Dear Parents

Welcome to the new school year. I hope that families have enjoyed a wonderful holiday together. It certainly seems that all of our students have returned to school refreshed and eager for their year ahead.

We welcome a number of new staff to our school this year; Ms Mariya Bell who will be teaching the grade 6 class with Mr Bakes, Mr Terence Johnston teaching in the grade 8 Core area, and back from maternity leave Ms Carmen Pearce, providing senior staff support at the Railton Campus and Mrs Katharine Bransden teaching grade 9 and 10 English. Parents would also have noticed a number of other changes in regard to roles being performed by various members of staff.

We also welcome Mrs Lee-Anne Spillane and Mrs Kate Bramich to our administration team.

Each newsletter we include an article by Michael Grose, a renowned author of 9 parenting books. Included in this first newsletter is the article “7 ways to make this year your child’s best year ever at school”. There are some excellent tips within this article, with reference to valuing education, a positive approach, and ensuring students are well rested and prepared for each day at school to gain maximum learning. To this end, thank you to parents for the effort in preparing students ready for the school year. Being well organised with books and equipment makes for a good start with learning and the students look especially smart and connected to school when wearing their uniform.

Key Dates

Wednesday 2 March
Interhigh Swimming Carnival

Thursday 3 March
School Photos

Friday 4 March
Mt Roland walk grade 7

Friday 11 March
Swimming Carnival

Thursday 17 March
Vaccinations – grade 7

Tuesday 22 March
Grade 7 Camp

Friday 25 March to
Tuesday 29 March
Easter Break

Thursday 7 April
Term 1 Concludes
Last Thursday, I had the pleasure of attending the Don College Celebration of Excellence Evening, and Sheffield students again featured prominently in the awards. Congratulations to Dayna Grey, Michaela Collins, Elizabeth Alsop, Daniel Perkins, Hannah Huett, Emily Smith, Danielle Jones, Malachi Hinrichsen, Hollie Jackson, Sophia Dyer and Chloe Jackson who all won subject awards. Hollie Jackson and Sophia Dyer as well as receiving multiple subject awards were also recognized within the major awards section of the evening for their outstanding results, as was Danielle Jones. Michael Dunn, Hollie Jackson, Sophia Dyer and Rachael Huett were recognized for achieving an ATAR (Australian Tertiary Admission Rank) of 95+, this places them in the top 5% Australia wide, a fantastic achievement!

These young people set an excellent example for our students, and the message for all students is to aim high with your learning goals!

Finally, on a completely different note we are currently in conversation with a company called Schoolzine in relation to the production of our newsletter, there are number of benefits for moving in this direction, if we do progress this the newsletter will be available to parents via a free app on your mobile devices or weblink. The plan would also be to have some paper copies available to be collected from the office. Further information regarding this will be provided in the near future.

Ron Daly
PRINCIPAL

Sheffield School Council Election 2016

Elections for School Council will be held on Thursday 10th March, 2016.

Nominations are being called for two (2) community and five (5) parent vacancies. Nomination forms and an information brochure are available from the school office. **Nominations must be to the Returning Officer, Charmaine Butcher, by COB Wednesday 9th March, 2016.**

For enquiries phone 6491 8222.

The School Council gives parents, community members, students and staff an opportunity to participate in setting future directions, making decisions and developing policies that have a direct effect on the way the school operates.

Parents and guardians of a student are automatically parent members and are entitled to nominate for a parent position and to vote, should an election be required.

Other members of the community interested in being a community member are required to apply to the School Council to be accepted as such. At this stage, only those who have been accepted can nominate for this vacancy. Interested members of the community are encouraged to place their names forward so that they can participate in future elections and possibly be members of the School Council.

The students in Grades 7-9 will elect among themselves the students who will fill the Student Member vacancies.

The values and purposes that underpin all that we do at the school are constantly reviewed. The School Council has revised its vision statement that takes into account our values and captures the uniqueness of our school and the wider community. A review of several key policies is currently underway.

Being a member of the School Council is a worthwhile and effective way to be involved in the school community and to ensure that we provide an education for our students that will foster in them a desire for life-long learning. Enquiries should be directed to the Returning Officer, Charmaine Butcher, at the school office.
7 ways to make this year your child’s best year ever at school

A new school year means a fresh start for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child’s best year ever at school.

1. Commit to your child going to school every day on time. One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well. A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. Establish work & study habits. The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young persons school and help them establish a work routine that matches.

4. Make sure your child gets enough sleep. Many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night’s sleep consolidates learning, as well as assist future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Encourage kids to exercise. Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly. Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers.

7. Develop self-help skills. Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their everyday lives. Such skills as making lunches, packing school bags, and organising after-school activities can be great lessons that impact on how kids perform at school.

At the start of the school year kids are more likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.
Back to school road safety

Three lucky Tasmanian primary school children will win an iPad as part of a competition to promote school road safety.

The Stop, Look, Listen, Think campaign encourages children to do just that before crossing the road when school returns and throughout the year.

Children are most vulnerable when crossing a road to get on or off the school bus, or in or out of a car.

It is preferable for the drop off and pick up point to be on the same side of the road as the school or bus stop. Children should be guided by school crossing patrol officers but otherwise stop, look, listen and think before crossing the road.

It isn’t just pedestrians who should be careful. Drivers should take extra care around schools.

Drivers should adhere to the 40km/h limit speed in school zones or when school bus lights are flashing. If there is a lot of pedestrian, bike and vehicle traffic, a safe speed may be below 40km/h.

For more information about how to win one of the three iPads – one for each for the North-West, North and South – go to www.rsac.tas.gov.au/roadsafekids
Launching into Learning 2016

Playgroup for 0-4 year olds!
Sheffield - Wednesdays 11:15-12:30
Railton - Thursdays 11:15-12:30
Like us on Facebook or contact Carly Sullivan (LiL Co-ordinator)
Ph 64918222
carly.sullivan@education.tas.gov.au

STARTING WEDNESDAY 24th FEBRUARY AND THURSDAY 25th FEBRUARY!!!

Free sausage sizzle at the first session for both Sheffield and Railton.

The APA recommends a backpack that weighs no more than 10 percent of a child’s body weight. The backpack must fit the child; parents should avoid buying a big pack to grow into. When the child sits with the backpack on, the pack should not extend higher than the child’s shoulders.

When choosing a backpack for school age children, the APA recommends the following features:
- wide shoulder straps that are comfortable and sit well on the shoulder
- waist straps to help transfer some of the load.
- a padded back support that allows the backpack to fit snugly on the back.

The APA recommends and endorses the Physiopak for school-aged children to use as their main method of carrying items to and from school.

Canteen

Please find attached price lists for both Sheffield and Railton Campus for 2016.
School Photos 2016

School photos will take place on Thursday March 3rd, with a further catch up day to be scheduled for students who were away on the day. Leading Image, who provided a quality and service last year, have again been enlisted to take our photos this year.

Order envelopes will be sent home with students at the end of next week and should be returned to school, with correct payment prior to or on Photo Day. Order envelopes can be passed to class teachers or directly to the office. As per last year, payment can also be made on the website, and instructions for this can be found on the order envelopes. Please note that the school will not be handling any money or accepting payments on Leading Image’s behalf.

Any queries should be directed to Leading Image on 1300 084 586; via email at info@leadingimage.com.au

A timetable for family photos will be advertised in the newsletter, February 25th and will also be published on the student memo on Wednesday the 2nd and Thursday the 3rd of March.

Those families who do not place an order on the day will be given a second chance to order, via a new form which will be distributed when photos are returned to school.
Community Notices

Australian Hearing

What is Central Auditory Processing Disorder (CAPD)?

Central Auditory Processing Disorder (CAPD) - also known as Auditory Processing Disorder (APD) - is an umbrella term for a variety of disorders that result in a breakdown in the hearing process.

In short, our brain cannot make sense of what our ears hear because the auditory signal is distorted in some way. As a result, one of the biggest problems experienced by individuals with CAPD is difficulty listening in background noise. For children, this generally means problems adequately understanding the teacher in the presence of compelling classroom sounds.

Assessing for CAPD

A service is available at selected Australian Hearing centres which diagnoses, manages and remediates CAPD.

A number of central auditory processing tests can be used to assess CAPD. At Australian Hearing, we focus on identifying auditory deficits that are likely to lead to listening difficulties and poorer performance in the classroom. This includes how well your child hears in background noise. We aim to tailor our tests to suit the individual child and, as such, what is included in each assessment may differ slightly between children. If we find that your child has a difficulty in an area of auditory processing, we will then discuss management and auditory training options with you. If you decide to proceed with any of these management or training options, we will arrange further appointments to implement these options.

If you would like to know more about CAPD, and how these assessments can help your child we are holding an information evening at:

Australian Hearing – 39 Steele St Devonport
5.30pm – 6.30pm
25th February 2016

Please RSVP your interest at: 64213200

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