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 tomorrow. This initial report will indicate to parents and carers how well students have started the year. The front cover page also includes attendance information for your child, the year group, and the school and state/sector average. 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 2015 grade 10 Student Representative Council. Students elected were Jonty Winwood, Kaycee-Lea Heyward, Joby Stafford, Isaac Hayes, Mitchell Connors, Rebecca Smart, Jamie Gerke and Gabrielle Agnew. Several weeks ago the group met for the first time with the SRC staff coordinator Miss Dudley 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 – Ellen Sheehan, Jamie Gerke, Georgie Brown, Lochlan Ford, Kaycee-Lea Heyward, Mitchell Roughley, Taya Hooper and Ethan Tirant

Kentish – Madelyn Keen, Damon Sims, Eliza Keen, Morgan Gamble, Rebecca Smart, Joshua Ryan, Jasmine Kenzie and Alannah Jones

Roland – Ranni Lockett, Jonty Winwood, Taylah Watling, Tylar Burr, Pyper Page, Jason Colgan, Tahli Kuipers and Ethan Duff.
Grade Representatives on the SRC – Mia Brinkkemper, Isabelle Ritter, Ashlee Goodwin, Brandon Foley, Luka Mansell, Reuben May, Adam Butler, Dakoda Sheehan, Melissa Bell-Sherriff, Laura Ashby, Tylar Burr, Olivia Taylor, Ethan Duff, Taylah Watling, Kasey Woods, Samantha Denby, Alex Diprose, Tony Temple, Balin Puccetti, Abbey Boutcher, Hanna Bryan, Amber Mather, Ranni Lockett, Graham Burns, Zayna Mulholland and Michael Osborne

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.

Ron Daly
PRINCIPAL

**CALENDAR DATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 13 March</td>
<td>Immunisations (all Grade 7 students)</td>
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<td>Progress Reports sent Home</td>
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<tr>
<td>Tuesday 17 March</td>
<td>NWPSSA Athletics Carnival</td>
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<td>Thursday 19 March</td>
<td>NWPSSA Twilight Finals</td>
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<td>Yellow and Purple Day</td>
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<tr>
<td>Friday 20 March</td>
<td>GRIP Leadership Conference (Grade 10 SRC and House Captains)</td>
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<td></td>
<td>Mount Roland Climb – Grade 7</td>
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<td>Wednesday 25 March</td>
<td>Leven Canyon – Grade 9</td>
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<td>P – 6 Assembly</td>
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<tr>
<td>Thursday 26 March</td>
<td>Socials – Theme “Cowgirls &amp; Cowboys” Early Childhood “Casual Clothes”</td>
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<td>Assembly Railton K - 4</td>
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<td>Friday 27 March</td>
<td>LAC Badgers Walk</td>
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<tr>
<td>Sunday 29 March</td>
<td>Burnie Challenge LAC and Sport Science Students</td>
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<td>Wednesday 1 April</td>
<td>End of Term 1 for Students</td>
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<td></td>
<td>Primary Fair and Pet Parade (Sheffield Campus)</td>
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<td>Thursday 2 April</td>
<td>Moderation Day (Student Free Day)</td>
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ROWING

On the weekend of the 8th and 9th of March we had a small group of students represent our school at the State wide schools rowing regatta. Lilly Maddick, Abbey Boutcher and Tom Rockliff all showed some fantastic improvements and results over the weekends racing!

Tom showed some vast improvements since last school season. In his heat he came second in U15 boys single with a placing of 21st overall (out of 72 rowers). This now puts him in the semi-finals for this weekend’s State School Championships. He joined with a rower from Ulverstone High school to win their heat of the U15 boys’ double scull (to place 14th overall) and then they joined with two others for an U16 boys’ quad scull having a great row!

Abbey competed in the U14 girls single scull, coming second in her race to also qualify for the semi-finals at the upcoming State championships and came in with the 8th fastest time overall (out of 70 girls).

Lilly competed in the U15 girls’ single scull, convincingly winning her heat, to then go on and record the fastest time out of 85 girls.

Abbey and Lilly then combined to row a double in the U15 girl’s race to easily win their heat to then go on and also record the fastest time out of 50 doubles!

Well done to our rowing team and good luck to them for this weekend’s State all Schools Championships held at Lake Barrington!

Miss Scattergood
PE Teacher

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: Secondary and Primary Cowboys and Cowgirls, Early Childhood Casual Clothes

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.
SWIMMING CARNIVAL

The 2015 Sheffield School Swimming Carnival was held on a sunny 20th of February at the Devonport Splash Aquatic Centre. Secondary students started the program with events in freestyle and backstroke and it was pleasing to see a large number participating. Primary students displayed great enthusiasm when their opportunity came to hit the starting blocks and it was great to see full lanes in all events. Primary students had the opportunity to participate in events such as small pool, boards, novelty events and the water slide. Senior students also had the opportunity to enjoy these activities as well as competing in the iron man competition, surf boards and the opportunity to represent the student body in the staff versus students’ race. The students’ teams were oozing with confidence at the beginning of the race, and after a close tussle between the staff and the Roland team, Jason Colgan managed to touch just ahead of the staff. Congratulations to all teams for providing a very entertaining race.

Participation is the key to winning the swimming carnival and Kentish had the highest participation rate and ultimately the highest amount of points.

Kentish – 6612  Don – 5987  Roland – 5644

<table>
<thead>
<tr>
<th>Grade</th>
<th>Champion</th>
<th>Runner Up</th>
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<tbody>
<tr>
<td>7 Girls</td>
<td>Hannah Conway</td>
<td>Billie Chatterton</td>
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<tr>
<td>7 Boys</td>
<td>Zanoah Taylor</td>
<td>Kasey Woods</td>
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<tr>
<td>8 Girls</td>
<td>Abbey Boucher</td>
<td>Keiffer Stafford</td>
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<tr>
<td>8 Boys</td>
<td>Nathan Huett</td>
<td>Amber Mather</td>
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<tr>
<td>9 Girls</td>
<td>Hayley Rowland</td>
<td>Oskar Keen</td>
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<tr>
<td>9 Boys</td>
<td>Graham Burns</td>
<td>Pyper Page</td>
</tr>
<tr>
<td>10 Girls</td>
<td>Eric Brand-Jones</td>
<td>Joel Creely</td>
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<tr>
<td>10 Boys</td>
<td>Madelyn Keen</td>
<td>Joby Stafford</td>
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<td></td>
<td>Josie DeBoer</td>
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<td></td>
<td>Kristan Jago</td>
<td>Bradley Huett</td>
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Tony Hays  
HPE Teacher

Konnichiwa! こんにちは

LOTE Japanese has started at Sheffield school for students in grade 5 and 6. After three lessons students and their teachers have been busy learning greetings and the kind of language we often use in the classroom. I hope you have been hearing our greeting song being sung around your house! This week students practised and confidently performed some wonderful short plays. Over the year students will learn how to introduce themselves, their friends and pets, talk and ask about foods, sports and activities they like and dislike as well as learn about how people live in Japan. Learning a language is a great way to exercise your brain and along the way we will be discovering lots about a fascinating country with a rich and varied culture. Stay tuned for more updates.

Yoroshiku, Kate Jackson

日本 Nihon means Japan.
INTER-HIGH SWIMMING CARNIVAL

On Wednesday the 4th March the Sheffield Swimming team competed at the inter-high swimming carnival held at the Burnie Swimming Pool.

The team consisted of 14 enthusiastic grade 7-10 students. The team got some very good results throughout the day with some of the highlights being:

- Joshua Mawer 1st 50m Freestyle
- 9/10 boys relay 2nd 50m Freestyle relay
- Abbey Boutcher 2nd 50m Breaststroke
- Abbey Boutcher 3rd 50m Freestyle backstroke
- Haley Rowland 3rd 50m Freestyle
- Eric Brand jones 3rd 50m Freestyle
- Oskar Keen 3rd 50m Freestyle
- Nathan Huett 3rd 50m Freestyle

We also fielded a team in the 7/8 and 9/10 boys freestyle relays and both boys and girls medley relays. All teams doing very well.

We managed to finish the day in 5th position in division B with 460 points.

Well done to all students who attended!

Miss Scattergood
HPE Teacher

YELLOW AND PURPLE DAY

19 March is Yellow and Purple Day. Students are encouraged to wear a yellow or purple item in addition to their uniform and to donate a gold coin. All funds raised will go towards the Relay for Life.
K-6 FAIR & EASTER PET PARADE

WHEN: Wednesday 1st April 2015
TIME: Easter Pet Parade from 11:30am followed by a sausage sizzle & fair
WHERE: Primary Playground and Undercover Area (Sheffield Campus)

Tokens can be pre-purchased or on the day
MANY EXCITING ATTRACTIONS AS ALWAYS!!

ENJOY A GREAT CAPPuccino OR HOT CHOCOLATE FROM THE CANTEEN!

We extend a warm invitation to all families to join us at the fair on Wednesday 1st April.
10 golden rules for parenting success in 2015

As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrank (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1 Talk more
With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2 Lean on others
A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard and lack of trustworthy support networks. Author Steve Biddulph once said that parents don’t parent well in isolation. He’s right. It’s incredibly important to build your support networks and get ‘parents’ into your child’s life. Start by working closely with your child’s teacher; a natural ally.

3 Build confidence
With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instill a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4 Aim for redundancy
The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it’s simply easier to do a job ourselves, and the new expectation that ‘good’ parents do everything for their kids. The new ‘strict parent’ is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here’s a six-word slogan to help you remember: “When kids can, let them do!”

more on page 2


parentingideas.com.au

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Lead the gang
Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family’s harmonious relationships; your children’s sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn’t just happen. It takes real leadership by parents to make a family act like a family!

Build developmental knowledge
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

Practice problem-ownership
Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

Swim against the tide
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

Be brave
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t so high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

Add emotional intelligence to your parenting mix
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work; how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NEW Parenting ideas Club today at parentingideasclub.com.au. You’ll be so glad you did.
Move Well Eat Well

Less screen time = more time for play!

Screen time is:
- watching TV and DVDs
- playing computer games
- playing electronic and hand held games

Too much screen time can mean less time to be active and play with friends and family.

Turn off the screen and switch to play!

For more information and for family ideas on healthy eating and physical activity visit:

www.movewelleatwell.tas.gov.au

Department of Health and Human Services

Last reviewed 2012

The Tasmanian Move Well Eat Well Award Program is adapted from the Kids - ‘Go for your life’ Program. © State of Victoria, Australia. It is a joint Australian and State Government initiative under the National Partnership Agreement on Preventive Health.
NIHONGO ROADSHOW
Film Screening Program

Arrietty (G)
THU 12 March 6:30pm  Nixon Street Primary School Gymnasium*
60 Nixon St, Devonport

*Soft-soled/gym shoes only. Please bring a picnic blanket to sit on.
In this whimsical adventure, tiny 14-year-old Arrietty lives under the floorboards of a sprawling mansion set in a magical, overgrown garden with her father and mother. Arrietty and her family live by borrowing. Everything they have, they borrow or make from the things they have borrowed from the old lady who lives in the mansion.

Their peaceful life is dramatically changed when the ever-curious Arrietty accidentally allows herself to be seen by Sho, a lonely 12-year-old human boy. The two begin to confide in each other and, before long, a friendship begins to blossom...

This film night is presented by The Japan Foundation, The Melbourne Centre for Japanese Language Education, Nixon Street Primary School, and JATNET. We encourage students of all ages, parents, teachers, and principals to attend.

It is a free event. Places are limited so bookings will be taken on a first-in-best-dressed basis. The film will be shown in Japanese with English Subtitles.

For bookings and enquiries, contact coordinators@jpf.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