From the Principal

Are you a Helicopter Parent? Helicopter parents hover and monitor their child’s every move. Parents have always worried about their children. It’s part of the job description. But today we worry more. “There’s no disputing it – today’s parents monitor their own children much more than their own parents ever monitored them,” says Michael Grose, one of Australia’s leading parenting educators. “Parents have developed an aversion to letting their kids learn through exploring, for fear of the child making choices, and a wish to make life easy and keep them happy,” he explains.

Why is this occurring? Two key contributors are the media and changes to community and family structures. The media often portrays the world as a dangerous place and some parent’s natural reaction is to closet their kids. The demise of the multigenerational family isolates children from other adults. “Parents with three or more children tend to relax about their behaviour and have more perspective,” Grose explains. “When there’s only one or two children the focus remains with the parents.”

More than anything else, today’s parents fear for their kids’ physical safety. What this can lead to is that parenting becomes a competitive sport and parents work so hard to guarantee their children’s safety, success and self-esteem. Research has shown that a perfectionistic environment makes kids nervous and anxious.” We need to develop more resilience in our children.

In our last newsletter we talked about natural play and listed 51 things kids should do before they turn 12. This list could be quite a challenge for the modern parent if their parenting style is similar to a helicopter parent. If children are to participate more in risk taking behaviours and benefit from exploring with nature, it may take a re-think about a parent’s job description. If children have-a-go at the activities on “the list”, they will develop more resilience. Resilience comes in many forms and can be described as assisting children and young people in:

- Dealing with hardships and still holding your head up
- Giving things a go or trying your best
- Being strong on the inside
- Being able to cope with what life throws at you and shrug it off
- Standing up for yourself

Have an enjoyable and list filled holiday and see you next term.

Cheers,
Shaun
**JAPANESE NEWS**

**Kodomo no hi Children’s Day Festival @ Cowandilla Primary School**

**Sunday, 6 May 11.00 pm – 4.00 pm**

On Sunday 4th May The Kodomo no Hi Japan Festival will be held at Cowandilla Primary School, 21 Jenkins Street, Cowandilla. These cultural days are extremely popular as there are lots of great things to see and do. The school comes alive with a great variety of performances, demonstrations and exhibitions to celebrate Children’s Day. These include craft classes, food stalls, games and raffles. Plenty of activities for the whole family to enjoy.

**SOUTH VALLEY PRECINCT INDIGENOUS STUDENTS’ EXCURSION**

On Thursday 27th March 18 students from our partnership schools along with Ms Gallaher (Hub Principal), Sophia Kerkvliet (Hub Librarian) and Di Brinkworth (Hub C.P.S. Worker) enjoyed the delights of Warriparinga on our first Indigenous Student excursion for the year. We were guided through the parklands by Jamie who imparted his knowledge of the history and heritage of the area. At the end of the talk we enjoyed a community lunch in the sunshine before being bussed back to our respective schools. A great day was had by all.

Di Brinkworth
CPSW

**CAMPUS PRESCHOOL**

The Campus Preschool is experiencing high enrolment numbers for 2015, if there is anyone wishing to enrol their child at the Campus Preschool for 2015 please contact the preschool on the phone number below for an enrolment form.

Thankyou,
Liesl Arthur
Aberfoyle Park Campus Preschool
11 Budapest Road
Aberfoyle Park   Ph. 8270 3136

**FROM SHARON WILLOUGHBY**

The National Young Leader's Day On Wednesday 26th March the Student Leader’s from Thiele, Nativity and Pilgrim schools travelled to the Entertainment Centre to attend the National Young Leader's Day. The National Young Leader's Day began in 1997 by the Halogen Foundation and provides an opportunity for students to develop their leadership skills and values, as well as gain insights that will help become our nations future leaders. This event is designed to inspire our students with stories of how people use influence to shape the world we live in. Our SLT’s will further develop and practise these skills by serving our schools and community throughout this year and beyond.

Official Opening of our OPAL Drinking Fountain On Friday 21st March our Campus Student Leadership Team Representatives - Milli representing Thiele PS, Tom representing Nativity School and Nathan representing Pilgrim School along with Lorraine Rosenberg - Mayor of Onkaparinga City Council, Rob Rogers from Outfront Concepts, Sonya representing Marissa Brauer from OPAL attended our Sport's Day assembly to officially open the drinking fountain that was installed at the back of the gym on the middle oval. The drinking fountain was provided to Campus through the OPAL initiative organised through the Onkaparinga City Council. OPAL is an acronym for Obesity Prevention And Lifestyle and was positioned in this location to provide our students and community members with "Water the original cool drink" All students were also provided with a drink bottle to enable them to drink water wherever they go.
Wishing you all a safe and blessed Easter as you take the time to reflect, slow down and spend time with your family. Hopefully this super easy recipe will give you the chance to spend some more fun and quality time with your children. Thank you for a great term and we will see you all in term 2…the year is flying by!

Mel Grierson- Christian Pastoral Support worker

Easter Egg biscuits recipe

Ingredients:
- 1 packet Arnott’s Milk Arrowroot Biscuits
- Lollies, sprinkles or hundreds and thousands for decorating

Chocolate icing:
- 100g milk chocolate
- 100g white chocolate

Normal icing:
- 1 egg
- 2 cups icing sugar
- Food colouring of choice

Method:
You can either use chocolate to coat these biscuits, or icing - or both!

Chocolate coating:
Snap milk and white chocolate into squares and place in separate microwave safe bowls so you don't mix the two chocolates together.

Microwave each bowl on low heat for 1 minute until the chocolate has almost melted. Stir, and repeat on the same setting for 10 seconds at a time if the chocolate needs more melting. When it's runny, carefully spoon it onto the biscuits and spread using a knife.

Decorate with either lollies, sprinkles or hundreds and thousands.

Icing:
Separate the egg white from the yolk and pour the egg white into a bowl. Using an electric beater, whisk until it forms stiff, meringue-like peaks. Sift in icing sugar until you reach a spreadable, yet not runny consistency. Add a few drops of food colouring if you wish.

Spread on biscuits and decorate with lollies, sprinkles or hundreds and thousands.

Art Exhibition
Flagstaff Hill Rotary Club
April 17th to 26th 2014
10.00 am - 4.00 pm daily
12 noon - 7pm Anzac Day
Closed Good Friday

Flagstaff Hill Primary School
Black Road
Flagstaff Hill
http://www.flagstaffhill.rotaryclub.org.au
or Facebook

Personal Safety Tips Workshop
For Young women
Tuesday 15th April 2014
3:45-6:30 pm
Or
Evening Workshop for Women of All Ages
Tuesday 15th April 2014
6:45 pm-9:30pm

No Cost

Bookings Essential
Aberfoyle Community Centre
8270 5377

Limited to a small group
An interactive and educative workshop
Includes
- Easy Self Defence Techniques for a range of potentially threatening situations
- Skills for handling manipulation, angry behaviour and bullying
- Personal safety on public transport, home alone, socially and other peoples cars
- Your most important skills: gut feelings/intuition, confidence and standing up for you!

Facilitator Robyn
(Adelaide Women’s Self Defence School)

Funded by White Ribbon-Australia’s campaign to stop violence against women.
## HIGH SCHOOL INFORMATION / OPEN DAYS

### APPLICATION FOR YEAR 8 FORMS

Just a reminder to the Parents / Caregivers of our Year 7 Students that ‘Application for Year 8’ forms are to be returned to Jayne at the Thiele Front Office by Friday May 23rd.

<table>
<thead>
<tr>
<th>School</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Reynella East College</td>
<td>Sunday May 4th</td>
<td>1.30pm - 4.30pm</td>
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<tr>
<td>Brighton Secondary School</td>
<td>Wednesday May 7th</td>
<td>Guided tours 9.00am &amp; 2.00pm Self-guided tours 5.30pm – 6.45pm</td>
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<tr>
<td>Mitcham Girls High School</td>
<td>Monday 12th May</td>
<td>9.00am – 11.00am 5.30pm – 8.00pm</td>
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<tr>
<td>Pasadena High School</td>
<td>Wednesday May 14th</td>
<td>6.00pm – 7.30 pm</td>
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