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

Dear Parents,

SECONDARY ATHLETICS CARNIVAL - SHEFFIELD SCHOOL - 1ST PLACE
Our secondary students competed extremely well winning first place at the North West Secondary Schools Athletic Carnival at Penguin this week. Students were chosen for the team based upon performances at our own carnival, and trials in PE lessons.

Excellent efforts were given by many students especially:

Bronte Page  Mitchell Roughley
Heather Colbeck  Hamish McLean
Sophia Dyer  Michael Dunn
Chelsea Deverell  James How
Courtney Davies  Kayden Deverell
Sarah McLean

Deserving congratulations for fantastic efforts are Ashley Denby, who competed in five events for the day, and Madalan Page, who won the open girls 1500m and 800m events. Congratulations to all team members, Mr Hays and Miss Scattergood!

WEB PAGE
Our parent web page has a new address -  https://education.tas.edu.au/sheffield
On this page parents will find our calendar for the year, Newsletters, Minutes from School Council meetings and other documents such as our Curriculum Handbook, Survey Data and School Policies. Students can also access their personal web pages from this page.

FACEBOOK
We also have a Facebook page at Sheffield School Tasmania. This page is designed to give parents quick access to announcements and events for the current fortnight. It also has our contact details for phone and post, plus links for web and email in the About Us section.

MALCOLM MOORE
PRINCIPAL
### CALENDAR DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>29 November</td>
<td>Leadership Dinner – Anvers Chocolate Factory</td>
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<tr>
<td>29 November</td>
<td>3/4 Richards excursion – Wing’s Wildlife Park</td>
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<td>30 November</td>
<td>Public Holiday</td>
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<td>3 December</td>
<td>Grade 10 Exams</td>
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<td>3-6 Christmas Service at Bible Chapel</td>
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<td>4 December</td>
<td>Grade 7 Orientation Day</td>
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<td>4 December</td>
<td>Start Up Day – Grade 10 Don College</td>
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<td>5 December</td>
<td>School Council Meeting – 7.00pm VET room</td>
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<td>6 December</td>
<td>MADD Arts Concert Related Arts Building - 6.30pm</td>
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<td>7 December</td>
<td>Grade 6 Celebration Lunch</td>
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<td>7 December</td>
<td>Quicksmart Party</td>
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<td>11 December</td>
<td>Presentation Day</td>
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<tr>
<td>12 December</td>
<td>Cattle Handlers Presentation Night</td>
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<tr>
<td>12 December</td>
<td>Grade 10 trip to Launceston</td>
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<tr>
<td>13 December</td>
<td>Grade 10 Celebration Dinner</td>
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<td>13 December</td>
<td>K-6 Picnic at the Launceston Aquatic Centre</td>
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<td>13 December</td>
<td>Parent Newsletter</td>
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<td>13 December</td>
<td>Reports Home</td>
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<tr>
<td>14 December</td>
<td>Grade 10 Celebration BBQ - Lake Barrington</td>
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<tr>
<td>14 December</td>
<td>4/5 Last/Sullivan excursion - CMax Devonport</td>
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<tr>
<td>14 December</td>
<td>Grade 10 Leaver’s Assembly</td>
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<td>19 December</td>
<td>K-6 Christmas Assembly</td>
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<tr>
<td>19 December</td>
<td>Grades 7-10 Picnic</td>
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<tr>
<td>20 December</td>
<td>Final Assembly</td>
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<tr>
<td>20 December</td>
<td>Final day of term 3 for students</td>
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</table>

### WHOOPING COUGH (PERTUSSIS)

- Notifications of cases of whooping cough (pertussis) to the Tasmanian Department of Health & Human Services (DHHS) have increased significantly since late-2011. Cases of whooping cough have been reported from all regions of Tasmania. People of all ages have been affected.

- Please think about whooping cough if your child (or you) has a cough. Please see your doctor as soon as possible if you suspect someone in your household has it. Whooping cough is easily diagnosed and can be treated. Children with whooping cough must stay away from school until they are no longer infectious to others (5 days of treatment).

- Vaccination provides protection against serious whooping cough disease. Infants and teenagers should receive vaccine as part of their routine, free vaccinations. Adults should also consider whether they should get a booster dose.


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
P-6 AWARDS WEDNESDAY 28 NOVEMBER 2012

Prep
Montanna Burns
Christopher Kemp
Phoebe Roberts
Sebastian Vinnicombe

Prep-I
Indiana Anderson-Bryan
Mia Brinkkemper
Jai Haberle
Connor Woodhouse

Grade 1/2A
Shana Rouse
Brock Fox
Patrick Sims
Denzel Kernan
Jacob Fulcher
Olivia Diprose

Grade 1/2B
Noah Hinrichsen
Melissa Bell-Sherriff
Amos de Boer

Indiana Anderson-Bryan
Mia Brinkkemper
Jai Haberle
Connor Woodhouse

Montanna Burns
Christopher Kemp
Phoebe Roberts
Sebastian Vinnicombe

ANNUAL ARTS CONCERT AND EXHIBITION – M.A.D.D. NIGHT

Please put Thursday 6 December 2012 at 6.30pm in the Related Arts Building at Sheffield School, on your calendar!

It will be a night to celebrate your children’s achievements in the Arts and also an opportunity to vote for the Grade 10 Art Acquisition Prize for 2012. Light refreshments will be available during the interval for a gold coin donation.

2012 SCHOOL MAGAZINE

This year’s school magazine can be ordered through the office for just $20.00. A limited number of copies are produced every year, so make sure you secure yours. The magazine includes all class photos, Kinder student’s aspirations and all of the school’s news and events including sports days, agriculture, theatre productions, art work, camps and of course, our leavers.

Please complete the attached slip and return to the office with your order and payment by 17 December 2012.

2012 School Magazine Order
Name ___________________________ Class/Home Room ____ wish to purchase (copy/copies of the 2012 school magazine). Amount enclosed $____

Signed: __________________________ Date: __________________________
PREP TO 6 CHRISTMAS ASSEMBLY

Our final Prep to 6 end of year celebration assembly will be held on Wednesday 19 December 2012.

Doors to the gymnasium will be opened from 9:15am and our performances will begin promptly at 9:30am.

We look forward to you joining us for a fun filled end of year celebration!
Get the buzz on energy drinks for kids

Parental guidance for kids is essential about this issue. Parents shouldn’t leave it up to schools to educate kids or governments to legislate against energy drinks.

School-aged children are increasingly using caffeinated drinks on a regular basis. A recent Australian study found that 27% of boys aged 8-12 years had consumed these energy drinks in a two week period prior to being surveyed. Teachers in the United Kingdom are reporting a similar trend, so it’s a significant issue in both parts of the world.

Walk by any supermarket after school and you’ll see kids in school uniforms clutching cans of energy drink. Downing an energy drink is fast becoming the cool thing to do.

There’s nothing new in making fizzy, sugary, caffeinated drinks available for kids. A certain soft drink company with global brand status has been doing this for years. But the range of caffeinated, high energy drinks that have been brought to market over the last five or six years make soft drinks look tame in comparison. The new breed of drinks attracting children’s attention, not to mention their pocket-money, are loaded with caffeine, sugar and protein at levels intended for high performance athletes.

Energy drinks are designed for an adult market. They’re only sold to children in Australia due to a loophole in the law. Many parents wouldn’t allow their children to drink coffee at home due to its caffeine content yet kids can walk into a shop and purchase any one of a dozen highly caffeinated drinks.

So what’s wrong with caffeinated drinks? Caffeine is a stimulant that speeds up parts of the body and the brain. It increases heart rate, blood pressure and body temperature. In high doses it causes changes to heart rhythm and hand tremors, which is exactly what happened to five Year 7 students from Quaker Hill, in Sydney’s west who reportedly suffered side effects including dizziness and nausea after consuming the drinks on the way to school recently.

Caffeinated drinks give kids an instant high, making them feel awake and alert but doctors are concerned about links between high consumption of caffeine and insomnia. Once in the system, caffeine stays around for hours, which causes sleeplessness and sleep disruption.

There are plenty of other adverse side effects for kids including, bed-wetting, difficulty concentrating and anxiety. There is consensus among health professionals and the sports science community that energy drinks should not be consumed by children and early teens.

There have been calls from health professionals in many western countries for governments to ban the sale of energy drinks to children and young people. The jury is still out regarding banning energy drinks however there’s certainly a role for parents to play regarding limiting children’s consumption.

Parental guidance for kids is essential about this issue. Parents shouldn’t leave it up to schools to educate kids or governments to legislate against energy drinks. Parents need to talk to their children and young people about the impact that energy drinks have on their bodies, letting them know why they are on the no go list. And they should make sure that highly caffeinated drinks don’t make their way into their shopping trolley and into the refrigerator at home.

Putting aside the adverse side effects that these drinks have on children’s health, including addiction, we don’t want to send a message to children and young people that drugs and artificial chemicals are necessary for them to perform at their best.

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Sheffield
Community
Carols by Candlelight 2012

Sunday 16th December at 6.30pm

With:
* Community Carol singing
* Items by school students and community members
* A visit from Santa

Glow-sticks for sale at the door - $1.00

Fundraiser for the Sheffield School Chaplaincy Program

Donation by entry

Enquiries – to school office on 6491 8222
COMMUNITY NOTICEBOARD

HIPPY: Home Interaction Program for Parents and Youngsters
HIPPY is an exciting two year home-based early childhood program, which promotes school readiness and maximises the chances of a successful early school experience. This program is available to 3½ to 4½ year olds. For more information to enrol for 2013, please contact Lou Carter on 6491 1552, mobile 0488 911 522 or email lou@kentishrc.com.au

DEVONPORT CHRISTMAS ACTIVITIES - Festive Friday: 7 December
Kick off the Festive season by supporting local retailers with give-aways, children’s entertainment, in-store promotions and late trading for your Christmas shopping convenience (9.00am – 7.00pm).

Christmas Parade: 7.00pm. Enter your float now!

Light-Up Concert: 8.00pm to 9.30pm.
Enjoy singing, dancing, a visit from Santa, fireworks to light up Devonport and the Christmas Tree Panel Dedication from schools.

QUEEN VICTORIA MUSEUM & ART GALLERY
Holiday Program: 14 to 18 January 2013 bookings essential: call 6323 3798

Summer School Biodiversity Science: 21 to 25 January 2013, for more info call 6323 3796

FOR SALE
Computer and monitor
Acer SK50
Intel 1.6 GHz dual core processor
1GB RAM
80 Gb hard disk
DVD drive
Windows XP operating system
17” Acer flatscreen LCD monitor
Keyboard and mouse
No warranty and no returns. First in best dressed.
$80.00
Phone Sheffield Online on 6491 1878

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

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