We will be holding an adidas School Fun-Run as a major fundraising event this year. The event will be held on **Tuesday 10th June** on the main oval during lesson 4.

The adidas School Fun-Run is a healthy, fun and active fundraiser that ensures we send the right message to our students about getting active, having fun and maintaining a healthy lifestyle. The main focus of this event is on participation. Family support is most appreciated as we encourage all students to get involved.

All students have received a Sponsorship Form to help collect sponsorship on behalf of the school. **The funds raised will be used to continue the growth in our extra-curricular sport activities and assist in purchasing some new PE equipment.**

The theme for the day is **World Cup Soccer**, so all students and teachers are encouraged to dress up in their country colours or in any adidas/sport clothing they may have. There will also be a **sausage sizzle and drinks available for $2 each at lunchtime, along with a Staff V Student soccer match on the main oval.**

We ask all parents to read the Sponsorship Form and sign the front page to grant permission for their child to fundraise and participate in this event. Students who raise just $10 or more will receive a reward for effort. In the Sponsorship Form you will also find many other benefits like the chance to win a family holiday to Disneyland!

Students wanting to track their progress, and use online fundraising, can do so by creating a Student Profile Page by logging onto **schoolfunrun.com.au/students**

Finally, we would like to welcome parents and family members to attend the adidas School Fun-Run event day at the school on **Tuesday 10th June** to help cheer on the students. Thank you, good luck and happy fundraising!

**Thank you, good luck and happy fundraising!**
Responsible Pet Education Program – our students really enjoyed the visit from Sarah and Sam the Labrador. They learnt many important facts about dealing with animals and many teachers have been doing great follow-up lessons in the class. It was heartening to hear that our students were the best behaved and answered the questions more accurately than any other school.

Thank you to Mrs Bransgrove’s Year 4/5 class for hosting a wonderful assembly this week. Their presentation was very confident and engaging.

Please remember our Fun Run is next Tuesday 10th June at 12.00 noon (after the long weekend). Junior School students can pre-order a sausage sizzle lunch. Swimming for all Year 3/4/5 students is in week 8. Students will need to have their consent and medical forms and money in by Wednesday 11th June. R-5 school photos are next week on Thursday 12th June.

Before school – if your child is in J11 or J12 it would help us greatly if you could encourage him/her to wait in the main play area of the Junior School. We do not have a teacher on duty in the area outside J11 and J12, so it is much safer for these students to be in the bigger yard. Thank you.

Social Learning – this term students will be undertaking the Child Protection Curriculum. This covers four areas: The Right to be Safe, Relationships, Recognising and Reporting Abuse and Protective Strategies. You should have received a letter explaining this program but if you haven’t, please see Jenny in the Junior School office.

Reward Excursion – Congratulations to the students, staff and volunteers who participated in this great event. Everyone thoroughly enjoyed the performance and our College was again complimented on excellent behaviour. Thanks to the volunteers who assisted; Debbie Bennett, Pam Rosenzweig and Sopha Nget. Your help was greatly appreciated. Let’s hope that all children can participate when we do something special again in Term 4! This one will be for our R/1/2 students.

R-5 Extension Clubs - are continuing to work really well. At the moment our focus is on the “Thinkers Keys” with students involved in engaging activities designed to encourage them to think creatively. Thanks to the Smith Family volunteers who help each week – Ann, Julie, Natalie and Julia.

Leah McGlinchey
HEAD OF JUNIOR SCHOOL

LEARNING HELPLESSNESS AND SELF-ESTEEM

Last week Special Ed shared some information with staff about Learned Helplessness. The article came from Sonic Learning. Sonic Learning has a website and promotes a computer tutoring system which changes the way we think. The program is called Fast Forward and works on the principle of neuroplasticity (the brain can be changed). Some parents may find this website useful. For those of you who struggle to understand why your child is not performing as well as you would hope or why your child is behaving inappropriately, this article may provide some insight, so I have included it in the newsletter.

“I can’t do it.” “I’m dumb, I’ll never be able to read.” “I can’t be bothered, it’s too hard.” “It’s too easy, I’m bored.”

Have you ever heard your child or student say something like this? If it happens a lot,
it’s a real problem. It’s called learned helplessness.

What is learned helplessness and what effect does it have?

Learned helplessness occurs when a student gives up trying as a result of consistent failure. It is a common response from students who feel unable to cope with learning expectations. After trying many times to master a skill and failing, they feel like failure is inescapable. Self-esteem plummets.

It’s an attitude that manifests in different ways: negative self-talk when it comes to learning or reading; an assumption that they will never improve at certain skills; displaying a negative view of changeable circumstances.

Learned helplessness is damaging

If you don’t believe you can do something, you won’t bother trying; or maybe you will just make a half-hearted effort. This negative trait will affect everything in your life: academic performance, relationships, job performance and satisfaction. On the other hand, academic success is linked to positive thinking.

What can be done about learned helplessness?

While helplessness is learned, it can be unlearned. Here are some ideas about how to help your child or student:

- **Don’t use negative labels.** Being called “slow,” “stupid,” “lazy,” or “dumb” is devastating for a learner. These sorts of words can do permanent damage.
- **Break larger goals into smaller sub-goals.** If your learner finds maths as a whole overwhelming, focus on a sub-goal such as fractions or percentages. Work on smaller, more achievable goals.
- **Be specific in your praise.** Rather than just saying, “Good on you!”, say “I like the way you kept working on that until you got it right!”
- **Remind them of your support.** Don’t forget to continually remind your student that you are their support hotline. Encourage them to ask constructive questions.
- **Have high but realistic expectations.** Lowered expectations actually have a negative impact - set the bar realistically high to motivate them.

- **Don’t overprotect.** Protect them from fear of failure, not failure itself. Experiencing failure and developing a positive attitude in the face of it is essential to developing a resilient personality.
- **Give choices where possible.** By giving your child or student some choice in their learning - such as where they sit, what they get to eat during a break, or the choice of what TV they can watch as a reward - you increase their feeling of investment and engagement.
- **Encourage physical exercise.** Exercise has all kinds of mental benefits, including boosting motivation.

**Don’t give up on learned helplessness**

Don’t give up if it takes a while for these traits to diminish. As your child or student experiences the joy that comes from a growth mindset, they’ll flourish.

**Jody Macri**
**JUNIOR SCHOOL COUNSELLOR**

**MIDDLE SCHOOL REPORT**

Last week all staff completed Interim Reports for the half-way point of Term 2. Some of you would have received letters in the post congratulating your son/daughter for their excellent progress and some of you would have received letters informing you that your son/daughter needs to improve in certain subjects before the end of term. If you are concerned about your child’s progress please ring an

**Lunch times over the past few weeks have seen some unsettled behaviour by some of our students. There are many options available at lunch - the Library is always open and the Gym is open for different year levels. Each of the 3 Year 6/7 classes have received sports equipment for their use. Ms Bath has a computer session one lunch and Ms Victor has an Art club on Mondays and Fridays. I also have the Literacy Support open 3 times a week for games. Handball and other games are also happening on the front oval. We hope that all Middle School students can find something constructive to do.**
A big thank you to Barry and Betty Thompson, pictured who came and spoke to my Year 9 Humanities class about the Vietnam War. Barry served in Vietnam in 1969 and Betty is pictured wearing his uniform. It was a very informative talk about the highs and lows of war with the emphasis being on friendship, mateship and working together as a team.

We have received an e-mail from Ms Jacky Smith in Penang. She won a gold and silver medal for her Individual events and a gold medal for her team event. We congratulate her and can’t wait to see the medals upon her return.

Congratulations to Mr Tim Taylors Yr 6/7 class who organised a brilliant Assembly last Tuesday. It was great to see the students presenting their News Reports. Well done!

I look forward to joining the Middle School in the Fun Run next Tuesday.

Fiona Ryan
HEAD OF MIDDLE SCHOOL

Senior school interim reports will reach home during the week. All Year 12s will receive a mid-term update regarding their achievement and attendance. Students of which teachers have concerns in Year 10 and 11 will also receive a letter home. Parents are encouraged to contact the teacher to discuss their student’s progress.

Congratulations to the Year 12s who have completed their compulsory Research Project by the SACE deadline. There is certainly something to celebrate in the upcoming Formal in the last week of term. For those few who did not complete their Project to a satisfactory level, letters will be sent home explaining what options students may have.

Senior school students have been completing a UniSA Career Match questionnaire to assist with research into jobs which may suit their interests and abilities. The seven page analysis also helps with highlighting skills which can be used on resumes. UniSA will conduct follow up sessions in the following weeks.

Well done to Mrs Hogg’s Food and Hospitality class on their cake decorating assignment. The students produced a variety of cakes and used different decorating techniques to come up with their masterpieces.
The Trade Schools for the Future program is an education initiative that enables government high school students to combine their South Australian Certificate of Education (SACE) studies with Vocational and Education Training (VET) in the form of a school-based apprenticeship or traineeship.

The program aims to ensure students have genuine career pathways and that employers gain motivated, trained and work-ready employees.

If you are a student who knows what vocation you want to start your career in, then a school based apprenticeship/traineeship may be for you!

A school based apprenticeship/traineeship will increase your opportunity of gaining employment in your first choice of employment. This means you won’t have to compete with school leavers in the State at the end of Year 12 for the same job.

Since the Trade School for the Future strategy commenced with the State Government, over 5000 students have taken advantage of this employment and education option as part of their SA Certificate of Education. Many employers are choosing this program as their preferred option for recruitment as it gives them the opportunity to add a permanent employee to their workforce with a gradual increase to full time hours.

If you are a parent, caregiver or a student in Years 10, 11 or 12 and would like to find out more of how this initiative can assist, please contact Shelley Hamilton in Senior Study on 8248 1422. Shelley can arrange an appointment for you with Vicki Bryant, our school’s Apprenticeship Broker.

Stephanie Everingham has commenced a Certificate III Hairdressing Apprenticeship with Clipjoint and is currently completing her Year 12. Her school based apprenticeship will earn up to 130 Stage 2 credits. Stephanie will continue with her training contract full time after she has completed her SACE.

Vicki Bryant
APPRENTICESHIP BROKER

NUNGA NEWS

SAASTA – POWER CUP

Our SAASTA students participated in the Power Cup which was held at Alberton Oval. The students had to attend a workshop on careers and wellbeing.
The Guernsey this year was designed by a student from LeFevre HS.

INDIGENOUS BOYS MENTORING PROGRAM
This program has commenced and the boys have:
- Attended presentations from SAPOL
- Met Gold Coast Suns football player - Timmy Sumner
- Participated in the McLeod Challenge
- Created original pieces of Art

TRAINEESHIPS & APPRENTICESHIPS
If your child is interested in doing a traineeship or apprenticeship please feel free to phone or come in and talk to Dean or Kym in the Aboriginal Education Centre. So come in and see us.

NUKKOTA
Kym Mitchell and Dean Sumner
ACEO

Weekly netball
The Year 8-10 Weekly netball team is off to a flying start with 3 wins and 0 losses. They currently sit on top of the table for the Division 1 competition and come up against Henley in week 6 who are also undefeated. Week 5 - OVC 39 defeated Temple 9

Aerobics & Hip Hop
On Saturday 31st May and Sunday 1st June our Aerobics and Hip Hop teams competed in the Preliminary Finals at Westminster College in Marion.

The girls will continue to practice their routines and get them perfect for the State Championships in late June, held at the same venue. Well done to all teams that competed and keep up the great work.

SAPSASA Football carnival
Congratulations to N. Bath and K. Whitcher who represented the school and the Port District at the SAPSASA Football carnival during week 5. The team finished in 3rd position with 6 wins and 3 losses.

Bradlee Wilkinson
PHYSICAL EDUCATION COORDINATOR
THE SMITH FAMILY REPORT

In Australia today more than 638,000 children are living in jobless families. For these children, the effects of their family’s financial disadvantage go beyond the pressures of not having enough money for the basics; it can prevent them from accessing the same educational and life opportunities as their peers. The Smith Family believes that every child deserves a chance no matter their circumstances and the national children’s charity works with young Australians in need helping them to create better futures for themselves, by supporting their participation in education.

For more information please visit www.thesmithfamily.com.au Alternatively call Julia Dempster on 82483983 or Jessica Moser on 82483110.

University Experience Day Mawson Lakes Campus

On Friday 30th May, the Smith Family provided an opportunity to a group of year 9 and 10 Art and Design students to attend a University Experience Day at the Mawson Lakes Campus. The session was facilitated by Kim Giannoni and her team of inspiring Student Liaison Officers. The program consisted of a tour of the University grounds, a session on career profiling and to finish off a short information session and hands on program in 3D printing. The student participation and focus was of a high standard. Feedback at the end of the session from the students was that it was a very worthwhile event.

The Smith Family look forward to building brighter communities in partnership with Ocean View College.

SCHOOL DENTAL SERVICE

The School Dental Service is the major provider of dental services for babies, children and young people under 18 years in South Australia. Around 130,000 children attend every year.

The Commonwealth Child Dental Benefits Schedule for 2 – 17 year olds started in 2014.

ALL children are very welcome to continue to access dental care at the School Dental Service. Dental care is FREE for most children and the School Dental Service will bulk-bill Medicare.

Children who do not qualify for the Child Dental Benefits Schedule can also attend – a small fee will apply for each course of general dental care provided.

School Dental Clinics are located across Adelaide and regional SA. To locate your local School Dental Clinic, and for more information about the Child Dental Benefits Schedule, visit www.sadental.sa.gov.au
UNIFORM PRICE LIST 2014
Quality School Uniforms
Locally SA Owned Business

Prices are correct as at January 2014

Name of Student___________________  Phone:___________  Date________

Address_______________________________
Class/Year__________________________

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**TOTAL**  $

Full Payment is required at time of ordering. Payment can be made by Cash, Cheque or Credit Card.
Please make cheques out to “School Uniforms SA”

Payment Method: Cash  □  Cheque  □  
Credit Card:  Visa  □  MasterCard  □  Bankcard  □

Cardholder Name: ________________________________

Cardholder Signature: ________________________________  Amount: $