Dear Parents

As you would be aware from media reports schools have recently received their indicative school resource package (SRP) and staff allocations for 2015. Although there have been increases in funding under the fairer funding model within the SRP, there have been reductions in the staffing allocation. This will create some challenges for our school, however please be assured we are committed to ensuring that we utilise the resource package and staffing allocation assigned to us to ensure the best possible learning outcomes for students.

In regard to the industrial action planned for Thursday 27th November further information will be provided to our school community early next week.

Over the last couple of weeks our students have had the opportunity to showcase their talents, and personal qualities through a number of significant events. These events were a terrific advertisement for the Sheffield School within the wider community. Thank you to all that contributed to the success of each event.

**Remembrance Day Service**

Last Tuesday we held our Remembrance Day Service. Students, staff, members of the Sheffield RSL Sub Branch, the Senior Citizens club and the public were in attendance. Senior students Hamish McLean and Bronte Page did an excellent job conducting the service.

Mr David Innes, Sheffield RSL Sub Branch President delivered the Remembrance Day address and led the school through The Ode and minute’s silence. This year we were very fortunate to have Mrs Lucy Crowther and primary students Bonnie Sullivan and Luka Mansell play the Last Post and the Reveille.

Liam Davies paid tribute to the memory of our brave service people by reading a poem written by past student Natalia Porter titled ‘Our Gift was a Soldier’.

Students’ representing each section of the school presented wreaths in respect of those service people that have lost their lives in wars and peace keeping missions;

- **Early Childhood** - Mia Brink kemper and Cooper Ford
- **Primary** - Kasey Woods and Tony Temple
- **Secondary** - Samantha Woods and Patrick Bingham

At our Railton Campus the grade 1/2 class made poppies and ‘planted’ these in pots near the flag, with the whole campus also observing a period of silence to remember those servicemen and women that have paid the ultimate sacrifice in wars and peacekeeping missions.
Thank you to all those students for contributing to this important school and community event.

School Show
In perfect conditions, our students performed extremely well at our School Show recently, experiencing success in cattle handling competitions, junior judging, and also in the hoof and hook competitions. The following students won their championship events.

<table>
<thead>
<tr>
<th>Student</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Sarah Rayner</td>
<td>9-14yo Junior Beef Judging</td>
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<tr>
<td>Demi Bird</td>
<td>Intermediate 14yo Beef Handling Champion</td>
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<tr>
<td>Rheanna Hanlon</td>
<td>Intermediate 15yo Beef Handling Champion</td>
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<tr>
<td>Dayna Grey</td>
<td>Intermediate 16yo Beef Handling Champion</td>
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<tr>
<td>Bronte Page, Dayna Grey and Patrick Bingham</td>
<td>1st in the School Beef Handlers Team Event</td>
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<tr>
<td>Rheanna Hanlon</td>
<td>Champion of Champions Beef Handler</td>
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<tr>
<td>Sheffield School</td>
<td>Rump and Loin on the Hook Champion</td>
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<tr>
<td>Sheffield School</td>
<td>Grand Champion Carcase</td>
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</tbody>
</table>

Congratulations to all of our students that prepared cattle and competed on the day. We had many individual class winners in handling competitions, continuing the success from recent shows across the state.

Thank you to all of our sponsors, judges and volunteers for making our School Show so successful, a particular thank you to Mr Barber, the Show Committee and our administration staff for their tireless work leading up to the event. We look forward to the sun shining again for our 2015 show!

Congratulations also to the following students for their recent success at the Scottsdale Show;
Bronte Page and Josie de Boer were Champion of Champion Handlers in the Beef and Dairy sections respectively. Tom Rockliff was successful in the 9-14 Junior Judging event and Pyper Page, Lillian Maddick and Isobelle Heger won the School Team Handling event. These successes build on the tremendous achievements so far by our handlers across the show circuit to date.

Athletics Carnival
Last Friday we held our annual athletics carnival. The emphasis of our tabloid structured carnival is on participation, and that was certainly observed on Friday. Students across all grades were willing to have a go and do their best with the objective being to have fun and add to the point’s tally of their house. The winning house and secondary track and field champions will be announced at an assembly next week.

Thank you to all staff for their support of the day, and particularly to our Health and Physical Education staff, Mr Hays, Miss Scattergood and Miss Parsons for their organisation and preparation of students leading up to the carnival. Thank you also to Mrs Temple and the SRC team for the barbecue lunch, and finally to Mr Fielding and his helpers Bradley Smith and Beau Mace for the work behind the scenes in preparing the grounds and tracks.

Ron Daly
PRINCIPAL
**Calendar dates.....**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>11 November – 4</td>
<td>K – 2 Water Orientation Program</td>
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<tr>
<td>December</td>
<td></td>
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<tr>
<td>21 November</td>
<td>LAC – Launceston Excursion</td>
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<tr>
<td>24 November – 5</td>
<td>Swimming and Water Safety Program Grade 3 - 5</td>
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<tr>
<td>December</td>
<td></td>
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<tr>
<td>24 November</td>
<td>Food Technology Dinner</td>
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<td>25 November</td>
<td>Leven Canyon Excursion – Grade 9</td>
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<tr>
<td>26 November</td>
<td>Assembly 7 - 10</td>
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<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 Concert &amp; Exhibition Evening Awards</td>
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<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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<td></td>
<td>Christmas Service Grade 3 - 6</td>
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<tr>
<td>9 December</td>
<td>Presentation Day 11.30am</td>
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<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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<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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<td></td>
<td>Grade 6 Leavers Luncheon</td>
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<tr>
<td>16 December</td>
<td>Railton Christmas Event and Family Picnic Lunch</td>
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<td></td>
<td>7-10 Picnic – Devonport Bluff</td>
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<tr>
<td>17 December</td>
<td>Christmas Assembly K – 6</td>
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<td>18 December</td>
<td>Term 4 Concludes</td>
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**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.

**SHEFFIELD SCHOOL (RAILTON CAMPUS POOL)**

The 2014/15 Pool Season has commenced. Please note that there are still some vacancies available.

Any enquiries, please contact the school office on 64918222.
**Bring Your Own Technology (BYOT)**

Students from grades 7-10 have the option to bring their own personal netbook, laptop or tablet computer to use at school as a learning resource. Many schools have adopted a BYOT 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. The Department of Education in partnership with Microsoft will be offering free access to software and cloud storage for students in 2015. More information about this can be accessed from our school website [https://education.tas.edu.au/sheffield/intranet/SitePages/Home.aspx](https://education.tas.edu.au/sheffield/intranet/SitePages/Home.aspx) or by contacting Jamie Skirving through the school office.

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**Taz Kids Club – Information to be sent to all families**

A letter will be given to all students in grades 1-9 next week with information regarding Taz Kids Club. A permission slip will be attached and will be required to be returned by December 5th for students to be involved in term 1, 2015.

Taz Kids Club is coordinated by Anglicare, for young people aged 7-17 who have a parent/family member who has experienced mental ill health. Club sessions are a chance for young people to better understand and learn to manage feelings and relationships. The program supports the emotional health and wellbeing of those students participating as they work on creative projects together.

This is an optional program, and sessions will occur once a week at the Sheffield and Railton Campuses from 24 February – 7 April. Many of us, at some stage in our lives, will need to support and/or understand family members affected by mental ill health. Program sessions build that understanding and capacity to support family members. Confidentiality will be totally respected as students will not be required to talk about individual family members during sessions.

For more information, please contact Catrina Davies (Sheffield Campus), Kathryn Turnbull (Railton Campus) or the program coordinator Ms Cassandra Ogden at Anglicare on 64 303333.
10 research-backed tips for raising happy kids

The thing that I love about the RULER Program is that it’s totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that’s all I can tell you about the program now – you’ll just have to wait.

In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters
Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2. Positive peers matter
Your child’s friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

3. Parent mental health matters
If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter
Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first. With only-children, make sure you build these skills through plenty of interactions with peers.

5. Developmental matching matters
A number of studies have shown that much of what is considered ‘poor parenting’ has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters
Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point.
If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children’s happiness and wellbeing are well drawn.

5 Family dinners matter

Yes, you’ve got to eat. But you need to eat together. Significant research links family strength and children’s wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

6 Fun matters

Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids’ cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

7 Helping others matters

The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don’t let their grumpiness put you off when you expect them to help.

8 Emotional intelligence matters

Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn’t set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalsposts help) or learning to dance (some suitable music helps). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.

So let’s recap - to raise happy, successful kids:

1. Birth order matters
2. Positive peers matter
3. Parent mental health matters
4. Sibling relationships matter
5. Developmental matching matters
6. Good parenting matters
7. Family dinners matter
8. Fun matters
9. Helping others matters
10. Emotional intelligence matters


parentingideas.com.au
Kentish Community Health Needs Assessment

Would you like to see improved access to health and wellbeing services in Kentish?

The University of Tasmania’s Centre for Rural Health is undertaking a project to gather information from the community on a range of social, economic and environmental factors that impact on the health of Kentish residents. This will be done using a community questionnaire, focus groups and individual interviews.

All information collected will be anonymous. Information gathered will be analysed to form an action framework to inform and assist to attract future programs and services.

The Questionnaire
The questionnaire will be posted to every household in Kentish in December. Questionnaires can be completed and posted in the reply paid envelope to the University of Tasmania. Alternatively they can be dropped off at the following collection box locations:

- Kentish Council
- Turnbulls Pharmacy
- Sheffield Medical Centre
- Railton Pharmacy
- Wilmot Online Access Centre

The questionnaire can also be completed online at https://www.surveymonkey.com/s/surveykentish

Once you have completed the questionnaire you are eligible to go into a draw to win one of two $100 IGA supermarket vouchers.

*Please note to be eligible for the prize draw you need to complete the questionnaire online or drop the survey off at Council Offices, 69 High Street, Sheffield.

Focus Groups and Interviews
Information will also be collected via focus groups and one on one interviews. The University is currently conducting these with the Sheffield School to capture the views of young people on the factors that affect their health and wellbeing.

Council strongly urges you to participate in this important and worthwhile project. If you participate in a focus group or interview you can still complete an individual questionnaire. This project has the potential to capture the voice of the whole community and will assist greatly in the planning and development of future services and programs in Kentish.
Parents of children who will start Kindergarten at Sheffield School, Henry St. Sheffield next year are warmly invited to a

2015 KINDERGARTEN PARENT INFORMATION SESSION

WHEN: Friday Nov. 21, 1:30pm
WHERE: Kindergarten building
Sheffield School
Henry Street, Sheffield
Move Well Eat Well

Eat a rainbow!

RED apple & capsicum
YELLOW pineapple & corn
GREEN grapes & beans
WHITE banana & mushrooms
PURPLE berries & eggplant
ORANGE rockmelon & carrot

Eating different colours provides different vitamins, minerals and antioxidants!

For more information visit www.movewellateatwell.tas.gov.au

What’s in the Box?

Ever wondered what lies within the computer box?

It isn’t such a scary place!

Come and find out, you may even learn how to do a few computer upgrades as well.

Sheffield Online Access Centre
Wednesday December 4
1:30-2:30pm

This course is free but booking essential. Places limited.

Email smokey.wilson@education to book your place or call 64 911878
COMMUNITY NOTICEBOARD

Crescendo Choir

Are you interested in becoming a member of Crescendo Choir in 2015?

REHEARSAL TIMES
Reece High School, music suite, Building 7
SENIOR GIRLS CHOIR (Grade 7-12): Tuesday, 3.30-5.30pm
CRESSENDO FELLAS (Grade 6-12): Tuesday, 3.30-5.30pm
*JUNIOR CHOIR (Grade 4-7): Wednesday, 3.30-5.00pm
*YOUNG VOICES (Gr. 1 to Grade 3): Wednesday, 3.30-4.30pm

Crescendo is now taking expressions of interest and appointment times for audition. Please email Elizabeth Sandman at: ree.crescendochoir@education.tas.gov.au and include student’s name, school and grade in 2015 when requesting an audition.

Please note: students must be accompanied by a parent/guardian at their audition.

Further enquires may be made by phoning/texting 0407 244 602 (business hours only)

Certificate III in Community Services Work in partnership with

CORES Australia presents:

Lunch in the Park
For
Suicide Awareness

Kentish Community Road Safety Bike Park
1 Henry Street Sheffield
11:00am - 3:00pm
Free event
Saturday 22nd of November 2014

All Donations will go to CORES Australia

- Suicide awareness packs
- Sausage Sizzle
- Bike riding
- Kids’ corner -face painting and more
- Random acts of kindness
- Guest singer Ruby Austin-Lund
- Balloon release for those affected by suicide 2:00pm

Come and learn to play the fun game called Bocce.
Free Tuition provided by the
Tasmania and Sheffield’s Bocce Players Group

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