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 21st 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 64918222.

**Student Representative Council / Leadership**

Late last year, students from grades 6, 7, 8 and 9 voted to decide on the composition of the 2014 grade 10 Student Representative Council. Students elected were Samantha Woods, Patrick Bingham, Hamish McLean, Hannah Huett, Malachi Hinrichsen, Bronte Page, Trevor Brand-Jones and Liam Davies. Several weeks ago 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.

Recently at our first assembly we also recognised several other groups of students that will perform leadership roles within the school this year.

**House Captains and Vice Captains** –

Don – Jordyn Enright, Patrick Bingham, Jessica Temple, William Kerr, Billie Chatterton, Alex Diprose, Takisha Norris, Tony Temple

Kentish – Sophie Maddick, Hamish McLean, Georgina Rayner, Trevor Brand-Jones, Samantha Denby, Noah Fulcher, Sharnee Hyland, Keiffer Stafford

Roland – Bronte Page, Liam Davies, Hannah Huett, Zane Davies, Hollie Braid, James Knight, Kasey Woods, Mitchell Burns


Well done to all of these students and to all of the other students in our school that will take on leadership roles and contribute positively to our school this year.
Change to Phone System
Early next week there will be some changes to our phone system here at school. These changes have occurred to bring the two phone systems of the Railton and Sheffield campuses together as one. These changes will enable staff to communicate via phone through internal dialling rather than an external phone call.

As a result of this change all external calls will ring through to the Sheffield Campus administration area, and then be redirected to the relevant extension number, whether that is for a staff member at the Sheffield campus or a staff member from the Railton campus. The phone contact number will therefore be 64918222 for both campuses.

Student Absences
Over the past 18 months we have made significant improvements in our school attendance data. This is in regard to both explaining student absences, and also the importance placed on the value of school by the school community, and the awareness that every day counts!
As a reminder for parents I have included an overview of the school student absence procedures below.

In relation to the SMS texting mentioned below, this process has not occurred to date as our office staff have been working through the process of updating parent details within the Edupoint system. We are anticipating that this process will be complete within the next week, after which SMS messaging to parents will recommence as a part of our student absence follow up procedures.

A reminder also to parents that there are some restrictions to the online texting service we utilise. Parents are able to reply to the initial text sent by the school, however as the texts come from a pool of shared mobile numbers, parents are unable to store the number in their phone or dial the number into their phone for use at a later date.

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.

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.

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.

The Hon Brian Wightman MP
Over the page is a letter from the Minister for Education and Skills, The Hon Brian Wightman MP. The Minister requested that this letter be distributed to families.

Ron Daly
PRINCIPAL
Dear Parents and Carers,

I am really excited about being the Minister for Education and Skills and have really enjoyed meeting students, parents, carers, teachers and principals in the time I have been Minister.

As a parent, former teacher and principal, I know how important your children's education is to your family and you. I also understand that schools and their communities need to be supported and feel confident about their future.

I would like to let you know that current policy clearly states that there will be no forced school closures. Instead, I believe that it is really important that school communities are supported to make their own decisions about what is best for their students.

I am committed to focusing on giving children the best education possible, not causing undue concerns for you.

May I wish you all the very best for the 2014 school year.

Yours sincerely,

[Signature]

The Hon Brian Wightman MP
Minister for Education and Skills

5 March 2014
7-10 AWARDS
FRIDAY 28 FEBRUARY

Grade 7A
Angus Alsop
Shakyla Wood
Abbey Boutcher

Grade 7B
Britney Enright
Nicholas McCarthy

Grade 8A
Sarah Rayner
Troy Milton
Brady Rouse

Grade 8B
Ashley Gillies
Dylan Dennis
Zayna Mulholland

Grade 9A
Jamie Gerke
Michelle Wood
Jason Colgan

Grade 9B
Chloe Temple
Kristan Jago
Nathaniel Watton

Grade 10A
Jordi Williams
Jake Bird
Ashlyn Kenzie

Grade 10B
William Kerr
Chandler Walker
Keeley Hurley

SHEFFIELD SCHOOL COUNCIL ELECTION 2014

Elections for School Council will be held on Wednesday 9th April, 2014.

Nominations are being called for two (2) community and five (5) parent vacancies, one of which must be from the Railton Campus. These are the numbers which will make up our council under the new constitution which will be approved at the Annual General Meeting in April.

Nomination forms and an information brochure are available from the school office. **Nominations must be to the Returning Officer, Charmaine Butcher, by COB Tuesday 8th April, 2014.**

Enquiries should be directed to the Returning Officer, Charmaine Butcher, at the school office on 64918222.

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.
Calendar dates.....

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>14 March</td>
<td>Fancy Footwear Day</td>
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<tr>
<td>20 March</td>
<td>NWPSSA Twilight Finals</td>
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<tr>
<td>21 March</td>
<td>Assembly 7 - 10</td>
</tr>
<tr>
<td>22 March / 23 March</td>
<td>Relay for Life (Penguin Sports Complex)</td>
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<tr>
<td>25 March</td>
<td>School Socials</td>
</tr>
<tr>
<td>25 March</td>
<td>Farm Meeting 5.00pm (Farm)</td>
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<tr>
<td>28 March</td>
<td>Assembly P-6</td>
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**Swimming Carnival 2014**

The Sheffield School held its annual swimming carnival at the new Devonport Splash on Friday 21 February. The carnival kicked off with students participating in freestyle and backstroke over 50m and 25m. Congratulations to those from all grades who participated heavily in these events. The ironman races followed and this gave secondary students an opportunity to display their athletic prowess in both the pool and on dry land. The primary students also had a great day, participating in a number of activities including races in the small pool, novelty events and, of course, the water slide.

The Kentish students iron man team managed to break the dry spell of victories for students in the Staff Vs Students competition. Both the Kentish and staff teams opened up a small lead after the initial swim and run legs, but it was left to Hayden Boutcher and Mrs Bransden to slug it out over the final 25m swim to decide the winner. Hayden Boutcher touched in centimetres ahead of Mrs Bransden in what was a fitting end to a great day’s competition.

Congratulations to all the students who participated on the day and to the staff for their assistance.

In the house competition, Kentish won their third swimming carnival in a row with runners-up being Don and Roland placing third.

**Swimming Champions for 2014.**

**Runners Up (Boys)**

<table>
<thead>
<tr>
<th>Grade 7</th>
<th>Oscar Keen</th>
<th>Kentish</th>
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</thead>
<tbody>
<tr>
<td>Grade 8</td>
<td>Jayden Symons</td>
<td>Kentish</td>
</tr>
<tr>
<td>Grade 9</td>
<td>Bradley Huett</td>
<td>Don</td>
</tr>
<tr>
<td>Grade 10</td>
<td>Liam Davies</td>
<td>Roland</td>
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</tbody>
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**Runners Up (Girls)**

<table>
<thead>
<tr>
<th>Grade 7</th>
<th>Amber Mather</th>
<th>Kentish</th>
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</thead>
<tbody>
<tr>
<td>Grade 8</td>
<td>Hayley Rowland</td>
<td>Don</td>
</tr>
<tr>
<td>Grade 9</td>
<td>Ellen Sheehan</td>
<td>Kentish</td>
</tr>
<tr>
<td>Grade 10</td>
<td>Dayna Grey</td>
<td>Roland</td>
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</table>

**Champions (Boys)**

<table>
<thead>
<tr>
<th>Grade 7</th>
<th>Nathan Huett</th>
<th>Don</th>
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<tbody>
<tr>
<td>Grade 8</td>
<td>Eric Brand-Jones</td>
<td>Kentish</td>
</tr>
<tr>
<td>Grade 9</td>
<td>Graham Burns</td>
<td>Roland</td>
</tr>
<tr>
<td>Grade 10</td>
<td>Kristen Jago</td>
<td>Kentish</td>
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</tbody>
</table>

**Champions (Girls)**

<table>
<thead>
<tr>
<th>Grade 7</th>
<th>Abbey Boutcher</th>
<th>Kentish</th>
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</thead>
<tbody>
<tr>
<td>Grade 8</td>
<td>Josie DeBoer</td>
<td>Roland</td>
</tr>
<tr>
<td>Grade 9</td>
<td>Madelyn Keen</td>
<td>Kentish</td>
</tr>
<tr>
<td>Grade 10</td>
<td>Emily Smith</td>
<td>Kentish</td>
</tr>
</tbody>
</table>
Rowing Report

On the weekend of 1 and 2 March we had a group of students represent our school at the state wide schools rowing regatta. Tom Rockliff and Abbey Boutcher had their first regatta doing a fantastic job. Tom rowed in the U14 single and double and U16 quad, and Abbey rowed in the U13 single and U14 double. Both having a great first hit out and having some encouraging results!

Lilly Maddick and Sarah Rayner competed in the U14 age group with some outstanding results. In the singles both girls won their race (getting the fastest two times, out of 80 girls) and combining to row a double to also win with the fastest time. They also combined with a couple of girls from another school to get second in their U14 quad race.

Georgina Rayner had some fantastic rows in the U16 age group. She won both her single (over 80 boats in singles) and double heats and getting 6th and 4th fastest times overall. Georgina also rowed with some St Brendans girls to get 2nd in their quad heat.

Overall Sheffield got 4th on the aggregate points in the junior girls and 5th in girls overall after the weekends results!!

Well done to our rowing team and good luck for the State Championships next month and to Georgina who is off to Sydney to compete in the national rowing championships!

Inter high Swimming

The Sheffield inter high swimming team consisted of 11 enthusiastic grade 7-10 students: Kade Wolfe, Abbey Boutcher, Nathan Huett, Jack Febey, Oskar Keen, Jayke Roberson, Eric Brand Jones, Josie De Boer, Bradley Huett, Hamish McLean and Emily Smith.

The team got some encouraging results throughout the day with Josie De Boer getting a win in the 50m backstroke, Abbey Boutcher getting seconds in freestyle, backstroke and breaststroke and the team getting many third places.

We had a girls and a boys medley relay with the boys getting a third, also a junior boys and senior boys freestyle relays teams. All relay teams competing really well!

Overall Sheffield came 5th in B division! Well done to all students who attended!

Miss Scattergood
School Socials

The first term Early Childhood, Primary and Secondary socials are to be held on Wednesday 26 March. Entry is $2.50 for Primary and Secondary.

THEMES
- Early Childhood – Bright Colours
- Primary and Secondary – FLURO

Early Childhood – period 5 & 6 (during school time)
Primary – 3:10pm - 4:30pm
Secondary – 6:30pm - 9:00pm

Snacks and refreshments are available for $1.00. Notices will be sent home shortly.
Reduce our national sleep debt

Many parents underestimate the importance of sleep for children’s learning and well-being. As a community we lack a great deal of knowledge about what’s required to get a good night’s sleep.

Recently I spoke at an overseas conference and sleep, or rather lack of sleep, was high on the agenda.

Professor Harlene Hayne, head of the Psychology Department at the University of Otago, revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being.

The links between sleep debt and poor mental health, including anxiety and depression, are indisputable. Anxiety goes down and confidence and well-being improves when kids get enough sleep.

Many kids today are sleep deprived. Teenagers, in particular, don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don’t function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning; sleep research has shown that the brain practises what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeping kids fresh to maximise their future learning.

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

Good sleep habits include:

1. Regular bedtimes. Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. A 45 minute wind-down time before bed. This includes removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-time is near.

3. A bedtime routine. Have a bedtime routine, such as story-reading and teeth-cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

4. Keeping bedrooms for sleep. Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

5. Maximise the three sleep cues. These include darkness (maintaining a cave-like bedroom), lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits. If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.
TOUR DE CURE CYCLISTS ARE VISITING OUR PRIMARY STUDENTS (K–6) ON FRIDAY 4TH APRIL 2014.
MORE DETAILS IN OUR NEXT NEWSLETTER.

Bootcamp
Monday 6-7pm Community Health Centre
Wednesday 4-5pm School Basketball Courts
Run by Kara from Refreshed Health Club and Gym in Latrobe
$10 per session (1st session free)
EVERYONE is welcome
K-6 FAIR
NOW IN TERM 1
WHEN: THURSDAY 10th APRIL 2014
TIME: PET PARADE FROM 1:00PM
WHERE: PRIMARY PLAYGROUND AND UNDERCOVER AREA.
TOKENS GO ON SALE FROM MONDAY 24TH MARCH. CAN BE PURCHASED FROM CLASSROOM TEACHERS AND AGAIN ON THE DAY.
ATTR ACTIONS THIS YEAR INCLUDE:
JUMPING CASTLE DONUTS BBQ
CHOCOLATE SNAKES SPIDERS FAIRY FLOSS
PONY RIDES PLAY-DOUGH LOB THE DUNNY
EASTER RAFFLE HAIRSPRAY BALLOON POP
LOLLY GUESS GUESS KITES HAIR SPRAY
PHOTO BOOTH EASTER NESTS SAVELOYS
ENJOY A GREAT CAPPUCCINO AND AFTERNOON TEA FROM THE CANTEEN!
AND MUCH, MUCH MORE!
WE EXTEND A WARM INVITATION TO ALL FAMILIES TO JOIN US AT THE FAIR ON THURSDAY 10TH APRIL.
Riverbend Youth Centre provides a happy holiday for young people, in an environment where principles of Christian living are taught and practiced. Each day’s program includes informative Bible devotions and discussions. We aim to improve the quality of life of each camper.

Our leaders care about each camper. We want everyone to feel safe and happy at camp. We aim to provide an enjoyable 5 days packed full of games, crafts, outdoor activities, excursions, films, indoor games, outdoor sports, quizzes, concerts, singing AND really really great food.

**Camp Fee: $110 per person**

Fees MUST be paid with Applications*

Fees can be paid by cash, personal cheque, bank cheque or Australia post money order.

*For cancellations prior to camp the fee will be refunded less $50.

Upon receipt of your application and fee, a letter acknowledging your acceptance will be sent, also giving you further details. If we have reached capacity you will be placed on a waiting list and notified of availability.

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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