



Dear Parents

Welcome back to an exciting final term!

PROGRAMME: Please refer to our Term 4 Long Term Plan PDF. Below are a few important things that you should know about - some of the learning that's going on over the next 9 weeks.

EOTC Week (Education Outside the Classroom)

Y8 EOTC Week Overview: (December 4th-8th). This year we return to Mistletoe Bay, where the students will enjoy 4 device free nights away. They will sleep in cabins and tents, learn about the native bush, study water safety and survival skills. They'll problem solve, paint, run, swim and kayak. The programme is designed to offer new experiences and opportunities to all the students regardless of their confidence or previous experiences. More information including a detailed itinerary and gear list will be given later in the term. **The cost will be \$450.** If you have any issues or barriers with the costs, please do email John Western. If you have any questions regarding year 8 EOTC week, please email Sam Broadmore.

Y7 EOTC Week Overview: This year we are going to [Makahika Outdoor Pursuits Centre](#) for 27-29th Nov. Students will camp in tents and in cabins, complete the high ropes course, zip line, bush walking, hut building, team games, fire building and fire building safety. On Friday we head out on an Adventure bike ride to Pencarrow. We ride from the Eastbourne car park to Pencarrow lighthouse, lunch at the lighthouse, ride back to the bus, and arrive back at school for a regular dismissal of 2.55pm. The cost for this week is still being calculated, but we're trying to **keep it under \$300.** If you have any issues or barriers with the costs, please do email John Western. If you have any questions regarding year 7 EOTC week, please email Rachael Laming.

Year 8 Formal and Parent Function: (Tuesday December 12th 6-9:30pm). This is one of the most special nights for you and your child as their time comes to a close at Seatoun School. This term, our Year 8 students will complete 10 formal dance lessons in preparation for our Y8 Leavers Formal Evening on Tuesday evening. These dance sessions will be on Monday and Wednesday afternoons from 1:45-2:45pm. There will be a parent and child evening lesson, with the date yet to be confirmed.

Students Dinner for the Formal Evening: This will be a shared meal and everyone will be asked to bring a plate. Either a meat dish or a salad. If your child is in Rm 15 or 16 can you please provide a meat dish. If you are in Room 16 or 17, can you please provide a non-meat dish - salad, or bread based option.

Parent Function: As part of the formal evening, there is also a Parent Function, hosted by the school. FoSS is not in a position to pay for this, so we will need to invoice you for this. This will be a total cost of \$55 per child to cover the dance sessions (\$30) and the Parent Function (\$25). This will be loaded onto your school account.

While our Year 8 students are taking dance lessons, our Year 6-7 students will engage in a range of activities including the design of each element of the Y8's formal night from the theme, down to the table setting. As is the tradition, parents of Year 7's will organise and run a portion of this evening. We must have your support for this event to run and in a way, Year 7 parents are paying it forward for the following year. Contact Mr Western if you can assist.

Health: The Year 7/8 students will begin the "Positive Puberty" programme next week. They will learn about hygiene, managing physical and emotional change, discuss how to deal with peer pressure as well as other pressures they can expect, and how to navigate these, over the next few years. A Hero communication with more detail about what these sessions cover will be sent out separately.

Athletics: In preparation for Eastern Zone Athletics trials, we will be running athletics rotations. Please ensure your child has appropriate footwear.

Home Learning and Steeple Rock Challenges: Each week your child will be given a home learning task that should take between 30-60 mins to complete. Reading at least 4 times a week for 15-20 mins. Finally, they must complete their 5 Steeple Rock Challenges by the end of Week 6 Term 4.

Sunhats: Students know that named school sun hats need to be worn every day.

So, roll on Term 4!

Kind regards
The Senior School Team.