Positive Education

At Hackham East Primary School our Site Learning Plan is made up of three components, Literacy, Numeracy and Wellbeing. Wellbeing is broader than just fleeting moments of happiness and feeling good. Happiness can come and go in a moment. Wellbeing is a much deeper and genuine level of happiness. It is more of a stable state of being well, feeling satisfied and feeling content. Wellbeing is about having meaning in our life and fulfilling our potential.

In Week 10 of Term 3 Mr Matthew Ratcliff and myself were lucky enough to attend a four-day training course at Geelong Grammar called Discovering Positive Education. The course was based on the work of Positive Psychologist, Dr Martin Seligman. The training course had a major focus on the importance of student and staff wellbeing and the importance of developing PERMA within a school.

The PERMA model was developed by Dr Seligman and is essential for us to experience ‘lasting’ Wellbeing.

The five essential elements include:

- **Positive Emotion**
- **Engagement**
- **Positive Relationships**
- **Meaning**
- **Accomplishment**

By focusing on and developing all five of these elements, we can flourish in life.

In Dr Martin Seligman’s book ‘Flourish’ he talks about not waiting for young people to become depressed or getting mental health issues, but fixing them before they’re broken. Creating opportunities for students and staff to develop more PERMA is the starting point for developing ‘lasting’ Wellbeing. Positive Education complements and builds on the Play is The Way model that has been established at Hackham East Primary School.

Using the Play is The Way language and constantly reinforcing the School Agreements of Safety, Personal Best, Appreciation, Not Put Down and Mutual Respect, helps to assist with preventative measures throughout the school. The School Agreements go hand in hand with the School Virtues. Through students taking responsibility for their own behaviour and learning, by making a conscious effort, to always try to do the right thing as it is the best thing to do, they begin to install the Virtues of Courage, Friendliness, Good Manners, Persistence, Resilience, Compassion and Tolerance within themselves.

The School Agreements and Virtues are the cornerstone of student wellbeing at Hackham East School. As a school we are very much striving to reach a long term goal. We’re endeavouring to learn more about Positive Education and how to best implement it and use it to help support the Play is The Way model across our entire school.

Scott Megson
School Counsellor
Wishing everyone a wonderful Christmas and New Year. May love, peace and joy be with you and your family in 2014. Thank you to all the students that helped me this year doing various activities, your help is appreciated.

Julia Osborne, C.P.S.W.

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YEAR 7 GRADUATION

Parents/Caregivers, family and friends are invited to attend the Yr 7 Graduation on Wednesday 11/12 at the South Adelaide Football Club. Doors open at 7:45pm, with the ceremony commencing at 8:00 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

YEAR 7 GRADUATION

VACATION CARE PROGRAM

Have you booked your child into any of the fun filled days offered by Vacation Care at HEPS? Please see Jacky as soon as possible to book a place for your child/children.

OSHC is available on Friday 13/12 if you are unable to be on time to pick up your child/children from school.

SHINGLES

A case of Shingles has been reported in the Holly Unit. Shingles follows a previous Chicken Pox infection, usually several decades later. Shingles occurs when the body’s immunity to the virus drops and the virus becomes active again after resting in the spinal cord. The elderly, children and adults being treated for cancer and persons with HIV virus are at greater risk of developing Shingles. Symptoms are a blistering rash, usually associated with severe pain which can last for weeks. Direct contact with the fluid in the blisters/rash can cause Chicken Pox in a non-immune person. Contact with Chickenpox or Shingles cannot lead to Shingles as Shingles can only follow the reactivation of a previous chickenpox infection. Incubation period (time between becoming infected and developing symptoms) 2-3 weeks but may be longer. Infectious period (time during which an infected person can infect others) from when the rash appears until all blisters have dried up.

People at high risk of complications from Chicken Pox infection include pregnant women, young babies, people with an immune deficiency, people with Leukaemia or receiving Chemotherapy.

Wash hands after contact with soiled articles eg tissues, keep areas clean, especially where articles have been soiled with nose and throat discharges. This will limit the spread of infection. Persons with Shingles should cover the rash with a dry bandage to ensure others are not exposed.

If you would like further information, please see Lee at the Front Office for a factsheet from the SA Department of Health.

Bob Thiele
Principal
HELP SOMEONE IN NEED THIS CHRISTMAS
Thank you to the parents, students and staff who have generously donated food to people in need over 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 2013.
Donations can be made until 13 December 2013. Thank you for your generosity.

Julia Osborn
Christian Pastoral Support Worker

VOLUNTEERS MORNING TEA
To be held on Friday 6 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

ALL LIBRARY BOOKS TO BE RETURNED
Thank you to the students who have returned their library books. Please return all library books as we will be conducting a stock take in Week 9. Bills for damaged books, or books not returned will be sent out before the end of term.

Jonathon Kaesler
Librarian

CHRISTMAS GIFT STALL
The Fundraising Committee will be selling gifts for Christmas. The stall will be open on Thursday 5/12 from 2:30-3:30pm and Friday 6/12 from 8:30-9:00am in the Library. Students will have the opportunity to purchase items on Friday 6/12 during class time.
Thank you for your support.

Fundraising Committee

PREMIER’S READING CHALLENGE
Due to the delay in receiving the Premiers Reading Challenge Awards. All certificates and medallions will be presented during assembly on Friday 6/12 at 9.10am in the Penney Unit. If your child is not at school on this day, please see Library staff to collect your child’s award.

Jonathon Kaesler
Librarian

HEAD LICE
Please check your child’s hair regularly for head lice and treat if you detect any lice or eggs. With the upcoming holidays this is a good opportunity to try to break the cycle.

BEREAVEMENT
Roz Beams passed away on 26/11/13. Roz was Parent Club President and a School Council Chairperson at our school in previous years and a valued member of the community. We offer our condolences to her family.

Bob Thiele
Principal

IGNITE
Parents of Year 6 students are you interested in the IGNITE program? IGNITE is a program for students with High Intellectual Potential (SHIP). Aberfoyle Park High School is the only DECD Special Interest School in the southern suburbs that offers an IGNITE program tailored to suite the needs of Gifted and Talented Students at high school. For more information or to obtain an application form Ph 82704455, email ignite@aphs.sa.edu.au or visit the school website www.aphs.sa.edu.au.
The closing date for applications is Friday 14/2/14.

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 (13/12).

SCHOOL WATCH
During the school holidays we ask the school community to keep a watch on the school grounds. Please call the Police patrols on 131444 or Police Security on 81169230 if you see anything suspicious on our school grounds over the holidays.
Thank you for caring for our school.

Bob Thiele
Principal
**COMMUNITY NEWS**

- **VACSWIM** VACSWIM is a water safety and swimming program funded by the government of South Australia for students aged 5-17yrs. Held from 6/1-14/1/2014 at a location near you. Enrol online at www.vacswnsa.com.au or Ph 82002525.

- **Club Marion** Kids Christmas Party held on Sunday 8/12 from 2:00pm. Live entertainment, Cool 4 Kids stage show and all children receive a tasty treat, drink and gift delivered by Santa. Cost $12.00 per child. Ph 82968444 to book

- **School Holiday Fun at Aberfoyle Park** Gymnastics for Senior Girls held on 17/12 to 20/12 and 7/1 to 24/1 from 11:00am-3:00pm on Tuesday to Friday and Junior Boys & Girls from 10:00-11:00am Tuesday to Thursday.

- **Engaging with Women from CALD Backgrounds** A workshop presented by Farida Khizam to discuss some of the social benefits of traditional Middle Eastern values and how an absence of these in Australian society is likely to impact on the emotional and mental health of migrant and refugee women. Held at Relationships Australia, 49a Orsmond St, Hindmarsh on Thursday 12/12 from 1:30-4:30pm. Free. To book email enrol.rasa.org.au.

- **Ride Your Bike Right** School holiday activity to be held at Hackham East Primary School on Thursday 9/1/14 from 10:00am to 12:00noon. Ready to Ride for students Reception to Yr 2 and Riding Right for students aged up to 12 years. Please bring your bike and helmet. Limited bikes and helmets available for children without a bike. Ph Jodie on 83923194 to register.

- **Santos World Tour Down Under** To be held from 19/1 to 26/1/2014. If you would like to ride the same circuit as your cycling heroes students aged 6-12yrs can register to be part of the final stage of the 2014 Santos Tour Down Under. Visit tourdownunder.com.au for more information.

- **Adelaide Metro** School bus services in the North South, Outer North East and West areas will be renumbered to be more consistent with bus route numbers in these areas. To find out if you will be affected visit www.adelaidemetro.com.au from mid January or Ph 1300311108.

- **Butterfly Walk** Community Walk for non-violence to be held on Sunday 8/12 from 11:00am on Beach Rd, Christies Beach. Meet in the car park behind “On the Run” at 10:45am to walk down Beach Rd to Rotary Park. Celebrations at Rotary Park from 11:30-2:00pm. Make your own butterfly to bring on the day. Ph Carly 0416126162 or Kelly 0410580012 for more information.

- **International Day of Disability Family Event** Junction Australia invite families with children 0-12yrs with special needs or disabilities to attend on Friday 13/12 from 2:30-5:30pm at Take Heart Impact Church, 104 Pimpala Rd, Morphett Vale. Ph 81866944 or email tgtbalth@junctionaustralia.org.au to attend.

- **Aussie Hoops** Holiday Clinics Summer sessions to be held on 18/12, 14/1 & 22/1 at Morphett Vale Stadium, 2 Sports Park Dr, Wilfred Taylor Reserve for students aged 5-12yrs from 9:00am-3:00pm. Book online at www.basketballsa.com.au.

- **State Swim** State Swim Seafood are offering a Swim Vac programme during the school holidays. A full week of lessons, consecutive days with the same teacher, great results. 30 minute lessons between 9:00 & 11:00am. Ideal for new and existing customers. Enjoy a free play swim every day. Held at Seaford State, Swim, 3-5 Cascade Dr, Seafood. Ph 83863338 for more information.

- **Fairy Wings & Pirate Things** Looking for something fun and exciting for the kids to do during the school holidays. Book them in for one of our 3 hour sessions full of games, craft, dancing and lots of fairy and pirate fun. Held at 9 Gawler St, Port Noarlunga. Ph 83268662 or visit www.fairywingspiratethings.com.au for more information.

- **Adelaide Strikers MILO T20 Blast Holiday Clinics** These clinics are for 7-12yr olds boys and girls of all abilities, with a focus on participation while increasing skill levels. Run over 2 days, cost $99 per child. Centres will be held at include Adelaide Oval, Marion, Brighton, and Reynella. To register online T20BLAST.com.au or Ph 83003803 for more information.

For further information relating to some of the above events there is a folder in the Front Office with flyers.