



NEWSLETTER - TERM 3 – 15th AUGUST 2018

DIARY DATES	
20/8 – 24/8	BOOK WEEK – FIND YOUR TREASURE
23/08/18	SCHOOL PHOTOGRAPHS
24/08/18	BOOK WEEK PARADE
27/08/18	CATCH UP PHOTOGRAPHS – 9:00 AM
31/08/18	ASSEMBLY 9S & 7W
03/09/18	SCHOOL CLOSURE DAY
07/19/18	SCHOOL DISCO
21/09/18	ASSEMBLY 9N & 8W
25/09/18	EXPO / OPEN DAY - 5:00 – 6:30 PM

Dear Parents/Caregivers,

"CHOOKAS" TO OUR WAKAKIRRI TEAM AS THEY PERFORM TONIGHT

(Thank you to Evie Donoghue and Soma Govender for training the team in preparation for this event.)

NATIONAL SUPPORT STAFF WEEK

At HCEPS we have a wonderful staff team and our SSOs are an important part of that team. This week is National Support Staff Week and this has provided us with an opportunity to acknowledge the work of our support staff. Teachers provided a special combined Morning Tea and Lunch on Tuesday. I would like to take this opportunity to sincerely thank all our support staff members for their work in our school. Without them our programs would not be able to operate at the level they do. Thank you to:

Jenny McFadyen – Finance, Facilities, Administration

Henny Smith – Finance, Administration

Irene Sulcs – Resource Centre, Student Support

Nola Chalakas-Stopp – Administration

Jo Berry – Student Support, Reporting, Administration

Cherie Bishop-Kinlyside – Student Support

Narelle Muller – Student Support

Scott Panton – IT Support

Sarah Burns – Grounds and Maintenance

Lisbeth Oppert – Student Support

Amy Thompson – Student Support

Lachlan Clarke – Student Support

Sheena Lee – Bilingual Support

Adam Hackett – IT Support

At HCEPS the role of Pastoral Care Worker (PCW) is integral to the development of positive social and emotional wellbeing. While **Joey Traeger** (PCW) does not provide support in the same way that the SSOs do, I would like to acknowledge the wonderful support she does provide the school wellbeing programs and for the care she provides students in her role.

Helen Jefferson our Canteen Manager is also an integral part of our support team and I would like to take this opportunity to similarly thank her for the work she does for your children.

STAFF CAR PARK REMINDER

THE STAFF CARPARK is for STAFF ONLY USE. An incident this morning resulted in a parent being very disrespectful to two staff members. It is an expectation that parents interactions with staff is respectful at all times. We thank you for your cooperation.

UNIFORM

We have high compliance with our uniform policy but have noticed increased numbers of students wearing large coloured Jo-Bows and also leggings as long pants. Please ensure your child wears appropriate headwear in school colours only. Leggings

are only to be worn under skirts and dresses.

STAFFING NEWS

Aaron Charlton has finished his contract working in 6AS, today. I would like to thank Aaron for his excellent work in teaching these students. Gizella Webb will return tomorrow.

We have also had Lachlan Clarke working in student support this term and thank Lachlan for his excellent work as well. Amy Thompson will return next week.

Lyn Jones will be on leave for the remainder of Term 3 and we welcome Hannah Sripada who will be working in 6W in her place. Hannah has worked with Jayne Stanfield before and has a good understanding of the needs of the students.

We have been hosting 5 pre-service teachers and their placements are due to finish shortly. This is a big thank you to James Martin, Sarah Clancy, Hannah McKenzie, Sam Jones and Rachael Samuel for your work. We wish you every success as you complete your degree and begin your career in teaching.

COMING EVENTS

SCHOOL PHOTOS – THURSDAY 23rd AUGUST

BOOK WEEK PARADE – FRIDAY 24th AUGUST

FATHERS' DAY STALLS – THURSDAY 30th and FRIDAY 31st AUGUST

SCHOOL CLOSURE DAY ON MONDAY SEPTEMBER 3rd.

SCHOOL DISCO – FRIDAY 7th SEPTEMBER

STUDENT VOICE EXPO – TUESDAY 25th SEPTEMBER (5:00 pm-6:30 pm)

Anne Rathjen
PRINCIPAL

NATURE PLAY AREA SAFETY

Due to the countless benefits of Nature Play, many schools are beginning to develop these areas within their site. You may have noticed HCEPS has developed a "Bits and Pieces" as well as a "Stick Area" for students to use during break times. Within these areas many things have been put in place for student safety. Some of these things include; the students have created a list of agreements, which are things students need to follow to ensure they are playing safely. In addition, the Yard Duty teacher continually monitors the area and anyone not following the Nature Play Agreements is asked to leave the area. As we have included the students in the process of developing these areas they understand the importance of playing in the Nature Play Areas safely.

SCHOOL PHOTOS

MSP Photography will be at our school on **Thursday 23rd August**, to take class, family and individual student photographs.

If your child is absent on Photo Day, there will be a **Catch Up Day on Monday, 27th August at 9:00am in the Admin building.**

Just a few tips to keep in mind:

- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day.
- Family envelopes are available at the school office upon *request and need to be ordered before or on photography day*. Please make your children aware they are having a family photo.
- Please enclose correct money as no change is given. Cash, cheques, credit card and money orders accepted.

Why not give ONLINE ORDERING a go!! It's quick and easy.

For any queries, please **call MSP Photography directly on 8391 3951 or email admin.adelaidesouth@msp.com.au**

Please be reminded that students are to wear correct

FUNDRAISING

Remember this term we have the Father's Day stall, second disco and the bakery drive.

We are always looking for volunteers for our events, so if you have some free time (a DCSI clearance, which is organised through the school, and volunteer training, are required for disco night helping) or if you have any ideas for fundraising within the school, please feel free to contact Melissa Vlachos at hcepsfundraising@gmail.com

SECOND HAND UNIFORM SHOP

Open every Wednesday 8:30-9am and 3:05-3:30pm in House 1 - first building near the gates at the drop off/pick up point. The shop is stocked with a variety of second hand uniforms being sold at really reasonable prices. The money raised is given back to the school and utilised in fundraising projects. Remember that if you have any uniforms that no longer fit or are not being worn, we'd love to receive them and you can get a credit to spend in the store if you are buying.

DATES FOR YOUR DIARY

Wednesday 22nd August – 2:30 pm
Committee Meeting

Thursday 30th August & Friday 31st August Father's Day Stall

Friday 7th September – Disco

Friday 21st September – 8:45 am
Committee Meeting

September – Bakery Drive

Melissa Vlachos
FUNDRAISING COMMITTEE



JOEY'S JOURNAL

If you want to test your memory, try to recall what you were worrying about one year ago today.

E. Joseph Cossman

It is easy to worry. We worry about social interactions, we worry that we won't have time, we worry that we will disappoint someone... If we started to write a list of all of the things that worry us we might never stop writing.

It is hard to worry, well hard on your body at least. Chronic worrying can interfere with your appetite, sleep, relationships, productivity, habits, memory, immune system... the list goes on.

There can be some value to worry. Some worries keep us safe. We worry that we will be hit by a car, so we look both ways before we cross the road. However, how often do we worry about things that we cannot change, worry that has no benefit?

We all need to learn to respect healthy worries, but not be controlled by the unhealthy worries. Some strategies to help us combat unhealthy worries when they emerge are:

- Breathe them out – focused breathing exercises
- Shake it out – get your blood flowing to your whole body instead of just fuelling your fight/flight/freeze response
- Distract your brain – do an activity (e.g. a maths problem) to help your brain use the analytical part rather than the emotional part
- Restrict your worry to a specific time (preferably a safe happy time, not just before you try to fall asleep) – each time you start to worry tell yourself that now is not the time to worry, you need to wait until your set time. Then when the time comes if you can still

remember the worry, allow yourself a maximum of 10 minutes to worry, and then leave your worry there. Then don't allow yourself to think about your worries again until your next set time.

- Use soothing phrases – when you feel a worry creeping in have a positive response. If there is something that you often worry about, you might have a standard phrase that you repeat. (e.g. I will survive, I've done this before.)

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

COMMUNITY NEWS

Please see noticeboard for further information.

- **QUEST FOR CLASSICS AT MARION LIBRARIES -**

How well do you know the classics? Old school & modern, kids & adults, novels & movies, test your knowledge, have some fun & go into the running to win an amazing prize worth over \$350 including a Nintendo Classic Mini SNES & a copy of every single book in the Quest! Collect an entry form from any City of Marion Libraries branch. Check out our Facebook page on Monday 3 September to watch our draw for the winner!
Entries close 5pm on Friday 31 August.

- **KIDS TAEKWONDO -** Resilience, Confidence,

Discipline, Respect. TERM 3 enrolments open now. New beginners classes starting now. Fitness, self-defence, discipline & leadership skills. Experienced, qualified, DCSI approved Instructors. Olympic Sport & traditional martial arts. Enquiries Ph: 0412 909 500 or 0412 965 905. Email: info@worldtaekwondo.com.au

- **CHERIO NETBALL CLUB** – Come and Play Netball

welcoming new players of all ages for the current Winter season & upcoming Summer season. See you on the court. Register now. ☎ 0419 810 656 or email secretary@cherionetball.com or visit www.cherionetball.com

FATHER'S DAY



GIFT STALL

**THURS 30th AND FRI
31st AUGUST**

**A range of Gifts for Dads
and Grandads**

\$5.00



WOODCROFT COLLEGE

Mark Le Messurier Parent Workshop

Wednesday 22 August

Well-known teacher, counsellor and author Mark Le Messurier, will be presenting a parent workshop, “Get off that computer, now!”:

Date Wednesday 22 August 2018

Time Supper from 6.00 pm, followed by the workshop from 6.30 pm to 8.00 pm

Location Woodcroft College (Mark Porter Hall)

This workshop is open to parents beyond our school community, so please let your friends and/or family members know about this wonderful opportunity.

Finding a balance between real life, responsibilities, social media and video games is hard for every one of us. What’s available on screens is intoxicating because they have the capacity to feed the brain with rich visual and auditory stimuli. This stimulus is so powerful that while engaged, our brains set up a tantalising positive feedback loop hard to tear away from. And, given that the ‘off switches’ in kids’ brains aren’t fully developed until they reach their mid to late twenties, it’s no wonder so many find it hard to self-regulate. I’d like to take you down a road where your poise, leadership and ingenuity creates an approach to help kids find balance between screens and other aspects of living a real life.

Working towards a balance is a much healthier approach than coming down heavily on kids by banning, hiding and blatantly limiting screens and devices. And, in the end, I don’t want you to be scared, but empowered. We live in a digital world and it can enrich our lives in many ways, when used well.

Mark Le Messurier

The evening will commence with a supper in the Gallery from 6.00 pm followed by the workshop from 6.30 pm to 8.00 pm in the Mark Porter Hall. A crèche will be provided in the Junior School Activity Room and children should be signed in before the session, and collected immediately after.

Please RSVP by Monday 20 August by visiting www.woodcroft.sa.edu.au/mark-le-messurier

Please enter the College via the Main Reception entrance on Bains Road.



LAUNCH INTO AND GIVE YOUR CHILD THE EDGE TO **THE WORLD OF WORK**

What you need to know about the changing World of Work



Aberfoyle Park High School Governing Council
*invites you to attend a seminar to inform parents and caregivers
how to help your children navigate the World of Work*

DATE AND TIME

Monday 27 August 2018
6.45 pm for 7.00 pm start – 8.30 pm

LOCATION

Aberfoyle Community Centre
Sandpiper Crescent
Aberfoyle Park, SA 5159

Come and hear from the people who know

Brett Mayne	Department of Industry and Skills
Glenn Hickling	Economic Growth and Investment Officer
	City of Onkaparinga
Paul Williams	Managing Director, Comace Pty Ltd

PLEASE ENSURE YOU BOOK YOUR PLACE

100 seats available – FREE EVENT

<https://www.eventbrite.com.au/e/launch-into-and-give-your-child-the-edge-into-the-world-of-work-tickets-47753076738>



Aberfoyle Park High School

Taylors Road East
Aberfoyle Park SA 5159



Government of South Australia
Department for Education