Dear Parents

Welcome back to term 4, with a very busy and full calendar ahead. A reminder to parents that tomorrow Friday, 23 October as determined by the Minister is a Professional Learning Day (students do not attend). Staff will be working across a range of areas over the course of the day, with a strong focus on moderating student work to ensure consistency in assessment leading into the end of year reporting process. The day will also provide an opportunity for staff to meet to further progress work on a number of school based priorities.

Cambodia Volunteers Abroad Trip
Later today, seven very excited students, Mrs Maddick and Mr Fabian leave for Cambodia on a life changing volunteers’ abroad trip. The support from the school and wider community in providing sponsorship and in raising funds for projects in Cambodia through supporting fundraiser events has been amazing. The fundraising goals set at the commencement of the project have been exceeded through the generosity of many.

Our best wishes are extended to the group as they travel abroad to Cambodia to make a difference in the lives of those less fortunate, and we look forward to hearing of their experience on their return.
**Student Achievement**

Last newsletter Laura Ashby’s entry in the National History Competition, ‘Olegas Truchanas and Peter Dombrovskis the Leader and the Legacy’ was featured. Late last week I received notification that Laura has won the Tasmanian Heritage section of the National History Challenge, a wonderful achievement, congratulations Laura!

Towards the end of last term, Lillie Lacey and Maddie Shaw sang in the massed choir performance for the 2015 Coastal Young Voices Festival. This performance was the culmination of several months rehearsals, in which the girls rehearsed twice a week committing six songs to memory. Maddie and Lillie should be very proud of their achievement and their dedication to the whole process and for the manner in which they represented the school at this event. Well done girls!

Ron Daly  
Principal

**Dates to Remember**

Tue 8 Dec - Presentation Day  
Thu 10 Dec - Gr 10 Farewell Dinner  
Fri 11 Dec - Gr 10 Leavers Assembly & K-6 Picnic  
Wed 16 Dec – Gr 7-10 Picnic

**Sheffield School Chaplaincy Celebration & Fundraising Evening**

The Sheffield School Chaplaincy Management Team is holding a celebration function at Mountain Mummas on Wednesday the 4th November at 6.30pm.

An invitation is extended to anyone who would like to come along and acknowledge the work of this program in the school and the wider school community. The evening will begin with a light supper of finger food and coffee followed by presentations from various people that have played a significant role in the chaplaincy program.

For catering purposes we would appreciate your reply to Kate Haberle on 0439911649.

**Athletics Carnival Lunch Order**

On the Athletics Carnival day, **November 20th 2015** there will be a BBQ for all students (Kinder – Grade 10) to order food from.

To assist with catering we require **ALL food to be pre-ordered** and request you complete an order form and return to the homeroom teacher with the correct money by **Friday the 13th November**. Forms will be sent home with your child shortly.

Sausages will be $2.00, hamburgers and vegie and chicken burgers $3.00. A variety of sauces will be available and the canteen will also be selling their usual range of drinks.

**P-4 AWARDS (RAILTON CAMPUS)**

**Friday 25 SEPTEMBER 2015**

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<td>Kiara McDonald</td>
<td>Tobias Bryant-Caputo</td>
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<td>Will Ayfray-Hayes</td>
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<td>Tyron Forster</td>
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<td>Ella Shaw</td>
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**7-10 AWARDS**

**WEDNESDAY 12 AUGUST**

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<td>Cameron Archer</td>
<td>Mitchell Burns</td>
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<td>Samantha Denby</td>
<td>Amber Mitchell</td>
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<td>Shikayla Sheehan</td>
<td>Breona Roetz</td>
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<td>Oscar Dowling</td>
<td>Elijah Steers</td>
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<tr>
<td>Archie Smart</td>
<td>Cameron Dunlop</td>
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<td>Zackary Knowles</td>
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<td>Haylee Shaw</td>
<td>Rebecca Hutton</td>
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<td>Jacob East</td>
<td>Michael Osborne</td>
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<td>Courtney-Anne Jones</td>
<td>Chloe Temple</td>
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<td>Nathaniel Watton</td>
<td>Jamie Gerke</td>
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<td>Maggie McCarthy</td>
<td>George Alsop</td>
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<td>Megan Mitchell</td>
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Make time for active transport!

Make time to regularly walk, ride, scoot or skate to:

- School
- Local shops
- Local play spaces

Active transport can add to the 1 hour of physical activity that children need every day!

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

www.movewelleatwell.tas.gov.au
What to say when kids become anxious

7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

“You’re okay, I’m here and I won’t be going anywhere.”

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big deep breaths. I’ll do it with you.”

Anxiety comes from the flight or fight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tension, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”

 Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiety you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.
FULL STEAM AHEAD . . .

A competition for YOU !!!

As part of the Redwater Creek KIDS DAY OUT, at the Steamfest ground on December 5 and 6, Sheffield School and Redwater Creek are offering a competition open to all Sheffield School students. All entries will be displayed at the KIDS DAY OUT, and also at Steamfest 2016. This competition is open to all Sheffield School students, from K to 10.

The theme of the competition is Steam, Heritage, Kentish and YOU!

Here are the categories:

**Art/Tech:** An artistic or technical portrayal of the history of steam engines and power, or a portrayal of the history of agriculture or industry in Kentish. This can be in any form of artistic or technical format that can be displayed in a space of 2 cubic metre or less.

**Science:** A written or captioned graphic description of the function, development or uses of steam engines or other innovative agricultural equipment from the Industrial Revolution era (1740-1938), including some of the technical processes or know-how involved in creating the machine. This is broken into two different subcategories:

- **Primary:** How do steam engines work and how were they used?
- **Secondary:** Discuss the change and development of steam-driven technology and/or particular types of machines throughout the Age of Steam, with regards to technical details, scientific developments involved, and/or the ways in which steam engine development addressed problems in Agriculture or Industry.

**Digital Entries are encouraged. A bibliography is required.**

**Writing:** A narrative about either steam power in the past or the lives and experiences of Kentish farmers in the past. Alternatively, let your imagination go wild and create a story about fantastic, steam-powered cities on tank treads, giant insects fired by coal and made of steel, and steam-powered rocket ships taking to the air. Ask your teacher about Steampunk, and then write a story in that genre. All stories can be non-fiction, historic fiction, fantasy, biographies, science fiction, etc. Let your imagination fly!

- **Primary Category:** A minimum of 250 words
- **Secondary Category:** A minimum of 500 words.

**History:** Graphically or in writing, discuss the impact of steam power on life in Northern Tasmania, then, now and in the future. Alternatively, discuss one or more aspects of the agricultural history of Northern Tasmania.

- **Primary Category:** A minimum of 150 words, and a maximum of 1000.
- **Secondary Category:** A minimum of 250 words, and a maximum of 1000.

CASH PRIZES KINDLY DONATED BY LOCAL BUSINESSES

ALL CATEGORIES HAVE BOTH PRIMARY AND SECONDARY SECTIONS

All entries must be submitted NO LATER than 30 November 2015, to Mr Ashby at Sheffield School. For more information, contact Mr Ashby in S31, by phone at school, or by email at bob.ashby@education.tas.gov.au
Tuesday November 10

Celebrate National Nude Food Day!

Nude Food Day is a fun, educational event aimed at raising awareness about the benefits of eating food unadorned and unprocessed. It encourages people to think about the impact of food on the environment and their health.

We are participating in Nude Food Day at our school to promote healthier eating habits and encourage students to think about the impact of food on the environment.

What is Nude Food?

Nude Food is simply food that is not wrapped in foil, plastic or commercial packaging. It is food that is as close to its natural state as possible, allowing you to truly enjoy the taste and texture of the food without any distractions.

Tips for Packing Nude Food Lunches:

- Use reusable containers and bags
- Avoid single-use plastics and straws
- Choose foods that are easy to pack and eat
- Plan ahead and prepare meals in advance
- Use reusable utensils

To pack a Nude Food Lunch, you will need:

- A reusable lunchbox
- A variety of healthy, unprocessed foods
- A reusable water bottle
- A reusable insulated bag for cold items
- Snacks like fruits, nuts, and seeds

Promoting Nude Food Day empowers students to make conscious choices about what they eat, and encourages them to think about the impact of their choices on the environment and their health. You might be amazed at how easy it is to transform your child's routine with these changes.

Keep Australia Fighting

Nude Food Day

 Wendling the "Keep Australia Fighting" campaign, Nude Food Day is a part of the movement to reduce waste and promote environmental sustainability.

Information for Parents

Tips for Nude Food Day:

- Plan ahead and pack your child's lunch the night before
- Use reusable containers and bags
- Avoid single-use plastics and straws
- Choose foods that are easy to pack and eat
- Use reusable utensils
- Keep it fun and exciting for your child

Nude Food Day is a great opportunity to teach your child about the importance of healthy eating and sustainability.

For more information, visit nudefoodday.com

Keep Australia Fighting
Community Notices

**Attention all school leavers!**

Fashion photographer Chris Puccetti will again be shooting professional images of all year 10’s at this year’s leavers dinner. High quality studio-style photographs will be available to purchase at www.studiota tasmania.com after the event. Last year’s images were amazing so please show your support by buying individual photos or packages specially priced for Sheffield leavers.

**Mark your final year with a memory to last forever...**

Would you like your very own professional fashion shoot to celebrate your senior year? Studio Tasmania is offering a limited number of very affordable studio shoots for Sheffield leavers. You must book your appointment before November 1st to secure your place, but you can have your shoot at any time.

1 hour studio photo shoot including your choice of finished portrait, just $150

call 64911383 to book your time
47 Main Street, Sheffield (Inside Fudge n’ Good Coffee)

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**Karate Tournament Sheffield School Gym**

**Saturday 24th October from 9am**

The Australian Karate Federation Tasmania is holding its annual Northern Championship event in Sheffield this year.

Competitors of all levels and ages from across Tassie will be competing. Spectators welcome... Come and support your local competitors!

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**WHITE BUTTERFLY**

An afternoon of beauty, courage and healing.
A beautiful young Launceston Lady, Chantelle, will be sharing her story that led to the writing and release of her book. For further information please contact: Esther, Sheffield School Chaplain Mobile: 0458 378437

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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