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

Dear Parents

Cambodian Trip Update
Last Thursday evening our very excited Cambodian Team flew out of Devonport, embarking on the long journey to Cambodia. The team are uploading pictures daily and providing regular updates on their Facebook page. Mr Moore has also organised for the group to Skype some of our secondary classes over the course of the week. There are already lots of interesting stories coming back to us. Included below is an extract from a recent update on Facebook;

‘after freshening up in our hotel, we headed out to the floating village on boat. Ray, Hamish and Michael discovered the Tonle Sap Lake was... a little on the dirty side, after a quick dip. We then visited the ACODO orphanage, where the kids put on a performance and we spent another hour with them playing games and learning new ones. The next day, after a long awaited rest, we adventured via tuk tuk to Angkor Wat Temples. We spent the day exploring the temples and admiring the architecture. That night we were fortunate enough to find a local pool to cool off. After our cool down we went to the Night Markets where we had fun eating snake, having fish nibble our feet and haggling with the locals. Today we left Siem Reap to travel by air conditioned bus for eight hours to Phnom Penh. Tomorrow we are going to the killing fields and Tuol Sleng, we anticipate that this will be a very confronting and moving experience.’
ICT team (Danielle, Michael, Mariska and Sophie)

We look forward to viewing more pictures and hearing more stories during our Presentation Day Assembly on Tuesday 10 December, the day after their return.
Mrs Di Burrows – 25 years’ service
On Wednesday 20 November I had the pleasure of attending a Department of Education 25 years’ service presentation afternoon at Ulverstone. At this event Mrs Di Burrows, Education Facility Attendant was recognised for her 25 years’ service to the Department. Mrs Burrows has been an integral member of the Education Facility Attendant team for the last 10 years at the Sheffield School. We thank her for her commitment to our school and look forward to many more years of excellent service.

Presentation Day Assembly
This Tuesday 10 December parents and community members are invited to attend our Presentation Day Assembly. The assembly will commence at 11.30 am in the Recreation and Related Arts Building.

RON DALY
PRINCIPAL

Calendar dates.....

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>9 December</td>
<td>Primary (3-6) Picnic – Launceston Aquatic Centre</td>
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<td>10 December</td>
<td>Presentation Day Assembly</td>
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<td>11 December</td>
<td>4-5-6 Sports Afternoon (including Railton) 1.00pm to 2.30pm</td>
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<td>Cattle Handlers Presentation Night</td>
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<td>Launceston Trip (Grade 10’s)</td>
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<td>12 December</td>
<td>Kinder/Prep Picnic</td>
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<td>Leavers’ Dinner – 6pm</td>
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<td>13 December</td>
<td>BBQ at Lake Barrington (Grade 10’s)</td>
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<td>Prep 1-2 Picnic</td>
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<td>End of year reports to go home</td>
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<td></td>
<td>Grade 6 Celebration Lunch</td>
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<td>Leavers Assembly</td>
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<td>15 December</td>
<td>Community Christmas Carols (Gym)</td>
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<td>18 December</td>
<td>7-10 Picnic – Bluff</td>
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<td></td>
<td>Christmas Assembly K-6 (9.20am)</td>
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<td>19 December</td>
<td>Last day of Term 4 for students</td>
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BYOT Trial 2014

Next year, students from Grades 7-10 will have the option of bringing their own personal netbook, laptop or tablet computer to use at school as a learning resource.

Many schools have adopted a BYOT (Bring Your Own Technology) program to assist students in gaining greater access to technology and learning resources at school and beyond. BYOT users will be able to connect to our network and access filtered internet as normal.

A parent information session about BYOT was held on Tuesday 3rd December. The PowerPoint presentation and the policy document explaining BYOT which were shared at the parent session are attached to our public webpage in the shared documents section. If you would like more information please contact me through the school office.

School public webpage url: https://education.tas.edu.au/sheffield/Pages/Home.aspx

Jamie Skirving
A/Assistant Principal

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CHAPLAIN'S CHAT

Christmas Time

If you are like me, you are wondering what happened to yet another year!

The long wet winter has passed and Christmas is our next focus. It’s the time of year when you can smell it, hear it, feel it in the air and see it in the shops. Christmas is on our doorstep!

Too many years have gone by recently where I have dropped off from writing a lot of Christmas Cards. I seemed to either run out of time or have felt too overwhelmed to even start them. I dearly love this year to be different so have plunged in and bought some lovely cards that are now sitting on my hutch looking very seasonal and reminding me to set aside time to write.

I wonder why I have this resurge and am quick to remember how lovely it is to receive a card, especially when friends and relatives include something personal. This is of course my problem to begin with, in that I enjoy writing a personal note in each card and inevitably that means I need to allow time to achieve this. I can remember devoting a couple of very late nights to this festive activity in times past. Maybe there’s a happy medium between the two.

I sincerely thank every one of you who support the role of Chaplaincy in our school. It has been a privilege to draw alongside the Railton students also this year and the benefits as we integrate will be enormous. May we reach out to our neighbours and welcome them warmly into our community.

Please mark your calendars to remind yourselves of our Community Christmas Carols on Sunday evening at 6.30pm, 15 December 2013. Special guests, including Leah Woodberry, and student participation should make for a fun and festive occasion as we join together to celebrate this beautiful season.

Safe and happy holidays to you all and may we determine to invest positively, one to another, as we move into 2014.
Teach your kids to SHRUG!

The secret to having resilient, confident and optimistic children is to teach your kids to shrug!

It was so irritating, yet so effective.

I’m talking about my boyhood mate Terry’s habit of shrugging his shoulders whenever anyone teased him or tried to persuade him to their way of thinking.

“Hey Terry, you’re a &%&&E@0!”

Shrug.

“Hey Terry, everyone says your ...... *&TR!”

Shrug.

“Hey Terry, I’m going to tell on you!”

Shrug.

His nonchalance used to drive everyone nuts!

So much so that he was rarely targeted for teasing despite the fact that he wasn’t sporty, he wasn’t cool and he was late maturing – all of which back then, as now, would put a boy in the ‘to be picked on’ category.

I thought of Terry recently when I was coaching a young person about how to respond to some schoolyard taunts.

This young person wore his heart on his sleeve, taking taunts and even Witticisms too seriously for his own good. Unfortunately, some of his so-called mates used to enjoy seeing him become angry.

The best way to break this toxic cycle of taunt-react-taunt was for him to change his reaction.

So we did some coaching in the art of shrugging and before long my young charge was shrugging his shoulders, as if to say ‘Whatever’, and walking away at the first sign of a taunt.

Eventually he was channelling Terry so well that his nonchalance even began to irritate me.

Some things can’t be ignored

Don’t get me wrong. Kids cannot and should not ignore all negative comments directed at them.

There are times when they need to stand up and be counted. They don’t need to be aggressive about it, but they do need to be assertive from time to time. Sticking up for a friend, rescuing someone who is being taunted or even looking out for a sibling’s best interests at school are times when children need to assert themselves rather than shrugging off a problem.

Kids practise on their siblings

Socially savvy kids know that some of the negative peer comments directed at them need to be ignored. However, this is quite a skill.

Ignoring comments and choosing your arguments is something many kids learn in their battles with siblings.

Those noisy sibling skirmishes that annoy the hell out of parents actually toughen kids up for the less-than-pleasant social interactions that take place in the schoolyard.

Interestingly, my boyhood mate Terry was the youngest of
four brothers. I guess he would have perfected the art of shrugging out of sheer necessity.

So, if you have a sensitive child who wears his or her heart on their sleeve, or a child who reacts impulsively to both taunts and witicisms alike, you may wish to introduce the art of shrugging into their repertoire of responses.

**How to create a good shrug**

Kids can practise shrugging in front of the mirror so that they can see what a good shrug looks like. There are 4 ingredients:

2. A shrug of the shoulders.
3. A simple, non-combative, non-sarcastic line such as ‘You may be right’, ‘Whatever’ or ‘I hadn’t thought of that’.
4. A final breaking of eye contact that indicates that they are in control.

**A word of warning**

If you teach your kids to shrug, you need to be prepared for them to use this shrugging technique against you when you direct some criticism or constructive feedback their way. If they do, you’ll find out how damn infuriating nonchalance (even when it’s fake) can be.

Oh, and you’ll be seeing a child or young person who is exercising a degree of personal power that, when used smartly, will increase their overall social effectiveness.

You can get more ideas to help you raise confident, resilient kids in Michael Grose’s NEW book *Teach your kids to shrink!*. It’s available in paperback or digital format at the book shop at parentingideas.com.au
Sheffield Community Carols
At Sheffield School
(Recreation and Related Arts Centre)
Sunday 15 December 2013
6.30pm—8.00pm
Special Guest Artist - Leah Woodberry

Community Carol
Singing
Individual Items
Special Guests

“Come along and join in the singing of Christmas Carols in this Festive Season”
COMMUNITY NOTICEBOARD

Slipstream Circus

Where:
Slipstream Circus Hall
Youth Centre, Flora Street, Ulverstone.

When:
Thursday 5th December 7pm – 9pm
Friday 6th December 7pm – 9pm
Saturday 7th December 5pm – 7pm

Admission: Adults $18, Children (under 18) $12, Seniors (over 65) $12
Family 4 pers. $50, 5 pers. $60, 6 pers. $70
(Max 2 Adults + Kids only)

"Circadian: witness how the spinning of the earth affects all living things, through circus!"

Note: Basketball seating only bring a pillow and be ready to climb stairs - limited special seating

Bookings via email. Email: office@slipstreamcircus.org.au
www.facebook.com/slipstreamcircus Phone: 0459028352

Sheffield Market

Twilight Market Friday 13 December 2.30pm to 7.30pm
Saturday 14 December 10.00am to 3.00pm

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