Why is it that people focus on what goes wrong rather than what goes right?

Research shows that humans pay more attention to negative experiences than positive experiences. When presented with positive and negative information we focus more on the negative. Unpleasant childhood experiences are recalled more often than pleasant childhood experiences.

Positive Psychology is a theory that encourages dwelling on the things that are going well in our lives, rather than on the negatives. Positive Psychology focuses on developing increased levels of happiness and fulfillment regardless of your circumstances. Simply put, it is the study of ‘what is right with life’.

Positive Psychology has five elements:
- Positive Emotion
- Engagement
- Relationships
- Meaning and Purpose
- Accomplishment (PERMA)

When PERMA is high, positive emotions are boosted and a person experiences improved physical health, immunity, illness recovery, raised energy levels and pain and fatigue relief. Positive emotions are also linked to coping with difficulty, academic achievement and career achievement. Furthermore, research has found that positive emotions can undo the after effects of negative emotions.

How can you increase your PERMA levels?
- For every 1 negative emotion you should experience 3 positive emotions
- Ask your child and family "What went well for you today?"
- Three blessings, taking time each day to write down a trio of things that went well and why.
- Share with your child what went well in your day.
- What Went Well rituals at the dinner table or just before bed
- When you notice something that makes you feel happy say it out loud
- Verbalize when you appreciate something your child did or a quality they have
- Write a gratitude letter
- Encourage your child to keep a gratitude journal
- Have a gratitude whiteboard in your kitchen
- Describe something you have done today to help out someone else...if you haven't done something today, aim to do something kind by the end of the day.
- Write down daily three good things that happened each day for a week.

On a personal note, thank you to everyone in the Hackham East School Community for making my time here a positive and rewarding experience. I am excited to be leaving to have my second child and hope to stay in touch with the staff, students and families.

Jacinta Wade
School Counsellor
SCHOOL NEWS

It is with mixed feelings that I announce that Jacinta Wade is leaving Hackham East Primary School Community at the end of this week. She has made such a dramatically positively effect on our school in the short time that she has been here. She quickly connected with students, parents and staff. She has developed many programs to assist children’s wellbeing, has supported many students and families in crisis, worked hard to improve attendance, set up play time activities, supported the Canteen and Fund Raising, worked on the implementation of the Play Is The Way Virtues program and counselled and supported students and families. Jacinta has been a vital member of the leadership team and in her first year at Hackham East has taken on and achieved beyond expectations. She will be sorely missed by all.

However, we are delighted that she and Chris are expecting their second child and wish them all the best for the birth and sleepless nights to follow. We would love to have Jacinta back at Hackham East in the future.

Jacinta will be replaced by Mr Scott Megson. Mr Drew Grieve who taught PE earlier this year will take over from Scott.

The Front Office renovation has begun. Special thanks to Kevin Bellis assisted by Carlo Visciglio for all the heavy lifting, Lee-Ann Clements, Tracy Rowley and all others who assisted with the move. The Reception and offices have moved to the Easton Unit.

Security fencing will be erected this week blocking off the front entrance and half the main car park. Access to the school is now through the northern entrance to the school.

As all students will now exit via the northern entrance it is still expected that they use the school crossing on Collins Parade.

Bob Thiele
Principal

PREMIER’S READING CHALLENGE

We hope that students have been and are still enjoying reading books that are part of the 2013 Premier’s Reading Challenge.

All record sheets need to be returned to the class teacher by Friday 6 September 2013. No record sheets can be accepted after this date.

Jonathon Kaesler
Librarian

FATHERS DAY STALL

We invite parents and caregivers to attend the Fathers Day Stall held in the Penney Space on Thursday 29/8 between 2:30-3:30pm and Friday 30/8 from 8:30am to lunch time. Students will have the opportunity to purchase a gift for their father during school hours on Friday 30/8. Wishing all the fathers/grandfathers a Happy Fathers Day.

Thank you for supporting this event.

Fundraising Committee

Hackham East Kindergarten
Accepting enrolments for 2014 now

If your child turns 4 before 1 May 2014 they are eligible to start Kindergarten in January 2014.

Please contact Chloe Stephens (Director) on 83826551 or come and visit the Kindergarten Monday to Wednesday.

Remember to mention this to your family and friends who live in the local area.

We look forward to hearing from you.

Fathers’ Day Stall

Our Fete has a new date - 15 March 2014

Hackham East Primary School deeply appreciates your support, and involvement in our School Fete. We look forward to seeing every one of you, and to you having a successful and enjoyable day at our Fete next year.

With the recent political ‘shuffle’, and the change of date for the Federal Election to Saturday 7/9, we would like to keep you updated on our plans.

Due to school commitments which had been made and could not be altered, the decision was made to postpone the Fete.

The Fete will now be held on Saturday 15 March 2014, the date of the next State Election.

We will keep the school community updated. The future date will give us extra time for more media coverage and a bigger, better event for us all.

Please accept our apologies for any inconvenience caused by this postponement. The change of date for the Federal Election was beyond our control.

Fete Committee
Hackham East Primary School
**PYJAMA DAY - FRIDAY 16 AUGUST**
Mrs Haddad’s Year 3/4 class are raising money for Variety’s Children Charity which helps disabled children in South Australia.

On **Friday 16 August** students can show their support for this Charity by wearing their pyjamas and donating a gold coin (only students making a donation can wear their pyjamas). Students can also purchase a hot milo for $1.00. Please note that school shoes need to be worn so students can still participate in PE or play during the day.

*R Haddad  
Teacher Yr 3/4, Castle Unit*

**INDIGENOUS LITERACY WEEK**
This year we are participating in Indigenous Literacy Week, which aims to support rural Indigenous communities with literacy resources.

To help support this great cause, we are holding another Book Swap on **Thursday 5 September** to raise funds and we are asking you to help our cause.

We are wanting any old books in good condition to be donated to our book swap. Children will be able to purchase these books at low cost on the day. The book swap will be held in the Library at lunch time. All donations can be left in the box located in the Library.

Thank you for your support.

_Jonathon Kaesler  
Librarian_

**DRESS CODE SHOP**
The times for the Dress Code shop were incorrect in the previous Newsletter. The times are:
- **Tuesday** 9:00 - 9:30am
- **Thursday** 3:00 - 3:30pm
- **Friday** 9:00 - 9:30am

If there are any changes to the opening times it will be advertised in the school Newsletter/Newsflash.

**FAMILY PORTRAITS**
On Sunday 22/9 you have the opportunity to have a family portrait taken at Hackham East Kindergarten. The cost is $10.00 for a framed 10"x13" family photograph. Forms with information will be sent home this week and spare forms will be available from the Front Office.

_Fundraising Committee_

**CANTEEN NEWS**
If you are ordering hot food for your child/children we request that you **use a biro to write out the order**. Unfortunately if an order is written out using a gel pen the writing with all the information about the order (student, teacher, what was ordered etc) disappears when it is in contact with heat, making it difficult to match the food with the student.

Thank you for your understanding and co-operation.

_Coralie Goodman  
Canteen Manager_

**SCHOOL PHOTOGRAPHS**
Master School Portraits will be at our school on **Friday 23 August 2013** to take photographs of the children. Please note that all children will be photographed in their class photo, irrespective of whether a class photo is to be purchased.

Points to remember are:
- **Online payment is available**. If you pay online you receive a free digital low resolution photo to download.
- If you pay by cash, cheque or money order, money is to be sent in the envelope **ON THE DAY OF THE PHOTOGRAPH** via your child’s class teacher. **Do not send money to school before Friday 23/8.**
- If there are two or more students in one family attending the school, payment can be made in the one envelope but each student must still submit a completed prepaid envelope to the photographer – **no envelope, no photograph.**
- Envelopes are to be kept separate. Only payments are to be placed in envelopes, not messages or other children’s envelopes.

- Please print details required clearly on the front of the pre-paid envelope, including a short note if payment is included in another student’s envelope.
- Only children who have a prepaid envelope will have their individual photograph taken on the day – **NO ENVELOPE, NO PHOTO.**

Family photograph envelopes may be collected from the office. If a family photograph is not requested none will be taken. Payment is made on the day, **Friday 23/8.** No family envelopes are to be handed into the office. **NO ENVELOPE, NO FAMILY PHOTO.**

No orders will be accepted at school after the photography day. Contact MSP on 83911951.

For a really great photo make sure your child is neat and tidy and students **must be in school dress code.**

_Lee Clements  
Front Office_
**COMMUNITY NEWS**

- **Family Connections Hackham** Provides programs and opportunities to support families with children 0-12 years, living in the Onkaparinga area. Ph Kathy, Jo or Sam on 81866944 for information on the programs available.

- **Kidsafe SA Community Talk** Kidsafe SA provides an education, information and resource service for parents and carers of young children on all aspects of child safety and injury prevention. A Kidsafe SA Community Talk is to be held at O’Sullivan Beach Children’s Centre, 51A Galloway Rd, O’Sullivan Beach on Thursday 22/8 from 9:00am. RSVP to Sue O’Brien on 83228850.

- **Girls Group** For Yr 7 & 8 girls - come along and have fun, hang out, make new friends, play fun games and activities. Learn new things and talk about relevant issues facing young women today. Held each Thursday afternoon 3:30-5:00pm from 16/8-20/9. Held at Cove Youth Service, 11/1 Zwerner Dr, Hallett Cove. Ph 83210600 for more information or to make a booking.

- **Tuning Into Kids Behaviour** If you have ever been confused by your child’s behaviour, then these workshops are for you. Learn to understand and deal with children’s behaviour in a way that works for adults and children. Held at O’Sullivan Beach Children’s Centre, 51A Galloway Rd, O’Sullivan Beach on 17/8, 24/8 & 31/8 from 9:30-11:30am. Bookings essential - Ph 83822850.

- **Tobacco Free** A supportive program for people who have mental illness. Would you like to quit or cut back your smoking? Join the Tobacco Free program each Thursday from 10:00am-12:00noon at MIFSA Panangga Activity Centre, 64 Elgin Ave, Christies Beach. Ph 742500 for more information.

- **Borrowing Sporting Equipment Free** The Hub, Aldinga, Seaford & Woodcroft Libraries feature a range of sports equipment available for loan. This program is to encourage children to try new activities and increase physical activity. Ph 83840666 for more information.

- **MIFSA Respite House** We are pleased to offer a residential group program which provides respite for carers who wish to take a short break from their usual caring role and recharge. Available for up to 7 women who are caring for someone with a mental illness. For more information Ph 83784100 or email respite@mifsa.org.

- **Host Families** Host families are needed in January 2014 for international students arriving in February 2014 for a stay of 3, 5 or 12 months. For more information Ph 1800500501 or visit www.studentexchange.org.au

- **My Time** Are you the primary carer of a child with a disability or a special need? My Time provides an opportunity to relax, socialise and discuss issues that arise from being a parent/carer of your children. Held at Hackham West Children’s Centre, 50 Glynville Dr, Hackham West each Friday from 9:45-11:45am. For more information Ph Milan Gligic 0403369791.

- **Motivating Gifted Learners** A parent evening facilitated by Glynis Hannell will be held on Tuesday 17/9 from 7:30pm at Thomas More College, 23 Amsterdam Cres, Salisbury Downs. Cost $20. For more information Ph 1300950594 or visit http://gtcasa.asn.au/wp/worksshops/parent-workshops/glynis-hannell-registration/

- **Southern Cross Cultural Exchange** Host families are needed for international students arriving in February 2014 for a stay of 3, 5 or 12 months. For more information Ph 1800500501 or visit www.scce.com.au or email scceaust@scce.com.au.

- **Managing Media in Families** Mobiles, apps, videogames, internet and social media are everywhere. Managing all these can put unwelcome pressures on families. Dr Michael Carr will discuss issues, strategies and more on Monday 19/8 from 7:30pm at Immanuel Auditorium, 32 Morphett Rd, Novar Gardens. Cost $27.50. For more information Ph 83762111 or book online www.trybooking.com/DBVU.

- **Siblings in Focus** Fun and interactive session for siblings of children with special needs, disabilities and/or chronic illness. Held on Wednesday 1/9 from 1:00-3:00pm at Family Connections Hackham, 72 Collins Pde, Hackham. Ph Tanya on 81866944 for more information or to make a booking.

- **Next Steps Employment Support Program** Are you under-employed, unemployed, studying part time or thinking about returning to work outside of the home? Get Ion 1 mentoring or attend workshops all designed to assist you to take the next step towards employment. Work with people who understand the difficulties faced by the traditional people. Free advice available until November. Email Bridget bh@developmentatwork.com or Ph 83228455.

Please see Staffroom window or the Front Office for further information relating to some of the above events.