Welcome to ELC/JS Newsletter e-news supporting The Hutchins Early Learning Centre and Junior School community.

The Newsletter allows readers to download and access information about our community and peruse all stories at a glance by selecting and clicking on attached links for further information.

**From the School Counsellor**

At a recent ‘Young Minds’ Conference that I attended in Sydney, one of the key-note speakers was Dr Barbara Frederickson, a world-leading researcher into positive emotions.

Dr Frederickson stressed the importance of ‘micro-moments’ of love and respect. These are those moments when for a brief time there is an inter-personal experience where a real connection is made. During those moments there exists what Dr Frederickson calls a ‘positive resonance’ where the personal positivity of one person is reflected in the other person. This experience is also marked by momentary increases in mutual care and bio-behavioural synchrony (where both physical and brain activity mirror the other person and oxytoxin levels rise and fall together).

Dr Frederickson makes the point that we all need a regular diet of positivity and less of the anxiety and negativity that often surrounds us. When they form part of a relationship between two people ‘micro-moments’ of positivity serve to build rapport and bonds of commitment. The value of such development between parent and child or teacher and child is obvious. Micro-moments improve our lives and our resourcefulness.

It is important for children/young people to witness adults expressing gratitude. It gives them a good feeling and develops a desire for more of that positive emotion. Real gratitude when expressed focuses on the benefactor rather than the benefit. ie I am grateful for you and your kindness rather than being primarily...
grateful for the benefit received (eg a present or help with work).

As we become more positive our view of life expands and we see the big picture. When we feel negative our outlook is minimised and we only see the obvious. Dr Frederickson used the analogy of a water lily opening up. When filled with negativity we are like the lily when it is closed. As positivity enters our lives we become like the lily when it opens and spreads its petals. The sunlight can flood in – or in our case we become so much more aware of and responsive to things going on around us.

Some negativity is important for growth – to flourish we need tension between the positive and the negative. The typical person has a ratio 2:1 of positive experiences to negative. Those flourishing have a 3:1 ratio. People feeling sad or depressed have a 1:1 ratio.

It is important to understand that artificial positivity often backfires – creates artificial anticipation or as Dr Frederickson puts it ‘toxic interpersonal insincerity’ which is very damaging to the heart (soul). We help create a mindset of positivity by being open; appreciative; curious; kind and real.

It is good for all to be able to savour future events and forecast those events that will make us feel good. Positive emotions change the way the mind works. Positive emotions expand awareness. The implications of this in the classroom again are obvious. Student thinking is opened with the ability to understand in greater depth and breadth.

In our communication it is important to use words which create feelings of warmth and caring.

Greater positivity makes us more resilient – opens us up. Negativity puts us in a flight, fight frame of mind which closes down our options. Positive emotions have been shown to repair difficulties brought on by stressful situations. Resilient people experience the negative but bring along associated positives that provide pathways for them to bounce back. - (they can identify and give voice to associated positives rather than dwell only on the negatives).

The following measure of resilience is worth considering. Consider each of the statements. The more of these statements that apply in an individual’s life the greater the degree of resilience that exists.

**Resilience Measurement:**

- I am generous with my friends
- I quickly get over and recover from being startled
- I enjoy dealing with new and unusual situations
- I usually succeed in making a favourable impression on people
I enjoy trying new foods I have never tasted before
I am regarded as a very energetic person
I like to take different paths to familiar places
I am more curious than most people
Most of the people I meet are likeable
I usually think carefully before acting
I like to do new and different things
My daily life is full of things that keep me interested
I would be willing to describe myself as a strong personality
I get over my anger at someone reasonably quickly

It is the ability to self-regulate positive emotion that allows us to bounce back from disappointment. Positive outcomes lead people back to doing those things that resulted in the positive outcome.

It is valuable to reflect upon those in our lives and ensure that opportunities for real personal growth exist. In our efforts to be organised and see that each day runs as efficiently as possible it is possible to over-schedule children and remove from them opportunities that they need to develop resilience and to grow – things like opportunities to make meaningful decisions, opportunities to recover from disappointments and hurts. In the rush of the day it is easy to miss those ‘micro-moments’ of love where real connections are made and relationships of trust are built. It is important to remind ourselves of the positives. This can help stop so many negatives impacting – particularly those which are rare, in the past or are unlikely to happen.

Changing our emotional habits is a lifestyle change. This doesn’t happen on a whim. It requires continual attention, or emotions will revert to the original. The move towards greater positive emotions is a subtle upwards shift - we should aim develop a little more openness and positivity each day.

Dean Docking - School Counsellor

Current and future parents are reminded that entry into the School is strictly by date of application. If you have a younger child in the family seeking entry in the immediate future, or family or friends who are considering Hutchins for their son, you are encouraged to submit an application form as soon as possible. Application forms can be downloaded from the Hutchins website or by contacting Emma Griffiths, Enrolments Assistant on 6221 4236.

Withdrawing a Student from K-6?

Parents are reminded that a full term’s written notice of intention to withdraw a student from Hutchins must be provided. If the School does not receive this notice then a half term’s tuition fee may be charged.

Notice in writing can be directed to Emma Griffiths, Enrolments Assistant, by post or email.

School Uniform Store

The School Uniform Shop is located at 195 Churchill Ave Sandy Bay and can be contacted on 6225 0422.

Trading hours are Monday, Wednesday and Friday 8.30 am - 4.00 pm. (closed on Public holidays).

Updates to Student Health Information

Has there been a change to your son's health including allergies that we need to know about? Please send any changes to your son's health information to Rachel Lucas Debtors Administrator.

M&B Race Day Sunday 4 November

Celebrate the end of the year with a day at the races. Get a group of your friends together and save the date for the Parents' Association Annual Race Day. Information will be sent out later.

Term Dates 2013
30 Aug
Hutchins Year 4 vs Sacred Heart Football  Hutchins

31 Aug
9.00 Father's Day Stall  ELC
1.45 ELC Assembly inc Book Week Parade  Audit

3 Sept
2.00 Kinder Chapel  ELC Library
2.30 Prep-Year 2  Chapel

4 Sept
2.20 Years 2-6 Sports Assembly  Audit

Kindergarten

The boys in Kindergarten T have been enjoying working and playing with the numbers to ten.

Angus Young and Rupert Wiggins are discussing the number they need to complete their ten using a ten frame game. Oliver Edwards is using the Numicon numbers to make a symmetrical pattern.

Prep

In Prep we have been talking about how to look after our pets. Andrea Carne from the RSPCA came in and spoke to the boys about the best way to look after your pets and how they look after animals at the RSPCA.

Thank you to parents for all of the donations for the RSPCA. They were greatly appreciated.
Year One

Last Thursday we were learning about shadows. We did an experiment with shadow puppets. We went to the big hill in the ELC. We had a piece of paper and a pencil and our puppets. We put our puppets in the ground. We put our piece of paper on the ground. At 10 o'clock we traced around the shadows. We traced around the shadows three different times and it was different each time.

Max Barrett

Last Thursday we went outside with our shadow puppets and put them in the ground. I used orange transparent paper so it made an orange shadow. We went out three times: 10.00, 12.00 and 2.00 to race our shadows. At midday the shadow was long and in the afternoon and morning it was short.

Luca Nunn

Year Two

Year 2 have been finding out about the history of our School.

William Thorpe and Huon Clark have drawn the school campus in Macquarie Street around 1900.

Year Three

The Haunted House

Year 3 has been focusing on making their writing more interesting by using descriptive words. Our challenge was to write an interesting description of a Haunted House, using the picture.
below to spark our ideas. These are some excerpts from the boys of 3V.

I could see the flickering lights. The door screeched. The trees outside crackled as the wind went through them. I could smell the dead, decaying bodies. George Odgers.

There were bats circling the house. There was a putrid smell coming from the downstairs room. It smelt like potions brewing. Quinn Kacic-Midson

I was terrified and scared. The door suddenly closed. I felt goose bumps all over me. I was frozen with fear. Fraser Cumming

Year Four

Year 4 have been working on writing interesting descriptions of different places and we would like to share the beginnings of our writing.

I can see the black eerieness of the judge. I feel in danger. The courtroom smells of leather mixed with deodorant as I hear the judge purr on at the defendant. I can taste the bitter displeasure which is common to all law courts as I feel that comfy leather chair in which I am sitting. James Nash

I see the murky, green slimy waters of the harbour and the fishing vessels. I smell the fish and the salty waters. I taste the greasy hot fish and chips with creamy delicious tartare sauce. I hear the sound of the crashing white waves. I see the wash of the fishing boat squirting through the water and smell the new catch off the boat. Trent Stephens

I see the giant bowls full of rich lovely melted chocolate. I see people with joy on their faces. I see the big paddles mixing the
melted chocolate and I see lots of people testing chocolate. I can
smell the people who brush past me with their smell of
deodorant. I can smell the strong smell of cocoa coming from the
other room. I feel happy and excited. Hamish Betts

I see the fence opening to the forest. I am scared. I walk through
the forest gasping like something scary is happening. Suddenly I
hear a loud noise! I look back. Zombies! I run as fast as I can
towards the exit. As soon as I get there, I trip over. I think this is
the end for me. It isn't. There are no zombies. A small kitten
comes by and licks me on the hand. I feel embarrassed.
Jack Rossiter

**Year Five**

Congratulations to Year 5 on the huge success of the musical
"Danger Kids" this week. Once again the talent and
professionalism was displayed by the boys. They are to be
commended for a wonderful performance. Here are some photos
for you to enjoy!

![Musical performance](image1)
![Musical performance](image2)
![Musical performance](image3)
![Musical performance](image4)

**Year Six**

**Science Excursions in 6Bu**

As part of our celebration of National Science Week 6Bu have
visited two different facilities: the Elizabeth College Mechanics
Workshop and the University Physics Laboratories.

While visiting Elizabeth College, we had to investigate and think
about the connection between science and cars. The Year 11
and 12 Elizabeth College students explained a number of key
science ideas involved with the running, maintenance and repair
of cars.

At the University, boys enjoyed a demonstration of experiments
involving dry ice, liquid nitrogen, static electricity and holograms.
It was exciting to discover the many fields of endeavour that
scientists with a physics background can follow.

Will Stadler, Connor Noble, Lachlan Opray and Liam Scott investigate science and cars

Gilbert McShane, Declan Giltjes and Will Mathot-Dewis think about the properties of dry ice at the University Physics Labs

Around the School

On the weekend of 21/22 July, Zac Pulver Year 5, raced in the Victorian Championships at Falls Creek, in a SSA (Ski and Snowboard Australia) competition. On his first day of racing, he competed in GS (Giant Slalom) U12 and on the second day he raced in U12 Slalom. He won the Slalom and was awarded a First Place Medal and a large box of 100 honey shots!

Zac Pulver receiving his medal

National Cross Country Championships

Hutchins Boys Running at the National Cross Country Championships

We send our best wishes to William Hodgman, Oliver Luders and Chris Law who will be travelling to Adelaide this week to represent Tasmania in the Australian Cross Country
Championships.

Congratulations boys and all the best!!

Below: Chris Law, Oliver Luders and William Hodgman in action at the Hutchins Cross country at Dru Point earlier this year. Let’s hope there are some logs to jump over on the Adelaide course!

Winter Sports Season

With our Winter Sports season coming to a conclusion I would like to congratulate all of our boys for their efforts this year and to thank all of our parents for coaching, managing, supporting and delivering players to games. Winter Sport is a lot of fun and a great opportunity for our boys to learn some important life lessons in a supportive and safe competitive environment.

There will be an opportunity to celebrate what has been a great season of sport at our Winter Sports Assembly on Tuesday 4th September from 2:30pm in the Terrance Butler Auditorium.

Thank you to those parents who have already supplied us with photographs of our Winter Sports teams in action. If you have some photos you’d like to share it would be much appreciated. Email to shane.mcaloon@hutchins.tas.edu.au or drop them in on a disk or memory stick that will be returned to you.

Summer Sport in Term 3
After our September holiday break boys will move into our Term 3 Summer Sport program. This program will take place during Sports periods on Thursday [Years 3 & 4] and Friday [Years 5 & 6] afternoons.

For the first four weeks of term boys will participate in trial events for our Athletics Carnival on Wednesday 24 October, in their House groups.

After our Athletics Carnival boys will participate in a Summer Sport of their choice from the following selection: Bushwalking, Cricket, T-Ball, Softball, Tennis, Triathlon and Introduction to Rowing [Year 6 only].

If any parents would like to be involved in our summer sports program to assist with coaching or management please do not hesitate to contact Mr McAloon on 6221 4304 or shane.mcaloon@hutchins.tas.edu.au

School Uniform Store

New! The School Store now has beanies available for ELC and Junior School students. The beanies are $15.00 and can be worn with both the formal and sports uniforms.

Parent Information Evening - Outdoor Education

Parents of students in Years 3, 4 and 5 students are invited to attend an Outdoor Education Information Evening on Thursday August 30 at 7:00 pm.

Mr Todd Blackhall will give a presentation on the Term 3 camps and will include discussions on our programs, the camp venues and collecting student information with regards to health conditions, diet and nutrition.

A letter has been sent home. Please return the reply slip on the bottom of the letter to your son’s class teacher by Monday 27 August.

Todd Blackhall - Director of Outdoor Education

Premiers Reading Challenge

The Premiers Reading Challenge finishes this week.

Completed reading logs need to be returned to the Junior School Library by next Friday (Aug 31st) at the latest, in time to send off for certificates.
Playing on WMO

It is that time of year when the WMO is wet and muddy. Boys are not allowed to play on the school oval unless they have protective gear over their school clothing (Rugby jumper) as well as a pair of runners. Boys are obviously allowed on the oval in their sports/PE gear.

Mobile Phone Muster

Over the next three weeks till the end of term, we will be taking on a challenge from MobileMuster Australia.

Every year, MobileMuster runs challenges for schools across Australia.

MobileMuster Schools Recycling Challenge is a fun and rewarding program for school communities. It's designed to encourage students to collect mobiles for recycling and learn why recycling is so important. Participating schools are provided with access to online learning modules and the opportunity to win some great prizes for their schools and students.

Why are mobile phones worth recycling?

Right now, there are over 22 million unwanted mobile phones hiding in drawers, cupboards and garages across Australia. That's the equivalent of 2,200 tonnes of metal, minerals, plastic and glass - things that the planet desperately needs us to recycle.

That's where MobileMuster comes in. As the official product stewardship program for the mobile industry, their mission is simple: Keep mobile phones out of landfill. By recycling your mobile, you're avoiding future greenhouse gas emissions, saving energy, protecting the environment and conserving scarce natural resources. You're also preventing potentially hazardous materials from entering the environment.


We will be providing boxes to collect old phones and chargers in the Junior School Reception and ELC Reception areas.

So dig out those old “Bricks” and drop them off with your child - we can make a difference.

Anthony Hyland -- Co-Coordinator Hutchins AuSSI School Program
ASC Holiday Program

Bookings are now being taken for the September School Holiday Program. For more information and booking sheet please contact:

Ben Searle
Phone: 6221 4212 or 0409 001 894
Email: OSHC@hutchins.tas.edu.au

Book now so you don't miss out!

Learn to Swim
HOBART
LEARN TO SWIM
A SAFE SUMMER STARTS HERE

2012 LEARN TO SWIM PROGRAMS

September Holiday: Monday 16th September—Friday 21st September
2 weeks of daily morning classes. Attend 1 week or 2, it's up to you!

Term Three, 2012: Monday 34th September—Sunday 18th December
12 weeks of weekly classes. Enroll in an after school or weekend class to continue and enhance swimming development and water safety!

* Well structured program.
* Caters for all levels from beginner through to squad level.
* Emphasis on developing stroke efficiency.
* Water safety and awareness.

Please phone the pool office to arrange your FREE assessment and to enroll in a program TODAY!

p:h 62 11 4919  e-mail: pool@collegiate.tas.edu.au
Corner of Davey and Mole St.

Blessing of the Animals
Ray Harrison Tennis Coaching for September holidays

Clinic 1: 10, 11, 12 Sept 2012

Clinic 2: 17, 18, 19 Sept 2012

(5 - 14 yrs) Hutchins Tennis Club 9.00 am – 3.00 pm

Clinics: $140.00, Concessions for 2nd Child $135.00

Enquiries phone Ray Harrison 0438 236 924

or email joanharrison@bigpond.com

THE HUTCHINS SCHOOL

71 Nelson Rd, Sandy Bay, Tasmania, Australia 7005
Postal address: PO Box 254, Sandy Bay, Tasmania, Australia 7006
T: (03) 6221 4200 F: (03) 6225 4018 E: hutchins@hutchins.tas.edu.au
www.hutchins.tas.edu.au

The Hutchins School Board as established by the Christ College Act 1926. ABN 91 133 279 291 CRICOS 00478F