Dear Parents

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.

Years 11 and 12 Extension at the Sheffield School
A reminder to parents that would like to comment / or provide feedback to me on the Sheffield School submitting an expression of interest to the department to extend to years 11 and 12, please do so prior to this Thursday, where the matter will be discussed at the School Association meeting. Any submission made would be on the back of offering 11/12 VET Agriculture on site in partnership with Don College next year. As a school community our default position (as determined following extensive community consultation last year) would still be for the majority of our students to transition to Don College.

Remembrance Day Service
Last Wednesday we held our Remembrance Day Service. Students, staff, members of the Sheffield RSL Sub Branch, and the public were in attendance. Senior students Jonty Winwood and Rebecca Smart did an excellent job conducting the service.

Mr Phillip De Bomford, Sheffield RSL Sub Branch President delivered the Remembrance Day address and led the school through the ode, minutes silence and rouse. Mr De Bomford and the school both acknowledged the terrific contribution past President Mr David Innes, who sadly passed away earlier in the year, had made over...
many years to the various Anzac Day and Remembrance Day services. Mr De Bomford also spoke of how past student Zane Davies was soon to complete his military training in NSW in readiness to serve his country.

Tom Rockliff 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’ and Troydan Mason, Gabi Agnew and Lucynda Anderson performed a lovely musical tribute titled ‘Travelin’ Soldier’.

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

Early Childhood - Tom De Bomford and Talasha Jago Primary - Taylah Watling and Ethan Duff Secondary - Gabi Agnew and Kaycee Heyward

At our Railton Campus a service also occurred, with Joby Stafford and Mitchell Connors, two of senior SRC members leading the proceeding, 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. Kaitlyn Ash and Jobie Hicks presented a wreath on behalf of the Railton Campus at their service.

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 both cattle handling and junior judging competitions.

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, particularly Steph McNab, for their tireless work leading up to the event.

A detailed report with results is included in this newsletter.

Triple Top Achievement
Recently the Kentish Lions Club once again conducted the popular Triple Top Event, where keen athletes from far and wide come to the area to transverse Mt Claude, Mt Van Dyke and Mt Roland, approximately 21 km. I would like to take this opportunity to congratulate a group of students from our school that competed in this year’s event; Bailey Sharp, Kaydon Poole, Mitchel Roughley, Jonty Winwood, Jordan Winwood, Joshua Winwood, Bradley Huett and Reilly Spillman. Well done boys!

Ron Daly
Principal

Arts Concert and Exhibition
You are invited to our annual Arts Concert and Exhibition on Thursday 3rd December 2015 commencing at 7pm in the Related Arts Building at Sheffield School.

Students from all grades will demonstrate their progress in 2015 in dramatic and musical performances and their artworks will be on display. Come along to vote for this year’s Art Acquisition Prize – look for the artworks with orange dots!

Children must be accompanied by adults and gold coin donation entry required.
**Student Assistance Scheme (STAS) 2016**

STAS application forms are now available to those families who would like to apply for the first time from the school office or by accessing the link below: 
www.education.tas.gov.au

Existing STAS families should already have been contacted regarding 2016. If you have not been contacted please call 1800 827 055.

**Uniform**

School Polo Tops for Primary students are now available in adult sizes – small, medium and large for $20 each.

These sizes will not be kept in stock and must be pre-ordered and paid for.

Please place your order before the end of November to ensure delivery by book sales day 2016.

**School Social – Thursday 26 November**

Theme: Flouro

Time: ECE 1.30pm to 2.30pm, Primary 3.10pm to 4.30pm, Secondary 6.30pm to 9.00pm.

Cost: $2.50 (Primary and Secondary)

Food and Drinks $1.00

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**Move Well Eat Well**

**How to care for water bottles**

It is recommended that children, parents, early childhood services and schools clean water bottles the same way they do cups and glasses.

When water bottles are not cleaned and stored properly they can get smelly, slimy or mouldy.

To prevent this from happening:

- Fill water bottles with fresh water only
- Tip unused water out at the end of the day
- Wash water bottles thoroughly with soapy water – the warmer the water the better!
- Store empty water bottles with the lid off
- Some water bottles are dishwasher safe so use a dishwasher where available
- If extra cleaning is needed the following agents can be used: a sanitiser such as Milton or baby bottle sanitiser; vinegar; baking soda; salt; or denture cleaner
- Bleach is not recommended as it is not safe to consume and leaves an odour
- The plastic in water bottles can deteriorate over time – we recommend regular replacement of water bottles (at a minimum at the start of each year)

If water bottles are taken to and from school or the early childhood service, remind parents that water bottles need to be washed every day. A good way to remind parents is through newsletters.
Respectful Relationships - what do you need to teach your children?

At a time when children have so many external influences and 24/7 access to technology, it’s easy for parents, carers and teachers to feel helpless. However it’s more important than ever to facilitate a culture of respectful relationships and provide young people with the toolkit they need for healthy relationships and sexuality.

- Pornography is the most prominent sex educator for our young people: it is widely believed that at least 90% of young boys and around 60% of young girls having viewed it, some say 100% of young teens have viewed it.
- The most popular pornography seen is: violent, degrading, humiliating, intimidating, psychologically abusive, coercive and shocking.
- Parents can support their children by:
  - Providing the opposite environment and alternative views of the world, so when they experience these images, they can decode the almost comical/fake version of reality being depicted
  - Modelling respectful/appropriate/real relationships
  - Demonstrating the value of privacy
  - And creating a positive, enthusiastic culture around consent.

Mid-late Primary and early Secondary age is a critical time for our children’s development and learning skills around friendships, partnerships and relationships. The popular culture and online world they are immersed in is providing them with inaccurate and adverse messages and images about what respectful human relationships look like.

Media, advertising, fashion, music, and popular culture are infiltrated with pornography concepts and gender inequality. Themes of power over another person, sexualisation of young women and men, aggression, violence and force in intimate encounters is so mainstream now it is seen as legitimate amongst many males, as well as females, in our society. Young impressionable people soak up this popular culture, and many have 24-hour access to it. Unfortunately this exposure coincides with their approach to and journey through puberty.

It is important for parents to acknowledge childhood sexuality. Every human is a sexual being, this begins at birth and continues throughout their lifetime. Adolescents begin their transformation into adulthood with their sexuality changing from simple awareness of gender, body parts, conception, birth and pregnancy into experiencing some of the following normal adolescent development:

- Increased interest in and curiosity about relationships, pleasure, secrecy, privacy and the mechanics of intimate partnerships
- Experience feelings of attraction and desire
- Spending more time away from family
- Influenced by peers
- Many commence body and pleasure exploration ‘alone time’ (masturbation)
- Eventually they will have intimate experiences with others.

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Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
Here's the toolkit young people need for respectful relationships and intimate partnerships:

- An adequate vocabulary and communication skills
- Good decision making strategies
- Understanding of human sexual function and pleasure – for example: brain and skin are the two most important body parts, not just genital focus.
- Knowledge of how to prevent pregnancy and be free of STIs and how to take responsibility for this.
- A constructed view of self – their identity, sexuality, self-belief, self-esteem, a view of ‘who am I’

TIPS FOR PARENTS

- Model respectful relationships to one another as well as good communication.
- Promote consent; explain that pressuring someone into something they are not into is not ‘sexy’. Intimate encounters should always involve shared enthusiasm & motivation.
- Explain that real intimate encounters are so much better than what is depicted in porn and media; giving pleasure is as awesome as receiving it, especially when it is mutual.
- Take time to think about your vision for your child’s sexual journey throughout their adult life. What role will you play in guiding this outcome? Hopefully words like these come to mind: fun, safe, happy, joyful, healthy, resilient, empowered, fulfilling, respectful, informed, able to experience shared intimacy and pleasure.
- Explain that porn is not how couples really have sex. Here is an analogy:
  - Just as car scenes in movies have explosions, crashes and speeding, that is not really how you drive a car. But normal/usual/fun/safe driving of a car is boring to watch on camera, so they fake it to look exciting.
- So too, intimacy and sex between two people is normal/usual/fun/safe but only enjoyable for the two people doing it, quite boring to watch on camera.
- Porn is ‘made up’ depictions of sex, the people are actors, the bodies and positions are altered and enhanced and most importantly that is not how two people relate to each other in real life.
- Lose your embarrassment and fears by stripping back (excuse the pun) your layers of your own thoughts related to sex; your journey/feats/pleasures/ regrets/behaviours/experiences are not part of the discussion. You need to give them accurate information and simple answers to their questions.
- Do not view sex as dirty or negative.
- Talk in the car, where you don’t have to face each other.
- Give them reliable websites such as those found here: http://www.talkinghesaltsexed.com.au/young-people—sexual-health.html

Vanessa Hamilton

Vanessa Hamilton has worked as a Sexual and Reproductive Health Nurse for more than 20 years, providing Sexual Health Education to a variety of groups and Individually for 15 years, and is also mother of 3 children. Vanessa is passionate about empowering the current generation of children with essential information for safe and positive relationship experiences over their lifetime. www.talkinghesaltsexed.com.au

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2015 School Show Major Results

The Junior Cattle Handlers Show of Tasmania for 2015 took place at the Sheffield School Farm on Thursday 5th & Friday 6th November. Hundreds of handlers converged to see dairy judge Stuart Lehman and beef judge Roger Evans sort their way through individual and teams events. Both judges were very impressed with the talent of handlers from all over the state.

We had some excellent results with Ayden Grey winning the beef junior judging and Amy Rouse, Pyper Page and Rheanna Hanlon all placing first in their age groups in handlers in the beef ring and Pyper Page, Rheanna Hanlon and Jack Febey winning the teams event. In the Dairy ring Gabi Jago placed third in the junior judging and 2nd in the novice handlers whilst Josie DeBoer placed 2nd in her age group.

This year saw the top three place getters from each class in the Hoof & Hook competition auctioned live at the School Farm, thanks to Roberts Ltd. With spirited bidding prices were exceptional with the grand champion steer receiving $4.20kg live weight! Butchers such as Baldys Butchery Launceston, M&J Meats Clarence, Trendy Meats Sorell, Supreme Quality Meats and TasFresh were successful in purchasing some outstanding cattle which NSW based judge Roger Evans said ‘were as good as you will see anywhere in the country’.

With the help of Roberts auctioneer Rodney Miles this will again happen next year. It is a great way to see how your cattle stack up against the other breeders in the state and if you are meeting MSA specifications and the School is only too happy to break them in during their annual breaking in week in early September. So time for breeders and exhibitors to get their eyes out into the paddocks and pick out that elusive champion.

Well Done also to The Sheffield School Team of Rheanna Hanlon, Demi Bird and Pyper Page who won the teams event at Scottsdale show as well as Josie DeBoer who placed 1st in Dairy Handlers and Pyper Page who was Champion Handler in the Beef ring and Demi Bird who was Reserve Champion an excellent effort against the older handlers.

A big congratulations also to Demi Bird 1st and Tom Rockliff 2nd in the junior judging, again amongst older competitors!

**Grand Champion Carcase:** W & H Rockliff, Handler Lilli Rockliff (Limousin x Angus heifer) $750 donated by Lion

**Reserve Champion Carcase:** Emmy Barber, Handler Bronte Page (Sim/Angus x Shorthorn heifer) $200 & Cradle Mountain Hotel Accommodation (Landfall Angus/Cradle mountain Hotel)

**Heavyweight Carcase**
Champion: Brady Rouse
Reserve: Scottsdale High School

**Rump & Loin Carcase**
Champion: Tom Rockliff
Reserve: BL Hingston

**Trade Carcase**
Champion: W & H Rockliff (87.95)
Reserve: Emmy Barber (87.52)
Champion School Teams Carcase:
1st Sheffield School $250
2nd Scottsdale High School $150
3rd Yolla District High School $50

**JBS Swift Trophy Breed Team**
Champion Poll Shorthorn Brady Rouse, R & R Woodiwiss, Catie Loane, 3x $100 meat vouchers donated by JBS

**Hoof Results**
Grand Champion: Glenda Wootton, handler Chloe Temple (limo x Steer)
Reserve Champion: R & R Woodiwiss, handler Sarah Rayner (Shorthorn saler x)

**Heavy Weight**
Champion: Glenda Wootton, handler Chloe Temple
Reserve Champion: R&R Woodiwiss, handler Sarah Rayner

**Rump & Loin**
Champion: Glenda Wootton, handler Tony Temple
Reserve Champion: W&H Rockliff, handler Tom Rockliff
**Trade Cattle**
Champion: Emmy Barber, handler Bronte Page
Reserve Champion: Nash Barber, handler Pyper Page

**Beef Handling**
Champion of Champions: Alice Hall
School Teams: 1st Sheffield School
Novice:
9-12 YO: Emily Loane
13 YO: Catie Loane, St Brendans Shaw College
14 YO: Amy Rouse, Sheffield School
15 YO: Pyper Page, Sheffield School
16 YO: Rheanna Hanlon, Sheffield School
17-25 YO: Alice Hall

**Dairy Handling**
Champion of Champions: Mikayla Smith
Novice: Ryan Koop Yolla District High School
9-12 YO: Anna Hamilton Yolla District High School
13-16 YO: Jaxon Gillam Parklands High School
17-25 YO: Mikayla Smith St Patricks College
School Teams 1st: Yolla District High School

**Dairy Junior Judging**
1st Josh Smith
2nd Mikayla Smith
3rd Gabi Jago Sheffield School

**Beef Junior Judging**
9-14 YO
1st Ayden Grey
2nd Jordan Burr
3rd Tony Temple
Community Notices

Cradle Mountain Film Fest, screening at venues around Cradle Mountain on Saturday November 21.
On Saturday afternoon from 1-3PM, bring the kids for a family-friendly matinee of Mountainfilm on Tour, an adrenaline-filled range of films from around the world selected by children from Telluride, Colorado. Films have been selected by children from Telluride, Colorado and are about nature and environment, including grizzly bears in the Gobi desert, kids doing great things outdoors such as rock climbing, playing soccer, and a skateboarding film about girls shredding called Gnarly in Pink. All tickets for the matinee are $10, with kids under 5 free, including free popcorn.

From 4:30-6PM at Cradle Mountain Hotel, the One Month in Tasmania Adventure Film Competition will screen short films made in the past month in Tasmania showcasing the range of adventures people are getting up to on our beautiful little island.

These Tassie adventures will be followed from 8-10pm by an evening of adventure with Mountainfilm on Tour. The films will take your breath away in a fast-paced evening screening of 14 films ranging from coastal kayak touring, to big wave surfing in Iceland, to skiing, to mountaineering, to rafting in Fiji on the tropical Grand Canyon. All tickets for the evening sessions are $20.

It's a great chance to get up to Cradle Mountain, see some world class local and international films, and spend a couple of days of adventure in the great outdoors - get out for a walk, horse ride or canyoning trip.

For more information and tickets, visit www.cradlemountainfilmfest.com or call Anna from Cradle Mountain Canyons on 0439111334. Tickets are limited so best to buy online before you come, door sales will be available until sold out.

**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