Dear Parents

I would like to take this opportunity to acknowledge a number of organisations and individuals for their contribution and support of our school – Railton Campus. Celine and Chris Hayes; Paint Right in Devonport, The Hub Inc. and the Kentish Lions Club. Pictured below is the President of the Kentish Lions Club, Mr Doug Hingston presenting Mrs Von Schill with some new sand play equipment!

School Chaplaincy
Given the recent media attention on School Chaplaincy I feel it appropriate to reaffirm our school community’s support for our Chaplain Esther Wass and the tremendous role she performs in our school supporting students, staff and families. We are fortunate to have Esther working in our school. Thank you Esther!

I would also like to acknowledge the support of our local churches and Devonport Chaplaincy Incorporated who respectively fund an additional day of chaplaincy in our school each week.

Student Achievement
Late last term our grade 8 Drama class under the guidance of Ms Tawse produced a film that was entered in the H.E.LP Film Festival. The focus of the film was the plight of the homeless; the film was shown at our recent 7-10 assembly and was a finalist in the competition. A number of the students along with Mrs Maddick recently attended the viewing of all of the films that were shortlisted. Feedback from the organisers was extremely positive with our film just missing out on the ‘audience vote’ category winner. Well done to the following students that produced this film; Lillian Maddick, Dean Jennings, Samara Conway, Manisha Kernan, Gabi Jago, Rebecca Hutton, Josie De Boer and Pyper Page.

Congratulations to two of our past students, Madalan Page and Chelsea Rayner who both recently participated in the National Cattle Handling Championships in Brisbane, experiencing great success. Both girls are a product of our school’s very successful cattle handling program. Madalan was awarded the National Junior Cattle Handler of the Year title, with Chelsea Rayner finishing second in the National Junior Judging category behind New Zealand.
Student Absence
In recent times a large number of students have been absent suffering from a variety of illnesses. A reminder to parents that if your child is away from school please contact the school via one of our communication methods - phone, e-mail, SMS or face to face notification. This is a legal requirement of the Department of Education and assists the school to maintain accurate attendance data. Thank you in anticipation of your cooperation with this matter.

Year 11/12 Provision at Sheffield School Second Forum
A reminder that the second forum will be held on the 28th August in the grade 8 classroom commencing at 5.30pm. Mr Alan Green, General Manager, Early Years and Schools, Department of Education has confirmed he will be attending the forum to provide further information on the proposal and answer questions. Please rsvp to the office on 64918222 prior to Tuesday 26th August if you will be attending. A reminder also to e-mail our school public e-mail address Sheffield@education.tas.gov.au with any questions you would like Mr Green to respond to during the forum.

Welcome Bec Mitchell (YFCC) to our Sheffield Campus
Below is a profile and some information relating to the role that Bec Mitchell from Youth, Family & Community Connection performs in our school. Bec has previously been engaged at our Railton Campus for two days a week under the Primary Schools Partnership Program. This has now been extended to also take in our Sheffield Campus. We look forward to working with Bec over the remainder of the year.

YFCC Worker Profile
Name: Bec Mitchell
Favourite food: Lamb
Favourite colour: Blue
Number of children: Two boys aged 12 years and 13 years
Interests: I'm a Surf Life Saver with the Penguin Surf Club and I row Surf Boats!!

Some of my previous working roles: Family Dispute Resolution Practitioner (Family Mediation), Family Counsellor, Child Inclusive Practitioner, Coordinator of Youth and Family Services, Early Intervention Worker, Youth Worker.

Program: Primary Schools Partnership Program
Role within the school: I am based at Railton Campus Mondays and Tuesdays and Sheffield Campus Thursdays and Fridays and my role is to provide support to children and their families to improve outcomes for students (K-6).

Raising children can be a challenging job so I am available at the school for parents to come and have a chat if they are feeling stressed, need support or just need to talk in a relaxed, non-judgemental environment. I can provide short term counselling/support, information, education, advocacy and referrals to other services that can provide assistance and strengthen their families support networks.

Referrals to the program can be made by staff at the school or by parents/carers. Just come in and see me!

Bec Mitchell
Primary Schools Partnership Program
A: 81 Oldaker Street, Devonport, 7310  P: 03 6423 6635

Supporting Youth and Families Towards a Better Future

Ron Daly
PRINCIPAL
Calendar dates…..

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>15 August</td>
<td>Assembly P-6 (Sheffield Campus)</td>
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<tr>
<td>19 August</td>
<td>Don College Excursion – Advanced Science</td>
</tr>
<tr>
<td>20 August</td>
<td>40 Hour Famine</td>
</tr>
<tr>
<td></td>
<td>Sheffield Town Hall Centenary (Town Hall)</td>
</tr>
<tr>
<td>21 August</td>
<td>40 Hour Famine Sleepover</td>
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<tr>
<td>22 August</td>
<td>Rustica Visit (Grade 8)</td>
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<tr>
<td>28 August</td>
<td>Extending grade 11/12 Forum 5.30pm</td>
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<tr>
<td></td>
<td>School Council Meeting 7pm (VET Room)</td>
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<tr>
<td>29 August</td>
<td>Book Week Assembly</td>
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<tr>
<td>5 September</td>
<td>Father's Day Stall</td>
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<tr>
<td>9 September</td>
<td>Don Taster Day (Grade 10)</td>
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<tr>
<td>9 September</td>
<td>NWPSSA Dance Event</td>
</tr>
<tr>
<td>11 September</td>
<td>Secondary Sports Presentation Night</td>
</tr>
</tbody>
</table>

7-10 AWARDS
FRIDAY 1 August 2014

7A
Zachary Knowles
Jordan Burr
Adam Norris

7B
Emily Barnes
Jared Patterson
Amber Mather

8A
Cyan Peace
Blake McGuinness
Jacob East

8B
Dylan Sherman
Timothy Oakley
John Neders

9A
Jonty Winwood
Maggie McCarthy

9B
Beau Mace
Troydan Mason
Gabrielle Agnew

10A
Bianca Eberle
Christopher Jago
Daniel Scheers

10B
Damien Colgan
Bronte Page
Jessica Temple

2015 Classes

Staff have begun the process for creating class groups for 2015. A number of considerations are taken into account to create classes and a number of hours are dedicated to ensuring classes are equitable. Once classes have been created teachers are allocated a class, therefore requests for individual teachers cannot be made.

Parents are invited to discuss any educational concerns or important information they may have for their child with the senior teacher in charge of their child’s current area of the school. Whilst all requests will be considered there is no guarantee that it will be possible to grant them.

K-2         Mrs May (Mon-Thurs)
3-6         Mr Bakes
7-9         Mrs Maddick
Railton Campus  Mrs Von Schill and Mrs Turnbull

Please make appointments to see staff by Friday 19th September 2014.
Our school is about to launch the ‘Catch the Reading Bug’ Scholastic Book Fair on Wednesday 27th and Thursday 28th August from 3:00 – 4:30pm! We would love to see you there. Just follow the ‘Book Fair Arrows’ from the main office to the Primary Equity Room.

Our fair will be a wonderful reading celebration giving your family the perfect opportunity to select books together. Plus your support of this fundraiser provides valuable learning resources for our school.

We hope you can join us at our ‘Catch the Reading Bug Book Fair’ to help us celebrate reading with our students and the school community.

If you are unable to attend at the above times, students will be visiting our fair during class times when you are also welcome to attend. This time can be found on the pamphlets that students will bring home on the week before the fair.

If you have any further questions regarding the Book Fair please contact Marcus Bakes at school on 64 918222.

SECONDARY SPORTS PRESENTATION EVENING

The annual Sheffield School Sports Presentation Evening will be held on Thursday 11 September commencing at 6.30pm in the Related Arts Building.

All parents/carers of students are welcome to attend as well as coaches of all secondary teams.

Please RSVP to the school office on 64918222 by Friday 29 August.
**VET COURSES AND ADULT LEARNING AT SHEFFIELD SCHOOL**

Did you know that Sheffield School offers a range of courses for adult learners?

There are TQA courses for those who wish to re-enter the work force and need to update their Literacy/English or Numeracy/Maths skills, and there are also entry level (Certificate 2) VET courses for those who wish to pursue a career in their particular field of interest.

All of these courses are also suitable for recent school leavers who need basic life skill courses to improve their employment prospects.

There are no pre-requisites or age restrictions, and we will do our best to tailor courses to suit individual needs.

For more information contact Norm Gregory (VET Coordinator) at the school on 64918235

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**Young Australians from Sheffield School give up to bring hunger down in Rwanda**

A team of passionate young Australians from Sheffield School will come together to support World Vision’s 40 Hour Famine from 20 to 22 August 2014.

The 40 Hour Famine is one of Australia’s biggest youth events raising community awareness and much-needed funds to help fight global hunger. Each year inspires a new generation of young people to help communities around the world to lift themselves out of poverty.

Participants will give up something important to them for 40 hours to spread the word as well as raise funds to help take on hunger around the world.

The students have chosen to give up anything from food to technology in support of this very worthy cause.

The 40 Hour Famine was started by World Vision Australia in 1975 and around 300,000 young people from all over Australia are expected to participate this year.

The UN has named hunger as the number one risk to health for children and families around the world. Funds raised through the 40 Hour Famine will go to fight the underlying causes of hunger including poverty.

This year, the 40 Hour Famine will focus on Rwanda, in central-east Africa, where nearly half of children under five suffer from malnutrition.

To find out more about the 40 Hour Famine, including registering to participate or making a donation, visit [40hourfamine.com.au](http://40hourfamine.com.au).

Sheffield G3-6 students will give up ‘something’ for 8 hours on Thursday 21st, while secondary students will give up ‘something’ for 40 hours from 8pm Wednesday to 12 noon Friday. Students who have returned signed consent forms will be issued with a World Vision receipt book to collect donations on Wednesday 13th August. The receipt books, with any collected donations are to be returned to the school office by Friday 5th September.
Drink Water NOT sugar!

Compare the sugar in these drinks. Water and milk are the best drinks for kids!

<table>
<thead>
<tr>
<th>Drink</th>
<th>Sugar content (250mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>no sugar</td>
</tr>
<tr>
<td>Plain milk</td>
<td>no added sugar</td>
</tr>
<tr>
<td>Flavoured milk</td>
<td>3 tsp added sugar</td>
</tr>
<tr>
<td>Sports drink</td>
<td>4 tsp added sugar</td>
</tr>
<tr>
<td>Water cordial</td>
<td>4.5 tsp added sugar</td>
</tr>
<tr>
<td>100% fruit juice</td>
<td>5 teaspoons sugar</td>
</tr>
<tr>
<td>Fruit drink</td>
<td>6.5 tsp added sugar</td>
</tr>
<tr>
<td>Soft drink</td>
<td>7 tsp added sugar</td>
</tr>
<tr>
<td>Energy drink</td>
<td>7 tsp added sugar</td>
</tr>
</tbody>
</table>

1 teaspoon = 4 grams of sugar

For more information and for family ideas on healthy eating and physical activity visit www.movewelleatwell.tas.gov.au
Ten common discipline mistakes

Here are 10 common and easily avoided mistakes parents make when disciplining their children. Replace these mistakes with better techniques and you’ll be on your way to parenting easy street.

1. Repeating yourself
   If you do this, you’re training your kids to become “parent deaf.” Kids learn more from respectful actions than your repeated words, so speak once – twice at most – than do something.

2. Shouting to be heard
   You’ll get better results by going below the noise baseline to get their attention rather than raising your voice.

3. Setting limits too late
   If you set a limit a few weeks after a new object or situation is introduced (e.g., a kid gets a new mobile phone, a team starts going out at night), you will be seen to be taking away their freedom. It’s better to set limits first than loosen them up later.

4. Setting no limits
   Boundaries, rules, expectations and standards teach kids what’s expected. Boys love them. They also like to push against them, so you need a firm backbone.

5. Falling to follow through.
   Talk! Threaten! Nad! No way! See No. 1 above.

6. Making consequences too harsh
   “You’re grounded for a month, Mr. 6-year-old” is a tad harsh and will usually bring resentment, not to mention confusion. Stick to the 3 Rs – respectful, reasonable and related to the behaviour – when setting consequences and you can’t go too far wrong.

7. Applying consequences when you, or they, are angry
   When anger is in the air kids will become mad at you … if you listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

8. Mixing discipline with counselling
   Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time.

Keep the two actions separate so they can both be effective.

9. Deferring discipline
   Deferring discipline to a child care centre, preschool or school. This is taking the easy way out and teaches kids that you don’t have real authority. Have the confidence to be the authority and take a lead.

10. One parent is always the bad guy
    This gets wearing. Also it’s hard to have fun when you are the tough cop all the time. If you are in a two-parent situation take discipline in turns. If you are parenting solo, bring spares into the act.

We’ve all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline. But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.

For better, more sophisticated and more effective discipline techniques visit our online parenting manual – the Parenting Ideas Club. There are 1,000s of strategies waiting to be used. Take your FREE trial now at parentingideasclub.com.au
COMMUNITY NOTICEBOARD

Farmer's Market - Sunday 23rd August 2014
Location: 112 North Fenton Street, Devonport TAS 7310

We are currently seeking compassionate people to join our team as long-term, short-term or respite Foster Carers.

RSVP: P. 6337 3800
E. colleen.wood@wb.org.au

Foster Carers Needed

Next Training Weekend
Date: Saturday 23rd August and Sunday 24th August
Time: 9am to 4pm (both days)
Address: Barclay Motor Inn, 112 North Fenton Street, Devonport TAS 7310

We are currently seeking compassionate people to join our team as long-term, short-term or respite Foster Carers.

RSVP: P. 6337 3800
E. colleen.wood@wb.org.au

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