Dear Parents,

Students have settled well into the year. 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.

**Bus Safety**
Each year we focus on bus safety within an early newsletter, this is due to the fact that approx. 80% of our student population utilise this mode of transport to get to and home from school. I would recommend parents take some time with their child/ren to visit the website [http://bussafety.dier.tas.gov.au/](http://bussafety.dier.tas.gov.au/). There are some excellent tips, activities and visual reminders that support safe practices both on and around buses.

Congratulations to the following students who have been appointed Bus Monitors for 2013. Bus Monitors assist the drivers and school staff in the safe operation of buses to and from school. I am sure the following students will carry out this role diligently this year.

- **Railton**: Tamara Bryan, Luke Sheehan, Coral-Lea Riley
- **Beulah**: Chelsea Rayner, Elizabeth Alsop
- **Lower Barrington/Wilmot**: Jessica Walsh, Jeremy Denby, Amy Dawkins
- **Nook**: Bronte Page, Meg Williams, Lachlan Brown
- **Staverton**: Courtney Davies, Shayde Poole
- **Paradise**: Thomas Febey
- **Claude Road**: Maddison Febey, Sarah Barker

**School Banking**
There are some great lessons to be learnt for children through school banking around financial literacy and budgeting and I would encourage families that may be considering school banking to embrace this opportunity.
Student Representative Council / Leadership
Late last year, students from grades 6, 7, 8 and 9 voted to decide on the composition of the 2013 grade 10 Student Representative Council. Students elected were Hollie Jackson, Chloe Jackson, Sophia Dyer, Michael Dunn, Lachlan Brown, Courtney Davies, Cassie Dunlop and Meg Williams. Last week the group met for the first time with the SRC staff co-ordinator Mrs Maddick to elect office bearers and determine priorities for the year for fundraising and as well start to map out and plan student events for the year. As a part of the first meeting the students made a commitment to adhere to the high expectations required of the role and signed the SRC pledge. Congratulations to all of these students and we look forward to the fantastic contribution each member will make to our school this year.

Well done also to all other students in our school that will take on leadership roles and contribute to our school community this year. I have recognised two groups of students in this newsletter, however there are many more, such as grade representatives on the SRC, house captains and vice captains, canteen monitors, Leading Active Communities students, grade 7 sports leaders, flag monitors, assembly set up students and students performing class monitor roles. This list is not exhaustive and over the course of the year we will endeavour to recognise many of these groups of students.

Attendance Reminder
Term 3 last year we made some changes to our procedures to follow up on unexplained absences. This was in response to the mid-year attendance data suggesting that only 50% of student absences were being explained. As a result of these changes our term 3 data improved to a point where 64% of student absences were explained. This improvement is encouraging; however there is still scope to improve further over the course of this year. The procedures are detailed below, and thank you to parents for their greater diligence on this matter. It is a legal obligation of schools to follow up on attendance matters such as unexplained absences.

Student Absence Procedures
When a student is to be absent from school, our preference is for the office to be notified on that morning. This can be done by phoning 64918222, and if the office is unattended leaving a message on the answering service. Alternatively a message can be sent via email to sheffield@education.tas.gov.au or a text message may be sent to 0447 100 250. Please note, this is a new mobile phone number for texting purposes only. Please do not telephone this number.

If a student in grades Kinder to 10 is absent from school without explanation, at 10.00am on that morning a text message will be sent to parents. This message has two purposes. Firstly, it is an opportunity for parents to explain the absence quickly and conveniently with a reply text message, or as a reminder to send a note to the teacher the next morning. Secondly, this is an important safety issue, ensuring the whereabouts of all children. Obviously our mobile phone contact details for parents need to be accurate, so if yours have changed, please let the office know.

Finally, if parents have not taken any of these opportunities to explain absences, teachers will send a ‘notification of student absences slip’ home with students the week following the unexplained absence, to be completed and returned to school. If this slip is not returned teachers will attempt to make contact by phone, and failing that a letter will be sent from the office.

RON DALY
PRINCIPAL
## 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

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### Calendar dates.....

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>28 February</td>
<td>Grade 7 Mt Roland Walk</td>
</tr>
<tr>
<td></td>
<td>Parent Newsletter</td>
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<tr>
<td>5 March</td>
<td>Farm Meeting 4.15pm VET Room</td>
</tr>
<tr>
<td>6 March</td>
<td>Swimming Carnival (Grades 7 – 10)</td>
</tr>
<tr>
<td>11 March</td>
<td>Public Holiday - Students Do Not Attend</td>
</tr>
<tr>
<td>12 – 22 March</td>
<td>Grade 3-5 Swimming and Water Safety Program</td>
</tr>
<tr>
<td>14 March</td>
<td>Parent Newsletter</td>
</tr>
<tr>
<td>15 March</td>
<td>NWPSSA Athletics Carnival</td>
</tr>
<tr>
<td>21 March</td>
<td>School Council Meeting – 7.00pm VET Room</td>
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<tr>
<td>22 March</td>
<td>Immunisations</td>
</tr>
<tr>
<td></td>
<td>Walkathon</td>
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<tr>
<td></td>
<td>Bendigo Bank Sign Up</td>
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<tr>
<td>25 March</td>
<td>School Photos</td>
</tr>
<tr>
<td>28 March</td>
<td>Primary Swimming Carnival</td>
</tr>
<tr>
<td></td>
<td>Student Free Day - Students Do Not Attend</td>
</tr>
<tr>
<td>29 March–2 April</td>
<td>Easter Break – Students Return Wed 3 April</td>
</tr>
<tr>
<td>9 and 10 April</td>
<td>School Photos</td>
</tr>
<tr>
<td>11 April</td>
<td>School Newsletter</td>
</tr>
<tr>
<td>16 April</td>
<td>Farm Meeting 4.15pm VET Room</td>
</tr>
<tr>
<td>17 April</td>
<td>ANZAC Assembly</td>
</tr>
<tr>
<td>19 April</td>
<td>Moderation Day – Students Do Not Attend</td>
</tr>
<tr>
<td>22 April – 3 May</td>
<td>School Holidays</td>
</tr>
<tr>
<td>6 May</td>
<td>Term 2 Commences</td>
</tr>
</tbody>
</table>
Elections for School Council will be held on Thursday 14\textsuperscript{th} 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. \textbf{Nominations must be to the Returning Officer, Charmaine Butcher, by COB Wednesday 13\textsuperscript{th} 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.

\textbf{FOR SALE}

- \textbf{Computers and monitors}
  - 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

Contact the office 64918222 for further details.
The incoming G10 SRC is an enthusiastic, well organised group of young leaders who have excellent ideas for our school. They have decided to focus on four fundraisers this year, one each term and also, four school socials.

The students and I will meet fortnightly this year and at our first meeting the students were asked to provide an inspirational quote for the SRC display board. Enjoy reading them.

Learn to appreciate what you have, before time forces you to appreciate what you had!

Be what YOU WANT to be, NOT what OTHERS want to see.

Nothing is impossible; the word itself says I'm possible!  Audrey Hepburn

Dreams are like stars, you may never touch them. But if you follow them, they will lead you to your destiny.  Liam Payne

You only live once, but if you do it right, ONCE IS ENOUGH

If plan A fails, remember there are still 25 letters left!

Try and fail, but NEVER fail to try!

'Life isn't about finding yourself, it's about creating yourself'

Mrs Maddick
**Pathway News**

The aim for pathway planning is to ensure a successful transition into further education or training for all students.

For our Grade 7 & 8 students we hope to be a part of the ‘Transitions into Trades’ presentations again this year and will run Career Awareness Programs centred on the Skill Shortage areas in Tasmania ranging from Health Professions through to Trades.

Throughout the year we will promote upcoming programs which last year included interest areas such as Engineering Program; Defence Program; Health Careers days for both Grade 9 & 10 students, Try-a-trade; visiting speakers; Industry site visits; CareerFest and much more. We will promote these through both the Newsletters and via the Student Daily Notes.

Programs such as ‘Try a trade’ & Health Careers day along with visits from industry representatives such as Master Builders Association Tasmania will specifically target Grade 9 students.

Shortly we will commence working with Grade 10 students on their ‘Pathway Plan’ designed to help students start thinking about what they will need to consider throughout year 10 and what steps they need to take to prepare for next year. During term 2 we will help students start looking at subject selections and by term 3 we expect the course guide books for 2014 to become available. The pathway planning sessions during terms 3 & 4 focus on finalising subject selections for College.

**Grade 11 & 12 Student Visit:**

This week we have had a number of Grade 11 & 12 students visit our Grade 9 & 10 classes to discuss how they have found the transition to Don College.

They considered how the first few weeks of Grade 11 has been, their expectations and how their experiences have measured up to what they initially anticipated. Overall, they felt that Sheffield School has prepared them well for both the social and the academic changes they needed to adjust to.

It is a credit to past Sheffield students that they adapt quickly to their new schedules and environment. The long days, larger workload and meeting many new people can be very challenging, however consistently we see that Sheffield School students are very well equipped to face these challenges.

The suggestions they made for our Grade 9 & 10 students to prepare themselves for their own transitions were: to focus on taking more responsibility for their work, by completing work on time or even earlier than scheduled and by taking a little more time out at home to study.

If any parents / guardians would like to discuss our planning process, please feel free to contact Rachel at Sheffield School any Wednesday or Thursday, alternatively you can contact me by e-mail: rachel.matchett@education.tas.gov.au
Getting kids to school ON TIME!

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

“Come on Jack! Get a move on. School starts in ten minutes and you’re not even dressed yet!”

If this scenario sounds familiar then you are not alone. Anecdotal evidence suggests that getting children to school or pre school on time can be one of the most difficult tasks for parents. Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late. Current research shows that mornings for most children are the most productive time of the day with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do precious minutes are lost. A child who is fifteen minutes late to school each day misses one week of school every year.

How can you get your dawdling kids out the door without yelling yourself hoarse? Here are a few techniques and ideas for you to try to get your punctually-challenged children to school on time:

✓ Establish a morning routine.

Make sure your children know what is expected of them in the morning, and also what you will do. Resist nagging but be willing to take them to school even if they haven’t fully prepared for the day.

✓ Identify and remove distractions such as television.

If the children are regular watchers before school change the routine and keep the TV off. It should only be turned on when children are completely ready for school.

✓ Teach some of the basics of time management.

The average adult underestimates by about 25 per cent the time it takes to do various jobs. Make sure you have realistic time estimates and stop packing so much into the time you allocate. Encourage older children to estimate how long it takes to do activities such as getting ready in the morning. Then they can measure the time taken to do these tasks and compare their estimates with real time.

✓ Arrive at school ten minutes early.

Plan to arrive at school early rather than be there on time. This idea works well for perpetual latecomers, whether young or old.

✓ Model a good routine.

It’s pointless expecting children to be organised in the morning if you are in a muddle yourself. Set a good example by being as methodical as possible and avoid sleeping in unless your children are so organised that they get you breakfast in bed. And pigs might fly as well!

Published by Michael Grose
Presentations. All rights reserved.
For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

© 2009 Michael Grose
The Sheffield School Move Well Eat Well Policy.

Rationale: Healthy eating, drinking water and physical activity are associated with improved learning and behaviour, healthy growth and weight and lifelong health and wellbeing. Sheffield School is committed to empowering students to develop healthy, lifelong habits.

This Move Well Eat Well Policy is an adjunct to the school’s Supportive Schools Policy and applies to all classes Grade K-6.

Aim: To promote the health and wellbeing of students by making healthy eating, drinking water and physical activity a regular part of every student’s day.

Actions:

Healthy eating

- Students are permitted to drink only water during class time and PE.
- Drinking taps are accessible to students at all times.
- School logo water bottles will be provided for all students and the school levy will include a bottle each year.
- A daily ‘boost break’ provides the opportunity for all students to enjoy fruit and vegetables each day.
- Sweets or ‘occasional’ foods are not used as rewards in class.
- Chocolate fundraising activities are limited to one per year.
- Our canteen will maintain a minimum of bronze award with the COOL CAP program.
- End of year parties will promote healthy food options.
- Salads will be offered at school BBQs
- Food provisions at camps, school excursions, sports events and classroom activities will promote healthy eating.

Physical Activity

- All primary students participate in 15 minutes of daily PE in addition to 50 minutes of timetabled Physical Education weekly.
- All students from prep upwards are encouraged to participate in extracurricular activities such as Active After School Communities, and school sports teams in soccer, basketball, netball, football and hockey.
- All students have access to age appropriate equipment that encourages active play.
- Athletic and swimming carnivals are held annually and Active After School activities complement the school and community sports rosters.
- We promote walking and riding to school and excursions through an organised activity for all students at least once a term.
- Staff are encouraged to model healthy eating, drinking and physical activity through healthy catering for staff functions, and modelling active lifestyles through participation in sports and coaching.
- Fortnightly newsletter items sourced from the MWEW website empower parents to make healthy choices. The Primary Welcome pack for families outlines the Move Well Eat Well focus and encourages support.
- The MWEW website is linked to our school website.
**K – 10 Canteen Price List 2013**  
**Effective 5 February 2013**

### Recess & Pre-ordered Lunch Lines

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raisin Toast</td>
<td>$1.00</td>
</tr>
<tr>
<td>Smarty Pies</td>
<td>$1.00</td>
</tr>
<tr>
<td>Sausage Rolls</td>
<td>$1.50</td>
</tr>
<tr>
<td>Savoury Toast</td>
<td>$1.50</td>
</tr>
<tr>
<td>Egg and Bacon Pies</td>
<td>$1.00</td>
</tr>
<tr>
<td>Toasted Ham and Cheese Sandwich</td>
<td>$3.00</td>
</tr>
<tr>
<td><strong>Hot Chocolate (pre-ordered with lunch orders only)</strong></td>
<td>$2.50</td>
</tr>
<tr>
<td><strong>Hot Milo</strong></td>
<td>$2.50</td>
</tr>
<tr>
<td>Chocolate or Strawberry 250 ml Nippys Milk</td>
<td>$1.50</td>
</tr>
<tr>
<td>Orange, Apple or Apple &amp; Blackcurrent Pop Tops</td>
<td>$1.50</td>
</tr>
<tr>
<td>Hash Browns</td>
<td>2 for $2.50</td>
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</tbody>
</table>

### Lunch Lines

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Nuggets (x 6)</td>
<td>$2.50</td>
</tr>
<tr>
<td>Seasoned Chicken Fillet with lot (Roll or Wrap)</td>
<td>$4.50</td>
</tr>
<tr>
<td>Chicken Burger (in bread)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken Burger (with lot)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Hot Chicken &amp; Gravy Roll</td>
<td>$4.50</td>
</tr>
<tr>
<td>Veggie Burger in Bread</td>
<td>$3.00</td>
</tr>
<tr>
<td>Pie</td>
<td>$3.00</td>
</tr>
<tr>
<td>Sausage Roll (large)</td>
<td>$3.00</td>
</tr>
</tbody>
</table>
| Fried Rice (Wednesday, Thursday & Friday only) | $2.50 small  
|                                                | $3.00 large |
| Pizza Singles (supreme, ham & pineapple, bacon and cheese) | $2.50 |
| Pizza Focaccias (Ham and pineapple)            | $3.00 |
| Lasagne                                        | $4.00 |
| Salad Wrap (ham or chicken)                    | $4.50 |
| Salad Roll (ham or chicken)                    | $4.50 |
| Salad Sandwich (ham or chicken)                | $4.00 |
| Bread Roll - vegemite, peanut butter, cheese   | $2.50  
| ham and cheese or chicken and cheese           | $3.50 |
| **Toasted Sandwich (One filling)**             | $2.50 |
| Ham or chicken and cheese                      | $3.00 |
| (Extra filling 50c) e.g. pineapple, tomato     |      |
| Toasted Focaccias (turkey/cranberry or ham/cheese up to 3 fillings) | $4.50 |
| **Sauce**                                      | $0.20 |

**<<<<<<<<<<< TERM I SPECIAL >>>>>>>>>>>>>>>>>>

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Fruit Salad</td>
<td>$2.50</td>
</tr>
<tr>
<td>Fruit Salad with Yoghurt</td>
<td>$3.00</td>
</tr>
</tbody>
</table>
Soccer 2013

If you have not completed a confirmation form with your child's interest in playing soccer, please obtain a form from the office and return to school by Friday 8 March.

A healthy way to start the day....

Do you have
Accidents?
Are you always tired?
Annoyed at little things?
Well you should start eating
Breakfast.....

Orange juice and scrambled egg with tomato and mushroom
1 Tsp of milk
1 orange
1 slice of bread
1 egg
Half a tomato
1 median sized mushroom
2 teaspoons of butter
1. Put the milk and egg in a bowl and whisk it.
2. Put the milk and egg in the microwave for 2 minutes.
3. Dice the tomato and mushroom, cook in a pan with a teaspoon of butter.
4. Put a slice of bread in the toaster until crispy brown.
5. Put butter on toast then put the egg on the toast and the tomato and mushroom on the egg.
6. Juice an orange and serve in a glass.

By Chloe Temple
**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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**7-10 AWARDS**

**WEDNESDAY (27 February 2013)**

<table>
<thead>
<tr>
<th>Grade 7A</th>
<th>Grade 7B</th>
<th>Grade 8A</th>
<th>Grade 8B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zayna Mullholland</td>
<td>Rebecca Hutton</td>
<td>Jonty Winwood</td>
<td>Nathaniel Watton</td>
</tr>
<tr>
<td>Eric Brand-Jones</td>
<td>Dylan Dennis</td>
<td>Daman Sims</td>
<td>George Alsop</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Courtney-Anne Jones</td>
<td>Isaac Hayes</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 9A</th>
<th>Grade 9B</th>
<th>Grade 10A</th>
<th>Grade 10B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jordyn Enright</td>
<td>William Kerr</td>
<td>Hollie Jackson</td>
<td>Luke Sheehan</td>
</tr>
<tr>
<td>Hannah Huett</td>
<td>Jessica Temple</td>
<td>Elizabeth Alsop</td>
<td>Helena Oakley</td>
</tr>
<tr>
<td>Hamish Watton</td>
<td>Leuan Simms</td>
<td>Jack Hanlon</td>
<td>Jane Kim</td>
</tr>
</tbody>
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**Did You Know?**

Oral Health Services provides FREE dental examinations and preventive care to ALL children under 18 years of age. Treatment following examination is FREE if your child is covered by a current Health Care Card or Pensioner Concession Card.

Treatment following the examination will incur a co-payment if your child is NOT covered by a current Health Care or Pensioner Concession Card.

Please talk to staff about payment options.

**Medicare Teen Dental Vouchers accepted**

Call today for a dental appointment:
Kentish Health Centre, Nightingale Street, Sheffield Telephone: 6421 7729

**Healthy Mouth Healthy Body**

www.dhhs.tas.gov.au/oralhealth
Department of Health and Human Services
STEAMFEST
March 9th 10th 11th
Sheffield

Tasmania's largest working display of steam engines and heritage machinery at the Town of Murals.

Gates open 9.30am
Grand Parade each day at 3pm

DAILY PROGRAM - Steam train rides every half hour...steam powered chaff cutting, threshing, straw pressing, rock crushing...working traction engines, road roller...featuring Tractor Pulling Competition, Children vs Steam Roller Tug-of-War...Brian Fish's working bullock team...blacksmithing & silversmithing...veteran & vintage cars...draught horse ploughing...1890's Letterpress Printing Machine...reptile display...Bob Buchanan Magician...magic workshops for the kids, market stalls, plants & poultry for sale

Tasmanian Light Horse reenactment...Sydney's Ingleburn Pipes and Drums and Launceston RSL Pipes and Drums (Saturday)...musicians all weekend...model railway and steam engine displays...cooking demonstrations using Kentish produce...Order of the Dragon's Realm medieval jousting...horse drawn vehicle displays...local berries, ice cream and brews and much, much more!!

Best Dressed SteamPunk or Historical Costume - $50 prize daily for Adult & Child category

For more details on the event contact
Beth - 0364 911 613 or Chris - 0429 418 739
www.redwater.org.au

Free child entry when accompanied by an adult with presentation of this flier.
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 at 7.30pm and the Lantern Parade at 7.50pm 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.

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.

Latrobe Basketball Club
The Latrobe Basketball Club are currently seeking more players for their U12 girls and boys inter-town teams. Training is held at the Latrobe Stadium on Wednesday afternoons. For more information, please contact coach Debbie Mayne on 0438273696. Latrobe Basketball Association will once again be providing school-based rosters for teams from Grades 2-4 and Grades 5-6 for both boys and girls. Please e-mail rosemuir54@hotmail.com or phone Rose on 0407278977.

Shim Jang taekwondo
Mon & Fri 6.30-7.30
High School Gym
Beginners welcome every lesson - for more information call 0408144001

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