



NEWSLETTER - TERM 3 - 12th SEPTEMBER 2108

DIARY DATES

21/9/18	ASSEMBLY 9N & 8W
25/9/18	EXPO / OPEN DAY – 5:00 – 6:30 PM
26/10/18	WORLD TEACHER'S DAY - AUST
30/10/18	JAPANESE PICNIC
2/11/18	PUPIL FREE DAY

Dear Parents/Caregivers,

TERM 4 PUPIL FREE DAY

The Governing Council has endorsed Friday 2nd November for the final Pupil Free Day for 2018. Please contact OSHC if you require childcare for that day.

NAPLAN RESULTS

NAPLAN results are due out within the next two weeks. I will contact families with information about how to collect them as soon as they arrive. While we have not received any comparative data, as an "online" school we have already received our own school data for this year's assessment. At first look it appears we have done quite well and I look forward to receiving the comparative data to determine if this is correct. More information about our achievement will be made available in future newsletters once this is determined.

INTERSTATE VISITORS – STUDENT VOICE

Last Thursday HCEPS hosted visitors from a school in Sydney. These visitors were in Adelaide to investigate quality school processes around the inclusion of student voice. Our school was one of 3 in our partnership that were invited by our state Learning Improvement Division to share our work in this area. During their visit, they observed and spoke to students about their learning and teachers about their planning with students from 9N, 9W, 9S, 5E, 6AN, 8E

and 8W. The areas of student voice focus included: Mathematics, Inquiry, Writer's Notebook and Bookmaking, Year 7 Leadership programs, Student Voice in Learning, Re-Imagining Childhood strategies and Nature Play. The feedback about our school, the students and the learning programs was very positive. Even though only 7 classes and their teachers were involved, I would like to take this opportunity to acknowledge all teachers for their ongoing excellence in and commitment to this aspect of teaching and learning programming. This work continues to be a top priority for the school and will be showcased at the EXPO.

STUDENT VOICE EXPO

Don't forget to respond to the invitation to the Student Voice EXPO via the SkoolBag App to provide us with numbers attending and to order your free sausage sizzles. The orders for these close on Wednesday 19th September.

The program for the EXPO has been sent out and there is a great variety of activities in which you and your children can participate across the school. All activities have either been planned fully by students or with their voice and ideas in the organisation. This showcases the work we have been developing in our school over a number of years. (If you haven't see the program yet please refer to the link at the bottom of the invitation.) The event commences with a brief opening under the verandah next to House 9 and will officially close in the same location at the end. I would encourage all of you to attend.

STAFFING NEWS

Congratulations to Renee Fisher who has won the Acting Deputy Principal role for the first 5 weeks of Term 4, and to Aaron Charlton who will fill her vacancy in 8E during that time.

Nola Chalakas-Stopp is currently on leave and Jo Berry is working in the front office in her place. Nola will return for Term 4.

The panel process to choose a Groundsperson is currently underway and I hope to be able to announce the successful applicant before the end of the term.

DISCO THANK YOU

This is a big thank you to all volunteers and teaching staff who worked to make our disco so successful!

Anne Rathjen

PRINCIPAL

COMING EVENTS

**STUDENT VOICE EXPO – TUESDAY
25th SEPTEMBER**

**WORLD TEACHERS' DAY AUSTRALIA –
FRIDAY 26th OCTOBER**

**PUPIL FREE DAY TERM 4 – FRIDAY
2nd NOVEMBER**

MATERIAL DONATIONS GRATEFULLY ACCEPTED

In readiness for our School Expo on the 25th of September, we require donations of any spare/used/recycled fabric material, ideally 30cm x 30cm or larger, that our students can use to demonstrate the Art of Furoshiki-wrapping goods, gift and lunchboxes in cloth, that can be re-used over and over again! We hope to have enough square pieces so visitors to the Japanese room on the evening can make their own furoshiki to take home.

**Arigato gozaimasu 'Thankyou'
Wallis sensei & Gray sensei**

FUNDRAISING

The second and last disco of the year, was another success with a great number of children attending. Thank you to everyone who supported the "allergy friendly" discos this year. We hope that the children have had a great time at both. We look forward to doing it again next year.

Our last fundraising effort for the year is the Bakery Drive. We have joined hands with the local (award winning) Hallett Cove Bakery and have selected a few popular items that can be ordered and 20% of the total goes to the school. All orders must be received and paid for by Friday the 21st of September. Pick up is from 12pm at the Bakery (1/33-43 Barramundi Drive) on Friday the 28th of September.

We are always looking for volunteers for our events, so if you have some free time 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 a 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

Friday 21st September - Bakery Drive cut off

Friday 21st September - 8.45 am - Committee Meeting

Friday 28th September - Bakery Drive pickup day

**Melissa Vlachos
FUNDRAISING COMMITTEE**



JOEY'S JOURNAL

Growing in Gratitude

You may not be aware that September 21st is World Gratitude

Day. Research continues to show that people who are grateful are also happier. Practising gratitude increases optimism levels and decreases negativity. When we focus on making gratitude a priority in our lives it can become a positive habit. Here are 5 ideas to help inspire you.

Keep a gratitude journal: Make a time as a family to record things you are grateful for. Maybe you could take turns writing or drawing in the boxes on the family calendar. Keeping a record can help us to reflect and remember, and also be a tool to cheer us up when we are struggling.

Express your gratitude in person: Use your manners and thank people when they help you out, especially without being asked.

Treat the people around you with respect: We are able to do for others all of the things that we appreciate receiving; show kindness, listen, give of your time, share a simple smile or good morning. Be the person who brightens someones day.

Don't complain: Every time you complain, you reinforce a negative state of mind without offering a solution to the problem at hand. Instead, next time you feel frustrated, take a few deep breaths and try focusing on something positive.

Volunteer: There is a saying that 'an act of kindness does more good for you than those you're serving.' Even in our busy society there are volunteer opportunities that only require a few hours a month.

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

COMMUNITY NEWS

Please see noticeboard for further information.

- **ATHLETICS HOLIDAY CLINIC** – For 5 – 17 year olds at SA Athletics Stadium, Mile End on Wednesday 3rd and 10th October. Registrations close 26th Sept. Phone 8352 8133 or littleathleticssa.com.au/holidayclinics
- **SPRING HOLIDAY FUN** – Games, Skits, Craft and Morning Tea for 4 – 12 year olds at Hallett Cove Uniting church on Friday 5th October 9.30am to 12.30pm. Register on 8322 1702 or go to www.hcuc.org.au
- **MASTER TENNIS ACADEMY** – Holiday Fun Camps. Both weeks of the school holidays at Blackwood Tennis Club Tuesday, Wednesday and Thursday 9am – 2pm. Cost 1 day \$45, 3 days \$120 or 6 days \$200. Phone Ben O'Brien on 0458 428 383 or email ben@mastertennisacademy.com.au



Hallett Cove East

Primary School



Fundraising Order Form 2018

Child's Name: _____
 Contact Name: _____

Child's Class: _____
 Contact Number: _____

Product	Price	Quantity	Total
Family Pie - Chunky Steak (6 serve)	\$17.00		
Family Pie – Plain Mince (6 serve)	\$16.50		
Pasty Slice – minced beef, potato, carrot, pumpkin, onion	\$16.50		
Pasty Slice - Vegetarian	\$15.50		
Large Quiche – Cheese & Bacon (5-6 serve)	\$16.00		
Large Quiche – Tomato & Spinach (5-6 serve)	\$16.00		
Lasagne – Traditional (3-4 serve)	\$13.50		
Lasagne – Vegetarian (3-4 serve)	\$13.50		
Lasagne – Traditional (6-8 serve)	\$20.00		
Lasagne – Vegetarian (6-8 serve)	\$20.00		
Lemon Meringue (8 serve)	\$28.00		
Bar cake (6-8 serve) Lemon	\$9.90		
Bar cake (6-8 serve) Chocolate	\$9.90		
Bar cake (6-8 serve) Carrot	\$9.90		
Bar cake (6-8 serve) Banana	\$9.90		
4 x Lamingtons	\$8.00		
Cheesecake (6 serve) Caramel, Strawberry, Cherry, Blueberry & Lemon	\$20.00		
Pack of 6 Ginger Thins	\$5.00		
Pack of 3 cake slices (Brownie, Caramel & Lemon)	\$10.00		
Strawberry Jam	\$6.00		
Award winning Christmas pudding 900g	\$20.00		
Award winning Christmas pudding 450g	\$10.00		
		Overall Total	

GLUTEN FREE OPTIONS AVAILABLE – PLEASE CONTACT BAKERY DIRECT

Order and payment cut off date: **Friday 21st September**

Collection Date: **Friday 28th September**

Orders & payments can be made via the Qkr app. Or you can return this form with payment to the front office.

Pick up Location: Hallett Cove Bakery 1/33-43 Barramundi Drive

Pick up after 12pm on Friday 28th September

DON'T FORGET 20% FROM EVERY ORDER GOES TO THE SCHOOL!!

Cove Tigers Netball Club, in association with Marion Council's "Youth Grants Program", are proud to present:

The Butterfly Foundation Talks

on Saturday 15th September 2018 from 2:00pm at the Cove Civic Centre in Hallett Cove.

These FREE sessions will be split into two groups (one for children to attend and a separate one for adults) and will be run simultaneously.

The session for CHILDREN will focus on building RESILIENCE and explore vital topics including:

- Self-esteem, body esteem, celebration of diversity & uniqueness;
- Understanding issues that impact self-esteem & body confidence, including social media;
- Challenging cultural ideals & unhelpful language around weight & appearance;
- Supporting a healthy & positive relationship with food & exercise;
- Developing healthy peer relationships;
- Promoting help-seeking behaviours.

The session for PARENTS will talk about the power of positive role modelling and, importantly, how to respond when a child expresses negativity towards themselves, including when they are above their healthy weight. Topics include:

- Why prevention is important given the statistics around negative body image and eating disorders and the relationship between the two;
- The spectrum of behaviours from healthy to unhealthy, from disordered eating through to eating disorders;
- What we mean by body image or body esteem and how feelings about ourselves can fluctuate throughout our lives: puberty, transition from school to tertiary education, work, pregnancy, illness, menopause, et cetera;
- The links between poor body image and self-esteem, and other risk taking behaviours;
- Why dieting is dangerous;
- Influences on body esteem - individual and environmental;
- Social media and the importance of "positive following";
- Understanding their world - a reflection on the pressures then and now;
- The importance of showing our children what positive body image is through positive role modelling;
- What we mean by "fat talk" and how to shut it down;
- Helpful responses if your child says negative things about themselves;
- How to respond if your child is "overweight";
- Supporting healthy relationships with food and exercise;
- Appearance based teasing - why it can have such a negative impact;
- Handy tips and referral & support information - including Butterfly ED Hopeline.
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Places are limited to just 100 participants per session so PLEASE register NOW to avoid disappointment. Registrations can be made through the following link;

https://docs.google.com/forms/d/e/1FAIpQLSfNvPA6wNBHdi_QxuLJt7YZhAQzownH_onQkUbVeiXLYx50hQ/viewform

Any questions or issues with registrations please contact our Fundraising Coordinator, Kim Paterson, via email at fundraising@covenetballclub.com.au or call/SMS her on 0424 805489.