Dear Parents,

Welcome back to term 3. Students seem to have come back refreshed and ready for the term ahead, where we will see the culmination of the winter sports rosters, grade 5 camp, grade 10 work experience, term 3 socials, more Cambodia fundraising activities and students working hard in their classrooms to further progress their learning.

**Staffing**

Congratulations to Mr Jamie Skirving who during the course of term 2 following a selection process was successful in gaining the vacant substantive AST position. I would also like to acknowledge Mrs Charmaine Butcher who was successful in her application to become the substantive SEO at the Sheffield School early in term 2. Both appointments are very well deserved and will benefit our school community into the future.

**School Council**

I would like to bring to the school community’s attention two matters that the School Council has been considering recently:

- At the meeting late in term 2 the policy review group tabled a revised Decision Making Policy for council members to read through and comment on before being adopted. The Decision Making Policy was adopted and is available to view on the School website [https://education.tas.edu.au/sheffield/Pages/Home.aspx](https://education.tas.edu.au/sheffield/Pages/Home.aspx).

- The second matter follows a formal approach by the Railton Primary School Association where a letter was tabled at our June meeting proposing a model of partnership between the two schools. Late in 2012 following the release of the School Viability Report a Transition Fund was made available by the Department of Education with the purpose of facilitating a proactive approach by schools communities to review the provision of education in their area. This fund along with the information contained in the School Viability Report, led to an initial discussion between representatives from both school communities. During term 1 and 2 the Railton Primary School community undertook a consultation process, with the result being a clear indication that they would like to pursue a relationship with the Sheffield School. This has been discussed at School Association and staff level however, it is important that our entire school community has the opportunity to contribute to this important decision. To this end included with this newsletter is a letter from School Association Chairperson, Tim Dyer providing further detail on the Railton Proposal and inviting members of our school community to a forum on this matter next Wednesday 7th August.
School Crossing Use
Recently I have had a number of approaches by members of our community concerned that students are not using the crossing on Main Street, but instead crossing at other points along the Main Street or on the intersection of Main Street and Henry Street itself. Parents please reinforce with your child/ren the importance of using the crossing, and for senior students it is particularly important that the appropriate use of the crossing is modelled to younger students that may be walking to school from the Southern side of Main Street. Thank you for your co-operation with this matter in ensuring the safety of students that walk to and home from school.

Before School Supervision of Students
A reminder to parents that staff do not commence before school duty until 8.30am, therefore there is no direct supervision of students arriving early. Students arriving prior to this time are able to wait sensibly in the student entrance foyer until 8.30am, although where possible we would encourage students not to arrive before this time.

Calendar dates.....

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<tr>
<th>Date</th>
<th>Event</th>
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<td>7 August</td>
<td>5/6 Sports Day</td>
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<td>9 August</td>
<td>Ashgrove Cheese Excursion</td>
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<td>13 August</td>
<td>K-6 Performance (Crazy World of Magical Science)</td>
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<td>14 August</td>
<td>Maths Competition for Grades 3 – 6</td>
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<td>15 August</td>
<td>P – 6 Assembly – commences at 11.45am</td>
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<td>19 August</td>
<td>Sports Presentation Night</td>
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<td>22 August</td>
<td>School Council Meeting</td>
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<td>27 August</td>
<td>Farm Management Meeting 4.15pm</td>
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<td>28 August</td>
<td>Show Meeting 6pm</td>
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<td>2 September</td>
<td>7 – 10 Assembly</td>
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<td>4 September</td>
<td>Fairer World Excursion</td>
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<td>6 September</td>
<td>Royal Guide Dog Visit (P-6)</td>
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<td>Child Studies Class Excursion to Mersey Community Hospital</td>
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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
To all Parents and Members of
The Sheffield School Association

Dear Parents,

An invitation to participate in an important School Association forum

On behalf of the School Council, I would like to invite you to attend an important forum for parents, students, teachers and friends to be held at the School on Wednesday evening 7th August at 7.00pm till 8.00pm in the Music Room, Related Arts Centre.

If you attended Presentation Day last year, you will have gathered from my speech, that at Sheffield School we have been considering our future along with other schools in our locality. I mentioned then, that while there is no danger of Sheffield School closing, the same is not true for all other local schools.

Our vision at Sheffield is to provide responsive and innovative education for the whole community. Based on current and projected enrolments, it is very likely that a school in our own cluster, the Railton School, faces an uncertain future and may be subject to closure in the next couple of years. Unlike other local schools closer to the coast, we do have both room and high quality facilities at Sheffield that would enable us to accommodate a number of extra students in primary and eventually in the secondary areas of the school. It is important that we are proactive in relation to responding to this situation as there are serious implications for us all in doing nothing.

While there are some very real educational benefits for primary students in joining with the Sheffield School, it does not appear to be in the best interests of early childhood learners or of Railton as a town to lose a local facility which could cater effectively for early childhood learning.

We are currently considering a proposal from the Railton School Community to form a partnership with them so that upper primary students transfer to Sheffield School and we redevelop the Railton School site as an early childhood centre of excellence.

We would love to talk through the issues involved in this situation with you as our own school community, to share some of the details with you as parents, and to listen to your thoughts and questions about this situation and proposal.

We warmly invite you to attend this forum, to learn about the issues involved and to raise questions and share your thoughts next Wednesday evening.

Yours faithfully,

Tim Dyer
Chairperson

Sheffield School Council
Henry Street, Sheffield 7306
03 6491 8222
Pathway Planning

LIKE PATHWAY PLANNING - join the Pathway Planning Facebook page to see all the Career Awareness Programs that are coming up and any other information regarding Pathway Planning on the North West.

https://www.facebook.com/pages/Pathway-Planning-North-West-Tasmania/495878637114253?fref=ts

Work Experience

Grade 10 students will be doing their work experience during the last week of this term – from Monday 23rd to Friday 27th September. Letters with further information have been sent home, however given the tight turn around this term, students will need to ensure the act promptly on the information supplied.

Don Transition Process

Don College is beginning its transition processes with its taster day scheduled for Tuesday 10th September. Students will be required to catch a bus from the Slaters Store at 7.30am or make alternative arrangements to arrive at Don for the beginning of the school day.

UTAS Open Day

The UTAS Open Day will be on Sunday 25th August – a bus will be running free of charge to take students and interested parents from Sheffield for the day. If you are interested, please feel free to contact Rachel through the school office or on: rachel.matchett@education.tas.gov.au More information will be sent via interested students in the coming weeks.

What's in I.T. for me?

Grade 10 students are being offered the opportunity to explore the world of IT. This will be held at the Cradle Coast Campus of Utas on September 4 and is open to Grade 10 student interested in a career in the IT field.

UTAS ARE BRINGING DR KARL KRUSZELNICKI BACK TO BURNIE!

This is FREE EVENT will be held on Friday 9th August from 7pm to 8.15 at the Burnie Arts & Function Centre, Wilmot Street, Burnie. Bookings are not required, if you would like further information on this event feel free to e-mail ccc.support@utas.edu.au or contact the Burnie Cradle Coast Campus on 6430 4949.

Defence Forces Taster Day

It is widely acknowledged that the application process for the Defence forces can be overwhelming. This one day program scheduled for Thursday 1st August offers the opportunity for students to experience various career paths and enables them to get a clear understanding of the application process.
The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised ‘feel-good’ or ‘get-on-with-it’ platitudes.

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.


Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. “Don’t let this spoil everything.” Strategy: containing thinking Good for: kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.


When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. “Who have you spoken to about this?” Strategy: seeking help Good for: kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this.” Strategy: offering hope Good for: kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children's...
chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. “What can you learn from this so it doesn’t happen next time?” Strategy: positive reframing. Good for: kids who make mistakes, let others down or experience personal disappointment.

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.


If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worst worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world!” Strategy: maintaining perspective. Good for: kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exacerbates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”


Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain.”

“I can’t stand it” with “I don’t like it”. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.


Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them to take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your every day language

Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whines from you in your dotage, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.

Michael will talk more about Resilience and other vital parenting matters in the Very Important Parenting Saturday seminars conducted in 5 Australian capital cities in term 3 this year. Find out more about what’s been called the Parenting Event of the year at parentingideas.com.au
COMMUNITY NOTICEBOARD

Dr Karl is back in Burnie

Dr Karl will present a FREE show -
“Absolutely Fabulous Moments in Science 2013” - followed by a Q&A

WHEN: Friday 9 August, 7pm—8.15pm
WHERE: Burnie Arts and Function Centre—Town Hall
77-79 Wilmot Street, Burnie
ENTRY: FREE
No bookings required. Enquiries: UTAS Cradle Coast Campus, 0430 4949
ccc.support@utas.edu.au

Thursday 8th August 2013

St Brendan Shaw College Gym (127 James St, Devonport, TAS)

CLINIC 1: 10 years and under 4pm-5pm
CLINIC 2: 11-12 years old 5pm-6.30pm
CLINIC 2: 13-16 years old 6.30pm-8pm

To book your place in the clinic, go to the link next to the clinic you wish to attend.
Places are limited, so get in quick.


shimjang taekwondo, Monday and Friday 6-30 - 7.30 in the school gym. For further details please contact regional instructor - Hayden 0439715431

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

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