From the Principal …………………..

Dear Parents,

Last Wednesday mid-year reports were sent home with students. This week we have been conducting parent/teacher discussions with many parents taking up the opportunity to come and discuss with teaching staff their child’s report, particularly regarding progress being made and areas of their learning that need to be a focus over the second part of the year. If you have been unable to come in this week I encourage you to contact your child’s teacher through the school office to make alternate arrangements over the coming weeks.

Over the next 2/3 weeks teaching staff will endeavour to make phone contact with those parents that have been unable to come in for parent/teacher discussions; one to ensure parents have received the report, but also to answer any questions parents may have regarding the content of the report. I think this is particularly important this year given the transition to a new reporting scale associated with the Australian Curriculum.

Grade 10 Mock Interviews
Rachel Matchett, our Pathways Planning Officer has been very busy organising mock interviews for our grade 10 students. These interviews occurred Monday and Tuesday of this week. This is part of their “work studies” unit which also includes resume and application writing skills and will finish with work experience at the end of this term. Mock interviews help students prepare for and gain confidence when applying for jobs. Although the interviews are run in an artificial environment the interviewers, the questions and the schedule follow very closely what could be expected in genuine situations. Many students took advantage of the opportunity to improve their interview skills even feeling real nerves just as they will do in future interviews!

I would like to recognise Rachel’s efforts in organising this program as well as the support of the local community, particularly the following businesses and individuals who gave up their time in running this very worthwhile program:

NGT
Guaranteeing Futures
Youth Connections
Master Builders Association, Tasmania
Lions Sheffield
Choose Employment
Fudge ‘n’ Good Coffee

Kerily Jamieson
Mark Denny
Brett Budgeon
Judy Partridge
Robyn Russell
Madonna McKenzie and Maxine Reeves
Chris Puccetti
School Magazine Photos
Next Wednesday, 15 August sporting teams (full sporting uniform required), SRC, representative teams, band and other group photos for the school magazine will be taken. Mrs Craze will be taking these photos in the Drama room. A timetable will be advertised on the student daily memo early next week. (As the soccer season has finished PE staff will collect the soccer tops from players after their team photo).

RON DALY
A/PRINCIPAL

Calendar dates.....

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>13-14 August</td>
<td>UNSW National Mathematics Competition</td>
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<td>15 August</td>
<td>Grade 5 Camp Fundraiser Sausage Sizzle</td>
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<td>16 August</td>
<td>School Council Meeting 7.00pm VET Room</td>
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<td>40 Hour Famine Sleepover</td>
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<td>20 August</td>
<td>Grade 10 UTAS Visit Cradle Coast Campus</td>
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<td>21 August</td>
<td>Dance Festival (EC/Primary) Ulverstone</td>
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<td>Show Meeting 7.30pm VET Room (note date change)</td>
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<td>22 August</td>
<td>P-6 Assembly 11.45am</td>
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<td>Walk Safely to School Day</td>
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<td>23 August</td>
<td>Parent Newsletter</td>
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<td>MADD Night 6.30 pm Related Arts Building</td>
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<td>27-31 August</td>
<td>Primary Book Fair</td>
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<td>28 August</td>
<td>4/5, 5, 5/6, 6 Classes Drama Excursion Burnie</td>
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<td>Farm Management Meeting 4.15 pm VET Room</td>
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<td>29 August</td>
<td>Book Week Assembly (note date change)</td>
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<td>30 August</td>
<td>Secondary Sports Presentation Evening</td>
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<td>3-7 September</td>
<td>Grade 10 Work Experience</td>
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<td>4-7 September</td>
<td>Grade 5 Camp</td>
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<td>7 September</td>
<td>Final Day of Term 2</td>
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<td>24 September</td>
<td>Student Free Day (students do not attend)</td>
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<td>25 September</td>
<td>First Day of Term 3</td>
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<td>Farm Management Meeting 4.15pm VET Room</td>
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<td>27 September</td>
<td>School Council Meeting 7pm VET Room</td>
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CHILD HEALTH AND PARENTING SERVICE

A nurse from the Child Health and Parenting Service will be commencing the prep vision and hearing screening program on 7th and 21 August.

The nurse routinely sees children in Prep.

If you have concerns about the health of any of your children in Primary school and would like them to be seen by a nurse, please contact their office on 6421 7800 for a consent form.
7 – 10 AWARDS

WEDNESDAY 8 AUGUST 2012

Grade 7
Beau Mace
Isaac Hayes
Daman Sims
Ellen Sheehan
Katelyn Bartholomew

Grade 8
Emily Bennett
Liam Davies
Katelyn O’Neill
Daniel Perkins

Grade 9
Coral-Lea Riley
Kiarna Mason
Jack Hanlon
Chris Connors
Jane Kim
Sophia Dyer

Grade 10
Sarah McLean
Sam Braid
Janelle Allen
Liam Watton

2012 SECONDARY SPORTS PRESENTATION EVENING

To celebrate the winding up of the winter sports season, the annual Sheffield School Sports presentation evening will be held on Thursday 30 August commencing at 6.30pm in the Related Arts Building.

The Health and Physical Education Department would like to invite all players, parents/carers and coaches of all secondary teams to the evening.

Please RSVP to the school office on 6491 8222 with the number of people attending. There will be a cover charge of $4.00 per person to cover food provided.

Tony Hays
HPE Teacher

PRIMARY SRC GRADE 5 CAMP FUNDRAISER

Wednesday 15th August 2012.
Sausage Sizzle for Prep to Grade 10 students.
Sausages $1.50 each or
Vegie Burgers $2.00 each

Please complete the order form below and return to your homeroom/class teacher by no later than Friday 10th August 2012.

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>No. Sausages</th>
<th>No. Vegie Burgers</th>
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**CHAPLAIN’S CHAT**

“Craft for a Cause”:
This week we’ve had some new recruits from Grade 3/4 McCarthy joining in the knitting lunch time activities. The thought of having so many different students contributing to create one of these blankets is amazing - Many hands working together for good. Can’t wait to see the finished product……

**CHIC Program…**
What wonderful girls we have in Grade 7. Our CHIC Program this year has seen two very different groups of girls come through and I have loved the energy of them both. It’s great to see the many facets of ‘happiness’ come through depending on the unique make-up of each girl. We’ve had lots of fun, treats and motivational self-awareness to ensure they are able to meet the world head on! Well done girls!

**Facebook…and friendships!**
I read an article recently on the four different types of Facebook users and how there were parallels to everyday life ‘offline’.

1. **There are people who drift in and out of groups, make little or no attempt to talk to people and fail to contribute.** They watch and listen, but leave unnoticed due to either their refusal or shyness to engage in communication or friendship. They wonder why they have no friends yet are not friendly.

2. **There are those whose world revolves around themselves.** You’d be lucky to get a word in edgeways when conversing with them. They really aren’t interested in you - it’s all about them, but then wonder why friendships seem shallow when they have just failed to truly be interested in others.

3. **Then there are the negative people who listen to what you say and delight in pulling it apart.** Often they are gossipers and then they wonder why no one trusts them and why no one confides in them or asks them for advice. They haven’t learnt the art of encouragement and loyalty.

4. **Last of all, there are the friends who are true friends – the type of friend that we not only want to have, but also want to be.** These friends listen and care, know when to give advice and when to stay silent. They do their utmost to keep a secret, don’t shy away from saying sorry and are quick to forgive. Real friendship is a two way street. They know your faults but they love you anyway.

What we say behind a screen would often not be the same, if the person was in front of us. Technology is so helpful but there is a serious distortion emerging in the area of friendship where we punch out negative words via the keyboard without seeing the devastating effects and reactions of the receiver. Enjoy the ease of communication, but remain responsible in the process.

**Esther**
PATHWAYS UPDATE

Pathway Planning is now well underway this term with each Grade 10 student meeting for the second time this year. Many students have a preliminary idea of the subjects they would like to study at College next year. A personal copy of the 2013 course guide books has been issued to each student. We encourage you to take the time to consider and discuss with your child the courses and options that may suit them as they enter year 11.

- **Cradle Coast Campus University Visit**

This trip is part of a “Uni Link” program designed to increase *general awareness* of what facilities we have close to home, the courses available, the accommodation and other facilities available to students and an overall comprehensive taste of what life is like at uni.

As this is a fully subsidised event, it is an expectation that all Grade 10 students will take advantage of the day.

The program has been specifically designed to ensure that even if a student has no intention on attending university in their future, they are well educated on what it is that the tertiary system offers and how it works.

Permission slips for the Cradle Coast UTas visit scheduled for **Monday 20th August** have been handed to all Grade 10 students and are due back in the next week. If it is easier to do so, you may e-mail permission for your student to rachel.matchett@education.tas.gov.au.

- **UTAS OPEN DAY – All grades**

   Sunday 26 August 2012: 10AM – 3PM
   Bring along your family and friends and explore the Hobart, Launceston and Cradle Coast campuses.
   At Open Day you will discover what life at UTAS is really like and find out information on the many courses we offer, listen to inspiring presentations, take tours of the facilities and enjoy free entertainment and hands-on activities throughout the day.
   For more details contact the Uni Info Centre on 13UTAS or visit www.utas.edu.au/openday

- **Master Builders Tasmania – Grade 9 students**

On Tuesday 4th September, we will have Master Builders Tasmania visiting to promote careers into the Building and Construction Industry. They aim to address skill shortages in the Building & Construction industry from labourers to the professions within the industry such as Building Surveyors, Engineers & Architects. As such, it should be seen not only as a trades based presentation, but one which appeals to the whole range of students from those who are not seeking to do any study past high school through to pre-tertiary students. Parents are also most welcome to attend. You can register your interest by calling Rachel at the school.
Sheffield School are now registered as part of “Move Well Eat Well” as a “souper” school. During the month of August our school canteen will be offering chicken and vegetable, minestrone and pumpkin soup for $1.50 a cup or $2.50 for a bowl. For an extra $1.00 you can have soup with a bread roll. Included are three yummy soup recipes to try at home.

**A message for Souper Schools’ families...**

Try to buy soup veggies when they are in season.....

They are often:
- Cheaper
- Taste better
- Of better quality

Get to know what’s grown locally and when it is in season here:

www.eatwelltas.org.au/seasonpage

For more information on healthy eating ideas for your family and to support your Move Well Eat Well School, visit:

www.movewelleatwell.tas.gov.au/families
Chicken and Vegetable soup (serves 10)

Ingredients
1kg chicken pieces
1.5 L water
4 chicken stock cubes
1 large onion, finely diced
2 large carrots, peeled and diced
½ C frozen peas
1 C corn kernels
2 sticks celery, diced
2 large potatoes, peeled and diced
Pinch of salt and pepper
1 T crushed garlic
1 C uncooked pasta shells.

Method
1. Place the chicken and water into a large heavy based stockpot.
2. Bring to the boil and cook for 30 minutes until chicken is tender.
3. Carefully remove all chicken pieces from pan, cool, remove chicken from bones. Discard bones and chop chicken.
4. Add onions, potato, carrots, stock cubes, garlic, celery, salt and pepper to the pot. Bring to the boil and simmer for 15 minutes.
5. Add pasta, corn, frozen peas and chicken, (may need more water) and cook for another 20-30 mins until pasta is tender.
6. Season as required
7. Freeze when cool.

Healthy Minestrone Soup Recipe (serves 16)

Ingredients:
1/4 C olive oil
2 tsp crushed garlic
2 onions, coarsely chopped
4 stalks celery, coarsely chopped
2 large cans chopped tomatoes
1 Tbsp fresh parsley, chopped
2 carrots, diced
1 C cabbage, shredded
1 C canned red kidney beans, drained, rinsed
1 ½ C frozen peas
1 ½ C fresh green beans
1 tsp hot sauce
1 C shell pasta uncooked, broken
Method
1. Heat oil in large saucepan. Add garlic, onion, and celery, and sauté for about 5 minutes.
2. Add all remaining ingredients except pasta. Stir until ingredients are well mixed. Cover with water.
3. Bring to boil and reduce heat, cover, and simmer for about 45 minutes or until vegetables are tender.
4. Add uncooked pasta and simmer for only 2-3 minutes.

Pumpkin Soup

Ingredients
2 onion, diced
1 T butter
1kg pumpkin
2 potatoes
2 chicken stock cubes

Method:
1. Dice pumpkin into small cubes.
2. Melt butter in a large saucepan and toss pumpkin in butter for a couple of minutes to lightly brown.
3. Add water to JUST cover pumpkin and bring to boil.
4. Peel and dice potato and add to saucepan.
5. Add onion and crumbled stock cubes
6. Reduce heat and simmer for 20 minutes or until tender enough to puree. Puree until lump free and serve with crusty bread.
If you have a pre-teen or a teenager, you need to become familiar with Facebook and other technologies they are using. Ignorance is no excuse these days.

You can tell a person's generation by the questions their kids ask. Parents of the 1950's thought long and hard over issues such as the age their kids left school and when to get them their first bike. Parents raising their kids in the 1990's pondered the age at which kids should receive regular pocket-money and their children's use of video games.

In the noughties issues surrounding communication technology keep many parents guessing. The age when kids start using Facebook and other social networking media is a burning issue for many parents of pre-teen and early teenage children.

Kids know more than their parents when it comes to the Internet and social media according to recent research. The Optus Family Communication survey reveals that over half (56 per cent) of Australian children outsmart their parents in technology knowledge before they are 13 years old. A further 30 per cent of parents admit they are behind their children by the time they are 15 years old.

Facebook, MSN and other forms of social networking media are here to stay, so my advice for parents is to learn about social media, even if you don't want to embrace it. It can be confronting when your child knows more about technology than you, but smart parents these days let their kids teach them what they know about technology.

So if you have a pre-teen or a teenager you need to become familiar with Facebook and other technologies they are using. Ignorance is no excuse these days.

Facebook doesn't permit kids under the age of 13 to access the site for reasons of personal safety. It doesn't require proof of age to access the site, so it's a guideline only. Facebook's recommendations however, may be useful reference points if you are involved in negotiations with your child over using social networking sites.

More importantly, if young people are using Facebook and other networking sites, they need to fully understand the rules of safe use. Here are some tips:

1. Go through the set-up phase with your child, including establishing a personal profile. Check out the homepage of Facebook and other sites, and use their help sections to answer your questions.
2. Help your young person adjust the privacy settings so they suit their level of comfort. Review them often.
3. Reinforce with your child the importance of never sharing their password, not even with their best friend, a boyfriend or girlfriend.
4. Discuss other safety tips such as the types of information and pictures that should and shouldn't be placed on their pages, as well as what to do if someone sends inappropriate information or initiates unsolicited communication.
5. Monitor your child's use by making sure the computer they use at home is in a common area of the house.
6. It's reasonable to expect that you should know your child's password and log-in details so you can keep a check on their friends from time to time. This type of monitoring is age-related and may well not be suitable for older teens.
7. Consider getting your own Facebook page and use it as a way of communicating with your child. This has the added bonus of enabling you to keep one eye on what's happening on your child's Facebook.

Parents of past generations did their best to keep their kids safe as they negotiated a wider world. I recall teaching my kids stranger danger, drilling safety tips into them as they gained more independence.

As a parent you need to help kids navigate safely and securely online just as you do in an offline world. Know what kids are doing; spend time teaching them common sense safety lessons and limit their use of technology so that they stay connected to you and others in your family.

Comment: www.twitter.com/michaelgrose

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All rights reserved. For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au
FUND RAISING BARBECUE

Sheffield Railton Community Bank are holding a fund raising barbecue (egg and bacon sandwiches) this Saturday 11 August from 10.00am until 11.30am outside Turnbull’s Pharmacy. Proceeds will be donated to the Sheffield School Association to be utilised to support learning programs within the school.

KENTISH AND LATROBE COUNCILS 2012 SEPTEMBER SCHOOL HOLIDAY ADVENTURES FOR 11-16 YEAR OLDS

Activities include; come fish with me, horse riding, fun with paint/beyond the subject, kitchen wizz, glass art, digital imaging, silver smithing, ChocolART, badge making, introduction to paper tole, experimenting with media.

Registration forms are available from the school office, Kentish Council or download from www.kentish.tas.gov.au For more information, please contact Chris Clarke (6491 2500 Kentish) or Michelle Dutton (6421 4650 Latrobe).

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