Intellectual Exertion

It is always good (for me) to start the last week of term with a Crows win in the Showdown. Players from both sides train hard for months before the season begins and continue to exert themselves to build stamina, endurance and strength throughout the season.

Research has shown that South Australian children suffer from a lack of Intellectual stamina. Just like a muscle has to be exerted to grow, so too the brain needs to be stretched. Stretch and exertion require effort and discomfort. Anyone who has worked to keep fit by jogging or working out at a gym knows the pain caused by muscle exertion. It is a good and necessary thing.

Children have to be intellectually stretched. This occurs through being challenged, failing and reflecting. Very little, if anything is learnt through success. Most things are learnt from failure. Children can only learn from failure if they have the resilience to bounce back. That is, if they see failure as a step on the road to learning.

Educator, Ewan McIntosh describes fail as:

First
Attempts
In
Learning

As the great inventor Thomas Edison famously said, “I have not failed. I’ve just found 10,000 ways that won’t work.”

To help your child develop learning resilience try:

- Speaking to your child about having a go, and if you don’t succeed, trying again and again, helps them to develop resilience to learn.
- Avoid rescuing a child from the discomfort of failing as this ensures they do not learn and do not develop resilience.
- Answering a question with a question rather than giving an answer.
- Don’t do your children’s homework. If they leave it to the last moment, let them struggle with it.
- Model learning from your mistakes. Talk about what you did and what you learnt.

Port Power will analyse their mistakes from the match and learn by it to be more prepared for the next game.

We want every child to build resilience to see their mistakes as learning opportunities. This will set children up to be life long learners.

Bob Thiele
Principal
CONGRATULATIONS
Congratulations to Tanisha Mather for being chosen and playing SAPSASA Soccer last week. Her Southern Region side came third overall. Well done Tanisha.

SUPPORTING LOCAL BUSINESS
A flyer from the Hackham Business Association is being sent home with the Newsletter to all families with information on local businesses. The Hackham Business Association plays an important role in helping to build a strong business network in the south, one where local businesses can support each other and build on the regions strengths. Please support our local businesses.

RETIREMENT
Neale Chapman will be retiring on Friday 4/7. Neale and Bev (who recently retired) have both worked as cleaners at Hackham East Primary School for several years. On behalf of the Hackham East School community we wish them well for the future.

Bob Thiele
Principal

LOST PROPERTY
Please check lost property boxes located in each teaching unit for any items that may belong to your child/children.

It is recommended that all items belonging to your child/children brought to school are named so they can be returned if found. Please check regularly to make sure the name can still be read.

Hackham East Primary School OSHC
Holiday Program for students aged 5 - 12 years

<table>
<thead>
<tr>
<th>Monday  7/7</th>
<th>Tuesday  8/7</th>
<th>Wednesday  9/7</th>
<th>Thursday 10/7</th>
<th>Friday  11/7</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Release DVD Treasure Hunt</td>
<td>Excursion Hahndorf Farm Barn <strong>Arrive by 8:00</strong></td>
<td>NAIDOC Week Celebrations</td>
<td>Excursion LayGo <strong>Arrive by 12:00 noon</strong></td>
<td>Dream Catchers Fun Looms</td>
</tr>
<tr>
<td>Monday 14/7</td>
<td>Tuesday 15/7</td>
<td>Wednesday 16/7</td>
<td>Thursday 17/7</td>
<td>Friday 18/7</td>
</tr>
<tr>
<td>Incursion Little Ninjas <strong>Arrive by 9:00am</strong></td>
<td>Excursion Monarto Zoo <strong>Arrive by 8:00am</strong></td>
<td>OSHC Mythbusters What Myth Will You Test?</td>
<td>Cooking Day Creative Cakes &amp; Splendid Soup</td>
<td>Fun with Scouts</td>
</tr>
</tbody>
</table>

- Activities are subject to change or cancellation (eg weather, low numbers). Afternoon Tea is provided.
- Please bring a healthy recess and lunch each day.
- For bookings or enquiries, contact Jacky on 0499 228 039. Cost is $42.00 per day minus childcare benefit ($47.00 per day on incursion/excursion days).
- Notification of cancellations must be given at least 48 hours before the booked day so as not to incur a fee.

Jacky Smith, OSHC Director

HAPPY HOLIDAYS
Staff usually push themselves through the term, despite the germs flying around from sick children. It is quite frequent that they fall ill in the holidays when they finally get time to relax. We wish them and all students a healthy, happy and safe holidays.

Bob Thiele
Principal

CHOIR NEWS
Congratulations to students in the Choir and to Mrs Erina Anderson for achieving a very high assessment and commendation. The students in Choir can be proud of their commitment, dedication and persistence this year. The Choir will be performing at the Festival Theatre next term.

Bob Thiele
Principal

TREE REMOVAL
Due to ongoing damage being caused by the roots of the tree outside Holly Unit it has become necessary for the tree to be removed.

The tree will be removed during the holidays.

HEAD LICE
The holidays are a good opportunity to break the cycle of head lice. Please check your child/children’s hair regularly and treat the hair if you find any eggs or lice. Regular checking can assist in reducing the incidence of head lice at our school.

CONGRATULATIONS

Bob Thiele
Principal

STAFF

Bob Thiele
Principal

LOSS OF PROPERTY

Bob Thiele
Principal

TREE REMOVAL

Bob Thiele
Principal

HEAD LICE

Bob Thiele
Principal

Jacky Smith, OSHC Director
Reminder
School Finishes at 2:00pm on Friday 4/7

Thank you to the parents/caregivers who are on time to pick up their child/children each day and on the last day of Term, it is appreciated. Please ensure you pick up your child/children at 2:00pm as staff have end of Term duties to attend to which may require them to be away from the Front Office.

Please contact Jacky Smith, OSHC Director if require after school care for your child/children.

Wishing everyone a safe holiday period.

SCHOOL DRESS CODE SHOP
The Dress Code shop is phasing out grey and maroon pants or bottoms and yellow shirts and hats.
When purchasing new uniform items for your child, parents/caregivers should choose maroon hats and tops and black pants/shorts/skirts, as this will be the uniform from 2015.
The Dress Code will be open at the following times until the end of Term 2.
Monday 9:00-9:30am
Tuesday & Thursday 2:45-3:15pm
Dress Code Committee

MESSAGE FROM JULIA OSBORN
Wishing parents/caregivers, students and staff a happy and safe holiday period. I look forward to seeing you next term. Please drop in for a chat or coffee. You can find me in the Parent Room, Easton Unit (second door at the western end of the building) on a Monday, Wednesday or Friday from 8:30am to 3:00pm.
Julia Osborn
Christian Pastoral Support Worker

SCHOOL WATCH
Can neighbours and community members please watch the school carefully for any sign of trespassers, vandals or anyone acting suspiciously in or around the school grounds over the holidays. Please call Police Patrols on 131444.
Thank you for caring for our school.
Bob Thiele
Principal

THANK YOU FROM OUR SCHOOL COMMUNITY
This term has seen a couple of very generous donations to our school.

A big thank you to the Kiwanis Club of Reynella who have generously donated $500.00 towards the establishment of our 'Sensory Room.' The sensory room is a space that students are able to use when they need quiet time or have space to use some sensory toys that help them to calm. Members of the Kiwanis Cub attended our recent assembly and were presented with a Thank You certificate.

Bunnings Warehouse Noarlunga have kindly donated a large number of small magnets that will be sewn into some removable covers for classroom lights. These covers can be put over the lighting in classrooms and will help to create a more calming environment. Thank you to Katie - Axel Freeman's mum who is taking the time to sew the light covers for us.
Sally Slattery
Deputy Principal

CANTEEN NEWS
Thank you to the parent/caregiver volunteers who have assisted in the Canteen this Term. Your help is vital and appreciated.
Help is still needed on a Friday - please see Coralie Goodman, Canteen Manager, if you would like more information or you are available to assist.

Coralie Goodman
Canteen Manager

SCHOOL BANKING DAY & COMPETITION
Remember that WEDNESDAY is School Banking day when students can bring in their weekly deposit.
The Dollarmites have found sunken treasure in the Lost City of Savings. For your chance to win a share of exciting prizes, simply make three or more deposits at school during Term 2 and you will be automatically entered in the competition. Visit commbank.com.au/deepseasavers for more information.

CHANGES TO ADELAIDE METRO
On 20/7, the Department for Planning, Transport and Infrastructure, Public Transport Services (PTS) and service providers will be making changes to Adelaide Metro public transport services in the metropolitan area.
Some dedicated and regular bus services will be affected. Information regarding these changes is available either by phone 1300311108 or on the Adelaide Metro website www.adelaidemetro.com.au from early July.
**COMMUNITY NEWS**

- **Southern Women’s - Women’s & Children’s Health Network**
  Southern Women provides a range of services to assist women with their emotional, physical, cultural health and wellbeing. For more information Ph 83849555.

- **Kids Live Well with Asthma**
  If your child has asthma, then this interactive session is for you and your child. Come along and learn together about how to live well with asthma. The session will include fun hands-on activities that will help children aged 5-10yrs learn about their condition. Held on Thursday 17/7 from 10:00-11:30am at Asthma Foundation SA, 300 South Rd, Hilton.

- **Aladdin**
  Children’s pantomime to be held at Marion Sports & Community Club, Sturt Rd, Marion on Tuesday 15/7. 11:00am & 2:00pm sessions. Cost $8.00 per person. Ph 82968444, bookings essential.

- **Kid’s Playgroup**
  Relax in a friendly environment and socialise with other parents, children and staff members. Held on Wednesday each week from 10:00am-12:00noon at Hallett Cove Baptist Church, 1 Ramrod Ave, Hallett Cove. Ph 81870707 for more information.

- **Optimistic Kids**
  Our team of psychologists provide treatment for a majority of issues facing children and adolescents. Optimistic Kids can provide you with the skills to be resilient when times are tough. Ph 82642311 for more information.

- **Ride Your Bike Right**
  Free. Students Reception to Yr 7 can come along to Pimpala Primary School, Vanstone Ave, Morphett Vale on Thursday 17/6 from 2:00-4:00pm to participate in various biking activities. Bring your bike and helmet along. Ph Jodie 83923194 for more information.

- **Who’s In Charge**
  An 8 session course for those struggling with children or adolescents that use violence and abuse towards them and other family members. Held each Tuesday from 29/7-16/9 from 10:00am-12:00noon at Junction Australia, 2/100 Dyson Rd, Christie Downs. Morning Tea provided. Ph 83847877 to register or for more information.

- **Netball Nation Fun Day**
  Meet your favourite ANZ Championship players from the Adelaide Thunderbirds at Aldinga Netball Club, Port Rd, Aldinga on Friday 18/7 from 10:00am-12:00noon. Register at www.facebook.com/NetballNation.

- **Youth 4 Arts**
  You are invited to the opening of Youth 4 Arts exhibition featuring works of art by young people aged 2-18yrs on Tuesday 8/7 from 2:00-4:00pm at Community Room Aldinga Library, Aldinga Beach Shopping Centre, Pridham Bvd, Aldinga Beach. Free. Art on display during July. Ph 85577555 for more information.

- **Does Your Child Have a Problem with Sleep?**
  Somnia have a team of psychologists who can provide treatment for difficulty falling asleep, waking in the night, trouble waking up or getting out of bed in the morning, often sleeping in parent’s bed/room and more. Ph 0415977784 or visit www.somnia.com.au for more info.

- **Appleton Sports School Holiday Soccer Academy**
  All students aged 5-17yrs are invited to an inaugural soccer academy at Scotch College, Carruth Rd, Torrens Park on 17/7 & 18/7. Ph Jeremy Appleton 0408490079 for more information.

- **Seaford Family Fun**
  Crafts, Face Painting, Story Telling, Indoor Games and lots more on Thursday 10/7 from 10:00am-12:00noon at the Seaford Library, Grand Boulevard, Seaford. Ph Karla 83840049 for more information.

- **Miniball**
  Miniball is a Basketball SA after school recreational basketball program for primary school students. Emphasis is on participation, fun and the learning of new skills. Nominations for Term 3 are due by 21/7 and games commence 28/7/29/7. For more information Ph Karlin Haug 83820143 or visit www.morphettvale.basketball.com.au

- **Circus Workshop**
  Let the kids be entertained in the holidays with fun and step by step instructions to juggling, balance sticks, hoola hoops and lots more. Held on Friday 18/7 from 9:30-11:30am at Hackham East Primary School. Free. To book Ph Jodie 83923194.

- **School Holiday Space & Magical Fun At Your Library**
  Magic Show on Thursday 10/7 from 11:00am-12:00noon and Out Of This World on Tuesday 15/7 from 10:30-11:30am at Woodcroft Library, Bains Rd, Morphett Vale. Games, puzzles and colouring on Wednesday 9/7 from 10:00am-4:00pm, Miss Gilly’s Frozen Bedtime Storytime on Wednesday 16/7 from 6:00-7:00pm and Out Of This World on Thursday 17/7 from 10:30-11:30am at Noarlunga Library, Hannah Rd, Noarlunga Centre.

- **Delicious Days in Paris**
  Meet the Author Jane Paech with a Parisian inspired morning tea on Sunday 27/7 at 11:00am at the Woodcroft Library. Bookings essential - Ph 83840050.

- **An Unsentimental Bloke**
  The life and work of CJ Dennis. Meet the Author Philip Butters on Wednesday 30/7 from 6:00pm at the Hub Library. Bookings essential - Ph 83840100.

- **NAIDOC Week 2014**
  To celebrate, SALHN’s Aboriginal Health Team will be participating in a NAIDOC Week event on Wednesday 9/7 from 10:00am-2:00pm at Christie Downs Community House, Cnr Morton & Flaxmill Rds, Christie Downs. Ph Theresa Francis 81795942 for more information.

Flyers with further information relating to the above events are available from the Front Office.