



NEWSLETTER – TERM 1 - 20th MARCH 2019

DIARY DATES

21/03/19	HARMONY DAY
22/03/19	HARMONY DAY ASSEMBLY – 12:05 PM
01/04/19	DISTRICT SAPSASA ATHLETICS DAY
10/04/19	HYPERGYM
10/04/19	ZOO SNOOZE

Dear Parents/Caregivers,

NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE

The national definition of bullying for Australian schools says:

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records)

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

The 15th March was the National Day of Action Against Bullying and Violence.

It is a timely reminder for all adults that we have a large part to play in educating and supporting young people to be safe. There is a wide variety of resources at hand for adults such as how to set limits on technology to ensure online safety as well as what bullying is, what to look for and what to do about it.

Beyond Blue reports that:

- approximately one in four Australian students are affected by bullying
- approximately one in seven young people have been cyber-bullied, with research suggesting this number may be increasing
- more than three-quarters of students who were bullied online were also bullied offline
- peers are present as onlookers in most bullying interactions and play a central role in the bullying process
- bullying is the fourth-most common reason young people seek help from children's help services. (<https://beyou.edu.au/factsheets/relationships/bullying>)

As bullying can have long-term detrimental effects it is pertinent as adults that we understand what bullying is and what we can do to take action when a young person is bullied.

Below is a great resource from the Bullying. No Way! website which gives some great tips about how to talk about bullying with your child

(<https://bullyingnoway.gov.au/RespondingToBullying/Parents>).

If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.



If your child is being bullied let your child know that you take the bullying seriously and that you can help them to report it to the school. If your child's safety is at risk you should contact the school immediately (<https://bullyingnoway.gov.au/RespondingToBullying/Parents/Pages/ChildBeingBullied.aspx>)

Evie Donoghue
HCEPS WELLBEING COORDINATOR

GOVERNING COUNCIL 2019

Congratulations to our new Governing Council for 2019. The new Council met for the first time this week. All the office bearers and sub-committee representatives were chosen.

Congratulations to the following office bearers and representatives:

Chairperson – Simon Gierke
Deputy Chairperson – Jenny Brown
Secretary – Patsy Potter
Treasurer – Melissa Vlachos
Assets and Grounds – Sally Matthews
Canteen – Rebecca Mansfield
Education – Patsy Potter
Finance – Melissa Vlachos
Fundraising – Melissa Vlachos
OSHC – Jenny Walker
Sport – Jessica Chaplin
Uniform – Gaylene Clark
Other reps – Amanda Maple, Simone Green

Any issues or queries for Governing Council can be raised with Simon Gierke via the front office.

SCOLIOSIS IDENTIFICATION

Scoliosis (spinal curvature) is an important health problem for adolescent girls. Twenty-five girls per thousand are at risk of developing a significant curve and three girls per thousand require active treatment (spinal brace or surgery). In the early stages the condition is most often asymptomatic so screening in the age range of 10 to 12 years is a sound preventative measure. When school screening for scoliosis was abandoned some years ago we introduced the National Self-Detection Program for Scoliosis as a practical alternative. Our policy on the matter is fully explained on the website.

The Fact Sheet can be accessed directly from the Scoliosis Australia home page at www.scoliosis-australia.org and provides information on how to self-assess for scoliosis.

COMING EVENTS

PUPIL FREE DAY – MONDAY 24th JUNE

Our second Pupil Free Day to be facilitated by Lisa Burman, will be held on Monday June 24th (Week 9 Term 2), for staff to attend training in Writer's Notebook/Bookmaking to improve the delivery of teaching in Writing.

PUPIL FREE DAY – MONDAY 22nd JULY (FIRST DAY OF TERM 3)

Our third Partnership Pupil Free Day will be held on Monday July 22nd (day 1 of Term 3). All the sites in the Partnership will again be closed and we will be continuing our work on planning curriculum with a focus on learning design, assessment and moderation in Numeracy, The Arts, PE and Japanese.

Anne Rathjen
PRINCIPAL

FUNDRAISING

DISCO tickets are available either via the office or QKR until 4:00 pm Friday the 29th of March, unless sold out earlier - so get in early to avoid disappointment.

Planning is under way for a midyear Quiz Night. Theme being **80's**, this could be movie, movie star, pop star etc from that era. Book the sitter for Saturday night, June 15th and start thinking about your table name and outfits. Details to come early next term, but if you would like to book a table you can do so by emailing hcepsfundraising@gmail.com



Last year's Quiz Night was a great night for all who attended and it was a fantastic fundraiser for the school. Any business' that would like to donate something for this night can also email the address and all donations are really appreciated.

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

Below are the early bird bonuses available.



UPCOMING EVENTS

SCHOOL DISCO

Friday, 5th April

Years R-2 - 6:00 to 7:00 pm

Years 3-7 - 7:15 to 8:30 pm

COMMITTEE MEETING

Friday, 3rd May 2.30pm

MOTHER'S DAY STALL

Term 2 - 9th & 10th May

80'S QUIZ NIGHT

Saturday 15th June

FATHER'S DAY STALL

Term 3 - 29th & 30th August

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

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.

THE FUNDRAISING COMMITTEE



JOEY'S JOURNAL

Harmony Day

March 21st is Harmony Day, a day to celebrate how our similarities and differences make Australia a great place to live. Across Australia the celebrations and events continue for a whole week.

Did you know?

- Over the last 70 years more than seven and a half million migrants have made Australia their home.
- Half of all Australians were born overseas or have a parent who was.
- People from over 200 countries make up our Australian community and over 300 languages are spoken in our homes.
- More than 70 indigenous languages are spoken in Australia

At HCEPS we are celebrating Harmony Day with class activities, a special assembly on Friday, and **wearing orange on Thursday and Friday**. The reason that orange is the colour that we wear for Harmony Day is because orange traditionally signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. These are all great qualities that we want to see in our homes and school.

Can you imagine living in a world where everybody was exactly the same? How would we achieve all of our tasks and jobs? There would be no one to fill in the gaps in our knowledge, experience or abilities. Some things would never get done, and others would be much more difficult. In our world, our differences are often used as a means to create distance between us. Instead we need to look at different skills and strengths as an opportunity to

recognise our need for each other and appreciate our diversity.

Visit www.harmony.gov.au for more information.

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



Hallett Cove East Primary School

Friday 5th April



Reception - Year 2 6pm - 7pm

Year 3 - Year 7 7.15pm - 8.30pm

\$ 10 per ticket

(all inclusive, no money required on the night)
Glow bracelets, water, popcorn & plain chips

Limited tickets available from the office or on the Qkr app up till 4pm

Friday 29th March, unless sold out earlier.

No tickets issued after this date.

DONT FORGET THE DISCO IS A PARENT FREE ZONE

HIGH SCHOOL INFORMATION

- **MITCHAM GIRLS HIGH SCHOOL**

- 1) OPEN DAY - Wed 10th April 9:00 – 11:00 am & 5:00 – 8:00 pm.
- 2) PARENT INFO EVENINGS – various locations & dates from 6:00 – 7:00 pm.

- **SEAVIEW HIGH SCHOOL**

- 1) SPECIAL INTEREST PROGRAMS – Music, Dance, Sports & High Performance Tennis trials.
- 2) OPEN DAY – Wed 27th March 5:00 – 7:30 pm. Principal's address at 6:45 pm.

More info ☎ 8377 8000 or dl.0893.info@schools.sa.edu.au

- **HALLETT COVE SCHOOL**

- 1) Wed 20th March. School in Action 9:30 – 11:00 am. Tour the school, see classes & meet Principal.
- 2) OPEN NIGHT – 5:00 – 7:00 pm – meet the Principal & take a self-guided / guided school tour.

- **BRIGHTON SECONDARY SCHOOL**

Open Week 1 - 4 April. Guided tours & Special Interest Info sessions, Volleyball, Music, Bright/STEM Bright/Company Bright Info sessions – various dates & times.

More info ☎ 8375 8200 or leanne.faithow@brighton.sa.edu.au

COMMUNITY NEWS

Please see noticeboard for further information.

- **CITY OF MARION CLUBLINK –**

- 1) Volunteer recognition - for local clubs & community groups to nominate one or more volunteers for outstanding commitment. Sat 30th March 9:30 – 2:30 pm at Cove Sports & Community Club.
- 2) First Aid Training – Learn from a life-saving expert, Surf Life Saving SA. Sat 6th April 9:00 am to 5:00 pm at Cove Sports & Community Club.
- 3) Strategic Planning Workshop – for clubs & groups to have a good strategic plan of where they want to go. Wed 10th April 6:15 – 8:30 pm at Club Marion, Hills Room.
- 4) Latest Grant Opportunities – Community, Active Club, Community Recreation & Sport Facilities, Sports Vouchers.

- **THE COVE BMX CLUB BMX RACING** – Love Bikes & excitement? BMX racing is for you. Coaching Wed nights. Various ages, bikes & costs. Oval Rd, Hallett Cove. Find us on facebook @cove.bmx