Welcome to our newest member of staff – Chester the Wonder Dog

“Hi my name is Chester. I am a cute and cuddly Golden Retriever and I have LOTS of hair, that makes me very hot in the summer time. I go to the vet often and have had lots of needles to make sure I am healthy. My owner has taken me to lots of ‘doggy’ classes and they have helped me to become ‘obedient.’

I recently had my 4th birthday. My owner says I have now officially grown out of my ‘puppy stage’ and I am now responsible and patient enough to help children.

I love to have my ears and tummy rubbed and especially like it when I get brushed. I will sit and shake hands on command, but am yet to master rolling over. I am great at running after balls and sticks if I feel like it, but sometimes I am a bit lazy and ‘forget’ to bring them back to people. Everyone says I am ‘cute’ and so ‘placid.’ I am not sure what ‘placid’ means, but I think it is a good thing as they say it in a nice way.

I love visiting Hackham East Primary School on Monday and Fridays. I am now the school dog. When I am at school I stay in the office and sometimes I visit classrooms if I am invited. When I am not guarding Mr Thiele, Ms Sally and Mr Megson’s offices I get to listen to kids read, or sometimes they come down to visit me and give me a tummy scratch or tell me to sit and shake hands. I like it when the children come to visit me as otherwise I just have to listen to boring meetings in-between napping and my guard dogging duties. Sometimes I get to visit the staff room and see the ‘big people’ at school. I like this, but sometimes they say my name in a high-pitched screech, but that is OK because then they grab me and try to kiss me. I LOVE my job.”

Bob Thiele recently attended the South Australian Primary Principals Association Annual meeting where the keynote speaker, a scientist, spoke about the health benefits of having dogs as support in the family and workplace to foster empathy, nurture, care and positive wellbeing.

As a result he raised the discussion around trialing a ‘school service dog’ and Governing Council members were very positive to this suggestion. As a result, Chester the Wonder Dog visited for a day as an audition to see if he was the ‘dog for the job’. He passed with flying colours.

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DIARY DATES

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There is an abundance of research around the health, stress and wellbeing benefits of having dogs in different workplaces and care systems. Many workplaces are now exploring the benefits of having a workplace pet or dog to help reduce stress and increase happiness and positive wellbeing.

Research shows:

- Interactions with therapy animals can decrease stress in humans.
- Playing with or petting an animal can increase levels of stress reducing hormones leading to children (and adults) feeling more relaxed and calm.
- They can help to reduce anxiety, tiredness and provide emotional support.
- Animals help to build responsibility and empathy in children.

Positive benefits we have already seen through Chester’s interactions with students and adults have been:

- The calming effect he has had on several children who were angry, upset or heightened – they calmed much more quickly by patting Chester and we were then able to help them discuss the problem and discuss ways to positively re-engage back in the classroom.
- Providing a positive reinforcement for students who always do the right thing in class – they have been able to come down and spend a short amount of positive time interacting with Chester in the office.
- Supporting some of our students to have a positive start to the day – they come and say a quick hello to Chester on the way to class.
- A positive impact on staff happiness and wellbeing – he puts a smile on their face and they love popping by to give him a quick pat.

You are welcome to come and meet Chester for yourself in the office on a Monday or a Friday. If you do not want your child to interact with Chester for any reason or if your child has an allergy or is scared of dogs, please inform your child’s class teacher or Lee at the front office and we will ensure that Chester does not have direct contact with your child.

Chester is trained to be a support dog and has authorisation to be on school grounds. We remind parents and caregivers that no pet, including dogs, cats, turtles, snakes etc can be on school grounds without DECD permission.

Please feel free to make a time to speak with Bob or myself, or see one of the Governing Council members if you have any questions about this positive initiative.

Sally Slattery
Deputy Principal

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Hackham East Primary School OSHC
Holiday Program for students aged 5 - 12 years

Week 1, 2015 (14/12 to 18/12)

14/12 Wheels Day
15/12 Excursion, Geocaching in local area
16/12 Volcanoes & Explosions
17/12 Excursion, Picnic at Noarlunga Playground
18/12 Christmas Activities + Party

Week 2, 2016 (4/1 to 8/1)

4/1 Magic & Illusions, OSHC Amazing Race
5/1 Excursion, MegaZone for Laser Tag
6/1 Mythbusters Day
7/1 Advanced Cake Making & Decorating & Water Fun
8/1 Excursion, Museum & Botanical Gardens

Week 3, 2016 (11/1 to 15/1)

11/1 Director for the Day, Egg-cellent Challenges
12/1 OSHC Art Gallery/School of Art
13/1 Boys Just Want to Have Fun & Girls Rock
14/1 Zoo Snooze
15/1 Zoo Snooze

Week 4, 2016 (18/1 to 22/1)

18/1 Wii U Competition & Lego Competition
19/1 OSHC Master Chef
20/1 Excursion, Semaphore Water Park
21/1 OSHC Olympic Sports Day
22/1 Incursion, Animal Capers

Week 5, 25/1 to 29/1)

25/1 Incursion, Little Ninjas
26/1 Public Holiday - OSHC Closed
27/1 Australia Day & Sausage Sizzle
28/1 Excursion, Hiking & Beach Walks, Pt Willunga/Moana
29/1 Games Day

- Activities are subject to change or cancellation (eg weather, low numbers). Afternoon Tea is provided.
- Please bring a healthy recess and lunch each day.
- Notification of cancellations must be given at least 48 hours before the booked day so as not to incur a fee.
- For bookings or enquiries, contact Jacky on 0499 228 039.

Jacky Smith, OSHC Director
Student Free Day
Friday 27 November 2015
OSHC will be available - please contact Jacky Smith (0499228039) to make a booking for your child/children.

WIRREANDA INFORMATION EVENING
An Information Evening for parents/families, caregivers and students who will be commencing Year 8 in 2016, will be held in the Learning Hub on Wednesday 4/11 from 6:00pm. An information pack will be given out to parents/students on the night. Phone 83297200 for further information.

WIRREANDA YR 8 TRANSITION DAY
Students enrolled for Yr 8 at Wirreanda Secondary School in 2016 will have their Transition Day on Friday 27/11. Students will meet in the Learning Hub at 8:30am and are asked to wear their current school uniform. Parents/caregivers are welcome to stay for a short assembly beginning at 8:40am. Students will be dismissed at 2:30pm.

CHOIR NEWS
Congratulations to the 29 students who represented Hackham East Primary School at the Southern Metropolitan Music Festival held at The Hopgood Theatre, Noarlunga on Wednesday 28/10. Congratulations to Sara Williams who was one of the soloists at this event.
Members of the Choir demonstrated persistence, resilience and courage to achieve their goal of performing at this event.
Erina Morunga
The Arts Teacher

Congratulations to Jonathon and Tina on the birth of Leah Christine Kaesler on Saturday 31/10.

BOOK FAIR
A Book Fair will be held in the Library from Wednesday 4/11 to Wednesday 18/11 from 8:30-9:00am and 3:00-3:30pm. EFTPOS is available. This is a great opportunity for parents, caregivers, family, friends, students and staff to purchase books and novelty items in time for Christmas.
Thank you for your support
Deb Scarff
SSO - Library

PREMIER’S READING CHALLENGE
Congratulations to the students who participated in the Premier’s Reading Challenge this year.
Parents/caregivers, family and friends are invited to attend the assembly on Friday 13/11 where students who participated will be acknowledged.
Students will be presented with their medal/certificate by Deb Scarff in their classroom after the event.
Debbie Scarff
Library SSO

ASSEMBLY FRIDAY 13/11
Parents/Caregivers and family members are invited to attend the school assembly on Friday 13/11 at 9:00am in the Penney Unit. After the assembly you are invited to stay for Morning Tea in the Conference Room. The assembly will be held a week later than normal as Penney Unit is being used for a conference this week.
We look forward to seeing you there.
Scott Megson
School Counsellor

SAMARITAN’S PURSE, OPERATION CHRISTMAS CHILD
Thank you to the students, parents/caregivers and staff who helped to pack 39 beautiful shoe boxes with gifts. You are awesome and 39 children in Thailand (and their families) will be so excited to receive them. You have done a wonderful thing sending love and fun to children you will probably never know and I hope you enjoyed the experience.
Many thanks to Julia Osborn for her support of this event.
Jacqui Ravesteyn-Dodd
Regional Helper

2015 SCHOOL CARD APPLICATIONS – FINAL DEADLINE
2015 school card applications need to be given to Tracy Rowley before Friday 13 November 2015. Applications will not be accepted by the ‘School Card Section’ after this date and consequently parents/caregivers will be accountable for finalising all outstanding school fees.
REMINDER: Applications need to be submitted EVERY year so if you have any queries or are uncertain if your application has been approved etc please speak to Tracy as soon as possible … before it's too late!

Hackham East Kindergarten
Enrol Now for 2016
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.
Volunteers are always welcome and we are currently in need of help on a Friday this Term. If you have any time to assist in the Canteen please speak with Coralie Goodman, Canteen Manager.

Volunteers will be needed in 2016 for the Canteen to continue operating. If you are interested please speak with Coralie Goodman, Canteen Manager.

The Canteen also caters for functions held at our school. If you are available to assist or interested to be available for these events please speak with Coralie Goodman, Canteen Manager.

The valuable help by our volunteers ensures the Canteen can continue to provide a wide variety of healthy food for our students and staff.

Thank you for supporting the Canteen.

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**Taste Teaser** Join the Onkaparinga Youth-Reynella kitchen crew to build your culinary skills and create delicious delights. Held each Tuesday (10/11-1/12) from 4:00-5:30pm for 8-14yr olds at 10 Main South Rd, Reynella. Cost $2.00. Ph 93975577 to book.

**Bike Society Triathlon Series, Moana Beach** Enter for a chance to win your school or sporting club $500.00 worth of new sporting equipment. Prize draw at the end of the series. Race dates 13/12 & 10/1. Visit www.xcelsports.com.au for more information.

**Bring The World Home** We are looking for families to host international high school students commencing their studies in Term 1, 2016 for either short or long term while they complete their courses. Visit www.decd.sa.gov.au to complete an application or to register your interest.

**Community Voice to End Gender Violence** You are invited to attend Rise Up, a community event at Ramsay Place, Noarlunga on Thursday morning at the front entrance of O’Sullivan Beach. Ph Claire 83225033 for more information.

**Air Time BMX Clinics** Learn skills to use at the skate park and dirt jumps, including safety, checking your bike and refining your tricks. Held on 7/11 at Seaford Quarry Skate Park, 21/11 at Minkarra (Flagstaff Hill) Skate Park & 5/12 at Willunga Skate Park from 10:30am-12:00noon for 8-18yr olds. FREE. Phone 85575555 for more information.

**Be Kind & Unwind** Held on Wednesday 18/11 from 9:30am-2:30pm at AnglicareSA Outer Southern Hub, 111 Beach Rd, Christies Beach. Lunch provided. Gold coin donation. Ph 81868900 to book.

**Australia Day Awards** The City of Onkaparinga is seeking nominations for friends, relatives, neighbours, teachers etc who make a difference to our community. Nominations close on Friday 13/11. Nomination forms are available at council offices, libraries and online. For more information email mail@onkaparinga.sa.gov.au or Ph 83840666.

**Morphett Vale Midweek Ladies Tennis Club** New members are welcome to come along to play a game of tennis at Morphett Vale Sports Complex, Jordan Drive, Morphett Vale on Tues, Wed or Thurs mornings from 9:15-12:15. All ages, all standards. New season starts 27/1/2016. Ph Claire 83225033 for more information.

**Free Bread** Free bread is available to families each Wednesday and Thursday morning at the front entrance of O’Sullivan Beach Children’s Centre, 51a Galloway Rd, O’Sullivan Beach. Ph 83822850 for more information.

**Grasshopper Soccer** A fun, non-competitive way for your child to make a start or continue developing skills in soccer. An 8 week program on Friday afternoons, Saturday or Sunday mornings. Held at Seaford Recreation Centre, McLaren Vale Primary School, Noarlunga Leisure Centre, Reynella East College & Seaford Rise Primary School. For more information Ph Daniel 0433422347 or visit www.grasshoppersoccer.com.au.

**Bully Zero** Event on Sunday 8/11 has been cancelled. It will be held in 2016. Information on where and when to be advised.

**Successful Transitions** Intensive case management support and mentoring to engage and support vulnerable and disengaged young people to successfully transition into further education, vocational training or secure employment. For 17-24yr olds living in the inner or central Southern Adelaide region and not engaged in employment, training or education. Ph Ben Rice 0466558182 or email berr@workskilyouth.com.au for more information.

**Yoga** Strengthn your body, increase your wellbeing and learn how to relax. Held each Monday from 1:00-2:00pm at Hackham West Community Centre. $5.00 per session. Ph 83841065 to book.

**BreastScreen SA** A free breast cancer screen (breast x-rays) to healthy women aged 50-74 yrs, helping to detect breast changes that are too small to feel. For more information contact BreastScreen SA’s Promotion and Education on 82747141 or via email BSSAPromoEd@health.sa.gov.au.

**Learner Driver Licence Training** Need help getting your L’s? This is a course designed to make passing the Learner Driver theory test easy and fun. Ideal for people with a disability, people with literacy and numeracy barriers, people with learning difficulties and people with anxiety. Phone 82127771 or visit www.hetacom.au for more information.

**Fluency Disorders Clinic** For children, adolescents and adults who stutter or clutter. Clinic located at Flinders Medical Centre, Level 6, Dept Speech Pathology & Audiology, Flinders Dr, Bedford Park. Available on a Thursday. Ph 82045959 or visit www.flinders.edu.au/sols/sites/speech-pathology/clinics/fluency-disorders-clinic.cfm for more information.

Flyers with further information relating to the above events are available either on display at the front of the School or at the Front Office.