From the Principal ........................

Dear Parents,

Students have settled well into term 2. My observations over the past two weeks have been of students focused and working hard on their learning programs across all areas of the curriculum.

7-10 Assembly
Last Wednesday we held our first 7-10 assembly for the term; students shared their work, we were treated to DVDs highlighting the wonderful times had by students both on grade 8 camp and the 9/10 mainland trip, and celebrated the individual achievements of our many of our secondary students. We also recognised the efforts of our past and current students leaders through the achievements of the SRC and the Leadership and Citizenship class in coordinating fundraising activities that have contributed to charitable organisations and groups of people within the wider community that are less fortunate than us. Our school was presented with certificates of appreciation for the funds raised from the following organisations: The Fred Hollows Foundation, Relay for Life, Juvenile Diabetes Research Foundation and the Samaritan’s Purse International Relief Shoe Box Appeal. Well done and thank you to everyone within our school community that has supported the fundraising activities organised by our student leaders.

Climate Change Student Leaders Forum
Last Friday I accompanied 3 of our SRC students, Clodagh Simms, Hayley Davies and Maddisson Lockett to a student leaders’ forum on ‘Climate Change’ held at Ulverstone High School. During the course of the forum we were joined by the Prime Minister of Australia Julia Gillard and Braddon Labor MP Sid Sidebottom. They were both very impressed by the ideas and suggestions students from across a variety of high schools put forward as ways of reducing our carbon footprint!
Move Well Eat Well Award
This week Mrs Maddick was notified that we were successful in renewing our accreditation as a Move Well Eat Well Award School. We received our first award in 2010, and since then have steadily kept our focus on healthy eating and physical activity for all children. These healthy lifestyle habits are now becoming entrenched in all that we do at Sheffield. Thank you to our fabulous Move Well Eat Well committee and to all of our parents, students and staff for supporting this valuable initiative.

Education Department Photo Shoot
This Tuesday afternoon a photographer will be in the school taking photos of various groups of students specifically focused around end of day routines, safe travelling practices and after school activities. This is a part of a state wide process by the Education Department to update their image library. As a result small groups of students and in some cases classes will be provided with an information letter and permission form that will need to be returned to school prior to the photo shoot on Tuesday. Although being provided with a general brief we cannot be sure of the makeup of all of the photos therefore in some cases we will safe guard ourselves by ensuring all students within some classes have the appropriate permissions in case they do appear in a photo. Thank you in advance to those parents who have supported this process by providing the appropriate permissions for their child to participate.

Reminders
I would like to take this opportunity to remind both students and parents of a number of expectations within our school.

The first is in relation to contacting students whilst they are at school. Our Use of Personal Technology guidelines allow for students to responsibly use their mobile phones before and after school and during break times (recess 10.50am - 11.10am; lunch 12.50pm - 1.20pm). At other times their phones should be turned off. In recent times I have been informed of a number of instances where parents have contacted their child by texting or calling during class time. I stress to parents that this type of interruption impacts not only on the learning of their child but that of the other students within the class. If parents do need to contact their child urgently during class time, please do so through the school office on 64918222.

The second reminder is in regard to aerosol deodorants. Often these items are used at school in confined spaces and as an Asthma Active School we are all very conscious of the impact such sprays can have on those students that suffer from asthma. Unfortunately, I have also recently had a report of a student trying to light the contents of a deodorant can whilst it was being expelled; an extremely dangerous practice. It is therefore an expectation that students only bring to school either the roll on or pump type deodorants.

Thank you to both students and parents in anticipation of your cooperation in each of these matters and in ensuring that all students can continue to learn in a safe and supportive learning environment free from interruptions.

RON DALY
A/PRINCIPAL
Calendar dates....

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>18 July</td>
<td>NWPSSA 5/6 Sports Day</td>
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<tr>
<td>19 July</td>
<td>School Council Meeting 7.00pm VET Room</td>
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<tr>
<td>24 July</td>
<td>Farm Management Meeting 4.15pm VET Room</td>
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<tr>
<td>25 July</td>
<td>P-6 Assembly 11.45am</td>
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<tr>
<td>26 July</td>
<td>Parent Newsletter</td>
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<tr>
<td>1 August</td>
<td>Primary Mini Olympics Day (Gr 3-6) Reports Home</td>
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<td>2 August</td>
<td>School Socials</td>
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<td>3 August</td>
<td>Jeans for Genes Day Fundraiser</td>
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<td>6-10 August</td>
<td>Parent/Teacher Discussions</td>
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<tr>
<td>7 August</td>
<td>Show Meeting 7.30pm VET Room</td>
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<tr>
<td>8 August</td>
<td>7-10 Assembly 12.15pm</td>
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<td>9 August</td>
<td>Parent Newsletter</td>
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<tr>
<td>16 August</td>
<td>School Council Meeting 7.00pm VET Room</td>
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<tr>
<td>21 August</td>
<td>Dance Festival (EC/Primary) Ulverstone P-6 Assembly 11.45am</td>
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<tr>
<td>23 August</td>
<td>Parent Newsletter</td>
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<td>28 August</td>
<td>MADD Night 6.30 pm Related Arts Building</td>
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<tr>
<td>30 August</td>
<td>Secondary Sports Presentation Evening</td>
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<tr>
<td>31 August</td>
<td>Book Week Assembly</td>
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Scoliosis Self Detection Program

Scoliosis (spinal curvature) is an important health problem for adolescent girls and 25,000 Australians per age cohort are at risk of developing a significant curve. Three girls per thousand require active treatment (spinal brace or surgery). Because in the early stages the condition is most often asymptomatic, screening in the age range 11-13 years is a sound preventative health measure. When school screening for scoliosis was abandoned, a self detection program was introduced as a practical alternative.

This week, all girls in Grade 7 and 9 will receive a self-detection brochure for scoliosis. It outlines up to date information and how to self detect if scoliosis is an issue. If you would like further information about this, please see www.scoliosis-australia.org or contact your family doctor.

!!!!!!!!! Adult Helpers Wanted!!!!!

We are looking for adults to help with the school band. No musical experience necessary, we just need some adults to sit with the students and make sure they are on track. The band rehearses every Friday from 1.10 – 2pm. For more information please contact Miss Tawse.

Drum Lessons Available

Drum lessons will take place on Tuesday with our new drum tutor Lewis Elliott. If you are interested please contact Miss Tawse or Lewis (0488 227 943) for more information.

Singing Lessons Available

Want some help with singing? Our new school singing tutor may be able to help. If you’re interested in getting lessons please contact Miss Tawse or Kim Paisley (0407 810 033).
**Pre-Kinder**

Pre-Kinder sessions have begun for those children who will be starting Kindergarten at our school in 2013.

**When:** Wednesday afternoons during terms 2 and 3. Sessions run from 1.30pm – 2.40pm

**Where:** Sheffield School Kindergarten

**Who:** Children who were born in 2008 that will be attending our school next year.

**Cost:** Free

The aims of our Pre-Kinder program are:

- to give your child the opportunity to get to know other children who will be in Kindergarten at our school next year.
- to establish some of the Kindergarten routines.
- for you and your child to meet some of our Early Childhood teachers and Kindergarten aides.
- for your child to become familiar with the Kindergarten room and playground.
- to provide support in the process of enrolling your child at our school.
- to offer some parent information sessions in relation to what your child will need in Kindergarten (uniforms etc.), general information about our school, and ways you can help your child prepare for his/her first year at school.
- offer opportunities for you to ask questions you may have about your child starting school and discuss with you any concerns you may have about your child and his/her ‘readiness’ for school.

If you have a Pre-Kinder aged child but are unable to attend our Wednesday sessions, please contact our Pre-Kinder teacher, Lynda Wallace via the school office (64918222) so that we can get an accurate idea of the number of children starting next year.

**Symmons Plains Cross Country**

On the 4th July Pyper Page, Amber Mather and Ebony Simms participated in the Tasmanian All Schools Cross Country at Symmons Plains. They all ran very well coming in the top 40 in their respective age groups with over 150 runners. Well done girls!

**Miss Scattergood**
Pathways News

On Wednesday 11th July, We had approximately 20 of our Grade 9 students attend the Try-a-Trade event run in Burnie.

This event has been a very successful annual event for the past 4 years, each year more and more careers are added to the list of activities students can become involved in. Stay tuned for a report as to how this year’s event goes.

The Health Sciences & Pharmacy divisions of UTas are again offering taster days for any interested students to attend:

Friday 3rd August  Health Science Taster Day (Grade 9 & 10)

The School of Medicine at the Hobart campus, MS1 Building, 17 Liverpool Street, of the University of Tasmania (UTAS) will be holding an interactive Health Science Taster Day to showcase the following degrees offered:

- Bachelor of Biotechnology and Medical Research
- Bachelor of Medicine – Bachelor of Surgery (MBBS)
- Bachelor of Paramedic Practice

These workshops provide students interested in studying health science an opportunity to find out more about the degrees offered by the School of Medicine and possible career paths. The workshops will be run by academic staff teaching in the above degree courses, with a focus on “hands-on” activities related to the types of activities that are part of studying and working in these fields. They will be accepting 65 participants and registrations can ONLY be done online http://www.utas.edu.au/medicine/study/taster-day

September 4th/5th  Pharmacy Taster Day (Grade 9 & 10)

The School of Pharmacy will again be running a Taster Day to let high school students experience a day in the life of a pharmacy undergrad student. It will be run either Tuesday September 4th OR Wednesday September 5th, 2012 (Specific day will be allocated after application form has been received) 10am – 3pm; includes morning tea and lunch.

In 2012 they have made Taster Day bigger than ever, running the Taster Day on two separate days to allow for more students to attend.

Where: The School of Pharmacy, UTAS, Sandy Bay Campus For more information and details on how to apply please go to: http://www.utas.edu.au/pharmacy/taster-day Registration closes Friday August 3, 2012.

Although registration for both these programs must be done online, if you are interested please feel free to contact me for assistance. rachel.matchett@education.tas.gov.au or at Sheffield School each Monday and Tuesday.
CLIMATE CHANGE FORUM
On Friday the 6th of July, Hayley Davies, Maddisson Lockett and Clodagh Simms participated in a Climate Change forum held at Ulverstone High School; Prime Minister Julia Gillard attended the discussion. The forum was guided by the question ‘As Student Leaders in your school, what can you do to make a difference in your community about climate change?’ We began by watching a short video that enabled us to develop a greater understanding of climate change. As a group we formed ideas based upon what as a school we currently do to decrease our carbon footprint, and ways in which we can improve. It was an absolute privilege to meet Prime Minister Gillard and an even more amazing experience discussing these issues in her presence. We look forward to introducing more environmentally friendly alternatives throughout the school in the near future. We would like to thank Mr Daly and Ulverstone High School for making the day possible.

By Clodagh Simms

CANTEEN NEWS
Please note that Chicken Crunchies are no longer available in our school canteen. A revised canteen list will be included in our next school newsletter.

EMPTY CONTAINERS NEEDED!!
Our cooking students are taking home lots of “take away” at the moment and we need to restock with empty, clean butter, margarine, sour cream, yoghurt and similar containers. Any donations can be left at the office or brought to the kitchen.

Thanking you in anticipation of your support.

Anna Maddick

WORLD VISION

Esther visited Ethiopia in January 2012 to see firsthand the challenges faced by children and communities in developing nationals and the long term, sustainable work that World Vision is doing to improve livelihoods. Esther is available to speak about her stories and experiences and share how students can make a positive impact through the 40 hour famine this year.

MOVE WELL EAT WELL
Tap into water every day and limit sweet drinks. Aim to increase water consumption and reduce the consumption of sweet drinks. Drinking water instead of sweet drinks provides hydration for concentration and learning and promotes healthy teeth. Email: movewelleatwell@dhhs.tas.gov.au
Chaplain’s Chat

Update on “Craft for a Cause”:
We have a number of beautiful students coming across on Monday and Wednesday lunch breaks, learning to knit and enjoy some social time together all overseen by Mrs Hawkins and myself. A few ‘stars’ are emerging and are keenly knitting to create their own contribution towards a warm blanket for those in need. We are always ready to welcome newcomers and I encourage students to come along and share in the fun we have.

“Mind Hack”: Your easy to use guide to your own extraordinary life…

By Grant Mullen

Professional Development days bring a variety of memorable responses, but as Grant Mullen stood up I knew he was ‘different’. His latest book title grabbed my attention and of course I had to purchase it to see what it had to offer. As with all motivational books, there are some things that resonate with us and some that don’t. I believe it’s a good idea to read and become enlightened but we always need to remain truthful to ourselves and those important people around us, as we come to our own conclusion using the intelligence we all have within us.

There are 52 Mind Hack points.

Mind Hack #49: Dress for Success….or happiness, or pleasure, or fun….

“Your clothes carry memories. They do not carry the memories within them; they do, however, carry memories that are associated with them. Those memories are ignited when you put those clothes on. When you put on those jeans, shirt or dress that you really love; You look great! You feel amazing! Other items will ignite very different feelings.

Grant talks about going to our wardrobes and making three piles of clothes, (for positive, neutral & negative feelings) including socks, underwear….the whole lot. Look at each item of clothing and ask yourself what immediate thought you have about it. How does it make you feel? Do you want to have that feeling? And to not justify the cost….because it might not be the clothes that you are hanging onto, it may be something else. Take the negative pile to a clothing exchange and enjoy how clearing the clutter will make you feel. You can also go around your house and let go of anything else you don’t want.

I know it makes me feel good to pass on clothes/items that are cluttering up the wardrobe. If for no other reason, it’s nice to know that it can help someone else and that our trash can be someone else’s treasure…..Everybody wins!

Esther

Acknowledgement: The National School Chaplaincy Program is funded by the Australian Government Department of Education, Employment and Workplace Relations.

Disclaimer: The views expressed herein do not necessarily represent the views of the Australian Government Department of Education, Employment and Workplace Relations.
A Girl's Way

Girls are more inclined to want people to like them and have a greater desire to be accepted. It's important to open up conversations around values and beliefs.

Article contributed by Catherine Gerhardt

Raising teen girls was never meant to be easy. With two pre-teen daughters myself I am keenly aware of the challenges that lie ahead. Already there are circumstances with friends, and there will be situations with boyfriends, work and online relationships, then add into that mix possible issues with body image and self esteem. Where! That sounds like a potential mine field.

Girls can tend to be too trusting when it comes to relationships and may not pay enough attention to their instincts, that intuition that helps keep them safe. In general girls are more inclined to want people to like them and have a greater desire to be accepted. It is important that we open up conversations around values and beliefs.

Important safety discussions for girls:

Friends vs. Cliques
Friends are those people that we share a lot in common with. We enjoy hanging out with them and supporting each other. Friendship groups share values and beliefs and welcome new friends.

Cliques are more restrictive. They have rules that set out who can be "in" and how they should behave. There can be a lot of pressure to conform to a clique and it's usually controlled by a leader.

Have discussions with your daughter about knowing what they want and what they believe in, and emphasise the importance of keeping true to themselves. Are they being true to themselves in their friendships and activities when in a peer group? One of the messages we use in our home is "Who is the boss of you?" Does your daughter have the skills to be the boss of herself or will she easily allow someone to take that position?

Peer Pressure
Almost everyone finds themselves in a peer pressure situation at some point. Help your daughter understand that when something makes her feel uncomfortable, this means the situation is wrong for her.

Encourage her to know who she is and keep to her values. Take some time out this week to sit down with her and write some down and have them posted as discussion points for when you need them. Is she living in a way that respects her core values?

It is also worthwhile to have a plan and build discussions around potential peer pressure situations, like alcohol, drugs or sex? Think ahead and discuss what she can do and even have her practise what she can do or say. A lot of families have a code phrase that teens can use if they are feeling pressure and want to get out of a situation. One family I know uses "mother" as their alert word; if they hear that word or have it written in a text that is their cue to mobilise.

No means no
Believe it or not, NO is a word I want to hear my daughters using a lot as they navigate their way through their teenage years. The word NO is a powerful word. NO is a complete sentence. It is the most important word they can use to keep themselves safe. If someone does not listen to their NO, then that person is trying to take control of them or the situation. Help your daughter to understand that if they feel someone is talking them out of their NO, they are letting them take control. No means no you do not need to say anything else. Let's say, for example, someone approached your daughter and asked to help carry her school bag and she says, "No, thank you. I can do it myself. I don't have far to go." This tells the person that she may be open to conversation and may be able to be convinced. NO means no negotiation.

The need to be noticed can be strong enough to lead girls into risky behaviours or behaviours that do not fit in with their core values. As parents, we need to support our girls to find and know their core beliefs and values and empower them to be true to these ideas and standards.

If the way your daughter wants to be remembered does not match the way she thinks others will remember her, then it is time to make some changes. If your daughter finds herself questioning what she is doing, get her to reflect on her list of core beliefs and values. The choices they make now will help build the foundation for the woman they are going to become.

Catherine Gerhardt, Kidproof Melbourne
Kidproof provides proactive and preventative child and family education programs.
www.kidproofsafety.com.au
COMMUNITY NOTICEBOARD

TIM BLAIR RUN FOR CHARLOTTE

Tim Blair will be running to raise funds for Charlotte Rataj a 3 year old girl suffering from leukaemia. You are invited to join the fundraising effort by supporting Tim either by donation or by participating in the Run for Kids events on 24th and 25th August. Tim’s endeavour is supported by the Devonport High School P & F Committee.

Tim will run 100 kms from Launceston to Devonport on Friday 24 August 2012.

Register your support at www.rundevonport.com.au

MORSES COACHES EXTENDED SERVICE
SHEFFIELD TO DEVONPORT

Morses Coaches is providing a STUDENT ONLY service requiring green card access from Sheffield to Devonport catering for Don and Polytechnic students.

Departing the corner of High Street and Sheffield Road at 11.40am (Slaters Corner) arriving at Don College at approximately 12.15pm.

Return departing Don College at 12.25pm from gym Bus Shelter arriving at Sheffield at approximately 1.00pm.

For more information contact Morses Coaches on 03 6424 9089 or email mail@morsescoaches.com.au or Web: www.morsescoaches.com.au

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