From the Principal …………………

Dear Parents,

We are now over half way through the term, with a busy calendar ahead in the weeks to come! The first report for the year is scheduled to be sent home with students on Friday 22 March. This initial report will indicate to parents and carers how well students have started the year. Please take the opportunity to discuss your child’s progress with their class teacher at any time during the school year by making an appointment through the school office on 6491 8222.

SWIMMING CARNIVAL

Due to the closure of the Devonport Pool for redevelopment this year, our swimming carnival will be held across two days. Last Wednesday, our secondary students travelled to the Launceston Aquatic Centre to compete in a variety of swimming and novelty events, as well as enjoy some free time to utilise the diving boards. The day was well received by all with participation levels very high. The 3-6 section of the swimming carnival will be held after the Swimming and Water Safety Program is completed, at the Latrobe Pool on Monday 25 March.

Thank you to all staff, particularly Mr Hays, Miss Scattergood and Miss Parsons for the organisation of these days. Also congratulations and thank you to the following students who represented our school admirably at last week’s Inter-high Swimming Carnival: Sarah Rayner, Korey Mather, Tom Rockliff, Jack Febey, Dean Jennings, Kyron Glozier, Jacob Steers, Brady Rouse, Patrick Bingham, Dayna Grey and Emily Smith.

ROWING PARTNERSHIP / SUCCESS

Mid-way through last year following an approach by the Mersey Rowing Club, the school formed a partnership that has assisted to provide our students with an opportunity to participate in rowing. As a part of the partnership the school supported a submission for funding by the club that was successful, meaning the provision of expert coaching, rowing ergometers and the use of the club’s other equipment. Fortunately, Miss Scattergood already had expertise in the sport of rowing and has since value added to her coaching credentials in this area. Only last week we had a visit from the Rowing High Performance Development Co-ordinator for the Tasmanian Institute of Sport completing a talent identification process with a number of our students.
It is great to finally see our students utilising and competing on Lake Barrington, a wonderful, picturesque resource so close to our school. The following students have represented our school at local regattas over the past couple of weekends: Demelza Hayes, Rainee Stafford, Sarah Rayner, Lilly Maddick, Georgina Rayner and Jessica Temple. A more detailed report and photos are included within this newsletter.

Given the short period of time in the sport of rowing the results for these students have been terrific. Well done to all involved in this initiative, particularly to Miss Scattergood, the students involved and the parents of the students, as there is a significant commitment required to progress in this sport.

TALK SOON. TALK OFTEN. RELATIONSHIP AND SEXUALITY RESOURCE FOR PARENTS
The department of Health and Human Services (DHHS) has just released a new publication ‘Talk soon. Talk often,’ that supports parents by providing the information needed to talk confidently to their children and teenagers about growing up, relationships and sex. The resource recognises that relationships and sexuality education is a shared responsibility among schools, parents, health agencies and the wider community. I would encourage parents to access a free copy of this resource from our school office.

SCHOOL PHOTOS
School photos will be taken on Tuesday 9 April and Wednesday 10 April. Photos will be taken outside, therefore if the weather is inclement photo sessions may need to be postponed. A timetable for the photos will be included in the next newsletter.

Envelopes to order photos have been distributed to students today. If your child/children did not receive one please contact the school office. The order form with payment needs to be returned to school by Wednesday 27 March.

Please Note: Below are additional details regarding the service provided by Matt Bennet Photography.

If requiring a family photo or other group shot please indicate this on the section titled ‘Family Photo Order Form’ on the envelope. Discounts apply for families with half price orders for the 3rd and subsequent children of the same family.

Payment: cash, cheque, money order or credit card.
Any enquiries please contact Matt Bennet Photography (Ph. / Fasc. 6427 7374) not the school.

RON DALY
PRINCIPAL

ROWING REPORT
We have a group of students who have been representing the school at local rowing regattas, the North West Schools held at Lake Barrington on 2 and 3 March and the Launceston Henley Regatta on 9 March. Demelza Hayes, Rainee Stafford, Sarah Rayner, Lilly Maddick and Kiara
Rouse (Devonport High) have competed in the under 13 age group with some encouraging results. All girls rowed in the single scull at Lake Barrington with Lilly and Rainee both getting a fourth place in their heats and Sarah a win. Lilly and Sarah also rowed in the doubles getting a third place and the girls combined to race in the quad getting sixth.

Georgina Rayner and Jessica Temple rowed in the U15 age group. They combined with two St Brendans Shaw girls in the Under 15 quad sculls rowing well to finish with a third. Jess and Georgina also rowed the single, (5th and 7th) and the double placing fifth. The next regatta is the State School Championships held on 13 and 14 April at Lake Barrington. Good luck girls!!

Miss Scattergood  
HPE TEACHER

DON'T FORGET - 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 1.30pm – 2.40pm 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.**

FOR SALE

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 6491 8222 for further details.
### CALENDAR DATES.....

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### NATIONAL ASSESSMENT PROGRAM – LITERACY AND NUMERACY (NAPLAN) 2013

In 2008, the National Assessment Program – Literacy and Numeracy (NAPLAN) commenced in Australian schools. The program is scheduled to continue in 2013 with all students in Years 3, 5, 7 and 9 to be assessed using common national tests in Reading, Persuasive Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy.

Years 3, 5, 7 and 9 students in Tasmania have been participating in literacy and numeracy tests for a number of years, so there is familiarity with the test formats and the types of questions.

The scheduled dates for the tests in 2013 are Tuesday 14 May, Wednesday 15 May and Thursday 16 May.

These national tests will provide information on how students are progressing against national minimum standards of literacy and numeracy skills expected for each year level, as well as performance across the whole range of student abilities. The results will support improvements in teaching and learning for students.

Parents will receive an individual report that shows their child’s results and a comparison of their child’s performance against all other Australian students in their year level. The report will also indicate how your child performed in comparison to the national average and the levels of achievement expected at that year level.

For students in Years 5, 7 and 9, the results from the 2013 tests will provide parents and schools with important information on progress made since they last participated in NAPLAN testing in 2011.

The best way you can assist your child is by making them feel comfortable about the nature and purpose of the tests, and assure them that the tests will give them an opportunity to show what they have learned in class.
For more information about the national tests, including test samples, frequently asked questions, the test schedule and a parent information brochure, please visit the national NAPLAN website at: http://www.nap.edu.au

**WALKATHON 2013**

Tomorrow, 15 March, the Leading Active Community class are holding a walkathon for Prep to grade 10. Grades 3 to 10 will be doing the Fitness Track and Early Childhood will walk to the Recreation Ground. Students are encouraged to wear sandals and bring a water bottle. This event is part of a fundraiser for the ‘Sheffrock Stunners’ Relay for Life team who are participating in Penguin next weekend, so we are asking that students give a gold coin donation to help raise funds. Thank you for your support!

**Breakfast Blitz!**

People keep saying there is no time to eat breakfast in the morning because they are running late for school but having breakfast is really important to have as it helps you learn and I know a quick and easy way. It’s called “quick and easy Smoothie on the go” and is so easy to make it only takes about 5-10 minutes and you can even get the fruit ready the night before!

All you need:
- 1 cup of milk
- ½ cup of vanilla yoghurt
- 3 fresh strawberries
- 1 banana

What you need to do:
Put a cup of milk and ½ a cup of yoghurt into a blender also cut up a banana and the strawberries then put them in too then if you would like it thicker just an ice to the blender and then you serve and ready to eat YUMMY!!!!! Hope you enjoy! By Joby Stafford

**PRIMARY 3-6 BOOK CLUB**

Issue 2 is due back at school by Wednesday 27 March 2013

**BAND REHEARSALS**

Just to clarify, the School Band rehearse at the following times:

- Senior Band – Wednesday 3.00 – 4.00pm (mandatory)
- Beginner Band - Friday 2.00 – 2.40pm (mandatory)
- Trumpet – Monday 8.45 – 9.10am (optional)
- Flute, Clarinet, Clarineo - Wednesday 3.00 – 3.30pm (optional)
- Drums – Thursday 8.45 – 9.10am (optional)
- Saxophone – Friday 8.45 – 9.10am (optional)

If you have any questions, please contact Miss Tawse

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
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 Andrzejczak – 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

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.

EAT WELL MOVE WELL

Fresh fruit and veg are better than juice drinks

Too much juice can provide too many natural sugars, putting your child at risk of tooth decay.

Fresh fruit and vegetables are better options for children because they:
- help with skill development such as peeling and chewing
- supply fibre to help prevent constipation
- teach about different food textures, colours and tastes
- add variety to the overall diet
- provide an easy, healthy and filling snack

Primary children need about 5 to 7 cups of fluid a day to keep their body running well and feeling fresh.

Source: ‘Filling the Gaps’ – The Royal Children’s Hospital and Murdoch Children’s Research Institute
Reviewed 2008

© State of Victoria 2006-07
Funded under the Australian Better Health Initiative: a joint Australian State and Territory governments’ initiative

Tasmania
 Explore the possibilities
Wielding ‘soft power’ at home

Your parenting authority works well with easy, compliant children but teenagers and demanding kids require some pretty nifty communication skills if you are going to win their co-operation.

Many people ask me: “How do I get my kids to cooperate with me?” This question reflects a frustration that many parents have with their ability to influence their children. It’s also indicative of the changing times in which we live where kids don’t necessarily blindly obey their parents, as they did until a few generations ago.

As a parent you have two sorts of power: positional power and soft power.

**Positional power** is better known as your authority as a parent. Parenting has a huge vocabulary built around ‘positional power’ with terms such as discipline, punishment, child management and behaviour management to name a few.

When I began as a parenting educator 20 years ago the term ‘parenting’ was code for behaviour management. It was mostly about helping parents exert their ‘positional power’.

The second type of power is **soft power** and is mostly about effective communication. It’s about influencing rather than simply exerting your authority over kids. Interestingly, your authority works well with easy, compliant kids but teenagers and demanding kids require some pretty nifty communication skills if you are going to win their cooperation.

Don’t get me wrong. It’s okay to use your positional power. Kids need to know that someone is in charge. They need parents who feel comfortable in their role.

But relying solely on positional power is hard work. A statement directed at you by a child along these lines: “You can’t make me do anything I don’t want to do!” is a challenge to your position as parent.

When positional power fails, which it inevitably will, you can only rely on soft power to influence your kids. Here’s the rub: there is nothing soft about it because it carries significant weight when all else fails!

Here are five ideas to make you less reliant on using positional power and help build your soft power skills:

1. **Get** your head around the fact that discipline (there’s that positional power thing again) is not about winning and losing, but about teaching kids how to behave and be responsible for their behaviour. The key to successful discipline with adolescents is to speak to them in ways that don’t threaten their need to feel like they are in control.

2. **Choose** a role model who wields soft power well and start to copy their way of speaking and acting with kids.

3. **Talk** about the difference between positional power and soft power with your partner or a friend to help you clarify the differences, as well as find an ally to support you.

4. **Make** soft power your priority for a week and see how it feels to influence rather than brow beat; to mediate rather than negotiate; to use consequences rather than yell when kids don’t cooperate with your way of thinking.

5. **Practice** one skill at a time. Read books, blogs and other resources to help you understand more about soft power, then gradually practice and experiment with new ways of communicating with kids.

Next time you speak to your kids in a potentially tricky or challenging situation check to see if you are using positional power to win the situation or soft power to win the kids over to your way of thinking.

Hopefully, its soft power that you are using to win the day!

Great ways to develop your soft power skills with Michael Grose:

1. **Subscribe to Happy Kids** – Michael’s free weekly email guide.

2. **Download our free Parenting ideas Skills Guide**: 10 BEST tips to get cooperation from kids without tears, tears or outbursts.

These great resources are waiting for you at Parentingideas.com.au/Parentingideas-newsletter
COMMUNITY NOTICEBOARD

AUSSIE HOOPS – Latrobe Basketball Demons
For kids aged 5 – 12 years held at the Latrobe Sports Centre. For more information contact Rosemary Muir on 6426 1130 or 0407 278 977

WARRIORS BASKETBALL CLUB
Devonport Basketball junior winter roaster commences after Easter. For further information contact the DBC office on 6424 2440 between 10.00am – 2.00pm weekdays.

TASMANIAN PERFORMING ARTS CENTRE
Studio: 239 William Street, Devonport ph: 6424 7768 / 0417 133 223. We offer classes and private lessons in all aspects of Theatre, Film, and Music.

CRESCENDO CHOIR PICCOLOS
For further information email: ree.crescendochoir@education.tas.gov.au or phone or text 0407 244 602 (during business hours)

HARMONY DAY – Thursday 21 March
Where: The Child and Family Centre 40 Drew Street East Devonport
There will be a cooking demonstration at 11.00am followed by lunch at 12.30. For catering reasons please RSVP to Sue Horton 6421 5153 by 18 March.

VISION IMPAIRMENT
Does your child have vision impairment? The Australian Childhood Vision Impairment Register collects information for research on children with vision impairment. For further details please contact Jill Watson on (02) 9872 0303.

RIVERBEND AUTUMN CAMP 2013
Camp 1 Monday 22 April – Friday 26 April – Grades 3-5
Camp 2 Sunday 28 April – Friday 3 May – Grades 5 -7
For more information please phone 6452 1635

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