As you are well aware, Hackham East School is a Play Is The Way school. Our aim is to enable our students to become independent learners who take responsibility for their own learning, behaviour and actions. This can be challenging for teachers when students start to ‘push the boundaries’ around their learning and behaviour. We are all human and at times can start falling back into defence mode when the going gets tough. The challenge is to rise to the occasion and be proactive by asking questions to allow students to think about their actions, rather than be reactive and tell the students what they are doing wrong. The reactive response takes the learning away from the students. As educators we need to be mindful of this with our teaching.

As School Counsellor I am often asked for advice from parents regarding strategies to use when children are ‘pushing the boundaries’ at home. Strengthening positive working relationships between school and home helps our students see the positive links between school and home. We want children to benefit from all that we do for them, therefore it is important that we remain mindful.

Being mindful ……
- Helps you be more aware of your own feelings and thoughts.
- Helps you become more aware of your child’s thoughts, feelings and needs.
- Assists you to be more self-aware and improve your capacity for emotional self regulation in your parenting.
- Helps you to be less critical or judgmental of yourself and your child.
- Increases your ability to stand back from situations without responding immediately or inappropriately.
- Gives you more choices in how you respond to your child.
- Strengthens the relationship between yourself and your child.

Being a mindful parent can take practice but it is worth it in the end. Mindful parenting is about taking the time to pause, clear your mind of all thoughts and ask yourself these questions:
- What is happening with my child in this moment?
- What does my child feel?
- What does my child need?
- What am I feeling?
- What do I need?

Pausing in moments with your child to think about these questions will make a difference for you and your child and will enable you to be proactive in your parenting rather than reactive.

In a calm state, we are more able to respond to children rather than react to their behaviour. When we pause and become mindful, we are more likely to respond to children with the logical, rational part of our brain rather than reacting out of frustration, stress or anger. In a calm state, we are more able to see the reasons behind children’s behaviour. We are able to respond not just to the behaviour but also to the needs and feelings that sit behind the behaviour.

Scott Megson
School Counsellor
MATERIAL AND SERVICES CHARGES FOR 2015

The Material & Services charge for 2015 has been calculated by the school, in consultation with the Governing Council, at the minimum standard sum of $226.00 per student.

Parents/Caregivers are welcome to attend an ‘Open Forum’ held in the Penney Conference Room as part of the Governing Council meeting on Tuesday 25 November 2014 at 1.00pm to inform families of how this fee has been determined.

Tracy Rowley
Finance Officer

EMERGENCY SCHOOL CLOTHING

If your child has been given emergency clothing can you please check to see if it has been returned. All clothing needs to be washed before it is returned to staff in the Front Office.

Please return any outstanding items before the end of the Term (12/12).

ALL LIBRARY BOOKS TO BE RETURNED

It's that time of the year again! We need to have all library books back by Wednesday 3 December 2014 in order to do our end of year stock take. We would appreciate it if you could please help your children to locate any missing books. Bills for lost/damaged books will be sent out the following week.

Jonathon Kaesler
Librarian

END OF TERM EARLY DISMISSAL

Parents/caregivers are reminded that school finishes at 2:00pm on Friday 12 December 2014, the last day of Term 4. Please ensure you are on time to pick up your child/children as staff have end of Term/Year duties to attend to which may involve being away from the Front Office. OSHC is available - please contact Jacky Smith to make a booking.

Term 1 commences on Tuesday 27 January 2015.

SCHOOL CONCERT

On the night of the School Concert the Fundraising Committee will be holding a Sausage Sizzle and Snack Trading Stall from 5:30pm. No need to pre order.

The Concert on Tuesday 2/12 commences at 6:30pm and will finish at approximately 7:30pm. We hope to see as many people as possible at the Concert to enjoy the varied performances by our students.

LOST PROPERTY

Please check the Lost Property boxes located in each teaching Unit for any items that may belong to your child. It is recommended that all items of clothing and any item your child brings to school eg drink bottle, lunch box, school bag etc be clearly labelled with their name so that items can be returned. Please check regularly that the label is still clearly visible.

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Jonathon Kaesler
Librarian

Hackham East Primary School OSHC

Holiday Program for students aged 5 - 12 years

Week 1, 2014 (15/12 to 19/12)
15/12 Cooking White Christmas + New Release DVD
16/12 Picnic Lunch at Hallett Cove Conservation Park
17/12 To be confirmed
18/12 Excursion - LaserZone, Noarlunga
19/12 Christmas Activities + Party Lunch

Week 2, 2015 (5/1 to 9/1)
5/1 Making a 2015 Calendar + Face Painting
6/1 Excursion - Semaphore Water Park
7/1 U8yrs Craft Day, 8yrs + local walk
8/1 Lego Day + Wii Championship
9/1 Excursion Popeye & Botanical Gardens

Week 3, 2015 (12/1 to 16/1)
12/1 Excursion - Team Trampoline
13/1 Water Fun at OSHC
14/1 Incursion - Make a Bear
15/1 Wheels Day
16/1 Quiet Day + Guest Can Do For Kids

Week 4, 2015 (19/1 to 23/1)
19/1 Tie Dying
20/1 Excursion - Cleland Wildlife Park
21/1 Girls Just Want to Have Fun & For The Boys
22/1 Incursion - Sumo Wrestling
23/1 Australia Day Activities + Sausage Sizzle

Activities are subject to change or cancellation (eg weather, low numbers). Afternoon Tea is provided.

For bookings or enquiries, contact Jacky on 0499 228 039.

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
HELP SOMEONE IN NEED THIS CHRISTMAS
Boxes are located in each Unit as well as the Front Office for donations of non-perishable food eg canned food, pasta, rice, packaged food with expiry dates beyond December 2014 for families in need.
Thank you for the donations already made - your kindness will be appreciated by the recipients over the Christmas period.

Julia Osborn
Christian Pastoral Support Worker

SPECIAL ORDER SCHOOL PHOTOGRAPHS
Special Order Photographs for viewing at the Front Office include: Class Funny Photos, Student Leaders, SAPSASA Athletics, Kapa Haka, Choir and Cross Country. Copies are $15.00 with a discount of 25% if ordering 3 or more. Please collect an envelope from the front office to place your order. Payment can be made in the envelope using cash, cheque, Visa, Mastercard or Bankcard. If paying by credit card a surcharge of $1.00 applies.
Last day to place your order via the school is Friday 21 November, 2014. Orders after this date will need to be made directly to the photographers.
If you have any queries in relation to your child’s school photographs please contact the photographers direct. Master School Portraits 74 Gawler Street Mount Barker SA 5251. Telephone: 83913951 or fax 83982598 email msp@nuimage.com.au

YEAR 7 GRADUATION
Parents/Caregivers, family and friends are invited to attend the Yr 7 Graduation on Wednesday 10/12 at the South Adelaide Football Club. Doors open at 7:45pm, with the ceremony commencing at 8:00pm and finishing at 9:00pm. If you have not yet paid ($30.00), all money needs to be paid to Tracy Rowley, Finance Officer as soon as possible.
To the students who will be graduating from our school on Wednesday I wish you all the very best for your future. We trust that your time at Hackham East has given you the grounding to be successful citizens of the future.

Bob Thiele
Principal

SCHOOL BANKING NEWS
Hurry, Hurry, Hurry, Competition ending soon. Every deposit you make with School Banking will automatically create one entry for you into the competition to win 40 x GoPro HERO3 White Edition Cameras and 150 x Slip ‘N’ Slide Double Wave Riders. The more you save, the more chances you have to win (up to a maximum of 6 entries). The competition runs from 20/10 to 28/11/2014.

School Banking is each Wednesday.

VOLUNTEERS MORNING TEA
To be held on Friday 5 December at 10:30am, following the Assembly, in the Penney Unit Conference Room. If you did not receive your invitation please disregard our oversight and join us to celebrate and thank all our helpers for their wonderful efforts throughout the year.
Bob Thiele
Principal

Hackham East Kindergarten
Enrol Now for 2015
Places are still available
Pre-entry is being offered now
Please contact us on 83826551 or come and visit us at the kindergarten.
We look forward to seeing you soon.

CHRISTMAS RAFFLE
Have you bought your tickets for the wonderful prizes available in the Raffle? Tickets are $1.00 each. If you require more tickets please see staff at the Front Office. All raffle books and money need to be returned by Friday 28/11.
The raffle will be drawn at the School Concert on Tuesday 2/12.
Thank you for your support.
Fundraising Committee

HACKHAM EAST PRIMARY SCHOOL FUNDRAISING
The Fundraising Committee have the following Hackham East Primary School monogramed items for sale at the Front Office: A great memento for the graduating students and parents/caregivers of their time at our school, particularly the tea towel.

- Tea towels $10.00
- Coffee mugs $ 5.00
- Wine glasses $ 5.00
- Lanyards $ 4.00
- Pens $ 2.00

Items can be purchased from Tracy Rowley, Finance Officer in the Front Office.
Thank you for your support.

SCHOOL DRESS CODE 2015
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
- Maroon tops
- Black pants/shorts/skirts
This will be the uniform from 2015.

Dress Code Committee
• **Saturday Fun Days** The Children’s Centre, 51a Galloway Rd, O’Sullivan Beach is open on Saturdays from 9:30am-1:30pm for families with children aged birth to 8 yrs. Ph 8382850 for more information.

• **Faces of the Refugee Story** Artwork by Kirsten Treloar celebrates the story and life of people from refugee backgrounds. To be held on Tuesday 25/11 from 1:30-3:00pm at City of Onkaparinga, Noarlunga Centre. Gold coin donation. Ph Briony Gorton 83840697 to register for catering purposes.

• **Get Healthy Service** A free telephone coaching service available to all South Australian adults from 8:00am-8:00pm, Monday to Friday. Simply call 1300806258. The service aims to help adults at risk of developing chronic diseases such as Type 2 diabetes and heart disease and encourages participants to implement healthy lifestyle changes in relation to healthy eating, physical activity and weight.

• **Strawberry Fair** Held on Saturday 28/11 at The Vines Uniting Church, Cnr Rolton Ave & Reynell Rd, Woodcroft from 5:30pm. Great fun for all the family. Sausage Sizzle, Strawberries & Cream, Crafts & Christmas, White Elephant Stall, Plants, Bouncy Castle and lots more. Father Christmas will visit.

• **Seaford Jam** Skate, BMX, Scoot, BBQ & Tunes. Held on Saturday 29/11 from 10:00am-2:00pm at Seaford Quarry, Grand Blvd, Seaford. Ph 83840597 for more information.

• **Child & Family Health Service** A new clinic is commencing at O’Sullivan Beach Children’s Centre, 51A Galloway Rd, O’Sullivan Beach every Thursday from 9:30am-12:30pm. A CAFHS Nurse will be available to support parents of children 0-4 yrs. Ph 1300733606 for an appointment or drop in on the day.

• **Does Your Child Have a Problem with Sleep?** The team of Psychologists at SOMNIA are providing treatment for children who have difficulty falling asleep, waking in the night, trouble waking up or getting out of bed in the morning, often sleep in parent’s bedroom and more. Ph 0415977784 for more information.

• **South Adelaide Panthers FC** We are seeking players and coaches for our U6-U13 teams in 2015. Ph Chris Murrell, Coaching Director 0412962872 for more information.

• **Foster Care** Foster carers are needed to provide overnight emergency, long term, short term and respite care. Free training and ongoing professional support is provided. Ph Linda 81313456 for more information.

• **Choosing Better Food for a Healthier Life** The NEST program teaches people in need the skills and knowledge to nurture themselves through healthier eating choices and food preparation. Ph 1800108006 or email nest@ozharvest.org for more information.

• **A Better Future Starts Here** Skilled trades training, professional development, advice and support to help you with skills and knowledge in the construction industry that can fast track you into a carpentry or electrical apprenticeship. For more information Ph 1300112832.

• **Under Age Rage & Movie** Supervised lock in at Noarlunga Cinemas on Friday 21/11 from 6:45-10:00pm for 13-16yr olds. Movie - The Hunger Games, Part 1. Cost $8.00 per child. Tickets available from Noarlunga Cinemas. Movie subject to change.

• **Be Kind & Unwind** Personal wellbeing held on Monday 24/11 from 9:30am-2:30pm at Woodcroft-Morphett Vale Neighbourhood Centre, 175 Bains Rd, Morphett Vale. Lunch provided, gold coin donation. Ph Alison or Leanne 81868900 for more information or to book.

• **Consumer Credit Legal Services & Consumer Credit Law Centre of SA** A new consumer credit legal service to help people struggling with debt and other consumer credit problems. The service is open Monday to Friday from 9:00am-5:00pm at 10 Pitt St, Adelaide and U2/59 Main North Rd, Medindie Gardens or Ph 83421800. Outreach services will also be offered at sites including Uniting Communities offices at Christies Beach.

• **Living with Toddlers** Are you the parent or carer of a 1-3yr old? Is your child driving you nuts? Come and hear practical ways to avoid battles and help your toddler thrive. Held on Monday 24/11 from 7:15-9:00pm at Riverbank Room, Adelaide Convention Centre, North Terrace, Adelaide. To register Ph 83031660 or email health.parentingsa@health.sa.gov.au. FREE.

• **Food Matters** Are you interested in food security? Do you want to explore how food security can be promoted in your community? Come along on Thursday 20/11 from 9:30am-12:30pm at City of Noarlunga, Ramsay Place, Noarlunga Centre to find out more. Free.

• **Need Help Getting Your L’s?** This course for people with a disability, literacy and numeracy barriers, learning difficulties or with anxiety is designed to make passing the Learner Driver theory test easy and fun. Ph 82127771 for more information.

• **Narcotics Anonymous** A member driven, international organisation with no fees for membership with a twelve step approach to recovery. For more information visit www.na.org.

• **Progression to School for Me & My Child** A series of workshops for mothers, fathers, carers and families of children aged 0-6yrs who have an Autism Spectrum Disorder or are awaiting a diagnosis. Held on Friday 5/12 from 12:00-3:00pm at O’Sullivan Beach Children’s Centre, 51A Galloway Rd, O’Sullivan Beach. Ph 1300288476 for more information or to register.

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