Dear Parents

Over the last two weeks the number of students and staff away due to illness has been significant. In a number of cases we have been contacted by parents informing us that their child has been diagnosed with Influenza type A, this is a timely reminder to us all to ensure we are practising good hygiene / cough etiquette to reduce the chances of contracting or spreading such illness. I have included a fact sheet regarding this over the page.

ACARA School Satisfaction Survey
Over the next two weeks school satisfaction surveys for students, parents and staff will be conducted. These surveys contain questions on a range of matters about our school.

This survey provides an opportunity for students, parents and staff to provide important feedback. This feedback is valued by our school as a means of identifying what the school does well and opportunities for the school to make improvements.

A random selection of students (from Year 5 and above), parents and staff will be invited to participate. Those students who are randomly selected to undertake the survey will do so during school time.

All parents will be invited to complete the survey. You should have received a letter earlier this week, the survey can be completed online or in the paper form. If you decide to complete the paper version there is a collection box located in the administration areas at both the Sheffield and Railton campus’.

Issue No. 12 : 27 August 2015
Your responses will be secure and anonymous. Schools will receive a summary report of responses. I would encourage you to complete the survey so that the school has a clear direction when planning for future programs and services for students.

Parents that do not have access to a computer or the internet at home and would like to complete the online survey can access computers at the Online Access Centre, LINC or a school computer. Please contact the office if you wish to use a school computer.

The survey will need to be completed by the 11th September.

Student Achievements
Congratulations to the following students who have excelled in their chosen field either representing our school, the region and state.

- Corey Foley – Selected in the Tasmanian Junior Endurance Horse Riding Team to compete at the Nationals at Sassafras in September

- NW State High / Primary School Maths Relay - Over the last week a group of secondary and upper primary students have represented the Sheffield School in Maths Relays. Congratulations to all students for their participation, a particular mention to Balin Puccetti, Jordan Jones, Abbey Boutcher and Georgia Hicks (1st place in the grade 7/8 section) and to Mitchell Connors, Liam D’Ath, Lachlan Gower and Daniel Smith (equal 2nd place in the 9/10 section).

Recently we have also had three of our students enter statewide essay competitions, Tom Rockliff and Lillian Maddick, the Frank McDonald essay competition and Laura Ashby, the National History Challenge essay. We wish each of them well in their respective competitions. Over the next 3 newsletters we will feature each of their essays. This newsletter we feature Tom Rockliff’s essay.

Staff Retirement/ Farewell
I would like to take this opportunity to both recognise and thank Mr Garry Fielding for his dedicated service to our school for a period exceeding 20 years. Mr Fielding started at our school in the early 1990s supporting students in a small engine class and over the years has transferred across roles, spending a number of years in a teacher assistant capacity before becoming our fulltime groundsman early in the 2000s. Mr Fielding has been a loyal employee who possesses a wealth of knowledge in regard to our grounds and buildings, over the years he has supported individual students in their personalised learning and has taken great pride in performing each of his roles, such as the enormous task associated with preparing the grounds and markings each year for our annual athletics carnival. Again we thank Garry for the contribution he has made to our school over many years and wish him well in the next chapter of his life.

Ron Daly
Principal

Student Assistance Scheme (STAS) 2015
For those families who are still in the process of applying or being assessed for STAS for 2015, please note that STAS closes to further assessments and new applications for the 2015 school year on 4 September, 2015.

STAS application details for 2016 will be communicated by early November.

Any queries relating to STAS can be directed to the Financial Assistance Unit on 1800 827 055.

Canteen Menu – Sheffield Campus
We are now using Nichols chicken for all chicken products in our canteen with the exception of nuggets and chicken burgers, at this stage. Chicken tenders are available in plain, parmesan cheese, salt and pepper or basil and garlic. Nichols chicken products are fresh, not frozen and there is no change to pricing.
Frank McDonald MM Memorial Prize 2015

Question 1: World War One had a devastating effect on Australian/Tasmanian society. Why should we commemorate the centenary of our participation in this conflict?

Tom Rockliff
Sheffield School

Word Count- 1149 (excluding quotes and references)
“For reckless valour in a good cause, for enterprise, resourcefulness, fidelity, comradeship and endurance that will never own defeat.”

This is Official Correspondent Charles Bean’s definition of the Legend of the ANZACs who fought at Gallipoli. The legend that came from their endurance and bravery, and the blood of the fallen that lay amongst the dirt, sand and shrapnel. Said to be in the heart of every Australian, the foundation of our nation, the most important part of our History.²

This is constantly instilled into children, yet who stops and considers what the ANZAC Legacy means? For us, those Diggers are too remote to be relevant or to mean anything real. They are names on monuments, names read out once a year on ANZAC Day. Names that mean nothing.

But for me, one does mean something: Private First Class Ingram Rockliff of the 5th Lighthorse.

My great, great uncle.

Before I started this competition he too was only a name in the family history, a vaguely remembered set of stories.

In researching for this piece I started with the facts, the usual books and websites. They all held the normal facts, anecdotes and graphic pictures. None spoke to me, inspired me.

With the deadline approaching, my aunt passed me a book that had belonged to her uncle, a veteran of the Great War. Scrawled in the cover was: ‘Ingram Rockliff’. Its faded title, covering browned and tattered pages, was “The ANZAC Book”. Written and Illustrated in the trenches of Gallipoli³, It was intended as a diversion for Diggers during a cold Christmas and New Year.⁴

Within I found a twisted version of the truth; blindly patriotic and jingoistic material bordering on propaganda. Stories and images, but not of the misery, the pain and death so many suffered. Not of what it would have felt to leave those beaches knowing that the deaths of so many young men had been in vain. Not the shame and dread my Uncle Ingram felt.

Uncle Ingram was a farmer.⁵ When recruiting for the “Great” war began, he jumped at the opportunity and enlisted in the Lighthorse⁶. Coming from the small town of Sheffield, Tasmania, he was overwhelmed when shipped to Cairo⁷. Upon arrival in this hot and desolate land, he was put through heavy training, and alongside fellow Australians, was set to travel to Gallipoli to take part in the campaign to capture the Dardanelles⁸.

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¹ http://www.anzacday.org.au/spirit/spirit2.html
⁴ https://www.awm.gov.au/shop/item/9781742231341/
⁵ Personal Communication With Dennis Rockliff, 11/7/2015
⁶ NAA: B2455, ROCKLIFF INGRAM JOHN
⁷ Personal Communication With Dennis Rockliff, 11/7/2015
⁸ NAA: B2455, ROCKLIFF INGRAM JOHN
A matter of days before he was due to depart for the front, Ingram contracted pneumonia. He was granted six months leave and transported home for appropriate treatment and rest. He returned disappointed, with the knowledge that the friends he had made were fighting in the cause he had spent so much time preparing for. In reality, this misfortune was a blessing in disguise. In the months that followed, the Gallipoli Campaign cost 8,141 Australian lives. The knowledge that any one of those lives could have been his own sickened not only him, but his entire family.

It was at this time that Uncle Ingram purchased the book of which I write. His intention was that it be a keepsake, a reminder of the many things he experienced, and the bloodshed and slaughter he so nearly witnessed. It sat on bookshelves for almost a century, collecting dust, quietly watching as the world passed by until, at last, it came to me. As I turned tattered pages, I found glossy pictures of heroic men bearing guns with massive bayonets, looking valorous. This conflicted with everything I had learned of World War I. Horrified with this portrayal, I delved further into its depths to try and extract something of value. Eventually, I came across this image, following the editor’s note.

Stories of so many men, including my uncle, were summarized only in this single picture, a scrawled cartoon published at the back of the book. That sketch could have been my Uncle Ingram, or any of the men, young or old, that fought in World War One.

For me, it carried a simple, powerful message.

War isn’t about heroism, or glorious sacrifice. It is about terrible, grinding drudgery. The deflation of youthful vigour. The crushing of hopes and dreams. Pure despair.

The book as a whole, and in particular that image, is something far bigger than what Uncle Ingram intended it to be. It is not a mere family heirloom. For me it is a representation of the Digger Experience, of the men and women that went to war for their country. On the slumped shoulders of that weary figure rests the hopes, dreams and ambitions of our young nation. It is a representation of their bravery, their bold and heroic actions.

Unlike all the other pictures in the book, that sketch was the picture of a man worn down by hardship and the unbelievable circumstances he was expected to endure. It may have depicted any of the 416,809 Australian Diggers that served in World War One, but for me, it will always be a picture of Uncle Ingram. He was not a hero, nor anyone’s ideal soldier. He was merely a farmer from Northern Tasmania who, along with 15,485 Tasmanians signed up to fight in a war he knew nothing about and who was lucky enough to return home. He was just a man, the same as any other. Like the rest who served, fought and died at Gallipoli. And it should be this, their Humanity, their commonality that we should celebrate. Their victories or losses are not important; nor are their serial numbers, or even their names. We must remember the fact that they were people just like us, common, ordinary people that together sought glory, freedom, justice, and eventually, peace. For many, this was their last effort.

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8 NAA: B2455, ROCKLIFF INGRAM JOHN
9 NAA: B2455, ROCKLIFF INGRAM JOHN
10 Personal Communication With Dennis Rockliff, 11/7/2015
12 Personal Communication With Dennis Rockliff, 11/7/2015
We must remember them, not only on the centenary of the action at Gallipoli but on every ANZAC Day. Otherwise we too may follow in their footsteps, and their lives would have truly been wasted. A famous quote reads, “In every darkness, there is a light.” From Uncle Ingram’s book, and, most importantly, the lesson it carries, are a representation of light in the great, never-ending darkness of war. That simple sketch tells that war is not shining bayonets and endurance that will never own defeat. It is the destruction of the human spirit. That simple sketch tells me that we must learn from our mistakes.

We should not recall Charles Bean’s definition of the Legacy of ANZAC, unless we remember the tragic destruction of youth and hope that was the ANZAC experience. Otherwise, their story may become our future, once again.

Primary Footy Colours Day

The Primary SRC are hosting Footy Colours Day on Friday 11th September. Please support this cause in the fight against cancer by wearing your team’s colours for a gold coin donation.

All students are welcome to participate in this event. Donations will be collected by the SRC and we will inform you of our fundraising efforts after the event. Please get behind this worthy cause- wear your team’s colours!

Thank you in advance
Anita Richards, Primary SRC Co-ordinator

State Mathematics Relay

On Sunday 23rd August Sheffield School was represented at the State Mathematics Relay by 8 extremely enthusiastic Grade 5/6 students. Students participated in teams against other schools across the North-West in a race to complete a variety of mathematical problems.

We would like to take this opportunity to congratulate Kaleb Patterson, Lillian Rockliff, Denver Puccetti, Laura Ashby, Byron Jones, Jessica Welch, Grace Young and Alannah East on their tremendous efforts and outstanding skills demonstrated.

Grade 5/6 Teachers
Anita Richards, Clare Crowden & Russell O’Rourke
Sheffield Online Access Centre
Sheffield Online Access Centre’s opening hours from September 14 will be:

Monday    Closed
Tuesday    3-5pm
Wednesday  10-1, 3-6pm
Thursday   3-6pm
Friday     3-5pm

Sheffield Library hours remain unchanged. A new returns book chute will soon be installed at Sheffield Library. You will be able to return library items anytime during school hours.

Free Wifi is also coming to Sheffield Library! Bring your laptop, tablet or smartphone for free internet access. A start date for the service will be announced soon.

Contact Tim or Lewis on 64911 878 if you would like to learn more about the changes.

SECONDARY SPORTS PRESENTATION EVENING

The annual Sheffield School Sports Presentation Evening will be held on Thursday 10 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 Tuesday 1 September.
Stay well this flu season

Flu comes around every year, usually during winter. It spreads quickly from person to person and makes a lot of people sick. Anyone can catch flu and it is common among school-aged kids. Most people get better within a week, but flu can be really serious for some people.

Flu is passed on when someone who has flu coughs or sneezes without covering their mouth. The flu germ can then be picked up by friends, classmates, family members and other people around you. There are steps you can take to help stop yourself from getting sick with flu, as well as many other illnesses that are common in winter. In doing this, you also help to reduce how many other people get sick too.

1. Wash your hands
Flu is easily spread when we cough, sneeze and blow our noses. Remember to wash your hands regularly, or use an alcohol-based hand rub. This is very important:
• after coughing, sneezing or blowing your nose
• before touching your mouth, nose or eyes
• before touching food, drinks or kitchen utensils.

2. Cover your mouth
If you do get sick, don’t share it! Cover your mouth with the inside of your elbow when you cough or sneeze. Throw used tissues straight in the bin and then wash your hands to get rid of the germs.

3. Stay at home
If you catch flu, stay away from school so you don’t make other people sick. Stay home until you feel better.

Important message for parents
Getting the flu vaccine is the best way to prevent flu. Vaccination may be important for your child. For more information, speak with your GP or go to www.dhhs.tas.gov.au/peh/infectious_diseases/flu

Department of Health and Human Services
How do you maintain a good relationship with a teenager? Here are two simple strategies to help parents hit the right parenting mark through this sometimes-challenging stage.

One of the biggest challenges parents of teenagers face is how to maintain a good relationship with a young person while managing also their sometimes tricky and anti-social behaviour. The balance between good guy and bad guy is precarious indeed.

There are two simple strategies, when used in tandem, can really help parents straddle this great divide. They are - following through and following up.

When used wisely and consistently they can help parents manage teenagers even during their more difficult stages while maintaining a respectful relationship.

**Following through to teach responsibility**

‘Following through’ means doing what you say you'll do. If you say “You’re grounded” yet then let a young person off the hook when they came home from an outing later than agreed, you are merely issuing a meaningless threat. Most young people know a meaningless threat when they hear one.

‘Following through’ is about taking parent action and the most appropriate action is the use of behavioural consequences. When young people behave poorly, irresponsibly, transgress family rules or someone’s individual rights, then the experience of a negative consequence teaches them that there is a link between their behaviour and outcomes. If this sounds high-handed then relax. It’s how a civil society operates.

Drive too fast and you’ll receive a fine. Harm someone and hopefully you’ll be issued with a suitable punishment that matches the offence. ‘Cross a line and something happens’ is the accepted wisdom in our community, in school and in family life.

It’s important that the consequence issued matches the misdemeanour. When we go too far – “you’re grounded for the term” – then we generally get resentment. Not strong enough – “you should apologise” and they become ineffective. It also helps when consequences are related to the misdemeanour. Taking away a teenager’s regular pocket money to remind him to come home on time defies teenage logic and will generally lead to resentment. Be mindful that a rational, logical approach is a parent’s best defence against teen emotion.

The key to the successful use of consequences rests with how you implement them. If you issue them in anger (even though that’s how you feel) then you are inviting a young person to challenge you. Implement consequences dispassionately and calmly and you’ll increase the likelihood of them being mad at themselves rather than mad at you. Nonchalance is a parent’s best friend when it comes to managing the behaviour of highly-charged teens.

**Following up to reconnect**

It’s easy to lock a young person out emotionally following a behaviour meltdown or disagreement, particularly when they’ve said or done hurtful things. Once the dust has settled after discipline or a dispute then it’s time to follow-up with a kind word, an enjoyable activity or even just a sincere smile. It generally takes the adult in the relationship – parents or teachers – to make the first move to put the relationship back on an even keel.

It’s smart to choose a time when you are both more relaxed to reconnect rather than rush to make up before either person is ready, which can make matters worse.

Following through and following up are a dynamic discipline duo when they are used together as they help parents straddle the good guy, bad guy line that seems to appear on almost a daily basis. Use one without the other and you’ll come across as either too soft or too harsh. Use them in tandem and you’re more than likely to hit the right parenting mark.
ANZAC MEN

The war is here, the men have gone to war,
Leaving their wives and children behind.
What they love is now behind them.
They all march in single file.
One by one they march for victory.
Side by side fighting,
Some on field, some in trenches.
The ANZAC war has now begun.

By Libby Dawkins
Gr. 3 O’Houurke
Sheffield School
Community Notices

D’PORT AQUATIC CLUB SWIM SCHOOL
Learn to Swim (5 years+) & Stroke Development Lessons

New member offer!
- Pay for 10 weeks up front and receive a free swim pack. Packs include:
  - Swim cap
  - Drink Bottle
  - Goggles

Held at Nixon Street Primary School Pool, Devonport on Fridays during the school term from 4:00pm to 5:30pm. Lessons are 30 minutes and cost $10.00 per lesson. Contact: Jess 0400 748 131 or Leanne 0417 303 102 or Email: devonportaquatic@hotmail.com

Bookings are required.

DEVONPORT JUNIOR FUTSAL
Devonport Junior Futsal runs junior competitions all year round. The Summer roster begins on Oct 16, at East Devonport Recreation Centre and East Devonport Primary School. First game kicks off at 3:30, with the last game kicking off at 8:45. All ages from Under 8 to Under 17 are welcome, from beginners to experienced players.

Teams are 5 a side. Registration is $25 per player for the year. Game fees are $30 per team. Come and play this great game now. If you are interested in entering a team contact:

Rudy Compagne,
Manager – Northern Futsal
0417538057 or Email, drrip@bigpond.com

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