Key Dates for 2015

Wed 3 Jun
Inter-high Cross Country

Mon 8 Jun
Public Holiday (Queens Birthday)

Fri 12 Jun
Grade 10 RYDA
Grade 8 Excursion – Mole Creek
Caves/Alum Cliffs

Wed 17 Jun
P-6 Assembly at Sheffield (P-4 Railton Campus included)

Thu 18 Jun
Socials “Back to the Future”

Fri 19 Jun
Immunisations – Grade 7 Students

Wed 24 Jun
Reports Sent Home

Dear Parents

Firstly, congratulations to Mr Jamie Skirving who early this term following a selection process was appointed substantively as one of our Assistant Principals, certainly very well deserved!

Mrs Anna Maddick was also recently notified that she has been successful in gaining an acting AST position at SPACE which is an intervention program for teenagers who have disengaged from education, based in Devonport. Although Mrs Maddick will remain at Sheffield for two days a week, some changes in our staffing will be necessary. At this stage Mr Catrina Davies will increase to fulltime for the remainder of the term with Mrs Caitlin Midson joining our staff to take Mrs Maddick’s Food classes on the days she is at SPACE. We wish Mrs Maddick well in her new role.

At the end of this week we farewell Mrs Shannon Milne as she commences maternity leave. Our best wishes are extended to both Shannon and her husband James as they embark on a very exciting chapter in their life. We will eagerly await news of the addition to their family. Mrs Emma Dobson will replace Mrs Milne in her role teaching grade 8 English/History and grade 10 English.

Sporting Rosters
The winter sporting rosters have all commenced with many students participating in teams representing the school in football, netball, soccer and basketball. On the back of the recent volunteer’s week I would like to remind players /students of the role volunteers have in ensuring our school sporting rosters occur week in and week out. Most of the sporting associations and committees that organise rosters are on a volunteer basis, as are our coaches, umpires and officials. Please respect
the time these people contribute to allowing you the opportunity to play and remember the commitment you have made to your team. I have included a number of key points as listed in the Play by the Rules code of behaviour for players, as a reminder of what is expected. Most of the points listed here are directly transferable to our day to day approach at school.

- Give your best at all times.
- Participate for the enjoyment.
- Play by the rules and show respect for other players, coaches and officials.
- Promote fair play over winning at any cost.
- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion.

**Student Achievement**

I would like to acknowledge our U/16 boys soccer team who have been demonstrating each of these points listed above in their play so far this year. Last week I received an e-mail from an opposition coach who was full of praise for the manner in which this group had represented the school recently in a game against Latrobe High School. It is nice to experience success in what we do, however this group reinforced on this occasion that success can come in many forms and in this case it was not in the form of a win, but providing a positive and lasting impression on others of the excellent character and sportsmanship of the students at the Sheffield School. Well done!

**Before School Supervision of Students**

A reminder to parents that staff do not commence before school duty until 8.30am, therefore there is no direct supervision of students arriving early. Students arriving prior to this time are able to wait sensibly in the student entrance courtyard. Where possible, we would encourage students not to arrive before 8.30am.

 Organisation for the Sharing Opportunities Trip to Cambodia in October is now in full swing.

Fundraising efforts are underway, and we have already held some successful fundraisers, including the Fast and Furious 7 movie night and the Country Music Day at Don College. We would like to take this opportunity to thank everyone for their contributions towards our fundraisers so far, and let you know that we are well on the way to achieving our target with more fundraisers to come later on.

We have also gained a number of sponsors who have made much appreciated and generous donations toward our trip, including The Hub, Richard Colbeck, Rebecca White, Eric Abetz, Greg Hall and Jeremy Rockliff. Our huge thanks goes out to these sponsors for their support of our project.

We would also like to welcome Mr Fabian to our Sharing Opportunities team. Mr Fabian will join our group and take the place of Mr Moore as our second school staff member alongside Mrs Maddick. We are very excited to have him as a part of our team, and look forward to his valued contribution to our group.

**Term Dates 2015**

Term 2 Mon 20 April – Fri 3 July
Term 3 Mon 20 July – Fri 25 Sep
Term 4 Mon 12 Oct – Thu 17 Dec

Ron Daly
Principal
Parent Information Session -
Do you know much about the career options for your child?

Will you know how to support them if they -

A. Don’t get into University or TAFE?
B. Decide not to stay at school, TAFE, University or in employment?
C. Have difficulty getting a job?

Would you like to be better informed in helping your son or daughter plan for their future? Do you want to know more about Apprenticeships, Traineeships, Job Services Australia, TAFE and University?

The Don College in partnership with your school is making available a program for parents called PACTS (Parents as Career Transition Supports). The PACTS Program is a series of information and education workshops specifically developed for parents of secondary school students at all year levels.

An information session is being held for parents interested in learning more about the PACTS Program. Details of the information session are as follows:

**INFORMATION SESSION**

**DATE:** Mon 1 June & Tue 2 June

**TIME:** 7.00pm – 8.30pm

**VENUE:** Exposure Restaurant Don College

RSVP: Please confirm your attendance by emailing Matthew Jago matthew.jago@education.tas.gov.au

If you are unable to attend the information session but would like more detail about PACTS, please contact Matthew Jago.

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**MUNA**

On 16 and 17 May, four grade ten students attended MUNA (Model United Nations Assembly) in Deloraine. The weekend involved students from across the state representing various countries from around the world. Bradley Huett and Jonty Winwood represented Vietnam, while Kaycee-lea Heyward and Gabrielle Agnew represented India.

Students had to research their chosen country’s political, social and cultural issues and debate a variety of resolutions discussed at the assembly. Congratulations to these students for their enthusiasm and commitment and for the way in which they have represented both themselves and the school.

A special congratulations to Gabi and Kaycee for receiving an honourable mention in the best national costume category and particular thanks to Mrs Bentley for helping provide the outfits. We would also like to acknowledge the Rotary Club of Devonport South East for sponsoring the students to attend the event.
AWARDS for Excellence

Do you know a teacher or volunteer that deserves to be recognised?

NOMINATE NOW!

www.education.tas.gov.au/Community-and-Providers/Pages/Awards-Program.aspx

Tasmanian Government

Move Well Eat Well

Packing a fruit & veg break

Are your children bored with the same snack for their fruit and veg break? Here are some ideas you can try:

- Pack a rainbow
  - Put different coloured fruit or veg in one container

- Encourage new tastes
  - Include a new fruit or vegetable in with an old favourite

- Shop by season
  - It’s often cheaper, tastier and your child gets to enjoy different fruit and vegetables throughout the year

- Keep it interesting
  - Try veg one day and fruit the next

- Easy to access, easy to eat
  - Peel, chop, include a spoon, pack in a separate container to lunch

- Keep it safe
  - Always wash fruit and vegetables before packing

For more information and for family ideas on healthy eating and physical activity visit www.movewelleatwell.tas.gov.au

Tasmanian Government
15 healthy ways to manage emotions

Here are 15 healthy ways to manage your emotions that you can pass on to your children.

1. **Breath deeply**
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 4 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little heady, which indicates deep (and low) breathing.

2. **Use positive, REALISTIC self-talk**
   Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like, "I'll never be able to do that." "This will stress me out big time." "I'm no good at..." I know I have. I talk myself into feeling stressed out.

   Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like, "I've done it in the past and I survived. So I should be able to do it again."

   Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That's what emotional management is about.

3. **Find a favourite relaxation exercise**
   There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

4. **Acting out (also abusing alcohol and other drugs)**
   Come here you! I'll show you

And they pass those same ineffective methods on to their children. Anxiety (a legitimate feeling), anger (also legitimate) and apathy (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

**more on page 2**
Exercise
Exercise releases endorphins; nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising when we really need it. Let’s face it, when you come home from work tired and stressed, exercise is the last thing on your mind. But going for a run, walking the dog or even playing a game outside with the kids is the very thing you need to feel better.

Distract yourself
A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural workers! It’s amazing how much better a situation will seem after a short break.

Longer term strategies
Have constructive habits and hobbies
One of the tenants of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives—work and no play—are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that fulfills you.

Make physical activity a habit
How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposely exercise if we are going to getting anywhere near to close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

Meditate to stop those thoughts
If you struggle to close down the thoughts that race through your brain, then meditation will offer you relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parenting Ideas recommends meditation as a skill that will help you balance to your emotional state.

Let me entertain you!
Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It’s unhealthy to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

Find spirituality or something bigger than you
It’s no coincidence that most sustainable cultures have an aspect of spirituality present. That is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we’ve become insular as individuals. If religion, whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

Modify the situation
Ever lay in bed stewing over a problem or situation and worked your self into a real knot. Suddenly you feel overwhelmed. I’ve done this often. The best solution for me is to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

Change your goal
Sometimes our emotional state is giving us a message: that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

Get support from others
Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiety you maybe experiencing.

Seek professional counselling
We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us to take the steps needed to become 'unstuck'. A well-known song by US singer Kenny Rogers song went, “You’ve got to know when to hold ’em, know when to fold ’em and know when to walk away.” I’d like to add another line, “You’ve got to know when to get some help.” Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren’t aware that they are emotional management techniques.

What would you like your kids to say?
There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways. If someone asked your children in thirty years time to articulate the lessons they learned from you, hopefully they’ll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 wrong ways list.


parentingideas.com.au
Payment of School Levies
Thank you to those who have paid their levies in full.

As stated in our document. “School Levies Policy & Charges 2015 – Information for Parents” levies are due to be paid by end of Term 2.

A reminder for those who completed an agreement to pay levies by instalment - the expectation is that you will honour that agreement, and to those families who have not yet made any payments off their child’s levies that payments should have commenced by now.

Payments can be made at the school office, by BPay, BPoint and at Service Tasmania. Another option is Centrepay deductions from Centrelink benefits.

Parents/Guardians are reminded that application can be made for the Student Assistance Scheme (STAS) for exemption from levy charges. This scheme is means tested.

For queries around all of the above please contact our School Business Manager, Charmaine Butcher by phoning 64918222.

Community Notices
Jason Pearce cricket coaching
Ages 10+
Batting & wicket-keeping
Individual or group sessions
Latrobe indoor cricket centre
Mobile 0407371996
jasonpearce12@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

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