Dear Parents

Welcome back to term 3. Students have come back from the break refreshed and ready for another productive term of learning. Over the past week with some of the cold and wet weather we have been experiencing I have noticed a number of our senior students particularly, wearing jumpers and hoodies that are not a part of our school uniform. As a school we have a fleecy jacket option for Primary students and a wind stopper jacket for Secondary students as a measure to counter the colder weather. I would appreciate parent support to ensure students continue to wear their full school uniform over the remainder of the year.

Stay Chatty
Late last term at our 7-10 assembly we were fortunate to have Mitch McPherson attend and tell his story. His story focussed on his brother Ty and his battle with mental illness, which concluded in him taking his own life in 2013. Since then Mitch has set about raising awareness within the community of mental health issues through the ‘SPEAK UP! Stay ChatTY’ initiative, which is a registered not for profit charity that works to help prevent suicide by spreading the message that nothing is so bad that you can’t talk about it. I have included a brochure in this newsletter that provides further information about the ‘SPEAK UP! Stay ChatTY’ campaign.

New Arrivals
This newsletter we offer our congratulations to four of our staff members and their respective partners; firstly to Ms Pearce and her husband Nathan on the birth of a little girl, Tess Olivia Clarke; our IT Technician Tyson Verschuren and his wife Sarah on the birth of their daughter, Hayley Marie Verschuren; Mr Fabian and his wife Anna on the birth of their son, Henry James Fabian; and Mrs Milne and her husband James on the birth of their first baby, Eleanor Elizabeth Milne. We wish each couple all the joy and happiness in their parenthood journeys.
Term Dates and Professional Learning Days for 2016

Term dates for 2016 as advertised on the Department of Education’s website are below;

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<th>Term</th>
<th>Start</th>
<th>Finish</th>
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<tr>
<td>1</td>
<td>Monday 1 February (teachers commence)</td>
<td>Easter break: Friday 25 March - Tuesday 29 March</td>
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<td>Wednesday 3 February (students commence)</td>
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<td>2</td>
<td>Tuesday 26 April</td>
<td>Friday 1 July</td>
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<td>3</td>
<td>Monday 18 July (teachers commence)</td>
<td>Friday 23 September</td>
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<td>Tuesday 19 July (students commence)</td>
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<tr>
<td>4</td>
<td>Monday 10 October</td>
<td>Wednesday 21 December (students finish)</td>
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In 2016, three additional professional learning days and one moderation day have been granted by the Minister to enable principals and teachers to build capacity around, and to implement the Australian Curriculum and associated processes and requirements. These days are:

- Tuesday 2 February
- Monday 18 July
- Friday 21 October

In 2016, the Moderation Day will be held on Friday 8 April (the last day of Term 1) in all Learning Services.

RON DALY
PRINCIPAL
SPEAK UP! Stay ChatTY

What is SPEAK UP! Stay ChatTY?
SPEAK UP! Stay ChatTY is a registered not for profit charity that works to help prevent suicide by spreading the message that nothing is so bad that you can’t talk about it. Mitch McPherson established the organisation after his younger brother Ly took his own life in 2013. Mitch wants to encourage others to speak up and seek help when they have problems.
Mitch is a member of the Suicide Prevention Australia Lived Experience group, and the Tasmanian Suicide Prevention Community Network.

Since its beginnings in 2013, SPEAK UP! Stay ChatTY continues to grow in its reach and participation by spreading the importance of seeking help and helping others when we go through tough times.

preventing suicide - everyone everyday

What do they do?
Mitch and his team organise community events and fundraisers, speak to groups, workplaces, clubs and schools and help promote the SPEAK UP! Stay ChatTY message. He speaks about his personal story and the devastation suicide can cause in many people.

SPEAK UP! Stay ChatTY deliver key messages on where to find help if it’s needed, and how we can all help each other out in tough times. He has spoken at over 50 events so far in Tasmania.
The team work hard to spread the message throughout Tasmania that it’s OK to talk about how you really are, and that seeking help for mental health issues needs to be viewed the same as seeking help for physical health issues.

Who supports SPEAK UP! Stay ChatTY?
SPEAK UP! Stay ChatTY have formed a partnership with Relationships Australia Tasmania, and are also supported by the National Australia Bank. Many small and large businesses have provided support to help the charity grow, from fundraising, promoting the message to staff and the public, to providing pro bono professional services to ensure a strong foundation.
Numerous sporting identities support the work of SPEAK UP! Stay ChatTY, including AFL players Jack Riewoldt and Nathan Grima and cricketer Matt Wade.

How can you be involved?
You can help spread the message of SPEAK UP! Stay ChatTY by:
- displaying a SPEAK UP! Stay ChatTY sticker in a prominent position
- inviting Mitch to speak to your group, club, workplace or school
- organising a fund raising event
- inviting SPEAK UP! Stay ChatTY to run a workshop at your school with your Year 9 and 10 students or College students
- telling others about SPEAK UP! Stay ChatTY
- following us on Twitter or liking our Facebook and Instagram pages

ph: 0488 454 001
mitchm@reltas.com.au
www.staychatty.com.au
find us on www.staychatty.com.au
Konnichi wa! 一二三四五六七八九十
Grade 5-6 students learned lots about Japanese numbers in term 2. As well as learning words we also learned how to ask ‘How old are you?’ and how to answer the question as well.

Students also had the opportunity to practice writing Japanese numbers using brushes, water and magic writing paper. Some of our arty number ‘kanji’ characters will soon be on display outside the Equity Room.

Term three will see us focussing on food and talking about our likes and dislikes! Stay tuned!

Kate Jackson.

The Cambodia Team has had a big few weeks of planning, and we are excited to see some of our major fundraisers and events coming together. Our trip is fast approaching, just under 3 months until we leave!

The Christmas in July themed Beef, Beer and Burgundy night will be held from 6:30 at the Sheffield Hotel tonight. We are looking forward to seeing a good crowd, and hoping to hold a fun filled and very successful evening, and would like to thank everyone who purchased a ticket or donated a prize for the night.

The S.R.C held a Onesie and Pyjama fundraiser across the campuses on the final day of term 1. They donated all proceeds of the day to our trip. Altogether, they managed to raise a massive $454.45. We would like to extend our huge thanks to Miss Dudley and the S.R.C team for their efforts, and also to everyone who donned their finest PJ’s to help our cause.

Our home baked goodies are continuing to be sold on Thursdays and Fridays in the canteen at a bargain of $1. We are also going to be selling handmade Cambodian bracelets in the coming weeks. They are $2 each, and there are a heap of different designs to choose from. If you would like to purchase one, speak to one of the team or look out for our stall in the Sheffrock Café at recess and lunchtimes.

The team will also be paying a visit to various classes to discuss our plans for the trip to involve students more, and to allow students to make contributions toward our trip. We hope that this will allow us to represent everyone as a school when we travel to Cambodia.

Once again, thank you to everyone for their ongoing support of our trip, and we hope to see everyone at a few more of our up and coming events.
A FREE Fissure Sealant and Fluoride Varnish Program is coming to your school!

If your child is around 6 or 12 years of age they will be invited to take part in a program to help prevent tooth decay.

Sealants protect the chewing surface of the back adult teeth

Fluoride varnish protects the smooth surfaces

Dear Parents,
If your child is within the age group an invitation will be sent home for your child to take part in the program.
The invitation will provide more detailed information about fissure sealants and fluoride varnish applications.

If you have any questions or concerns please contact your local Oral Health Services Tasmania dental clinic.

Oral Health Services Tasmania
Tasmanian Health Services
How Can YOU Support Your Child Develop Good Study Habits?

In term 3, we welcome back presenters from Elevate Education who will run two sessions with our grade 9 and 10 students. Elevate Education visited the school last year, working with our grade 9 and 10 students and staff on Time Management and Study Techniques and received very positive feedback from all involved. This is particularly important as our students hit the serious years of their schooling life where they are required to remember and become more independent with their study skills and strategies.

This year we have also organised for the presenters to run a Parent Seminar – how YOU can help and support your child develop good study habits – and also gain insight to the information students are presented with during their sessions at school.

The session will run for one hour and is designed to be run as an open forum. This will allow parents to ask the study skills experts any questions they have about being the parent of a secondary school student. Typical questions might be:

• How do I help my child become more motivated?
• How do I help my child improve their time management?
• What work should my child be doing?
• How do I help my child deal with distractions?

The presenter then answers these questions by highlighting critical techniques from the Elevate seminars, including:

• Creating realistic goals that actually work.
• Developing an effective study timetable that parents can help design.
• Providing parents with a road map of what work students should be doing and when.
• Understanding the impact of distractions and the best ways to manage them.

The presenter will also stay after the session to answer any additional questions that parents may have.

This session will be held from 6pm – 7pm on Tuesday the 4th of August in the grade 8 rooms. Look out for reminder details in our next newsletters and to register your attendance.
Do you let your kids amaze you?

“I’m amazed at what children CAN do when given the opportunity and encouragement. I love the pride, confidence and sense of purpose/pleasure in contributing, each new skill achieved brings. The smiles are awesome too.”

A mother left this comment on our Facebook page recently in response to our post: “What would be the impact if you did less, not more for your children?”

Lovely answer!

It got me thinking that the joy that this mother took from watching her children develop independence was no accident. Her parenting style played a large role in her children’s independence. All power to her and her parenting style!

I’ve long believed that adults are the gatekeepers for children’s independence.

We open the gate to independence when we give children opportunities to develop self-help skills (carry their own schoolbags, get themselves up in the morning, tidy their own rooms); provide them with real responsibility (feeding pets, setting the meal table and preparing meals) and give them autonomy to make some of their own decisions (choosing clothes within limits, following own interests, making choices about pocket-money spending).

We close the independence gate when we do too much for children (tidy their toys away, pack their schoolbags, make simple snacks); rescue them from learning opportunities (take forgotten lunches to school, sort out their friendship problems, pay their library fines) and neglect to build scaffolds to independence (such as help them make their bed, walk half way to school, teach them to ride public transport).

It’s a quirk of parenting that many children think they are older than they are, and parents think their children are younger than they are. We underestimate children’s abilities to the detriment of their development.

Are you an opener or closer of the gate to children’s independence?

Think of independence as a continuum with opening the gate and closing the gate at either end. If your parenting is more at the closing end then look for ways to move down the continuum towards independence building. My advice is to make small adaptations to your parenting. For instance, start with a child making their own snacks before moving to helping you to prepare a meal. But first you need to develop a mindset for independence building. That means, be on the lookout for opportunities for children to do things for themselves.

As many readers will know I firmly believe that the job of parents is to make ourselves redundant from the earliest possible age of a child’s life. That means, that our interactions with kids have an endgame in mind – we want our kids to be able to stand on their own two feet physically (Don’t we get a kick out of them walking for the first time!), emotionally (with support, of course) and to navigate their world without being reliant on others.

There is no better feeling as a parent than watching your child beam with joy and pride when they’ve mastered a new skill, overcome a challenge or conquered a fear. It’s those times that make parenting so worthwhile. Those awesome smiles won’t happen by accident. They require a parenting style that gives kids a chance to be independent; that encourages them to be brave and offers them the safety net of emotional support when life throws them curve balls. Why not try it? Give your kids a chance to amaze you.

If the idea of promoting real independence in kids enthuses you then join me at ParentingIdeas Club where week in and week out I’ll show you how to raise kids that will amaze you. Find out more.

Michael Grose

CALLING ALL YOUNG PEOPLE!
The Kentish House are running afternoon activities every Thursday, starting 30th July.

‘Arvo’s @ the Green Room’, is for young people 13-17 years old.
There will be exciting planned activities and a chance to chill-out!
Come along and let us know what YOU would like to do over the next 9 weeks! The group is running from 3.15-4.30pm. If you would like any further information contact Rachel or Jayne at the Kentish Family Support House on 6491 2322.