Dear Parents

**Water Orientation Program**
Parents of students in Kindergarten – 2 should have received information regarding a Water Orientation Program that will be conducted over the next 4 weeks by Miss Parsons at our Railton Campus pool. This is a terrific opportunity for these students to build on their current level of confidence and skills within the water medium, particularly as we head into the summer months. Thank you to those grade 9/10 Leading Active Communities students who will be supporting these sessions in the water. Parents are most welcome to come along and support their child/ren during these sessions.

**Keep Australia Beautiful Tasmania - Sustainable Communities Award**
Recently Mr Skirving represented our school at the 2014 Keep Australia Beautiful Tasmanian Tidy Towns Awards afternoon held here at the Sheffield School. During the afternoon Mr Skirving accepted an award on behalf of the school – Sustainable Schools North West Region Secondary School Award. The prize included a framed certificate, a voucher $100 from REPLAS (recycled plastic products) and a cheque for $1000.

The Sustainable Schools Awards recognise schools that incorporate sustainable learning into school life. Our school is very fortunate to have lots of community support and participation. There are many community groups that provide opportunities for our students to connect with the local community outside the school, learn valuable life skills and develop a sense of connectedness to their environment. Some of the activities include tree planting, caring for school and community gardens, rubbish clean up, agriculture programs to promote sustainable farming practices, and involvement with many local art projects such as Mural fest.

**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 courtyard/under-cover area (Railton Campus). Where possible, we would encourage students not to arrive before 8.30am.
Remembrance Day Service
This Tuesday at 10.40am we will conduct a Remembrance Day Service in our remembrance courtyard. Members of the RSL Sheffield Sub Branch will be attending and we would like to extend an invitation to parents, carers and community members.

Ron Daly
PRINCIPAL

Calendar dates.....

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 – 6 November</td>
<td>Grade 10 Exams</td>
</tr>
<tr>
<td>7 November</td>
<td>Sheffield School Show</td>
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<tr>
<td>10 November</td>
<td>AASC – Pandemonium Excursion</td>
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<tr>
<td>11 November</td>
<td>Remembrance Day Assembly</td>
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<tr>
<td>11 November – 4 December</td>
<td>K – 2 Water Orientation Program</td>
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<tr>
<td>12 November</td>
<td>Don College Enrolments</td>
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<tr>
<td></td>
<td>7A Excursion to UHS Production</td>
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<tr>
<td>13 November</td>
<td>Grade 10 First Aid Course</td>
</tr>
<tr>
<td>14 November</td>
<td>Athletics Carnival</td>
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<tr>
<td>18 November</td>
<td>Don College visit for Enrolments</td>
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<tr>
<td>19 November</td>
<td>Socials</td>
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<tr>
<td>21 November</td>
<td>LAC – Launceston Excursion</td>
</tr>
<tr>
<td>24 November – 5 December</td>
<td>Swimming and Water Safety Program Grade 3 - 5</td>
</tr>
<tr>
<td>24 November</td>
<td>Food Technology Dinner</td>
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<tr>
<td>25 November</td>
<td>Leven Canyon Excursion – Grade 9</td>
</tr>
<tr>
<td>26 November</td>
<td>Assembly 7 - 10</td>
</tr>
<tr>
<td>28 November</td>
<td>Devonport Show Day – students do not attend</td>
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<tr>
<td>2 December</td>
<td>Don College Start Day</td>
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<td></td>
<td>Orientation Day – Grade 7</td>
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<tr>
<td>4 December</td>
<td>Arts Evening Awards</td>
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<tr>
<td>5 December</td>
<td>P – 6 School Picnic</td>
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<tr>
<td>8 December</td>
<td>Inter-high Athletics</td>
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<tr>
<td>9 December</td>
<td>Presentation Day</td>
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<tr>
<td>10 December</td>
<td>Grade 10 Excursion</td>
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<tr>
<td>11 December</td>
<td>Grade 10 Celebration Dinner – 6pm</td>
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<td></td>
<td>Grade 5 Excursion</td>
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<tr>
<td>12 December</td>
<td>Grade 10 Assembly</td>
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<td></td>
<td>End of Year Reports Home</td>
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<tr>
<td>17 December</td>
<td>Christmas Assembly K – 6</td>
</tr>
<tr>
<td>18 December</td>
<td>Term 4 Concludes</td>
</tr>
</tbody>
</table>

2014 School Magazine
This year we are offering the school magazine as a digital file or a printed booklet that will be produced here at school. The A4 colour printed booklets are $10 per copy and the digital PDF file will be free of charge. Printed school magazines need to be ordered through the school office by December 6.
**P - 6 AWARDS**
**FRIDAY 26 September 2014**

<table>
<thead>
<tr>
<th>Prep A</th>
<th>Prep B</th>
<th>Grade 1</th>
<th>Grade 1/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jacob Beswick</td>
<td>Baxter Brown</td>
<td>Tarliah Foley</td>
<td>Kelsi Burr</td>
</tr>
<tr>
<td>Joel Crack</td>
<td>Cody Burton</td>
<td>Reuben Mineur</td>
<td>Frieda Spanka</td>
</tr>
<tr>
<td>Rory Saunders</td>
<td>Matthew Kemp</td>
<td>Dylan Stevens</td>
<td>Montanna Burns</td>
</tr>
</tbody>
</table>

**Grade 2**
Colin Alsop  
Leo Mulvey  
Isabelle Ritter  

3/4A  
Noah Hinrichsen  
Melissa Bell-Sherriff  
Jessica Welch  
Zoe Knight  

3/4B  
Brooke Foster  
Brock Fox  
Alexandra Keddie  
Ethan Saunders  

4/5A  
Mitchell Colgan  
Chloe Dennis  
Amos de Boer  
Charles Hickman  

**Grade 5**
Tyrone Sherman  
Tylar Burr  
Damon Sing  

5/6A  
Khrystian Sherman  
Maggie O’Neill  
Connor de Boer  
Annalee McCarthy  

**P-6 AWARDS (Sheffield Campus)**
**FRIDAY 31 October 2014**

<table>
<thead>
<tr>
<th>Prep A</th>
<th>Prep B</th>
<th>1</th>
<th>1/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lachlan Mack</td>
<td>Fiona Wilde</td>
<td>Connor Smith</td>
<td>Morgan Woodham</td>
</tr>
<tr>
<td>Trip Lovell</td>
<td>Filly Mulcahy</td>
<td>Charlton Skirling</td>
<td>Delilah Green</td>
</tr>
<tr>
<td>Amanda Padman</td>
<td>Keira Wells</td>
<td>Ava Duff</td>
<td></td>
</tr>
<tr>
<td>Angelique Sherriff-Sherman</td>
<td>Sianna Martin</td>
<td>Trinity Keenan-Pickett</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jackson Wordsworth</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hayden Burford</td>
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<td></td>
</tr>
</tbody>
</table>

2  
Phoebe Collins  
Malachi Keen  
Cale Hayman  
Christopher Kemp  

3/4 A  
Olivia Diprose  
Jory Keenan-Pickett  
Elijah Spanka  
Tahli Kuiipers  
Jasmyne Milton  

3/4 B  
Ashlee Gladwin  
Tayla Grabe  
Petra Steers  
Blake Horrigan  
Jason Mack  

4/5 A  
Emma Spillman  
Isabel Wells  
Grace Young  
Laura Ashby  
Lachlan Wordsworth  

5A  
Jasper Mortyn  
Nikea Davey  
Taya Hooper  
Nathan Smith  

5/6 A  
Tioni Campbell  
Bradley Connors  
Callum Heyward  
Jasmine Kenzie  
Seth Smith  
Elijah Steers  
Mackayla Camilleri  

6 A  
James Hutton  
Sharnee Hyland  
Andy Enright  
Samantha Denby  
Riley Hester  
Jemma Searle  

**P-6 AWARDS (Railton Campus)**
**FRIDAY 31 October 2014**

<table>
<thead>
<tr>
<th>Kinder/Prep R</th>
<th>1/2 R</th>
<th>3/4 R</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chloe Reed</td>
<td>Joey Richardson</td>
<td>Akasha Spitalar</td>
</tr>
<tr>
<td>Tyron Forster</td>
<td>Jobie Hicks</td>
<td>Kai Reed</td>
</tr>
<tr>
<td></td>
<td>Kiara Reed</td>
<td>Jacinda Batt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bailey O’Neill</td>
</tr>
</tbody>
</table>
5 ways to increase fruit and vegetable intake

1. Shop for fruit and vegetables that are in season, it will be cheaper and tastier.

2. Keep fresh, tinned or frozen fruit and vegetables at home.

3. Add extra fruit and vegetables to recipes and meals.

4. Involve kids in shopping, growing, preparing and cooking fruit and vegetables.

5. If buying take away food order a side salad or some vegetables.

For more information and for family ideas on healthy eating and physical activity visit: www.movewelleatwell.tas.gov.au
Sheffield School and community willingly embraces opportunities to make a difference

Would you like the opportunity to:
Intentionally make a difference at a GLOBAL LEVEL?
Improve the lives of impoverished Cambodians?
Fundraise for a specific project and then visit to see the enormous difference you have made?

Come along to our information session with parents/guardians on
Monday the 17th November from 7-8 pm in the textiles classrooms to find out more.
(Enter off Main Rd)

Information Session will include:
Cambodian Volunteering presentation and power point
Estimated costs
Estimated Travel Dates
Application process
Itinerary
Sheffield/Nixon Street Band Day

On Tuesday 28 October Sheffield School hosted a combined Concert Band ‘camp day’ in which sixty-four eager music students took part in instrumental sectionals and whole band rehearsals.

The day culminated in a concert at school in which the combined band performed three pieces they learnt on the day.

This activity was an excellent opportunity for students to meet fellow musicians, learn from experienced tutors and fine tune their skills in listening, cooperation and self-belief.

All the students who participated can give themselves a big pat on the back for working extremely hard on the day. No doubt there would have been lots of weary heads that night.

Many thanks go to; Mrs Anne Morice, Sue Andrzejczak, Cameron Sherriff, Ian Leslie and Nigel Elliott (music tutors), Café Culture students for catering and all parent helpers.
Thanks everyone for making it a fantastic day!

Lucy Crowther
Music/Drama

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Have you ever wondered what Freemasonry is all about, what we are or what we do? We invite you to come to our ‘Open Night’ on Thursday 20 November at 8.00pm and find out the answers to these questions and to all the questions you would like to ask us. We would like to see as many of you as possible. Light refreshments, tea and coffee will be provided. Venue is Roland Masonic Lodge, High Street, Sheffield.

For more information please contact Wor. Bro. Nigel Parker on 6491 1877 or 0402 284 093.

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CoRES Kentish
On 19 November at 7.30pm in the Town Hall, CoRES will be conducting a public forum. The topic for this is “Breaking the code of silence”.

We will have four speakers, three of whom will be recounting either their own experiences of suicide or that of losing a partner. One of these is a well-known local woman. Our Fourth speaker is someone from Stand By, an association which deals with the aftermath of suicide in the families left behind.

CoRES members will also be present at the Lunch in the Park (mentioned on the last page) with information and help.

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PUBLIC ANNOUNCEMENT!
THERE IS TO BE A NEW HISTORICAL MILITARY MURAL IN SHEFFIELD!
It will be located on the eastern wall of THE RSL & CITIZENS CLUB 77 Main Street Sheffield
The Official Opening will take place on Saturday afternoon 8th November 2014 at 2.00pm
A COMMEMORATIVE EVENT TO WHICH ALL ARE WELCOME!
When does fun flip into addiction?

Gaming has come a long way since Space Invaders. Unfortunately with that growth has come an addiction to gaming in some young people. Catherine Gerhardt describes how to spot the signs and what to do about it.

Gaming addiction is a relatively new phenomenon. When I was growing up, video game addiction didn’t really exist. Kids played video games when they went to the arcade, and were limited to their pocket money. Then came the invention of home video game systems, and today millions of homes around the globe are equipped with both game consoles and personal computers. Remember Pac-Man and Tetris? My how gaming has changed.

When does fun flip into addiction?

Gaming gets into our deepest motivational drivers. As human beings we have a great need to be social. Games allow us to connect with others and give us the feeling of control over our own social environment. This can be a key motivator for youth who feel they have very little control over their daily lives: teachers, parents and others always seem to be controlling them.

We are all driven towards pleasure, and the pleasure component in gaming is about intermittent rewards. The rewards are random, they are not predictable and they keep us waiting and therefore playing. Intermittent rewards are the same foundation that gambling is based on, and researchers are currently looking deeper into a potential correlation between gaming and gambling.

In massive multiplayer games there is often punishment for logging off. Fear and pain are, again, major motivational drivers. Some games, like World of Warcraft, penalise players through loss of progress if they are turned off before a goal or the next level is reached. Now it is the game controlling the player and not the other way around. Once players become involved in a guild then there is the added responsibility to that online community, and when they log off they may be letting other players down.

Signs that your child may be developing a gaming addiction include:

- the inability to control the use of games
- finding it difficult to stop playing even if they want to
- experiencing withdrawal symptoms – physical and mood related changes such as bad temper, poor focus, or feeling empty, frustrated or angry
- exhibiting defensive behaviour when questioned about use
- making social and recreational sacrifices such as cutting off real life friends and only having online friends
- secrecy and solitude – playing alone and even in secret, sneaking it in when they can
- lying about use – they tell you they spent one hour playing when really it was two.

What does this mean for parents?

Have you had yelling matches with your child over how much time they spend gaming? Have you threatened to take their access away? If you think there might be a problem, then there probably already is. Many parents feel alone in regards to their child’s problematic internet use, but be assured you are not alone. Parenting experts and parents are beginning to find ways to help with this serious behaviour problem.

more on page 2


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... When does fun flip into addiction? ...

You can start to help your child by implementing some simple steps:

Set time limits – Only allow a certain number of minutes (not hours) per day. Consider requiring that your child earns game time through responsibilities. Once you set the limits, you must enforce them.

Limit content – Ratings are there for a reason. Exposure to elements such as violence and gambling are a risk if you allow your child access to age inappropriate or adult content. Read reviews or test the game yourself before you give it to your child. Although they may say “everyone else is playing it”, we know that is not the case.

Keep gaming out of the bedroom – This follows the basic rule of no media in the bedroom. Monitoring content and usage becomes very difficult behind a closed door. We want kids where they can interact with other people to help limit the solitude and secrecy that can occur. Interaction with other family members, even whilst gaming, is a protective factor.

Gaming is a privilege, not a right – Other activities such as homework and chores must be done first. Having dinner with the family, doing some exercise or doing music practice takes priority over games.

Families have found it useful to use behavioural charts to clarify what needs to be done before gaming is permitted, and how much gaming is allowed. Gaming is about balance, and there is room for some negotiation. They want to earn more gaming! Perhaps consider an extra 15 minutes for every extra hour of physical activity they do.

Video games are not a babysitter – Too many parents are relying on technology to keep their children quiet and occupied. Children and youth must learn to socialise and find the ‘grit’ required to get through social situations. There are other things kids can do to keep themselves busy besides relying on technology.

Search for a therapist – If your child’s gaming has already become too far out of control, then you may want to search for a professional therapist or a treatment program that specialises in adolescent addictions. Recovery from video game addiction is possible.

There isn’t anything wrong with gaming itself – It’s a great way to have fun, to connect with others and to learn. However, when gaming becomes the priority over other areas of life, then an addiction may be brewing. According to www.video-game-addiction.org, “kids who are easily bored, have poor relationships with family members, feel like outcasts at school, or tend towards sensation seeking are more easily drawn into video game addiction because it fills a void and satisfies needs that aren’t met elsewhere”.

There is some debate as to whether gaming addiction is a diagnosable disorder, however the behaviour unendly exists. The combination of intentional programming by designers and the predisposition some teens have to addictive behaviour means this is a real issue that parents, teachers, and friends should be aware of and may need to take action towards.

Catherine Gerhardt

Kidproof Melbourne is dedicated to creating safer communities around the world. Looking for a way to compliment your safety education? – keep Kidproof top of mind.

www.kidproofsafety.com.au
1 300 577 663
catherine@kidproofsafety.com


parentingideas.com.au
Registration forms are available from the School office.

**MILITARY REMEMBRANCE BALL**

To honour our soldiers who fought and died for us.

**TOWN HALL, SHEFFIELD**

**FRI, NOV 7, 2014. 8PM - MIDNIGHT.**

**DRESS THEME: BALL ATTIRE 1914 - 2014**

AND WE MUST HAVE A BELLE OF THE BALL SO...

... DUST OFF YOUR BALL GOWNS, LADIES!!

... FISH OUT YOUR DANCING PUMPS, GENTLE!!

( NOTE NO JEANS AND SNEAKERS ALLOWED!! )

THEN COME JOIN US and HAVE A BALL

**OLD TIME DANCE BAND 'DE JAVA'**

**TICKETS .... $20.00 SUPPER INCLUDED**

(SPECTATOR GALLERY TICKETS .... $6.00)

(ALCOHOL FREE EVENT)

DON'T MISS OUT!!

TICKET NUMBERS ARE LIMITED AND WILL BE AVAILABLE AT THE SHEFFIELD RSL CLUB FROM 11TH AUGUST 2014

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**Autism Specific Early Learning and Care Centre**

**Treating Anxiety in Children with an Autism Spectrum Disorder**

A workshop presented by

Dr Anne Chalfant Psy.D

Friday 14th November

The Burnie Arts and Function Centre

Braddon Hall

9-4pm

Dr Anne Chalfont is a practicing clinical psychologist who specialises in child mental health and developmental disorders. She is the Director of Annie’s centre, a private multidisciplinary clinic in Sydney. She is the author of “Managing Anxiety in People with Autism”, “Wally the Worried Wallaby” and “The Cool Kids Child Anxiety Programs: ASD Adaption”. Her work is well recognised nationally and internationally.

For bookings or to hand in your registration form please contact Sarah Munro at the ASELCC on 6430 5779 or email aselcc@burnie.net
**COMMUNITY NOTICEBOARD**

**Come Together Concert**  
Saturday 15th November 2014

The Come Together Concert 2014 will feature Taylor Henderson supported by Jesse Teinaki and talented local singers/musicians. Tickets are available from: Bendigo Bank Branches in Devonport, Ulverstone and Burnie or Mecca Restaurant (Phone: 6432 4488)

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**It’s Never too late to start!!!** It’s that time again….Another Awesome Competition where our students can win some cool prizes for the Summer Holidays! There are **40 Go Pro Camera’s and 150 Dual Lane waterslides** to be Won!!! All you need to do is make a deposit in the next 3 weeks to get entered into the draw (3 deposits in 3weeks = 3 entries!) **If you have lost your Yellow Book don’t worry**! Just send along your deposit in an envelope with your name and student number/Account number on it and we can send back a brand new Yellow Wallet. **EASY**! Full Terms and Conditions can be found at https://www.commbank.com.au/personal/youth-students/school-banking-program.html

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**Lunch in the Park for Suicide Awareness**

New Horizons, in partnership with TasTAFE, are hosting a Lunch in the Park with the aim of raising awareness around the seriousness of the issue of suicide, particularly in the Kentish municipality.

Suicide claims around 2500 lives in Australia each year, which is more than in fatal car accidents. Tasmania has the second highest rate of suicide in Australia, with the Kentish region having the highest rate in North West Tasmania.

Lunch in the Park is to be held on Saturday 22nd of November 2014 at the Kentish Community Road Safety Bike Park in Sheffield from 11am until 3pm.

On the day a sausage sizzle will be provided, along with jumping castle, face painting and general information regarding suicide awareness.

**We hope to see you there.**

**Everyone is welcome!**

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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

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Principal: Ron Daly  
Telephone: (03) 6491 8222  
School Council President: Tim Dyer  
0407 522 795  
Fax: (03) 6491 1408  
Email: sheffield@education.tas.gov.au  
School Website: https://education.tas.edu.au/sheffield