



NEWSLETTER - TERM 3 - 2nd AUGUST 2017

DIARY DATES	
18/08/17	WAKAKIRRI PERFORMANCE
24/08/17	SCHOOL PHOTO DAY
28/08/17	SAPSASA VOLLEYBALL
29/08/17	SPLASH THEATRE PERFORMANCE
01/09/17	PUPIL FREE DAY
04/09/17	SCHOOL CLOSURE DAY
06/09/17	SAPSASA ATHLETICS
09/09/17	LAST DAY FOR PRC
20/09/17	7W & 7E MARITIME MUSEUM

Dear Parents/Caregivers,

Welcome back for Term 3.

STAFFING WELCOME

Welcome to Hannah Sripada working with Jayne Stanfield in 6W and Mariea Burgess working in 8W this term.

HATS ON

In line with our SunSmart Policy that says students need to wear hats in Terms 1, 3 and 4, I would like to remind families that all students should now have their hats at school. We have given students a week's grace if they have not had them at school, but should now have them here.

NAPLAN ONLINE

In Week 5, students in Years 3, 5 and 7 will be participating in the platform trial for NAPLAN Online. 100 schools across SA are participating in this process. The aim of the trial is to again test the IT capability of both the school and the state to be able to conduct these tests issue-free from 2018. While students are undertaking a form of NAPLAN testing, it is the IT capability that is the focus, not whether students can actually do the test itself. It is therefore important to have all students participate in

the tests to push the IT capability of the school to the highest level. As the data for the testing itself is not being collected through the trial, no student reports will be received by parents or the school. Parents of students involved have already received a flyer about this testing.

MEET THE LEADERS COFFEE/TEA 'N' CHAT

Thank you to the parents who were able to attend the informal meeting with the leaders late in Term 2. We had a great conversation about things that they viewed as positive in the school, areas we could improve and ideas we could consider. Leaders were also able to clarify some of the processes we have in place, for those who wanted more information about these.

We will be running another session this term that will be on an afternoon. Once we have finalised the day and time, an invitation will go out. We are hoping that Jonathon Warren-White IT Co-ordinator will also attend to address discussion around cyber programs and/or issues. Please keep your eye out for the invitation and we look forward to seeing those who may be able to attend.

STUDENT FUNDRAISING

On the last Friday of Term 2, students were allowed to wear casual clothes and pay a gold coin to participate to raise funds for the Make-A-Wish foundation. Thank you to the school community, for a wonderful effort in helping us raise \$408.05. This has now been forwarded to the foundation.

COMING EVENTS

NAPLAN ONLINE TRIAL TESTING FOR YEARS 3, 5 & 7 – WEDNESDAY AUGUST 4TH

A PARTNERSHIP PUPIL FREE DAY ON FRIDAY, SEPTEMBER 1ST FOR MODERATION

A PARTNERSHIP SCHOOL CLOSURE DAY ON MONDAY SEPTEMBER 4TH

WAKAKIRRI PERFORMANCE – FRIDAY AUGUST 18TH

Anne Rathjen
PRINCIPAL

SOCIAL AND EMOTIONAL LEARNING PROGRAMS FOR SEMESTER 2

In term 3 and 4 programs targeting specific areas of need will be included in our social and emotional learning programming at HCEPS. The following four overviews give a brief description of each program. Teachers will be referring students for these programs and parent permission will be sought for student participation.

If you would like to know more about these programs please talk to Joey or Evie.

Operation: Breaking The Girl Code

Program focus: friendship

Program length: 7 x 90 minute sessions

Focus age: girls in years 3 to seven, similar age within the one group

Group size: 4-6 girls

Bio: The program focuses on girls' strengths, how they can live out their values and qualities for the benefit of themselves and others. It also emphasises building other people up, valuing their individuality, positive role models, building community, and celebrating friendships. The program is strongly focused on creative arts, but also uses a variety of role-plays, group discussions, and reflections.

Facilitator: Joey

What's the Buzz?

Program focus: social skills

Program length: 16 x 45 minute sessions

Focus age: early learners 4-7 years and primary level 8-12 years

Group size: 4-5 students

Bio: A social skills enrichment program designed to explicitly teach children how to think and relate to others in social situations. A highly practical role-play and play-based program targets everyday themes: how to greet, make and keep friends, fit in, read one's own emotions, read the feelings of others, deal with competition and cope with worry, frustration and disappointment more constructively. Each lesson has a note to parents explaining the skill that was practised and practical ideas to work with at home.

Facilitator: Joey and Evie

Seasons for Growth

Program focus: grief

Program length: 9 x 45 minute sessions

Focus age: 6-8 years, 9-10 years, 11-12 years

Group size: 4-6 students

Bio: Change and loss are a part of life, and grief is a normal response to these losses. Children and young people need the opportunity to learn how death, separation, divorce or other significant loss events may impact on their lives. The program provides participants with the opportunity to learn the knowledge, skills and attitudes required to understand and respond well to such experiences.

Facilitator: Joey

Peaceful Kids

Program focus: mindfulness and resilience

Program length: 8 X 60minute sessions

Focus age: R-12

Group size: 4-6 students

Bio: Peaceful Kids is a mindfulness and positive psychology program to lessen anxiety and stress, and increase emotional resilience. Students learn life-long coping skills such as practical and expressive coping strategies, facing challenges and fears step by step, understanding and recognising their own feelings,

understanding triggers of stress, self- calm, and develop emotional intelligence skills. The program also involves parents through their commitment to supporting the strategies at home.

Facilitator: Evie

Evie Donoghue
SCHOOL COUNSELLOR

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.

Create a Book Together

Fold pieces of paper in half and staple them to make a book. Ask your child to write sentences on each page and add his or her own illustrations.

EARLY YEARS TEAM

SCHOOL PHOTOS

MSP Photography will be at our school on **Thursday 24th August**, to take class, family and individual student photographs.

Master Class Package: This style is an A4 glossy folder which has a front and back cover. The inside will consist of a Composite Group and a Traditional Group of the class. A sample will be on display in the School Office.

Please be reminded that students are to wear correct school uniform on these photograph days.

More information soon.

**STUDENTS REMEMBER TO
SMILE AND SAY 'MONKEYS'.**



WOOLWORTHS EARN & LEARN 2017



Dear Parents,

This year we will once again be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school/early learning centre – and all we need you to do is shop for your groceries at Woolworths.

From Wednesday 26th July to Tuesday 19th September or while stock lasts, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and **when it's complete**, the Sticker Sheet can be dropped into the Collection Box here **at the school** or at Woolworths Hallett Cove.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and our library.

If you'd like to know more visit woolworths.com.au/earnandlearn

CUA (CREDIT UNION AUSTRALIA) SCHOOL FUN RUN

Two years ago we held the ADIDAS School Fun Run and raised over \$10,000.

It's on again this year on Friday September 22nd at 11:30am.

The Fun Run is what students want it to be. They are expected to keep moving around a 600m course within the school grounds. Some might challenge themselves to see just how far they can cover in 60minutes. Others may run-walk while others might decide to see how far they can walk in the time allowed.

Whatever students decide it will be a fun time.

They will be able to wear their school-team colours as they did for Sports Day.

Shortly a letter and sponsorship form will be sent home for you to read. It is hoped that most students will do the sponsorship through the on-line option as this is easier to operate and far more beneficial to the school.

We encourage our whole school community to join in!

If you would like to check out the website prior to receiving more information you should go to... www.schoolfundraising.com.au

If you have immediate questions then please address these to Bruce.

ENTERTAINMENT BOOKS

We have only a limited number of these left at \$70. They are fantastic value for the whole family. Ask anyone who has one and they will vouch for the great savings that can be made.

It is possible to pay for the entire book in a day and certainly a weekend!
See Henny in the Front Office.

Bruce Norris
DEPUTY PRINCIPAL

FUNDRAISING NEWS JULY 2017 **School Disco**

The date for the next school disco has been confirmed as Friday 25th August. Look out for the posters around school and the flyers that should have come home. We will need lots of volunteers to run this event so if you can help please contact Victoria on vicgorton@gmail.com or 0433152021.

Father's Day Stall Helpers
(note change of days due to pupil free day)

In order to run this event we need volunteers to help. The help needed is as follow:

Set up the stall - Tuesday 29th August
1.15pm til 2.15pm

Run the Stall - Wednesday 30th August
8.45am til 11am

Run the Stall - Thursday 31st August
8.45am til 11am.

Please can you contact Sarah on sarahhole073@gmail.com or on 0488 282 779 if you can help.

Second hand Uniform Sale

We are planning on running a second hand uniform sale in term 4 (date to be confirmed). We thought it would be a great opportunity for existing parents and new parents to purchase good quality second hand uniforms. We are looking for donations of clean clothes still in good condition. This can be all parts of the uniform and any soccer kits that you no longer need (shorts or socks) but not boots. All items can be brought into the front office for collection. We hope to make this a more regular event if it is a success. Many thanks in advance.

Bakery Drive

More information to follow shortly.

UPCOMING EVENTS

Father's Day Stall Term 3
School Disco Term 3
Fun Run Term 3
Bakery Drive Term 3

Dates for Your Diary

Friday 25th August – **School Disco**
Wed 30th & Thurs 31st August – **Father's Day Stall** (note change of days due to pupil free day)
Friday 22nd September – **Fun Run**

Help Needed!!

The Fundraising Committee is in need of volunteers; please don't think that if you volunteer you will be asked to do everything, this will not happen. We just need a few people that can spare the time to come to the meetings twice a term, normally half an hour before school pick up. Also to help with the organisation of the events. For example purchasing the decorations for a disco or buying the food or putting up posters around the school advertising the fundraising events. It's a lot of small jobs that need doing and as they say many hands make light work!!

If you would like to volunteer to help on any of the upcoming events this year please contact Sarah Hole on 0488 282 779 or sarahhole073@gmail.com for more information.

THE FUNDRAISING COMMITTEE



JOEY'S JOURNAL

Compliments and Criticism

Everyone knows that compliments make us feel good, and criticism makes us feel bad. So we would expect that a healthy family hears more positive comments than negative comments. Parenting expert Michael Grose suggests that the magic ratio is five to one. Five positives for every negative. It is important to note that the ratio allows for some criticism, a healthy family still experiences some conflict. They just balance out their negatives with positives. How does your family measure up?

If you would like to improve on your family's ratio then the first step is always to model it yourself. Increase your positive talk. Start with using your manners more frequently. For example, 'Please turn off

the TV' rather than 'you've watched too much TV'. And saying thank you when a task is completed, even if you set the task explicitly. Catch yourself when you feel ready to issue a criticism and keep it to yourself. If that isn't possible, then make sure to follow up each negative with a positive comment. Help others in your family to be aware when they use negative language and seek positive alternatives together. As focusing on the positives becomes more natural for you, teach the rest of your family the tools and tricks that you have learnt and encourage them in their journey.

Community Pantry

This term, we have decided to make the community pantry available on an appointment basis. If you would like to access the community pantry please contact myself on a Monday or Tuesday or Evie Donoghue on a Wednesday and we will make arrangements with you. Please don't hesitate to contact me if there is any way that I can support you or your child's wellbeing. You can phone the front office and leave a message and I will call you back, or you can email me.

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

FIT CLUB

Fun Group Fitness

Come & Try... 1st session FREE

Andrew & Carmen

0414 802 388

COMMUNITY NEWS

Please see noticeboard for further information.

- **SCIENCE ALIVE!** – Adelaide Showgrounds Saturday 5th and Sunday 6th August 9am – 5pm. Kids Free, Adults \$20 at the door or cheaper online at www.sciencealive2017.eventbrite.com.au
- **CHILD & ADOLESCENT SLEEP CLINIC** – The Child & Adolescent Sleep Clinic at Flinders University offers treatment for children and adolescents of all ages (including infants from 6 months of age). To book an appointment, please call 8201 7587 or email casc.enquiries@flinders.edu.au.
- **MUSIC LESSONS** – Piano Keyboard Recorder Theory. Individual Lessons 1/2 hour per week. All inquiries welcome. Phone Daniel Aquilina Ph. 0422 153 152 or 8387 1414.
- **SEACOMBE SOFTBALL CLUB** – Come and Try Day. Sunday 20th August 10am – 1 pm at Reynella East College. Ph. 0405 147 624 or seacombe@softballsa.com.au