

I would like to acknowledge and thank all students for the manner in which they came into school last Monday morning and participated in the class placement process. It is daunting for children to start a new school year not knowing which classes they are in, but our students managed the process very well showing great resilience. We talk to students about being "In the Pit" to describe tasks that are hard but how important it is to work through their

worries with a positive mindset and give things a go. We certainly saw that last week. Our placement process went smoothly and all students were very settled and working with teachers when Bruce Norris and I visited during the day afterwards and subsequently throughout the week.

PARENT VOLUNTEERS

Thank you to our many wonderful volunteers who support the school in a variety of ways throughout the year. We highly value positive working relationships with volunteers and the support you provide to our school programs. If you are interested in volunteering we would love to have you but it is expected that you will undertake a 1.5 hour training session and complete a Relevant History Check – Child Related. Adults are unable to volunteer without having undertaken these 2 important processes. Please contact the front office regarding the online history check process which is commenced through the school. The school will pay for this process to be undertaken. Current volunteers, could you please check the date of expiry of your certificate and see the front office staff if it needs renewal. Once school has settled into Term 1, I will also be offering Volunteer Training sessions. Please watch out for flyers regarding this.

ATTENDANCE

Attendance is a key priority for all schools and it is vital that students are at school and on time every day. Even being late in the morning, means they miss part or all of the Reading Block. Children are expected to arrive at school between 8:30am and 8:40am and be in classrooms ready to commence tasks at 8:45am. If children arrive at classrooms after this time, they are deemed to be late and will need to check into the front office to have their Daymap attendance status changed from Absent to Late. It is preferable that students are signed in with parents through the front office when arriving late. At a designated time each morning, a text

will be automatically sent to the parents of any students with unexplained absence who have not arrived by then. (If you receive an absence text, we ask that you please either reply to the text with the reason for absence, or, ring the school.)

Not being at school at all, means 6 hours and 20 minutes of important learning time is lost. Obviously we understand that children do become ill and that families have urgent issues that arise from time to time. If these events occur we ask that you please ring the school. Not only is it important that students maximise their time in learning, this information also helps you and us to know where your child is ensuring s/he is safe. Attendance is also a key DECD priority and as such is subject to ongoing monitoring. The school's Attendance brochure and policy were sent home to you in Week 1 and can provide further information. I thank you in advance for your cooperation with this process.

FRIENDLY SAFETY REMINDERS

As we begin another school year it is timely to draw attention to some issues to ensure the safety of all students, staff and families in the school.

DRIVING AND PARKING AROUND THE SCHOOL

There are numerous speed and parking restrictions in the streets next to and near our school. Please observe these restrictions. Please also observe appropriate driving behaviour when lining up at the entry to the Drop off zone, (especially in the afternoons) to ensure children are kept safe as they enter and leave the school grounds.

The staff carpark is for staff and volunteers, students and parents are asked not to walk through it.

STUDENT BEHAVIOUR EXPECTATIONS

At HCEPS we have developed a very thorough approach to the embedding of our Values through a variety of classroom and school programs including the Student Leadership programs. We are also very clear about our duty of care to keep all students safe in classrooms and in the

yard. Our Code of Behaviour, Behaviour Management Guidelines and Anti-Bullying Statements provide us with the frameworks by which our student behaviour is managed. The behaviour documents were also sent home with the attendance documents last week.

COMING EVENTS

EXTERNAL SCHOOL REVIEW

An External School Review panel will be in the school next Monday 13th and Tuesday 14th February. They will be reviewing our improvement processes across all levels of teaching and learning operations.

R-5 SWIMMING

Please note that R-5 Swimming will be held in Week 6 (March 6th – 10th). More information will be out shortly.

PUPIL FREE DAY – TUESDAY MARCH 14TH

This is just a reminder that our first Pupil Free Day will be held on Tuesday March 14th. All the sites in the Partnership will be closed and we will be working on planning curriculum with a focus on intellectual stretch.

SCHOOL ANNUAL GENERAL MEETING

The **School AGM will be held on Monday March 6th at 7:00pm in the Pavilion.**

The AGM is a very important event because it gives us an opportunity to share our successes of 2016 with the school community. Our Student Leaders will present the highlights of the year and there will also be other student presentations. After the presentations the Governing Council will hold its annual elections. Membership of the Governing Council provides an opportunity to participate in discussions around a variety of school issues and is a great way to learn how schools operate. More information about AGM will be out soon.

ACQUAINTANCE MEETING AND STUDENT LED DISCUSSIONS

You should have received an invitation to the Acquaintance Meeting evening to be

held next Wednesday 15th February from 6:00pm-7:30pm. We look forward to seeing you there.

Student Led Discussions will be held in Week 10 and we will provide further details of these discussions in due course.

SPORTS DAY

We are planning to hold Sports Day on Thursday April 13th, which is the last day of term. More information about Sports Day will also be provided in due course.

ASSEMBLIES

This is just a friendly reminder that parents/caregivers are invited to attend Assemblies. These are usually held in Weeks 3, 6 and 9 each term on Fridays at 2:15pm in the Pavilion. The groups responsible for presenting are identified in the Diary Dates section in each newsletter and also on the electronic sign.

Anne Rathjen
PRINCIPAL



JOEY'S JOURNAL

Routines

How are you going getting into the routine of school? For some families stepping back into last year's habits is easy. For other families (and I include myself here) during the holidays weekends and weekdays look very similar and the school day routine is a bit of a shock to the system. Other families are new to the school, or have a new house or jobs and therefore need to develop different routines to last year. I hope that things are settling down for you and you are starting to feel quite comfortable.

There is so much evidence to show that routines benefit our wellbeing. This is particularly true for children:

- A regular bedtime (and wake time) helps us to have a healthy amount of sleep
- A good bedtime routine helps us to fall asleep quickly
- A morning routine helps us to ensure that we are ready for the day and don't forget anything
- Regular times for exercise, homework and chores helps to ensure that they are done, and can lessen arguments about needing to do them

In the hectic morning rush, or at the end of the day when everyone is exhausted, patience can be hard to show. If you find yourself repeating the same request over and over each day then maybe it is time to try another way of communicating.

Parenting expert Dr Justin Coulson talks about success with using theme songs for the daily routine. For example, each time the child hears *song a* they know that it is time to put on their shoes and take their school bag to the car ready to go, and each time they hear *song b* they know that it is time to brush their teeth and get into bed. The most important part of the song choice is that the child needs to make the decision, so that they have ownership over the process. As part of a routine, even an upbeat song can have a calming effect.

Another hint that Dr Coulson makes is to give the child a choice about a small matter rather than the large matter. For example saying, 'It is time for bed, would you like to brush your teeth or put on your pyjamas first?' distracts with the small choice, leaving less choice about whether or not to follow the instruction.

For young children a pictorial list of morning tasks on the fridge can be a great reminder of everything that needs doing. Some children also benefit from a picture of a clock showing the deadline for each task.

Routines help us to feel safe and to be healthier. I encourage you to continue with any routine that is working well, and to develop new routines as required. It can take some time to adjust to a routine, so be patient and caring. The rewards are well worth the effort.

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

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.

Play word games

Have your child sound out the word as you change it from mat to fat to sat; from sat to sag to sap; and from sap to sip.

EARLY YEARS TEAM

CANTEEN NEWS

Welcome to term 1 !

Now all the festivities are over its time to knuckle down to learning

The Canteen is committed on providing quality food that fits into the 'right bite' healthy food for schools strategy. This means we will always have fresh fruit and vegetables on offer, all juices are 99% juice for a 250 ml serve and all dairy is low fat as specified by DECD. It is important we as parents talk about healthy choices with our children which will then become healthy habits as they grow.

I am always looking for new and healthy menu ideas and welcome feedback and ideas from all parents. Our menu is on the school website or a paper version is available from the canteen. Have you downloaded the QKR app on your phone?

This takes the hassle out of ordering and has the full menu to choose from.

I always need volunteers!! And would love to see anyone who has an hour or two to spare to help out in the canteen, your kids love it when they see you at recess or lunch.

New this term is fruit based slushies with natural flavours and colours which are cooling and delicious give them a try at \$2.00 for a 250ml serve.

Watch this space for more ideas and offers!

Helen Jefferson
CANTEEN MANAGER

SOUTHERN VALLEY SAPSASA Facebook Page



Your child attends a school that is a part of the SOUTHERN VALLEY SAPSASA District. Sapsasa – Primary School Sport, provides students with opportunities to compete in their chosen sport by representing their school, the District or their State.

Students who are in years 6 and 7 have opportunities to compete in all common sports. There are also opportunities for all students born in 2007 and older to compete in Swimming, Cross Country and Athletics events.

All information for the District is distributed to students through school Sapsasa representatives, however this year all Sapsasa information will also be posted on our Facebook Page. If you would like to keep up to date with all Southern Valley Sapsasa information, please click on "JOIN GROUP". If you have any questions, please contact me at jonathan.grant806@schools.sa.edu.au



Jonathan Grant
Southern Valley District Convenor
Braeview School R-7

COMMUNITY NEWS

Please see noticeboard for further information.

- **COVE FOOTBALL CLUB** – looking for inexperienced and experienced players to play in the upcoming season. Registration / Info. Evening on Friday, 24th Feb 6:00 to 7:00 pm. ☎ Kirsty – 0403 444 353
- **GETin2CRICKET** – Reynella Oval, Oval Rd, Old Reynella. Sat 11th Feb, 8 weeks to 1st April. 9:00 am to 10:00 am. Cost \$85. Register / pay online: playcricket.com.au/in2cricket
- **GIRLS CRICKET** – 6 weeks, skills / games for grades 2-5, Saturdays. Reynella Oval. Starts Sat 18th Feb, 9:00 am to 10:00 am. Cost \$30. Contact Trish pinders@internode.on.net
- **MILO T20 BLAST CRICKET** – Reynella Oval starting Friday 10th Feb from 5:30 pm to 7:00 pm. First session FREE. Visit playcricket.com.au and search for Reynella T20 Blast Centre.
- **GRASSHOPPER SOCCER** – Soccer program for girls & boys aged 2-12 years. Enrolments online. More info visit www.grasshoppersoccer.com.au
- **SLEEP PROBLEM** – The Child & Adolescent Sleep Clinic at Flinders Uni offers treatments. To book an appt ☎ 8201 7587
- **JUNIOR TENNIS COACHING** – N2 Tennis is the perfect way for future junior sharks to start tennis. Starts 9th Feb at Southbank Tennis Club, 34 Hessian Cres., Trott Park. Email coach@justn2tennis.com.au
- **CITY OF MARION LIBRARIES** – What's on! Miniature worlds workshops, Get set for '17 series, Meet the Author: Lydia Laube, School Holiday Program. Marion Celebrates 2017, Sat 25th March 4:00 pm to 9:00 pm. More programs, events, workshops & venues in Marion visit marion.sa.gov.au

