



NEWSLETTER - TERM 3 - 26th SEPTEMBER 2018

DIARY DATES

26/10/18	WORLD TEACHER'S DAY - AUST
30/10/18	JAPANESE PICNIC
2/11/18	PUPIL FREE DAY

PLEASE NOTE THERE IS AN EARLY DISMISSAL ON FRIDAY AT 2:05pm.

Dear Parents/Caregivers,

OSHC GARDEN AND TREVOR'S SEAT

After 2 long years of planning, our new Garden donated by the OSHC has finally been completed. I am sure you will all agree that it is a really beautiful addition to our grounds. Those of you who attended the EXPO yesterday may have been present for the official opening of the Garden. On behalf of the school community I would like to sincerely thank the OSHC team and families for the support of the school and the donation of this redevelopment.

You may have also noticed that the special seat dedicated to the memory of Trevor Brigden (who was the school's Groundsperson from 2001 to 2016), has also now been placed in a position overlooking the new garden. (We have been waiting to finalise the garden so that the seat dedication could also be finalised). Trevor's wife Janny and some of Trevor's family were also present for the dedication of Trevor's seat which was done at the same time as the Garden opening.



STUDENT VOICE EXPO

What an exciting evening we had last night with our Student Voice EXPO. Thank you to the many families who were able to attend and participate in and view the many fantastic activities that were developed by students with teachers. It was wonderful to see so many people there. This is a special thank you to members of Governing Council, Fundraising committee and our SSOs who helped manage the barbecue and an extra big thank you to Simon Gierke and Stuart Brett for leading the barbecue for the whole Expo. What a great team effort with all those sausages!!



NEW VOLUNTEER GUIDELINES

The Education Department recently released new guidelines for the management of volunteers in schools and there are now a number of extra steps to complete in order to become a volunteer in the school. Anyone who would like to become a volunteer and hasn't been one before should speak to our front office SSOs who will explain the expectations and help you get the process started. This is particularly important if you are hoping to become a sports coach either next term or next year.

For all current Volunteers there are no additional expectations for you except to ask that you please complete the new online Responding to Abuse and Neglect training for Volunteers course 2018-2020 as soon as possible and certainly before the end of the year. Volunteers will need to complete this training in order to continue volunteering in 2019. A separate letter will be sent to you asking you to complete this training.

Thank you for your ongoing participation in our volunteer programs. Your support is greatly appreciated.

PUPIL FREE DAY

This is just a reminder that our final Pupil Free Day for 2018 will be held on Friday November 2nd in Term 4. Teachers will work together on moderation of the Australian Curriculum in preparation for the end of year reporting process. If you need child care please contact OSHC to book in.

HIGHLIGHTS OF TERM 3

We have had another busy and successful term. A number of highlights aside from our routine programs have included:

- Student Voice EXPO
- Student participation in the Student Voice in Learning program
- Start Smart Program
- LHK meetings and student decision making opportunities including a number of lunchtime student led programs

- SAPSASA Volleyball, Athletics, Soccer
- Girls' AFL football clinic
- Table Tennis clinics
- After-school Hockey program
- Assemblies including a special Book Week Dress up parade
- Disco
- Wakakirri including a successful final performance
- Genki Kids Yoga Wellbeing program including presenting at Staff Meeting
- Play is the Way whole school events
- Zoo Excursion
- STEM Excursion
- Woodhouse Excursion
- National Support Staff Week
- Staff participation in the Numeracy project
- Staff participation in a Partnership Pupil Free Day with a focus on Formative Assessment
- Staff and students hosting visitors from NSW and our Education Department to observe student Voice in action

NAPLAN RESULTS

Parents/Guardians of Yrs 3, 5 and 7 students are asked to please collect your child's NAPLAN results from the front office by Friday. Thank you.

STAFFING NEWS

This is a big thank you to Jo Berry who has done a great job in the front office working with the administration team in Nola Chalakas-Stopp's absence, a job well done! Nola returns to work next week.

A big thank you too, to Hannah Sripada who has also done a great job in 6W in Lyn Jones' absence! Lyn will return next term. (This is also a belated thank you to Mariea Burgess who also worked in 6W when Jayne Stanfield was on leave and also did a great job.)

As you know Renee Fisher will be Acting Deputy Principal for the first 5 weeks of Term 4. Aaron Charlton will be working in 8E during this time.

Evie Donoghue will be on leave for the first two weeks of next term. Krista Goodman who is the Arts Teacher on Friday, will be filling Evie's position during that time.

The panel process to choose a Groundsperson has now been completed. The successful applicant is Tony Shepherd. Tony brings a wealth of experience to the position. He will commence in the position in January.

ENTRANCE TO CARPARK

This is a reminder to all parents and guardians that at drop off and pick up times before and after school, all cars must exit the carpark and drop zone onto Forrester Road, not Quailo Avenue. Please also do not queue across the Quailo Avenue entrance.

SCHOOL SECURITY IN THE HOLIDAYS

To help prevent vandalism and other crime in the school during the holidays, we seek your support to please report any suspicious behaviour you may observe in and around the school to Crime Stoppers on 1800 333 000 or direct to Police on 131 444. I thank you in advance for doing so.

.... AND FINALLY

May your children all enjoy a safe holiday. We look forward to having everyone return safely to school on Monday October 15th.

Anne Rathjen
PRINCIPAL

COMING EVENTS

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

**WHOLE SCHOOL JAPANESE PICNIC –
TUESDAY 30th OCTOBER**

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

PYJAMA DAY/CASUAL FRIDAY 28th SEPTEMBER

On Friday 28th September, the Student Leaders will be holding a Pyjama/Casual Day. Students are allowed to wear pyjamas or casual clothes. We ask that you bring a gold coin donation for doing so.

Even though it is a non-uniform day, students are still asked to follow our usual expectations and wear appropriate and safe clothing. This means:

- No tank tops or tops that show the stomach
- No inappropriate slogans, pictures or tops
- Normal makeup and jewellery rules apply

We hope that you will encourage your child to participate and we sincerely thank you for supporting the Student Leaders.

*From the Lighthouse Keeper Executive
and Wellbeing Leaders.*

JAPANESE WHOLE SCHOOL PICNIC

We will be hosting a whole school Japanese picnic on Tuesday 30th October (Week3) from 11.30am-12.50pm. Students will be asked to bring a Japanese 'obento' lunch box wrapped in cloth (Furoshiki style). We will encourage them to have input into what foods they would like to put into their obento lunch boxes and how they would like to present it.

Families are welcome to attend and the canteen will be operating as per usual.

Our Japanese picnic is also a dress-up day, where students are encouraged to wear something 'Japanese' or something red or white to represent Japan.

More information will follow early next term.

Wallis sensei & Gray sensei

PE NEWS

What a term it has been in sport at HCEPS. We had 52 students compete in the Sapsasa Volleyball schools cup, with 3 teams making it to the finals. 45 students

competed against the rest of Southern Valley District in the athletics carnival where we were small school champions! We have had afterschool hockey practices running weekly where we have been able to use new equipment thanks to the Coles Sports for Schools vouchers.

The year 4-7 classes have been participating in table tennis lessons thanks to the Sporting Schools grant. Southern Table Tennis have sent out 4 coaches each day to help out and students have had the chance to learn new skills, play games, hit against a robot and compete in a tournament.

Our younger classes have been practising their AFL skills, as well as having a hit of tennis.

Next term we are looking forward to a Sapsasa cricket semi final, a cricket clinic and golf in PE lessons, as well as Running Club which is Tuesday mornings for year 3-7 students.

Don't forget to get on Skoolbag and join the 'sport' group to get regular updates.



Nick Marks
SPECIALIST PE TEACHER

FUNDRAISING

Remember this Friday 28th is pick up day for the Hallett Cove Bakery drive. So if ordered something, please collect your item(s) after 12pm, from the Bakery. Thank you for your support.

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 28th September - Bakery Drive pickup after 12 pm

Friday 9th November - 8.45 am - Committee Meeting

Melissa Vlachos
FUNDRAISING COMMITTEE

SOCCER 2018

A huge congratulations to our U13 team who ended the year runners-up in their division. A great reward for all their hard work and the fantastic soccer they played all year.

Also well done to our U11 team who also finished the year with some great wins and terrific soccer played all year.

Thank you to everyone who attended Presentation Day. The weather ended up

being kind to us and was great to see some very competitive and hilarious parents v kids games going on. It is always so much fun for the players finishing the year off playing against their parents. Thank you to Tyler Brown who ran the barbeque and to all the helpers that jumped on to help out.

Just a reminder if you haven't returned your playing top yet please hand it into the front office asap.

A Soccer Coordinator is required next year so if you think this is something you would be interested in please let me know asap.

See you all in 2019.

Thanks

Jenny Brown

SOCCER COORDINATOR



JOEY'S JOURNAL

Coping With Change

Most people, both children and adults, struggle to cope with change.

Even changes that are exciting (like school holidays) can be scary at the same time. Here are 7 tips to help you and your children adjust to change:

1. Ask 'What's the worst that can happen?'

- Often it is hard to think logically and we just panic thinking things will be terrible. When we stop and actually consider what the best and worst case scenarios are it can actually cap our fear at a more realistic level.

2. Ask 'How much can I/you control?'

- This helps to put things into perspective, and can help to focus your energy into the correct places.

3. Accept and reframe

- When we accept the things that are out of our control it

makes it easier to view them as opportunities.

4. Focus on the positives – Sometimes the positives are obvious, other times it takes a while to find positives, but just spending time considering the change through a positive lens can change your attitude about it dramatically.

5. Create a plan of action – Maybe this is setting some goals, or maybe you could use some problem-solving to make the change less overwhelming.

6. Manage your stress – If you have discovered an effective way of reducing your stress remember to use it. If not, use this as an opportunity to try out mindfulness or relaxation techniques.

7. Seek support – Sometimes we need practical support, other times emotional support. Think of who might be best situated to help you; friends, family, or maybe even a professional.

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

COMMUNITY NEWS

Please see noticeboard for further information.

- PARENTING SA** – Free Parenting Seminar **The Secret Life of Teenage Girls** Tuesday 6th November 7 – 9pm City Rooms, Adelaide Convention Centre, North Terrace, Adelaide. Register at <http://parenting.sa.evenbrite.com.au> phone 8303 1660 or email: health.parenting@sa.gov.au
- LITTLE ATHLETICS SA** – 2018/19 Season registrations are open now for children aged 3 – 17 years. To register visit www.littleathleticssa.com.au. You can register for 2 Come & Try sessions at any centre.
- SEACLIFF SLSC OPEN DAY** – Saturday 20th October from 13 – 4pm at 248 Esplanade, Kingston Park. Come & Try on the day and still receive 2 more free sessions. Contact secretary@seacliffslsc.com.au for more information.
- SOUTHBANK TENNIS CLUB** – Holiday clinics available Mon, Tues and Wed of both weeks of the holidays. **See Noticeboard for more details.** Contact Justin Tredwellon 0415 289 733 or justn2tennis@gmail.com
- O'HALLORAN HILL TENNIS CLUB** – Grand Slam Tennis Clinic Monday 8th and Tuesday 9th October. For more information contact 0428 988 873 or email helenrice@internode.on.net