Dear Parents

NAPLAN Testing
Our grade 3, 5, 7 and 9 students have been working hard this week completing the national Maths and English tests. These tests are administered to students in those grades in all states and territories, and are useful in the following ways.

For parents, it is an indication of how students are achieving in these subjects compared to the national expectations for students of that age. A report on the tests is sent home to parents in mid-term 2.

For teachers, the test allows us to look for any gaps in individual students’ learning that need to be addressed.

The results for each grade also allow us to look for areas that might need strengthening in our teaching program.

Parents may view the testing results for our school from the last four years at the my School website www.myschool.edu.au or through the my school link on our parent web page at www.schools.education.tas.gov.au/sheffield

Moderation Day
A reminder that Monday 21st is a student free day for Moderation. Our teachers will be working with teachers from other schools comparing work programs and assessment of student work. This process ensures that students at our school are studying at the same level and receiving assessment ratings at the same standard as students from their grade in all other schools in the state. The school office will also be closed on this day.

MADD Night
Many of our students from prep to grade 10 performed at last week’s concert - the Music, Art, Dance and Drama night. It was pleasing to see students willing to perform in front of a large, appreciative audience, demonstrating the skills that they have developed at this early stage of the year. We look forward to further showcases of their developing skills with further performances. Congratulations to all students on your work, and to Mrs Bentley and Miss Tawse for organising the evening.

“Insights” - Parenting Ideas Article
Included with today’s newsletter “Helping kids manage anger” on page 4.

MALCOLM MOORE
PRINCIPAL
Calendar dates…..

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>18 May</td>
<td>Walk Safely to School Day</td>
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<tr>
<td>21 May</td>
<td>Moderation Day</td>
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<tr>
<td></td>
<td>(Students do not attend - please note office is closed)</td>
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<td>22 May</td>
<td>Immunisations (Grade 7 girls)</td>
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<td>Farm Management Meeting 4.15pm VET Room</td>
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<td>25 May</td>
<td>Cuppa for Cancer Fundraiser</td>
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<td>25-31 May</td>
<td>9/10 Mainland Trip</td>
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<td>29 May</td>
<td>NWPSSA Cross Country (Ulverstone)</td>
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<tr>
<td>30 May</td>
<td>Inter-high Cross Country</td>
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<td>30 May-1 June</td>
<td>Grade 8 Camp (Camp Clayton)</td>
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<tr>
<td>31 May</td>
<td>Parent Newsletter</td>
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<td>1 June</td>
<td>Final Day Term I</td>
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P- 6 AWARDS
FROM WEDNESDAY  9 MAY, 2012

<table>
<thead>
<tr>
<th>Prep</th>
<th>Prep-1</th>
<th>Grade 1/2A</th>
<th>Grade 1/2 B</th>
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</thead>
<tbody>
<tr>
<td>Colin Alsop</td>
<td>Casey Chatterton</td>
<td>Eternity Wright</td>
<td>Brady Mason</td>
</tr>
<tr>
<td>Tahli Hyland</td>
<td>Brandon Foley</td>
<td>Grace Young</td>
<td>Lachlan Wordsworth</td>
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<tr>
<td>Grace Febey</td>
<td>Tayla Grabe</td>
<td>Amber Dunlop</td>
<td>Bonnie Sullivan</td>
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<tr>
<td>Taylah Boyd</td>
<td>Joe Spillane</td>
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<tr>
<td>3/4A</td>
<td>3/4B</td>
<td>4/5</td>
<td>5</td>
</tr>
<tr>
<td>Morgan Gamble</td>
<td>Jasmine Kenzie</td>
<td>Hollie Braid</td>
<td>Tyler Richardson</td>
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<tr>
<td>Mark Neulist</td>
<td>Liam Rouse</td>
<td>Zakary Davey</td>
<td>Charley Davies</td>
</tr>
<tr>
<td>Amber Mitchell</td>
<td>Keiffer Stafford</td>
<td>Abbey Boucher</td>
<td>Nicholas McCarthy</td>
</tr>
<tr>
<td>Takisha Norris</td>
<td>Chloe Currie</td>
<td>Jordan Jones</td>
<td>Archie Smart</td>
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</tbody>
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Grade 5/6 Eustace
Jaicam Kenzie
Josie de Boer
Tai Mulvey
Ebony Sims

Grade 6
Dylan Dennis
Brady Rouse
Troy Milton
Samara Conway

SCHOOL RUGBY TOPS
Please note that new stocks of rugby tops have arrived. Various sizes are available at the school office for $60 each.

CANTEEN
A reminder particularly as the weather is getting colder, to respect our busy canteen staff and please pre-order your lunch before school.
AUSTRALIA’S BIGGEST MORNING TEA FRIDAY MAY 25
Sheffield School Cuppa-For-Cancer

This year we will be hosting our cuppa for cancer in the Textiles room here at school. Community members are very welcome and we will have soup, sandwiches and sweets available from 11am. A $5 donation would be appreciated.

WOOLWORTHS EARN AND LEARN
We have been approached by Woolworths to consider participating in their Earn and Learn program, where shoppers are rewarded with stickers which can be redeemed by the school to purchase items.

While we applaud Woolworths for supporting schools, we will not be participating in the program. Our school is very generously supported by:

- The Don Store
- Williams IGA Supermarket
- The Sheffield Vegie Shed

We encourage parents, where possible, to support our local businesses.

FRED HOLLOWS FOUNDATION FUNDRAISER 22 JUNE 2012

Grade 10 SRC will be hosting a casual clothes day to raise funds for the Fred Hollows Foundation on Friday 22nd June. On Friday the 22nd of June the SRC will be holding a casual clothes day to support the Fred Hollows Foundation.

Fred Hollows was a great man who performed eye surgery in developing countries and made people regain sight. The day will be a gold coin donation and there will be cookies for those who donate. REMEMBER EVERY DONATION HELPS!

WALK SAFELY TO SCHOOL DAY

Tomorrow, Friday 18 May 2012, Sheffield School will participate in the Walk Safely to School Day. This is where we encourage students to walk to school and to keep active. All students who travel to school by bus will be dropped off at the Recreation Ground in Sheffield. Students will be met by teachers who will walk to school with them. Students who travel by car are encouraged to show their support by being dropped off a block or two away from school and walk the remaining distance.

For further information visit walk.com.au
Helping kids manage anger

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves.

Managing anger is one of the biggest emotional issues that children face. Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. ‘Civilised people don’t get angry’ seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

Anger needs to be managed, rather than simply avoided. Bury anger deep down and it will go away is the attitude! This doesn’t work for many children as bottled up emotions don’t always dissipate. They simmer away, eventually spilling over into physical violence or hurtful verbal abuse, which so often backfires on the angry person.

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves. Here are six steps that parents can use to help kids of all ages keep their emotions under check, and respond safely when emotions run high:

1. **Understand It**: Help kids understand the events and situations that trigger angry responses. These situations will vary, but may include, playing rough games, not getting their own way and being teased by others. Help kids to reflect on the events that trigger a ‘wobbly’, so they can take preventative measures. This type of self-knowledge is really helpful for older primary school children and teenagers.

2. **Name It**: Help them recognise the physical signs of anger, such as clenched fists and teeth, tension around their shoulders and heavy breathing. Then assist them to develop a vocabulary around anger. "Mad as a snake", "about to lose it", "throwing a tantrum" are some possibilities. Children can probably generate more! Naming emotions promotes good emotional literacy in kids.

3. **Diffuse It**: You need some strategies to diffuse anger and bring down emotional levels in kids. Distraction and time out can be effective for toddlers with short fuses, and even shorter attention spans. For older children, parents should use diplomacy rather than discipline. You may need to give some kids some space on their own before attempting to talk. Listening to their story, validating their right to be mad and focusing on feelings are some ways to diffuse anger. Sometimes knowing that someone else knows how you feel is enough to make anger go away.

4. **Choose It**: Help children understand that they do have a choice about how they respond to their anger. They may feel like lashing out, but they don’t have to get physical or verbally aggressive when they get angry. Let kids know in clear terms that slamming doors, throwing things and refusing to cooperate are the wrong ways to display anger. Help them understand that while you are on their side, as they mature they need to choose socially acceptable ways of handling anger.

5. **Say It**: Encourage children to express how they feel verbally, rather than bottle things up or become aggressive. The use of I statements is one way of letting others know how they feel. ‘I feel really mad when you say nasty things to me. I really don’t like it!’ is one way of being heard and letting the anger out.

6. **Let it out safely**: Boys, in particular, need physical outlets for pent up anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. Some kids may even pour their anger into a letter, some work on a productive activity. Help children find legitimate outlets for their anger.

Parents need to role model healthy anger management so children see firsthand how adults handle anger in mature ways. That means parents take time to listen to each other, talk things through and find healthy physical ways to let off steam when you feel yourself getting to boiling point.

The maxims for families who want to learn to manage anger in healthy ways should be: “There is nothing so bad that we can’t talk about it. However there are behaviours that are not acceptable.”

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

PO Box 167 Balnarring VIC 3926  P. 03 5983 1798  F. 03 5983 1722  E. office@parentingideas.com.au

FOUND

A number of discs found inside a disc cover located on the Spirit of Tasmania in December, 2011.
Please contact Devonport Police Station on 64 21 7516

RIVERBEND HOLIDAY CAMPS JUNE 2012

Riverbend Youth Centre provides a happy holiday for young people in an environment where principles of Christian living are taught and practiced. Each day’s program includes informative Bible devotions and discussions.

Riverbend camps offer games, crafts, outdoor activities, excursions, films indoor games, outdoor sports, quizzes, concepts, singing AND really great food.

Camp fees are $110 per person. Fee must be paid with your application. Application forms can be obtained from school or by contacting Riverbend Youth Centre by telephone (03) 6452 1635 Fax (03) 6452 1699. Camps are popular and spaces are limited.

Girls Go Surfing Days All Ages Program
Saturday June 3rd
ULVERSTONE SURF CLUB
9-11am
Saturday June 3rd
BURNIE YACHT CLUB
1-3pm
2 hours tuition Board/wetsuit hire
Plus ‘RipCurl’ T shirt and Gift Pack
$50
To Register Ph.
Gary—0419120704
Or email
42southsurf@gmail.com
*Under 18's MUST be registered by a parent/adult

Disclaimer: Parents should note that advertisements for education services, companies, activities or similar events are published as a ‘community service’. Sheffield School is in no way liable for the quality, supervision or integrity of the provider and strongly suggests that parents make their own enquiries before engaging with the advertised event.
Malcolm Moore, Principal