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

Dear Parents,

ATHLETICS
Thank you to the many parents who came to support students at our Athletic Carnival last week. The participation rate was excellent and throughout all the age groups, students showed commitment to their house groups by competing to the best of their ability.

Age group champions and runners up in both track and field events will be announced at our next assembly on November 14 and included in the next newsletter. Students are also eagerly awaiting the results of the house competition.

INTER PRIMARY ATHLETICS
Congratulations to our primary school students who were selected to represent the school at the North West Primary Schools Athletic Carnival on Wednesday. All students competed very well on the day with excellent performances from Blaise Bramich, Korey Mather, Ebony Sims and Kurt Mason.

Thank you to our senior Leading Active Communities students who supported the carnival as officials.

ENGLISH AND MATHEMATICS COMPETITIONS
Congratulations to all of our students who tested their academic skills in the University of NSW English and Maths Competitions. Doing especially well were Balin Puccetti, Tom Rockliff, Daniel Smith, Sophia Dyer, Hollie Jackson and Danielle Jones who all received distinctions in English, and also Michael Dunn who received a distinction in Mathematics. See the full report on page 3.

MALCOLM MOORE
PRINCIPAL
**CALENDAR DATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 November</td>
<td>Term 3 Socials</td>
</tr>
<tr>
<td>2 November</td>
<td>Primary Milo Cricket Sessions</td>
</tr>
<tr>
<td>5 November</td>
<td>Public Holiday</td>
</tr>
<tr>
<td>8 November</td>
<td>Remembrance Day Service</td>
</tr>
<tr>
<td>9 November</td>
<td>Sheffield School Show and Primary Fair</td>
</tr>
<tr>
<td>14 November</td>
<td>7-10 Assembly</td>
</tr>
<tr>
<td>15 November</td>
<td>Cambodia Trip Information Session</td>
</tr>
<tr>
<td>15 November</td>
<td>School Council meeting 7.00pm VET Room</td>
</tr>
<tr>
<td>26 November</td>
<td>Interhigh Athletics</td>
</tr>
<tr>
<td>27 November</td>
<td>Parent Information Session for 2013 Grade 7s - 5.00pm</td>
</tr>
<tr>
<td>27 November</td>
<td>Farm Management Meeting 4.15pm</td>
</tr>
<tr>
<td>28 November</td>
<td>P-6 Assembly</td>
</tr>
<tr>
<td>29 November</td>
<td>Parent Newsletter</td>
</tr>
<tr>
<td>29 November</td>
<td>Leadership Dinner – Anver’s Chocolate Factory</td>
</tr>
<tr>
<td>30 November</td>
<td>Public Holiday</td>
</tr>
<tr>
<td>3 December</td>
<td>Grade 10 Exams</td>
</tr>
<tr>
<td>4 December</td>
<td>Grade 7 Orientation Day</td>
</tr>
<tr>
<td>6 December</td>
<td>MADD Arts Concert Related Arts Building 6.30pm</td>
</tr>
<tr>
<td>6 December</td>
<td>School Council Meeting 7.00pm VET Room</td>
</tr>
<tr>
<td>11 December</td>
<td>Presentation Day</td>
</tr>
<tr>
<td>12 December</td>
<td>Cattle Handlers Presentation Night</td>
</tr>
<tr>
<td>13 December</td>
<td>Grade 10 Celebration Dinner</td>
</tr>
<tr>
<td>13 December</td>
<td>K-6 Picnic at the Launceston Aquatic Centre</td>
</tr>
<tr>
<td>13 December</td>
<td>Parent Newsletter</td>
</tr>
<tr>
<td>13 December</td>
<td>Reports Home</td>
</tr>
<tr>
<td>14 December</td>
<td>Grade 10 Celebration BBQ Lake Barrington</td>
</tr>
<tr>
<td>14 December</td>
<td>Grade 10 Leaver’s Assembly</td>
</tr>
<tr>
<td>19 December</td>
<td>K-6 Christmas Assembly</td>
</tr>
<tr>
<td>19 December</td>
<td>7-10 Picnic</td>
</tr>
<tr>
<td>20 December</td>
<td>Final Assembly – final day of term 3 for students</td>
</tr>
</tbody>
</table>

**P-6 AWARDS – WEDNESDAY 24 OCTOBER 2012**

<table>
<thead>
<tr>
<th>Prep</th>
<th>Prep-1</th>
<th>1/2A</th>
<th>1/2 B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jed Bramich</td>
<td>Jack deBomford</td>
<td>Jason Mack</td>
<td>James Fergusson</td>
</tr>
<tr>
<td>Pheobe Collins</td>
<td>Jory Keenan-Pickett</td>
<td>Blair Wilby</td>
<td>Luka Mansell</td>
</tr>
<tr>
<td>Jory Thomson</td>
<td>Annalise Rayner</td>
<td>Imogen Rouse</td>
<td>Zoe Knight</td>
</tr>
<tr>
<td></td>
<td>Petra Steers</td>
<td>Nathaneal Hayes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Brooke Foster</td>
<td></td>
</tr>
<tr>
<td>3/4A</td>
<td>Bradley Connors</td>
<td>3/4B</td>
<td>4/5</td>
</tr>
<tr>
<td></td>
<td>Hannah Conway</td>
<td>Keiffer Stafford</td>
<td>Nathan Huett</td>
</tr>
<tr>
<td></td>
<td>Byron Jones</td>
<td>Jasper Mortyn</td>
<td>Alex Diproy</td>
</tr>
<tr>
<td></td>
<td>Carly Searle</td>
<td>Seth Smith</td>
<td>Blaise Bramich</td>
</tr>
<tr>
<td>5/6</td>
<td>Manisha Kernan</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Harrison Greaves</td>
<td>Ayden Grey</td>
<td>Georgia Hicks</td>
</tr>
<tr>
<td></td>
<td>Kurt Mason</td>
<td>Joshua Mawer</td>
<td>Jasper Konings</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Haylee Shaw</td>
<td>Maddison Rouse</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Demelza Hayes</td>
<td></td>
</tr>
</tbody>
</table>
UNIVERSITY OF NSW ENGLISH COMPETITION 2012

The University of New South Wales English Competition was held in August this year. 74 students participated from Grade 3 to Grade 10. Of these participants 6 Distinctions, 15 Credits and 53 Participation Certificates were awarded to our students.

The classes that received an average score above the state average were:

Grade 6  School 31.2  Tasmania – 29.7
Grade 8  School 32.4  Tasmania - 30.2
Grade 9  School 35.2  Tasmania - 32.8
Grade 10 was one point off the state average.

Congratulations to the following students who received a credit or a distinction and to all those students who participated in the competition.

CREDIT
Grade 3 – Mitchell Colgan, Byron Jones, Denver Puccetti
Grade 6 – Lily Maddick, Zayna Mulholland, John Neders
Grade 7 – George Alsop, Sarah Barker
Grade 8 – Bianca Eberle, Malachi Hinrichsen, Hannah Huett, Georgina Rayner, Mariska Scerri
Grade 10 - Kiara Mawer, Yaminah Taylor

DISTINCTIONS
Grade 5 - Balin Puccetti
Grade 6 - Tom Rockliff, Daniel Smith
Grade 9 - Sophia Dyer, Hollie Jackson, Danielle Jones

UNIVERSITY OF NSW MATHS COMPETITION 2012

Congratulations to all participants, well done to those who gained credits and a special accolade to our sole distinction, Michael Dunn.

CREDIT
Grade 3 – Nathan Smith
Grade 4 – Billie Chatterton, Liam Hampson, Alysha Mulholland
Grade 5 – Adam Norris, Balin Puccetti
Grade 6 – Lily Maddick, Zayna Mulholland, Daniel Smith
Grade 7 – Mitchell Connors
Grade 8 – Dayna Grey
Grade 9 – Courtney Davies, Chelsea Deverell, Danielle Jones
Grade 10 – Toni Perkins

DISTINCTION
Grade 9 – Michael Dunn

MONEY FOUND
Please come to the office if you have lost some money.
LITTERING
Littering is becoming a big problem in Tasmania as more and more people are choosing to dump their waste wherever it lands, like on the sides of roads, but unfortunately the litter doesn’t stay put and it eventually finds its way into our water ways and oceans. Litter takes a long time to decompose and when the litter finds its way into the ocean some animals may mistake it for food.

This is approximately how long it takes for some things to break down in the ocean:
Orange and banana peel: up to 2 years
Cigarette butts: 1 - 5 years
Plastic bags: 10 - 20 years
Aluminium cans: at least 80 years
Plastic bottles: 450 years
Glass bottles: 1 million years

Our Leadership and Citizenship students went along to help solve the problem on Friday 19 October and assisted Kentish Council workers clean up Nook roadsides. Litter Hotline 1300 135 513. By Roseanna Mason

SHEFFIELD SCHOOL PRIMARY FAIR
When: Friday 9 November from 1:30-2:30pm.
Where: Undercover area between the Gym and Sheffrock Café.
Who: Classes from Kinder to Grade 6 will all have different activities/stalls.
Cost: Items/activities will range from 50c to $2.00

Vouchers are now available from your child’s teacher, either individually or in $5 books.

This year there will be a sausage sizzle. To help with catering pre-orders are encouraged. Please complete and return the slip below with the money to your child’s class teacher. Sausages will be $1.50.

Sheffield School Primary Fair – Sausage Sizzle

Student:________________________ Class:______ No. Sausages:

Student:________________________ Class:______ No. Sausages:

Student:________________________ Class:______ No. Sausages:

A limited number of sausages will be available for purchase on the day.
Sheffield School and community willingly embraces opportunities to make a difference.

**Would you like the opportunity to:**
- Intentionally make a difference at a GLOBAL LEVEL?
- Improve the lives of impoverised Cambodians?
- Fundraise for a specific project and then visit to see the enormous difference you have made?

Come along to our information session, with parents/guardians on **Thursday 15 November** from 5.00 -6.00pm in the music room to find out more.

**Information Session will include:**
- Cambodian Volunteering presentation from Lousie Ellings
- Estimated costs
- Travel Dates
- Application process
- Itinerary
- See Mrs Maddick for more details

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**CAMBODIA TRIP INFORMATION SESSION**

We will be attending the Cambodia 2013 Information session on Thursday 15th November from 5.00 -6.00pm

**Students Name:**

-------------------------------------------------------------------------------------Class..............

**Parent/Guardians Name:**

-------------------------------------------------------------------------------------

**Parent/Guardian**

**Signature:**-------------------------------------------------------------------------------------
VET COURSES AT SHEFFIELD SCHOOL

The VET (Vocational Educational Training) courses at Sheffield School offer a wide range of subjects to suit learners wishing to pursue a career in their particular field of interest. There are two areas that will be identified here.

1. **TQA BASIC SKILL COURSES** in English, Maths, ICT, Money Management and Work Readiness. These courses are designed for adults who have been away from school for a while and need a refresher course. They are also designed for recent school leavers who need basic life skill courses to improve their employment prospects.

2. **VET COURSES**: Certificate II (entry level). Courses include Agriculture/Horticulture/ Age Care/ Youth Services/ Children’s Services/ Retail/ Business Administration/ Hospitality Operations. These courses are studied “on line” through arrangement with the Tasmanian e-School. The VET courses require a minimum 10 day work placement which usually takes place in a community business, e.g. Turnbull’s Pharmacy, the Kentish Child Care Centre and Tandara. The age range for these courses is 16 years to retired people. There is no restriction on age!!

CASE STUDIES: Two of our adult learners have had a very successful year. Monica Crawford and Narelle Chilcott have completed their courses on Horticulture and Business Administration respectively. Monica’s reflection on her course: “Studying Horticulture 2 course has been an enjoyable experience. It has been fun to spend time in a learning environment with students from other ages and backgrounds, all studying different courses. Although the course follows a set structure, it has been flexible enough to allow me to pursue my particular interest in organic gardening. While studying a Horticulture course on-line may seem an odd thing to do, having ready access to the support and encouragement of on-line teacher, Mr Alistair Primrose, has been invaluable. Work experience at Clematis Cottage Nursery under the guidance of Todd and Carol Miles was fun and has helped consolidate the skills and techniques studied online. I would also like to say that it is very reassuring to have teachers on hand each day to help with enrolment issues etc. as well as computer and technical problems that crop up from time to time. Overall I have thoroughly enjoyed my time at Sheffield School and appreciate the availability to complete this course with professional staff guiding my progress throughout the year”.

CONTACT DETAILS: Please contact Mr Norm Gregory at the Sheffield School on 6491 8222 or by email at norman.gregory@education.tas.gov.au if you would like to discuss any aspects of our VET programs. Enrolment details are included in the advertisement in this issue.

STRUCTURE: In 2012 students attended classes on Monday, Tuesday and Thursday and worked independently at home on the other 2 days. Wherever possible we are very flexible in accommodating the various needs of our students particularly those people who have children or other responsibilities. All the courses are self-paced with Sheffield School VET staff acting in support roles and where learning takes place in a positive, engaging and happy environment.
Any parent wishing to receive the newsletter by email, please notify the office staff of your email address or email sheffield@education.tas.gov.au

GRADE 7 ORIENTATION DAY FOR 2013 STUDENTS

Grade 7 Orientation Day for prospective 2013 students will be held on Tuesday 4 December 2012.

Prior to this day, staff will hold an Information Session for interested parents on Tuesday 27 November from 5:00pm until 5:30pm in the grade 7 classrooms. Parents will be introduced to their child’s teachers and will look at the high school uniforms, the curriculum and timetables in preparing their children for grade 7.

Further information will be sent home with students early next week. Please contact Carmen Pearce at the school on 6491 8222 if you have any further questions.

MOVE WELL EAT WELL
Early in the morning on Wednesday 14th November, Australia will observe one of the most spectacular solar system events:

A sunrise total solar eclipse!

The only Australian cities that will see the actual total eclipse are Cairns and Port Douglas, but every other Australian city and town, at or shortly after sunrise will witness an awe-inspiring partial eclipse - a golden Sun hanging low in the sky, crescent-blackened by an invisible moon.

This table shows details for the eclipse:

<table>
<thead>
<tr>
<th>City</th>
<th>Eclipse begins</th>
<th>Time of maximum eclipse</th>
<th>Sun’s altitude</th>
<th>Maximum coverage of Sun by Moon</th>
<th>Eclipse ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adelaide</td>
<td>6:42:54 am</td>
<td>7:30:49 am</td>
<td>16°</td>
<td>52%</td>
<td>8:22:27 am</td>
</tr>
<tr>
<td>Brisbane</td>
<td>5:56:22 am</td>
<td>6:54:24 am</td>
<td>26°</td>
<td>84%</td>
<td>7:58:54 am</td>
</tr>
<tr>
<td>Cairns</td>
<td>3:44:46 am</td>
<td>4:39:35 am</td>
<td>14°</td>
<td>100%</td>
<td>7:40:22 am</td>
</tr>
<tr>
<td>Darwin</td>
<td>6:13:04 am</td>
<td>7:13:04 am</td>
<td>Sunrise</td>
<td>90%</td>
<td>7:01:04 am</td>
</tr>
<tr>
<td>Hobart</td>
<td>7:20:10 am</td>
<td>8:14:54 am</td>
<td>27°</td>
<td>45%</td>
<td>9:07:08 am</td>
</tr>
<tr>
<td>Melbourne</td>
<td>7:16:09 am</td>
<td>8:06:17 am</td>
<td>23°</td>
<td>52%</td>
<td>9:00:29 am</td>
</tr>
<tr>
<td>Perth</td>
<td>6:12:02 am</td>
<td>7:12:02 am</td>
<td>Sunrise</td>
<td>36%</td>
<td>6:41:38 am</td>
</tr>
<tr>
<td>Sydney</td>
<td>7:07:13 am</td>
<td>8:02:44 am</td>
<td>27°</td>
<td>67%</td>
<td>9:03:39 am</td>
</tr>
</tbody>
</table>

But it is VITAL for eye-health that children are made aware how to safely view the eclipse:

Millions of Australians will be outside in the early morning experiencing this amazing sight. But looking directly at the Sun even when it is visible is very dangerous, especially for children, and can result in eye damage. And don’t look at the Sun through film or X-ray negatives or CD’s or sunglasses!

The danger to eyes from looking at the Sun during an eclipse is from heat radiation, ultraviolet (UV) radiation, and from light from the blue area of the light spectrum. The Sun’s UV rays can cause retinal scabbing, the heat radiation can literally cook the tiny areas of tissue where the light is focused in the eye, and blue light wavelengths can damage the macula (the spot near the center of the retina used for central, high resolution vision) resulting in later age-related macular degeneration. Children are especially vulnerable, because the yellow melatonin coloration which helps protect the eye takes until adulthood to be fully laid down.

And film or X-ray negatives, or CD’s or sunglasses DO NOT PROTECT YOU!

How you can safely enjoy the eclipse with your children by making for yourselves fun indirect-viewing eclipse-watching tools:

Make a Pinhole projector...

...or a Mirror projector

Information on how to make a Pinhole projector, Mirror projector and an Eclipse viewing box can be found at the web site www.EclipseEyeSafety-Australia.org, along with more information about Wednesday November 12th eclipse, plus information about eclipses in general.
Sleeping beauties

Helping kids get the right amount of quality sleep will reap manifold rewards when it comes to their development and general wellbeing, writes Karen Fontaine.

Article contributed by Karen Fontaine

Whoever coined the term ‘sleeping like a baby’ had obviously never lived with one. Infants’ sleep patterns are notoriously erratic, and as they grow up the story remains much the same. Preschoolers kick up about napping during the day, school-aged children want to stay up late at night and teenagers refuse to get out of bed in the morning.

One thing remains the same: sleep is critically important for children. Australians are getting about half an hour less sleep per night than they did 30 years ago, according to a study by the University of South Australia’s Centre for Sleep Research.

Kids are going to bed later because it’s now the norm for both parents to work full-time, meaning that evenings are often the only opportunity for family time. In addition, the intrusion into bedrooms of digital media such as mobile phones, laptops and iPods means children are getting less shut-eye – with far-reaching consequences.

“With disturbed sleep, you pretty well see changes in everything, from the cardiovascular system through to the skin,” says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research. “You can go without food for a week or so but you cannot go without sleep.”

As Dr Lushington says, sleep is important for memory, “so if you want to remember things and to forget things – which is equally important – you have to sleep”.

“We also know from animal studies that sleep state seems to be incredibly important for the optimal wiring up of the brain,” he says. “In infants and kids, sleep plays an important role in the optimal development of the brain. Sleep is also important for growth, and for those who don’t get enough there is a failure to thrive. Sleep plays an important role in the immune system and it also anchors the circadian body clock system.”

Most parents realise the importance of sleep, Dr Lushington says. However, “what many don’t appreciate is how important structure, namely a routine, really is”.

“Our research shows that in terms of kids being able to cope with school and life and not having any problematic behaviours, it’s not so much how long they sleep – what’s important is a regular schedule,” he says.

<table>
<thead>
<tr>
<th>Age</th>
<th>Hours per night</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children aged 2-5</td>
<td>11-12</td>
</tr>
<tr>
<td>Children aged 6-12</td>
<td>9-11</td>
</tr>
<tr>
<td>Teenagers</td>
<td>8-10</td>
</tr>
</tbody>
</table>

“Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sleep habits are very important.”

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won’t get away with just 8 hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast rules, particularly for teenagers, about digital media in the bedroom.

“The teen years are a period of life where it’s to be expected that you will hand over control to them; learning their own limits is part of the journey,” says Dr Lushington. “And, being young and healthy, they can sometimes stay up all night and be fine the next day. What you can do is help them see the connection between how they’re sleeping – and how they feel during the day.”

How much is enough?

To ensure your child gets the optimum amount of sleep, use the following as a guideline, says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research:

- “On the weekends, don’t let kids stay up more than an hour or two later than they normally do, and don’t let them sleep in more than an hour or two later than normal.”
- “Give them time to unwind before they turn out the lights and don’t let them fall asleep in front of the TV. There has to be a routine for falling asleep – otherwise what happens is that unless the light or the TV is on, kids can’t fall asleep – which is crazy.”
- “Exercise, big meals and hot baths are not a good idea directly before they go to bed.”
- “Keep track of how they are during the day. If they look like they’re not coping or if they’re irritable, it might be that they need more sleep.”
COMMUNITY NOTICEBOARD

T-BALL
Ulverstone softball association will be running their T-Ball and U14 girls, boys and mixed roster at 10.00am on Saturday 27 October 2012, come along bring a friend and have some fun. T-Ball - $15 and U14s - $20. Contact Debbie Scott on 6425 4976.

MORE THAN JUST A MEAL
No doctor's referral required. Meals on Wheels Sheffield supply hot or cold fresh meals to carers, the elderly, disabled, post-operative recovery people and anyone in need. Whether it is for a few days, a couple of weeks or longer we are here to help you in your time of need. We can start a new recipient on the same day if we are notified before 10.00am that day. We cater for allergies and diabetes sufferers. A visit by our meal delivery volunteers ensures the wellbeing of our recipients. It is reassuring for family and friends to know there is a friendly, caring volunteer calling regularly to make sure everything is ok. The meals are prepared and supplied by Tandara Community Care and available 7 days a week, including public holidays, to the Sheffield Township and surrounding areas. If you are interested in receiving meals and further information please contact Ros on 64911141 and if you wish to become one of our valued volunteers, young and older are welcome, please contact Helen on 0418141877.

SPRENT PETFEST - Feathers, Fur or Fins.
Saturday 10 November at Sprent Primary School from 10.00am – 2.00pm.
For more information phone Sprent Primary School on 6429 3147.

DENTAL SERVICES FOR CHILDREN AND ADOLESCENTS
All children under 18 years of age, including pre-schoolers are eligible.
To make an appointment or enquiry, please phone 6421 7729.

AUSSIE HOOPS
The Devonport Basketball Council will be conducting an Aussie Hoops Basketball program for primary school aged children. Aussie Hoops is an introductory basketball program where children are instructed on basic skills of basketball over 6 sessions. It is non-competitive and fun focused. The program commences Monday 12th November and costs $50.00 per person which includes backpack, ball and reversible singlet.
To register please go online to www.devonportwarriors.com.au or for further information please contact Jan at Devonport Basketball on 64242440 (10 – 2 weekdays)

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