Dear Parents,

Welcome to the new school year, particularly to those students who are new to the school, and especially to our kindergarten students as they begin their learning journey with us.

We also welcome 3 new staff to our school this year. Mrs Karen Dowie will be teaching a grade 3/4 class, Mr Thomas Fabian will be teaching Science and History in the secondary section of the school, Mrs Amanda Grey is a library aide and Mrs Lisa Polden will join our office administration staff 2 days a week.

This year of course the summer holiday break has been two weeks shorter than previous years as we experience for the first time four terms. Based on how quickly the first two weeks of this term have passed it will be extremely important for students to make the most of every learning opportunity afforded to them, and value every day at school.

Included in this first newsletter is an article by Michael Grose “7 ways to make this year your child’s best year ever at school”. There are some excellent tips within this article, with reference to valuing education, a positive approach, and ensuring students are well rested and prepared for each day at school to gain maximum learning. To this end, thank you to parents for the effort in preparing students ready for the school year. Being well organised with books and equipment makes for a good start with learning and the students look especially smart and connected to school when wearing their uniform.

On a different note, I had the pleasure of attending the Don College Celebration of Excellence Evening last Thursday, and Sheffield students again featured prominently in the awards. Congratulations to Zachery Hampson, Jack Tammens, Karyn Jennings, Brittany Baker, Callum Hayes and Yaminga Feix who all won subject awards.

These young people set an excellent example for our students, and the message for all students is to aim high with your learning goals!

I would also like to acknowledge one of our younger students, Laura Ashby. Laura late last year won the Tasmania Together Youth Challenge for photography, which was a fantastic achievement for someone so young. I recently had the pleasure of attending the opening of her first photographic exhibition at Gallery Tasmania in Sheffield. If you get a chance drop into the gallery and view some of Laura’s work, truly remarkable displaying a real flair and eye for photography!

RON DALY
PRINCIPAL
Calendar dates.....

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<tr>
<th>Date</th>
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<tr>
<td>14 February</td>
<td>School Council Meeting – 7.00pm VET Room</td>
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<td>Parent Newsletter</td>
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<td>22 February</td>
<td>Primary book club orders due</td>
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<td>26 February</td>
<td>Farm Meeting 4.15pm VET Room</td>
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<td>28 February</td>
<td>Grade 7 Mt Roland Walk</td>
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<td>Parent Newsletter</td>
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<td>6 March</td>
<td>Swimming Carnival</td>
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<td>11 March</td>
<td>Public Holiday - Students Do Not Attend</td>
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<td>12 – 22 March</td>
<td>Grade 3-5 Swimming and Water Safety Program</td>
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<td>14 March</td>
<td>Parent Newsletter</td>
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<td>15 March</td>
<td>Immunisations</td>
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<td>Walkathon</td>
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<td>21 March</td>
<td>School Council Meeting – 7.00pm VET Room</td>
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<td>26 March</td>
<td>Farm Meeting 4.15pm VET Room</td>
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<td>28 March</td>
<td>Student Free Day - Students Do Not Attend</td>
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<td>9 April</td>
<td>Moderation Day</td>
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<td>29 March – 2 April</td>
<td>Easter Break - Students Return Wed 3 April</td>
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<td>11 April</td>
<td>School Newsletter</td>
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<td>18 April</td>
<td>School Council Meeting – 7.00pm VET Room</td>
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<td>22 April – 3 May</td>
<td>School Holidays</td>
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<tr>
<td>30 April</td>
<td>Farm Meeting 4.15pm VET Room</td>
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<td>6 May</td>
<td>Term 2 Commences</td>
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Primary Book Club
Students in Grades 3-6 will again have the opportunity to purchase books from Scholastic Book Club this year. Catalogues for this year’s first issue have been distributed and orders are due back to Mr Bakes’ class by no later than Friday 22nd February 2013.

Your support of this program helps our learning area update our teaching resources and assists in other literacy programs that run throughout the school.

Music Tutors for 2013
Private or group lessons are available during the school week from the following tutors. Lessons cost $25/half hour however, this rate is divided by the number of students in the case of group lessons. For more information please contact either one of the tutors or Ms Tawse.

- Malcolm Moore – leave name at the office - Guitar
- Marie Cole - 0429 482 119 - Flute, Clarinet, Recorder and Saxophone
- Lucy Crowther– 6496 1333 - Brass
- Sue Andrzeiczak–0408 282 744 - Piano, Keyboard, Violin and Cello
- Lewis Elliott – 0488 227 943- Drum Kit
- John Baxter – 0403 318 944 - Guitar, Electric/Bass Guitars
- Kim Paisley – 0407 810 033 - Voice
Elections for School Council will be held on Thursday 14th March, 2013.

Nominations are being called for one (1) community and three (3) parent vacancies. Nomination forms and an information brochure are available from the school office. **Nominations must be to the Returning Officer, Charmaine Butcher, by COB Wednesday 13th March, 2013.**

For enquiries phone 6491 8222.

The School Council gives parents, community members, students and staff an opportunity to participate in setting future directions, making decisions and developing policies that have a direct effect on the way the school operates.

Parents and guardians of a student are automatically parent members and are entitled to nominate for a parent position and to vote, should an election be required.

Other members of the community interested in being a community member are required to apply to the School Council to be accepted as such. At this stage, only those who have been accepted can nominate for this vacancy. Interested members of the community are encouraged to place their names forward so that they can participate in future elections and possibly be members of the School Council.

The students in Grades 7-9 will elect among themselves the students who will fill the Student Member vacancies.

The values and purposes that underpin all that we do at the school are constantly reviewed. The School Council has revised its vision statement that takes into account our values and captures the uniqueness of our school and the wider community. A review of several key policies is currently underway.

Being a member of the School Council is a worthwhile and effective way to be involved in the school community and to ensure that we provide an education for our students that will foster in them a desire for life-long learning.

Enquiries should be directed to the Returning Officer, Charmaine Butcher, at the school office.

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**PCYC Child Safety Handbook**

This handbook contains valuable information on a wide range of children’s health issues and has been provided to families of students in grade five and six with the newsletter today. Copies are available at the school office.
Dear Parents/Carers,

The Active After-schools Communities (AASC) program will commence on Monday 25th February (Circus Skills, Fit Club, Ball Games) and Wednesday 27th February (Basketball, Hockey, Racquet Sports).

- The program will operate from 3pm – 4.00pm and run for 7 weeks with the last sessions occurring during the week beginning 8th April.
- Monday’s activities will be for grades 1 - 4 students only, whilst Wednesday’s activities will be for grades 3-6 only.
- Monday’s Sessions will be a combination of Circus Skills, Fit Club and Ball Games.
- Wednesday’s Sessions will be Basketball, Hockey and Racquet Sports.
- Children not currently participating in sporting teams are strongly encouraged to participate and join the fun.
- Children will be provided with a healthy after school snack as well as a drink bottle.
- All sessions will be conducted by suitably qualified instructors endorsed by the AASC program.
- Provision will be made for inclement weather; sessions will be conducted indoors in the advent of wet weather.
- Students involved in the program will be supervised at all times and need to meet the supervisor in the assembly area outside the gym immediately after school at 3pm.

If your child/ren is interested in enrolling please complete the form below and return to the school office by Friday 22nd February.

Please note: there will not be a confirmation slip sent home. Unless notified otherwise you can assume that your child/ren has been accepted into the chosen activity.

If you have any queries regarding the AASC program please don’t hesitate to contact me through the school office.

Tony Hays
AASC Program School Coordinator

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**AASC Program - Term 1 2013**

I would like to enrol my child/ren into the indicated activities.

<table>
<thead>
<tr>
<th>Monday (Grades 1-4)</th>
<th>Wednesday (Grades 3-6)</th>
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<tr>
<td>Circus Skills, Fit Club, Ball Games</td>
<td>Basketball, Hockey, Racquet Sports</td>
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Signed ___________________________ Contact Number ___________________________
**K-6 Hats**

All students are expected to wear a school hat during term 1 and term 3. Students who do not have a school hat will follow our “No Hat, No Play” policy. School hats can be purchased from the school office for $8.00. Hats other than the approved school hat will not be accepted at school.

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**LAUNCH INTO LEARNING PLAYGROUP**

The Sheffield School Launch into Learning Playgroup will commence on Friday 22 February 2013. The playgroup is open to any local children and their families.

The program runs from 11.15am – 12.30pm or 1.30 pm – 2.40 pm weekly on Fridays (not including school holidays) at Sheffield School Kindergarten for any local children aged 0 to 4 and their families. The program is free. For more information or enrolment details please contact: Karie van der Velde during school hours on 6491 8222.

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**SHEFFIELD SCHOOL BAND**

Any adults, who would like to assist with the Sheffield School Band, please meet in the Related Arts Building after lunch every Friday.

*Vivien Tawse – Music Teacher*
Giving all students a shot at a safer future

The national Human Papillomavirus (HPV) vaccination program is being extended to boys this year.

The free vaccine is being offered to boys in Year 7 and 9, and will continue to be offered to girls in Year 7. The extension of the HPV vaccination program follows the success of the female program, which is credited with significantly reducing HPV-related infections among vaccinated women since it began in 2007.

The vaccine is delivered in three doses over a six month period by qualified immunisation providers. We have scheduled the first dose at school on Friday 15th March.

While you may be aware HPV can cause cervical cancer in females, there are benefits for males too. Vaccinating males against HPV will help protect them from a wide range of cancers and disease, including genital warts. Vaccinating males will also help to protect females from cervical cancer and HPV-related disease by reducing the spread of the virus.

It is important that the full course, all three doses, is completed to make sure students have the best protection.

The vaccine has been tested to ensure it is safe for males and females. Close to seven million doses of the vaccine have been administered in Australia so far.

HPV is transmitted by sexual contact and affects both females and males. It is believed that four out of every five people will have a HPV infection at some time in their lives. Most infections don’t have symptoms, so people don’t realise they are carrying it.

What you should do:

- Complete and return the consent forms for boys in Year 7 and 9 and girls in Year 7 before Tuesday 6th March, if not already returned
- Explain the importance of completing the full three dose course to your child
- Read more about the vaccine and HPV at australia.gov.au/hpv

For more information and information in other languages go to australia.gov.au/hpv
CHAPLAIN’S CHAT

I love a fresh start and rolling into the new school year brings opportunity to put certain things behind us and take hold of new adventures.

There are a couple of new names on staff, but mostly the changes have come from our students. There is sound evidence of the normal physical growth and a nice amount of emotional maturity, being made obvious. As I’ve visited many classes over the last week, I am thrilled with the happy tone flowing through the school. In general, the students and staff are all happy to be here which makes life a whole lot better for everyone.

I had one student last week introduce me to the YouTube video called: ‘No arms, No legs, No worries’ by Nick Vujicic. It’s well worth a look for its inspirational qualities. Somehow this courageous guy seems to lift the viewer’s spirit rather than feel sorry about his own confronting circumstances. We all have a story, but it’s how we deal with it that makes the difference.

While Valentine’s Day has both those who are for and against, I prefer to look at the positive side and see it as an opportunity to tell someone close that you care. As with most things, when taken out of true context, there can be distortion but there is no doubt in my mind that we are all wired to give and receive love.

“\textit{In the heart of every man, woman and child is an incontolable longing for intimacy, for beauty and for adventure}.\textbf{John Eldridge}"

Looking forward to a great 2013 with Staff, Parents and Students.

\textit{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 Departments of Education, Employment and Workplace Relations.
7 ways to make this year your child’s best year ever at school

A new school year means a fresh start for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child’s best year ever at school:

1. Commit to your child going to school every day on time. One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well. A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. Establish work & study habits. The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. Make sure your child gets enough sleep. Many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night’s sleep consolidates learning, as well as assist future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Encourage kids to exercise. Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly. Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers.

7. Develop self-help skills. Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are more likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.
COMMUNITY NOTICEBOARD

March 2nd 2013 – Slipstream Circus, Lantern Parade and Concert

Sheffield’s Mural Fest celebrations start early this year with a Fire and Light performance by Slipstream Circus, a Lantern Parade along Main St and a concert in the Town Hall.

A Twilight Market starting at 5pm followed by Slipstream Circus and the Lantern Parade, concluding at the Town Hall for the family concert could give you many opportunities to join in the celebrations either as a participant or as an observer.

Lantern Making workshops are being held from 3 – 4pm in the Art Room at Sheffield School for the next two Tuesdays. These workshops are free and open to anyone wishing to be involved. All materials are supplied by the Mural Fest Committee.

Members of the community wishing to perform at the Family Concert are asked to contact Mrs Teresa Bentley at the school – there will be prizes for best performers and lanterns.

Prizes as follows:
$150 prize for the Class with the Most Creative Lantern
$50 x3 prizes for Best Individual Lantern – Early Childhood, Primary, Secondary,
$100 prize for the Best Community Lantern

At the concert after the Lantern Parade there will also be prizes offered
$50 Best Dancer
$100 Best Performance

JUNIOR GOLF PROGRAM

The Junior Golf Program will be held at Devonport Golf Club on Tuesdays from 4:30pm – 5:30pm (commencing Tuesday 5th February 2013). Golf clubs will be provided to those who require them.

TERM COST (based on school term of 10 weeks) $90 which includes: 10 weeks of fun activities including learning the game of golf, Junior Membership to the Golf Club, Puma Golf shirt and a Puma cap.

For more information or to book please contact the Golf Shop on 6427 2068

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.

Ron Daly, Principal