



Quailo Ave, Hallett Cove SA 5158 | Principal: Anne Rathjen | Ph: 8322 3677 | Fax: 8322 4696 | E: dl.1053.info@schools.sa.edu.au | www.halcoveeps.sa.edu.au

### NEWSLETTER - TERM 1 - 6<sup>™</sup>MARCH 2019

DIARY DATES	
12/03/19	PUPIL FREE DAY
21/03/19	HARMONY DAY
01/04/19	DISTRICT SAPSASA ATHLETICS DAY

Dear Parents/Caregivers,

### PUPIL FREE DAY — TUESDAY MARCH 12TH

This is just a reminder that our first Pupil Free Day will be held this coming Tuesday March 12<sup>th</sup>. All the sites in the Partnership will be closed and we will be working on planning curriculum with a focus on learning design, assessment and moderation in Numeracy, The Arts, PE and Japanese. The OSHC is available for child care if required. Please contact Sally or Lissy on 8381 7577 to book in.

### SCHOOL ANNUAL GENERAL MEETING

Thank you to the parents who were able to attend the AGM on Monday night. It was great to see the number of parents present and hopefully enjoy the highlights of 2018 that were presented by our student leaders. I would like to thank all the Student Leaders for their presentation, they did a fantastic job. I would also like to congratulate and thank the students in the Genki Kids for their presentation and hope you enjoyed the relaxation activity. A very special thank you also needs to also be given to Jonathon Warren-White who prepared the photo display, Kirsten Wallis for helping the Genki Kids and Andrea Hayden for helping me support our Student Leaders in preparation for presentation. If you were not able to attend. Wellbeing Leader our Donoghue also gave a brief overview about her work in 2018, how the KidsMatter program has moved to Be You and what

the implications are for the work in our school and community.

The new Governing Council was also officially installed. Thank you to all those parents for your future work for and commitment to the governance of our school. The members of the 2019/20 Governing Council are listed below but a list of office bearers and other positions will appear in the next newsletter after our first meeting of the new Governing Council.

### GOVERNING COUNCIL MEMEBERS 2019 / 20

Simon Gierke
Simone Green
Jenny Brown
Jessica Chaplin
Amanda Maple
Jenny Walker
Patsy Potter
Sally Matthews
Gaylene Clark
Melissa Vlachos
Rebecca Mansfield

### STAFFING NEWS

Congratulations to Jonathon Warren-White and his wife Emma on the birth of their daughter this week. Jonathon is now on leave until the end of Week 10 (April 5<sup>th</sup>). Welcome to Ashleigh Steer who is replacing Jonathon in 9W. Ashleigh worked in classes in House 9 a number of times last year and is quite familiar with planning and teaching processes.

Please note that Angela Stephenson is still teaching in 9W on Tuesdays.

### FRIENDLY REMINDER REGARDING ACCESSING THE DROP ZONE

This is a friendly reminder that when driving into the school grounds to pick children up from the drop zone,

The entrance gate and the entry to the staff carpark must both be kept open for access from the street.

We have a number of parents who need to access the disability carparks. We also often have leaders or teachers who attend meetings during the afternoon

(including with children on excursions), who need return access just before hometime.

Thank you for your understanding and cooperation in this matter.

### TERM 2 PUPIL FREE DAY — MONDAY 24<sup>th</sup> JUNE

The Governing Council has endorsed a Pupil Free Day on Monday June 24<sup>th</sup> (Week 9 Term 2), for staff to attend training in **Writer's Notebook/Bookmaking facilitated** by Lisa Burman. We are very lucky to be able to access this high quality training with the lead facilitator and look forward to seeing how these processes will improve the delivery of teaching in Writing.

### **Anne Rathjen**PRINCIPAL

### **FUNDRAISING**

Our first event of the year - DISCO - has been locked in for Friday the 5th of April. As per previous years it will be held in two sessions - Years R-2, 6.00 pm till 7.00pm and then Years 3-7, 7.15pm till 8.30pm.

As we have increased enrolments this year, we will need to ensure each session has a manageable number. We will send out more information about this in the flyer which is coming out in the following weeks.

Again this year it will be an allergy friendly event and an all-inclusive ticket price of \$ 10 per child. Children will be given glow sticks on entry and popcorn, plain chips and water during the night. Look out for the flyer in the next couple of weeks.

MC (Master of Ceremony) needed - if anyone would be interested or would know of someone that would be interested in hosting a fun adults only event for us in the middle of the year. Please contact fundraising via

hcepsfundraising@gmail.com

Entertainment Books - the 2019/2020 membership is available for pre-order on this link - <a href="https://www.entertainmentbook.com.au/orderbooks/160997n">https://www.entertainmentbook.com.au/orderbooks/160997n</a>

Below are the early bird bonuses available.



### **UPCOMING EVENTS**

COMMITTEE MEETING Friday, 8<sup>th</sup> March at 2:30 pm

SCHOOL DISCO DATE Friday, 5<sup>th</sup> April

### **MOTHER'S DAY STALL**

Term 2 - 9<sup>th</sup> & 10<sup>th</sup> May

### **FATHER'S DAY STALL**

Term 3 - 29th & 30th August

More exciting events to be announced **soon**....

If you have any ideas for fundraising within the school or would like to be more involved please feel free to come along to our next meeting. Also if you would like to volunteer to help on any of the upcoming events this year please contact Melissa Vlachos via

hcepsfundraising@gmail.com.au

### SECOND HAND UNIFORM SHOP

Open every Wednesday 8:30-9:00 am and 3:05-3:30 pm 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.

### THE FUNDRAISING COMMITTEE

Helping Boys to Manage their Big Emotions

I read a great article by

Michael Grose titled 'Angry Boys: how boys can better manage their emotions' and wanted to share some highlights. You can find the full article on his website: <a href="https://www.parentingideas.com.au">www.parentingideas.com.au</a>. Lots of the ideas would also benefit girls.

You can help boys to voice their emotions safely and in healthy ways so they don't act out angrily, aggressively and violently. Here are some ideas:

Help your boys to let their bad feelings out by sitting with them and helping them calm down, and then helping them to express what they are angry about.

Provide space and silence for them to process their feelings. Most boys just don't cope well with too much.

Schedule a relaxation activity into each day to allow stressful cortisone levels to drop. This may also benefit their sleep.

Encourage healthy ways to let off steam – playing outside, exploring, etc.

Monitor modelled aggression. Some boys are more susceptible to copying aggressive behaviours that they see — family members, videos, digital games. It is very important for boys to have males in their

lives who can model healthy emotional expression.

Encourage boys to think before they act. This begins by teaching to firstly move away, and then take some big belly breaths to calm down, before reflecting.

Boys can respond better to language around thinking, rather than feeling. 'What do you think about missing the team?' can still lead to response about emotions.

Your most important job is to provide adult validation — let him know it's normal and okay to feel angry, annoyed or let down. Then work towards a healthy way to express the emotion.

Joey,
PASTORAL CARE WORKER
at HCEPS on Wednesdays and Fridays
Joey, Traeger 704@schools.sa.edu.au

### **COMMUNITY NEWS**

### Please see noticeboard for further information.

- DEMENTIA AUSTRALIA Get Active. Beat Dementia.
   Memory Walk & Jog. Register at memorywalk.com.au.
   Sun 17<sup>th</sup> March 2019.
- COVE WALKING GROUP Fun, Free Fitness. I am part of a walking group in Hallett Cove and would like you to join me #WalkFit Wed 9:00 am. All ages (20-70) & all fitness levels. As Sharon on 0438 620 257.
- COVE FOOTBALL CLUB are entering a new AFLW team into the SFL competition this season with an under 14 all girls side. Currently looking for girls to give AFL a try, in a girls only team & competition on March 4th 4:30 pm 6:30 pm at Cove oval. Visit https://www.facebook.com/thecovefootballclubinc/
- SA ATHLETICS ACADEMY Commencing Sun 5<sup>th</sup>
  May at SA Athletics Stadium, Mile End. Athletic
  development program for children aged 9 to 19 years.
  Visit <a href="https://www.littleathleticssa.com.au/SAAthleticsAcademy">www.littleathleticssa.com.au/SAAthleticsAcademy</a>
- LITTLE ATHLETICS SA Cross Country & Walks. Mon | 15<sup>th</sup> & Wed 17<sup>th</sup> April at SA Athletics Stadium, Mile End. | Clinic for 8-17 year olds. Registration Sun 7<sup>th</sup> April. **25** | 8352 8133.
- ABERFOYLE PARK HIGH SCHOOL OPEN NIGHT Tues 19th March. Principal will speak at: 5:30 pm, 6:30 pm, & 7:00 pm. Tours leave from the front lawns every 5 minutes between 5:30 pm & 6:45 pm. **28** 8270 4455 or email info@aphs.sa.edu.au or visit www.aphs.sa.edu.au
- URRBRAE AGRICULTURAL HIGH SCHOOL Open Day Tues 19<sup>th</sup> March. 2 hour programme (9:30 am 11:30 am or 1:00 pm or 5:00 pm 7:00 pm). Includes Application Information, Farm Tours & School Tours. A Special Interest School offering a comprehensive curriculum including Agricultural Studies. Enrolments close 5:00 pm Wed 1st May. ☎ 8274 7455 or email dl.0798.admin@schools.sa.edu.au

I

- THEATRE BUGS Every child is a STAR. Act, Dance, Sing. For children aged 1 – 18 years. Classes at various locations.
   8332 1228 or visit www.theatrebugs.com.au
- LITTLE LESSONS A natural approach to Eczema, Asthma & Allergies. Event for parents / carers with children aged 2-12 years. Event for adults, sorry no crèche. Wed 10<sup>th</sup> April at Kauri Parade Sporting Complex, Seacliff. 7:00 to 8:30 pm. Cost \$45.



### URRBRAE

**AGRICULTURAL HIGH SCHOOL** 

### **OPEN DAY**

### YEAR 8 STUDENTS

**TUESDAY MARCH 19TH 2019** 

2 hour programme (9.30 - 11.30am or 1.00 - 3.00pm or 5.00 - 7.00pm) includes Application Information, Farm Tours and School Tours

Students wishing to enrol at Year 8 level in 2020 and their parents are invited to attend. Parking on the School Oval with access via Gate "C" off Cross Rd. Proceed to the Gym.

- Urrbrae is a Special Interest School which offers a comprehensive curriculum including Agricultural Studies.
- Selection for enrolment is based on the student's interest in Agriculture, the Environment and Technology
- Application Packages available from March 19th
- Enrolment applications close 5pm Wednesday May 1st

505 Fullarton Road, Netherby, SA, 5062

Ph: (08) 8274 7455

dl.0798.admin@schools.sa.edu.au www.urrbraehs.sa.edu.au





### Aberfoyle Park High School

### OPEN NIGHT Tuesday 19 March

The Principal will speak at:

5.30pm6.30pm7.00pm

Come and meet our engaged students and inspiring teachers, be captivated by our dynamic programs and state of the art technology in a school where your child is our focus.

Tours will leave from the front lawns every five minutes between 5.30pm & 6.45pm

Taylors Road Aberfoyle Park SA 5159 Phone: 08 8270 4455

Email: <a href="mailto:info@aphs.sa.edu.au">info@aphs.sa.edu.au</a>
Web: www.aphs.sa.edu.au





# Hallett Cove School

## Wednesday



### School in Action

9.30am — 11.00am (Bookings Essential)

Tour the school, see classes in action and meet the Principal

## Open Night

5.00pm - 7.00pm

Meet the Principal and take a self-guided or guided tour of the school