Positive Education

Since the early 20th century, the fields of psychology and psychiatry have focused on healing mental distress and disorder rather than on promoting human flourishing and increasing wellbeing. Around 160,000 young Australians aged 16 to 24 live with depression each year. While there has been some decline in suicide rates in the past ten years, suicide continues to be one of the leading causes of death in Australians aged between 15 and 24. With this epidemic of mental health problems, schools have made a commitment to take positive action to promote wellbeing.

Wellbeing is one of Hackham East Primary School’s priorities. Through Play Is The Way we have been focussing on helping child become, self managed, self directed, self motivated and to do and become their personal best by building on the school values of Good Manners, Friendliness, Compassion, Courage, Resilience, Persistence and Tolerance and treating people the way that we would like to be treated.

To further build positive student wellbeing, 6 staff members have attended training by Geelong Grammar School on Positive Education.

The Positive Psychology movement, founded by Professor Martin Seligman of the University of Pennsylvania and recent South Australia’s Thinker in Residence, has engaged the scientific exploration of human wellbeing and optimal functioning to help people not only mend what is broken, but to go on to expand their potential and thrive. Professor Martin Seligman worked with Geelong Grammar to develop Positive Education.

Positive Education brings together the science of Positive Psychology with best practice teaching to encourage and support individuals, schools and communities to flourish. Flourishing is referred to as a combination of ‘feeling good and doing good.’ Positive Education focuses on specific skills that assist students to strengthen their relationships, build positive emotions, enhance personal resilience, promote mindfulness, and encourage a healthy lifestyle. Through this we aim to foster engagement amongst our students, encourage them to achieve their best and, ultimately, equip them with the qualities to enable them to fulfill their life purpose.

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Research is now beginning to show that Positive Education programs decrease stress and anxiety as well as increase self-efficacy, self-esteem and optimism. Evidence-based Positive Education programs are playing a crucial role in teaching the skills of wellbeing and promoting positive health for students.

Our school has the potential to significantly impact the wellbeing of young people by implementing an effective Positive Education program.

Our school motto is “We Care, Share and Learn”.

To learn and achieve one’s best is linked with higher levels of wellbeing - feeling good and doing good. At our school, students will not only experience a positive school culture and environment, they will also be taught skills in how to enhance their wellbeing, deal with life’s challenges, live a life of meaning and purpose, strengthen their relationships with others and strive for their dreams. Such lessons set students up for lifelong learning and flourishing beyond the school gates.

Bob Thiele
Principal

THANK YOU
Last term at Assembly we thanked the Kiwanis Club of Reynella for their kind donation towards our School Sensory Room. We were surprised by some special guests representing Aktion, a club sponsored by the Kiwanis Club, who then presented us with an additional $300.00 towards this project.

On behalf of our school community we thank you for your generous donation.

Sally Slattery
Deputy Principal

FAMILY PORTRAIT FUNDRAISING
Hackham East Kindergarten invite you and your family to support our fundraising event on Sunday 31/8 by coming along and having a family portrait taken. For $10.00 you will receive a quality 25x33cm colour portrait of your family, beautifully presented in a frame.

A flyer with the booking form has been sent home to each family. If you did not receive the flyer spare copies are available at the Front Office or at the Kindergarten.

Thank you for supporting this event.

Positive Partnerships - Autism Spectrum Workshop and Information Sessions

A FREE two day workshop and information sessions for parents/carers of school age students on the Autism Spectrum will be held on Tuesday 26/8 and Wednesday 27/8 at Jimmy Deane’s Entertainment, 1 Lovelock Drive, Noarlunga Downs from 9:00am-4:30pm each day.

The Positive Partnerships initiatives have been developed and delivered by Partnerships between Education and the Autism Community (PEAC) and funded by the Australian Government Department of Education, through the Helping Children with Autism package.

What will you learn?
As a result of participating in the workshops and information sessions as parents/carers you will gain:

- A greater understanding of the impact of Autism on your child, both at school and at home
- Knowledge about how to develop effective parent, school and teacher partnerships
- Specific strategies on how to:
  - Advocate for your child
  - Support your child’s participation at school
  - Develop an awareness of ongoing learning needs
- Information about your local school system’s processes
- Opportunities to network and share strategies with other parents/carers and key community members
- Opportunities for discussion around a range of topics relevant to students with an ASD and their familie.

Some key community representatives that support families living with Autism will be identified and invited to participate in the workshop with a view to supporting a community focus beyond the workshop.

Volunteers are urgently needed, particularly on a Thursday, to keep the Canteen operating. The Canteen offers a valuable service to our school community with the variety of food available at competitive prices. Any time that you could spare would be appreciated. The more people available to assist would reduce the workload of those who are already assisting in the Canteen. Please speak with Coralie Goodman, Canteen Manager to register your interest or to discuss what is involved.

Thank you to Clint, Dawn and Kaya for their valuable assistance in the Canteen.

Coralie Goodman
Canteen Manager

2014 SCHOOL CARD APPLICATIONS
School card applications must be filled out and submitted EVERY year. Spare applications are available at the Front Office and need to be handed in to our Finance Officer, Tracy Rowley as soon as possible.

STUDENT ABSENCE NOTIFICATIONS
Thank you to the parents/caregivers who notify us of your child’s absence and the reason. We appreciate this. We would like to remind parents that it is a DECD requirement to do so and would ask that ALL parents/caregivers provide this information by:

- Phoning the school (83823824)
- Emailing the school at dl.1066.info@schools.sa.edu.au
- Writing a note to your child’s teacher or in their diary/community book

Please note: we are not able to assume a child’s reason for absence eg if you phone the school on Monday to advise your child is sick, we cannot assume they are sick on Tuesday if they are not at school. We need further communication from you on the following day. Alternatively, if you know that your child will be absent for more than one day please let us know when you first call.

Your co-operation is appreciated.

HACKHAM EAST PRIMARY SCHOOL FUNDRAISING
The Fundraising Committee have the following Hackham East Primary School monogramed items for sale:

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

These items can be purchased from the Front Office and Tracy Rowley, Finance Officer.

The tea towel, with the name and picture drawn by students is available to view in the Front Office. A great gift idea or memento of your child’s time at Hackham East Primary School.

JULIA OSBORN
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. If you miss me at these times please leave a message with Lee Clements, at the Front Office, and I can contact you.

Julia Osborn
Christian Pastoral Support Worker

SCHOOL BANKING DAY
Remember that WEDNESDAY is School Banking day when students can bring in their weekly deposit.

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 shop, located at the end of Penney Unit, will be open at the following times:

Tuesday & Thursday 2:45-3:15pm

Dress Code Committee

This week in the 3/4/5 Stillwell Unit the classes have been working on fractions and open number lines. We have asked one of the students from Mr Koutsoukos’ class what they have learnt this week.

The student stated that he now knows that there is a numerator and a denominator and that a fraction is a divided part of a whole. Also, he said that the denominator is the total of pieces a “pizza” is cut into and the numerator is how much he had. He has also stated that he enjoyed fractions because it was fun and an easier concept to grasp.

As the Math Ambassadors we are running a Math Lunch Time Workshop on Thursdays in the Library. Each week we focus on a different strategy. This week the focus is subitising. We urge you to encourage your child to come along to the sessions if they are interested in playing some math games and learning some new strategies.

The Math Ambassadors For This Week, Sara, Paris, Ajay, Seb, Kassady, James R, James W, Nikita, Brodie and Reece
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.

- Parents & 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.

- Circle of Security
  A group for parents who would like to explore and further develop their relationship with their child. An 8 week course from 30/7-17/9 each Wednesday from 1:00-3:00pm at O’Sullivan Beach Children’s Centre, 51A Galloway Rd, O’Sullivan Beach. Free. Ph Mandy or Leanne 83822850 for more information.

- Aqua Movement Classes for Adults with Disabilities
  Classes held each Wednesday during Term 3 at Noarlunga Leisure Centre. Class 1 for those needing support in the water 3:00-4:00pm and Class 2 for those who are independent in the water 3:00-3:45pm. Cost $7.00 per session. Ph Marie 83840661 for further information.

- DAIR to be Free!
  A recovery support group for people with OCD related thoughts and behaviours looking to FREE themselves from the fear of Discarding your possessions, Acquiring compulsively, Intrusive thoughts and Rituals. Held each Friday from 10:30am-12:00pm in Meeting Room 2, City of Onkaparinga, Ramsay Ave, Noarlunga. Ph 1800809304 or 81591400 to register.

- Drumbeat
  Learn how to keep a rhythm, play games and connect with others in a fun friendly environment. Free. Held each Thursday from 24/7-25/9 from 4:00-5:00pm at Onkaparinga Youth Services Reynella, 10 Main South Rd, Reynella. Ph 83875577 for more info.

- Siblings in Focus
  After school social group for 8-12yr old siblings of children with special needs, disabilities and/or chronic illness. Held Friday fortnightly from 1:30-5:00pm at Take Heart, Impact Church, 104 Pimpala Rd, Morphett Vale. Ph Tanya or Sam 81866944. Bookings essential.

- Community Sisters
  The Sisters’ Circle collective invite you to celebrate the start of a new era for Community Sisters as we move from Southern Women’s Health to a new venue. Held on Tuesday 5/8 from 9:30-11:30am at The Art Room, Pt Noarlunga Arts Centre, Gawler St, Pt Noarlunga. Ph Stacy 0408572211.

- 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.

- People Matter - Hackham West
  Hackham West Children’s Centre, Community Centre and HWR-7 School aim to better meet the needs of the local community in Hackham West. You are invited to come along to the next meeting on Thursday 14/8 (second of each month) from 10:30am-12:00noon at Yellow Unit, 50 Glynville Dr, Hackham West. Ph Richard 83017236 or Gill 83820955 for more information.

- Working Towards Your Future
  An activity based program for women aimed at increasing your confidence and developing the skills you need to progress to employment or further training. A 7 week program held each Thursday, starting 31/7, from 9:30am-2:30pm at Hackham West Community Centre, Majorca Rd, Hackham West. Ph 82039400 to register.

- Parents as Career Transition Support
  A FREE parent workshop on how to help your teenager with career ideas on Wednesday 6/8 from 5:30-8:00pm at Seaford Secondary College, Staff Room. Light dinner provided. Ph Tammy Kennedy 81862093 to register.

- Southern Sounds
  Show me the money, grants, money and connections. Held on Thursday 7/8 from 6:00pm at The Arts Centre, 22 Gawler St, Pt Noarlunga with speakers from APRA/AMCOS, Arts SA, E Major Media Services, Expressway Arts and Music SA you will find out the who, what, how, where and why of funding and support. Free. Ph Lucy 83265577 to register.

- Bloke’s N Kids
  If you’re a dad, step dad, brother, uncle, grandadfather come along and enjoy a cooked breakfast and then meet Phil who will talk about fire safety with the children and blokes. Held at O’Sullivan Beach Children’s Centre, 51a Galloway Rd, O’Sullivan Beach on Saturday 9/8 from 9:30-11:00am. Ph Sue 83822850 to register.

- Southern Future Careers Forum
  Career Workshops and exhibits on Tuesday 12/8 from 5:30-7:45pm at South Adelaide Football Club, 1 Lovelock Dr, Noarlunga Downs. A flyer with career workshop times is available at the Front Office. Free.

- The Royal Adelaide Show
  Celebrating its 175th year the Royal Adelaide Show is open from 5/9-14/9. Pre purchase tickets from IGA, Foodland and Ticketek and save.

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