Dear Parents,

Welcome back to the second half of the year and a special welcome to our new families and students who are listed on the next page. You may have seen a really great feature article in the Southern Messenger about the mid-year intake policy being considered by the Catholic system in SA and our school which has continued to offer this opportunity to parents.

Thank you for allowing us two student-free days at the start of the semester, which allowed us to take part in a session with Michael Grose and over 450 staff from many Independent schools, discussing parent partnerships. Our follow up day allowed us to discuss his input as well as focussing on improving our mathematical computations teaching across the school.

**Some Key Points:**

Michael Grose runs an organisation called Parenting Ideas, which our P&F has joined on behalf of Pilgrim School. One of the benefits is the handout attached to this newsletter which addresses the recent airline tragedy. Michael has a regular session every Saturday morning on ABC radio in Melbourne, and he raised a few points which I found helpful and led to some good staff discussions.

- It was recommended that while email communication is very effective for raising matters quickly, it should not be used when trying to resolve problems or conflicts. **He suggested that this should be done face-to-face between staff and parents.**
- With modern electronic communication, it is important to provide boundaries between professional and personal life. Especially in smaller, rural school settings. While emails can be sent at convenient after-hours times, they may lead to unhelpful outcomes. **I suggested to staff that electronic communication be dealt with between 8am & 5pm, except in the case of an emergency.**
- The final issue which was discussed relates to the new world of social media and student reports, which are sent home during the year. **Please consider these reports as confidential and not to be copied, reproduced or commented about on social networks. Student reports are individual and relate to the progress of a student and their parents. Mid-year reports are written to highlight strengths and also areas that need improvement. This is a time when the school and parents may be discussing sensitive matters and requires privacy, clear communication and plans for the rest of the year.**

These matters are part of our changing times and require good judgement and I would welcome your feedback as well. Next Monday’s Cyber Safety night for parents will help address issues facing parents of today.

**NAPLAN On-Line Trials:**

Last weekend’s press outlined the fact that there will be a NAPLAN On-line trial held in Australian schools this term.

Pilgrim School was asked to be one of only six AIS (Non-government, non-Catholic) schools in SA to be part of this trial. In accepting this opportunity, it means that Years 3, 5 & 7 will trial three tests on-line in late August. The tests will respond to the success levels of each student as they work through each question and students and parents will receive their test scores. **I am writing to parents of Years 3, 5 & 7 students with more details this week.**

**Enrichment Studies Courses:**

A letter will be sent home this week to invite Years 3 to 6 students who may wish to take part in one of two Enrichment Studies Courses. If there are any interested course tutors, who might satisfy the teaching requirements, then please contact me at school. They will be popular!

Yours in His service

Nigel Bennett, **Principal**
Welcome

Welcome to Term 3 and particularly to five new students who have started at Pilgrim School. Please make their parents feel welcome, and introduce yourselves as you see them around the school.

In the Reception class Harrison Alexander, Mitchell Brumby, Aron Zafry and Lara Hams are new students at Pilgrim. Year 1 welcomes Jesse Brumby.

You may have noticed a recent front page photo of Mitchell in the Messenger. The article states that only three of 52 southern area primary schools offer a second intake of Reception students, giving parents more flexibility. Pilgrim will continue to offer a second intake in 2015.

Thank You

❤️ To the Year 1 parents for catering for the end of Term 2 Sausage Sizzle. Thank you to class liaisons Rachael Gomez and Annelise Gehrig a terrific $335.00 was raised.

❤️ To everyone who supported Bali Life Casual Day a big thanks. The Student Leadership Team are pleased to announce $187.55 was generously donated.

Worship & Assembly Roster

Worship and Assemblies are held on Tuesday and Thursdays at 9.00am. Parents and friends are warmly invited to share in these special times in the Performing Arts Centre. Come and join us!

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<tr>
<th>Month</th>
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<td>Aug</td>
<td>5</td>
<td>Assembly</td>
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<td>7</td>
<td>Year 4 Worship</td>
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<td>12</td>
<td>Assembly (Years 1 &amp; 4)</td>
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<td>Sam Barnes speaking at worship</td>
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<td>Year 3 Worship</td>
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<td>Assembly (Reception &amp; Year 7)</td>
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<td>Sept</td>
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<td>Assembly (Years 3 &amp; 5)</td>
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<td>4</td>
<td>Mel Grierson CPSW speaking at worship</td>
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<td>9</td>
<td>Assembly (Years 2 &amp; 6)</td>
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<td>Year 7 Worship</td>
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<td>16</td>
<td>Tournament of Minds</td>
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<td>18</td>
<td>Year 5 Worship</td>
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<td>23</td>
<td>Assembly</td>
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<td>25</td>
<td>Dr Deidre Palmer Moderator of the Uniting Church in South Australia</td>
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School Tour Days

Invite a friend or neighbour to the

NEXT PILGRIM SCHOOL TOUR
10.00am SUNDAY 2nd August

For parents interested in sending their children to Pilgrim School. Encourage them to phone the school to book a tour, or simply come on the day.

School Fees

School Fees for Term 3 were sent home last week. To receive the 2½% discount term fees need to be paid by Wednesday 6th August 2014. Any queries can be directed to Mandy Williams our bursar at bursar@pilgrim.sa.edu.au.

Congratulations

Congratulations to Rebekah Sarre (Year 7) for being accepted into the Ignite Program at Aberfoyle Hub High School next year. Well done Rebekah.

ICAS Computer Results

International Competitions and Assessments for Schools run by the University of NSW. In the 2014 Computer Competition 6 students from Years 6 and 7 entered. Congratulations to the following students who excelled:

- Distinction
  - Louis Francis (Year 6)
  - Nathan Heath (Year 7)

- Credit
  - Joshua Gomez (Year 6)
  - Rahul Kekare (Year 7)

- Merit
  - Rebekah Sarre (Year 7)

- Participation
  - Suraj Rajesh (Year 7)
Year 5 Class News

Year 5 is on track for another busy term full of interesting learning opportunities. Our iUnit with the Year 6 class is called “Wellbeing: the choices we make affect our health and wellbeing.”

During the Term we will be involved in Book week, working with our buddy class in the library, participating in student-led conferences for the first time, going to Mylor on camp with the year 6 class, skip, skip, skipping ready for “Jump rope for Heart” and Asia Week, as well as our classroom lessons.

Our Learning Journey presentation will focus our “Wellbeing” inquiry which we started by viewing the movie “The Ant Bully” which presented a myriad of events where the creatures and human boy were challenged in the ways they responded and reacted to situations. It has been a wonderful tuning-in activity which has initiated a great deal of discussion. The Christian Education component investigates ‘Loving relationships with all people’; where God creates people to live in loving relationships with each other, God provides social structures for the welfare of all people and God wants people to love and respect all peoples of the world.

We have started the new term really well and we are looking forward to all it has to offer.

Glenda Perrott
Year 5 Class Teacher

Famine Fighters

The focus for famine fighters will be Friday 15th August in Week 4. Booklets and information have been handed out and fundraising has started!

- Reception, Year 1 & 2 Classes have ‘Lock Up Your Lunch Box at Recess’ option.
- Year 3-7 have “GIVE UP to bring hunger down” option.

Both options can use on-line fundraising as well as the booklets. Children can use one method or both.

Pilgrim School is consistently one of the top primary school fundraisers in the state! Last year even our on-line total was impressive compared to similar schools.

‘Get ready, because you’re about to play a real role in helping tackle hunger worldwide!’

Thank God for this amazing opportunity, Roz Oldfield

Enrichment Studies

The Enrichment Studies program will be run twice this year. The first block will be held in August on Friday afternoons for Years 3-6 students. The Enrichment program covers an area of learning not usually taught at Pilgrim and aims to inspire students in an area of learning in a smaller group.

The second block will be in Term 4. If you interested in helping with block 2 starting 17th October – 7th November on Friday afternoons and wish to discuss this further, please come and have a chat.

Nigel Bennett, Principal

Musical DVD Order – Last Chance!

A DVD has been made of the school musical and professionally edited. Families who had pre-ordered a DVD had their copies sent home last week. DVDs are still available for those who wish to purchase them by contacting the front office and sending $10 payment. Sales will finish end Week 3.

Thank you from the Gardiner Family

We would like to thank the staff and students at Pilgrim for their prayers, support, beautiful cards and special visits for Stephanie after her accident last term. Pilgrim is such a fantastic, wonderful school family.

With love - The Gardiners.

Important Term Dates 2014

TERM 3

Aug 2 School Tours 10.00am
4 Cyber Safety Parent Evening
5 Canteen Treat Day
9 Family Portrait Day
11 & 12 Year 5, 6 & 7 Student Led Conferences
12 ICAS Mathematics Test
15 Famine Fighters
16 Working Bee (Reception & Year 7)
18-22 Book Week – “Connect to Reading”
20 School Board
23 Quiz Night

Sept 1 Parents & Friends Meeting
2 Father’s Day Stall
2 Campus Performing Arts Night
3-5 Years 5 & 6 Camp
5 Year 2 Sleepover
6 School Tours 10.00am
7 Father’s Day
8 School Closure Day – Royal Adelaide Show Day
10-12 Year 3 & 4 Camp
14 Tournament of Minds
17 School Board
18 SACSA Soccer
19 Jump Rope for Heart Day
20-21 Pedal Prix 24 hour race Murray Bridge
22-25 Asia Week across Campus
24 Learning Journeys
26 Sausage Sizzle (Reception parents catering)
Term ends 2.00pm

TERM 4

Oct 13 Start of Term 4
Nov 10-14 Year 7 Camp
Dec 10 Year 7 Graduation
11 Final Day of Term 4

Information Sent Home

- Campus Fair Newsletter
- Canteen Newsletter & Price List emailed
- Canteen Treat Day 5/8/14
- Marion Learning Festival
- Netball Players: Goal-a-thon
- Parents & Friends Agenda Meeting 28/7
- Parents & Friends Meeting Minutes from 23/6
- Parent Cyber Safety Evening 4/8/14 emailed
- Quiz Night Donations
- Quiz Night Flyer & Ticket Order Form
- Rec- Year 1 & 2: Soccer Clinic
- Rec, Year 1 & 2: Famine Fighters Lock up your lunchbox
- School Photos home to families who ordered
- South Adelaide Basketball Registration Day
- Year 3: Class News
- Year 5, 6 & 7: Student Led Conferences 11 & 12/8
- Year 6 & 7: Impact Ten Pin Bowling 26/7
- Year 7 Girls: Scoliosis Brochure
- Years 3-7: Campus Performing Arts Auditions
- Years 3-7: Famine Fighters Give Up to Bring Hunger Down
Receptions have been using their new ipads during art lesson to re-create Vincent van Gough’s ‘Starry Night’.

The interactive app played classical music whilst the strokes moved over the ipad. It was a final lesson of a unit of work that focussed on how we using colour to show the way we feel.

Thank you to the Parents and Friends who have purchased the mini ipads!
iParent Library

It is great to see so many people borrowing from Pilgrim’s iParent Library. Our Book of the Week and our DVD/CD of the Week is now displayed in the Office for parents to view and borrow. We now have a copy of Pilgrim School’s Musical, It’s Cool in the Furnace and we also have Musical DVDs from past years. If you are borrowing a DVD or CD, we ask that you only borrow it for 1 week to allow other parents to borrow too. Books can be borrowed for up to 4 weeks. Our iParent Library is located in the Music/Meeting room on the right as you enter the main building near the reception classroom. All parents are welcome to visit our iParent Library and borrow any of our Christian resources. Please come in and take a look.

Parents & Friends

SHOOT SA

On Saturday 9th August photographers Shoot SA will be at our school. Receive a framed 10” x 13” portrait or collage in B&W or colour for only $15. All proceeds go to P&F. You are able to purchase additional portraits and CDs at 60% off normal studio price. This is a great chance to organise that special Father’s Day or Christmas gift. Book your sitting time through our front office by contacting Wendy or Karen on 8270 3033. Invite your friends and family to join you and have their own portraits done.

Quiz Night

Who can you invite to make a table of the best ever fun competitors? Time to ask friends and family if they will come on Saturday 23rd August. A Ticket order form was sent home last term. Please note that a crèche is available for parents who need help with babysitting.

Campus Umbrella

Winter is well underway. Don’t forget you may purchase your new Campus umbrella now at the Pilgrim Front Office. Purchase 1 for $40 or 2 for $70.

Campus Fair

The Campus Fair is being held on Sunday 26th October this year. Are there any Parents or past students who are willing to perform on stage or as part of a busking segment? If so could you please email Niki Penley to let her know at penley@pilgrim.sa.edu.au. Thanks in advance!

Next Meeting

The next P&F Meeting is Monday 1st September, 7:30pm in the Pilgrim Staffroom.

Tonya Bishop -President Parents & Friends

Senior Choir Update

Senior Choir is working very well and sounding fantastic! The choir is compulsory for Year 6 students and optional for Year 7’s, so across Campus that is just over 80 students! We rehearse every Wednesday morning from 9-10am.

We are currently working towards learning all of the songs from the 2014 Festival of Music for the Southern Schools Music Festival in Term 4. This performance takes place at the Hopgood Theatre in Noarlunga, and our choir will join together with other schools to create a large ensemble of approximately 200 students.

Later in Term 3 we will need to know which students will be involved in the Festival performance, as there will be an external rehearsal to get together with all the other schools. There are also opportunities for students to audition for solos or compere roles. This is a fantastic opportunity for our students to be involved and is unique to South Australian schools!

Lisa Cannizzaro & Rachel Baverstock, Senior choir teachers

Healthy Snacks and Lunches for Kids


There are a myriad of recipes to kick start families. The food is very ‘no processed’. There are some great articles worth reading and considering.

Campus Office

Carol Barons, who works in the Campus Office is on leave for the next six weeks. Please welcome Ali Pix in Carol’s absence. Ali will work each morning in the Campus Office. For Campus business please ring the direct number 8270 3077.

Library Book Fair

Congratulations to the following Pilgrim Students who won a poster from our Book Fair raffle draw.

P40 Loffler/Newbury - Rhys Wheadon
P41 Heil/ COLLINS - Saxon Allen
P41 Heil/Collins - Matthew Bowe
P42 N. Penley - Kyla Stredwick
P43 A. Harris - Reece Gradisar
P43 A. Harris - Jamie Sutton
P45 G. Perrott - Scarlett Curson

Thank you to all parents who purchased books. Profits from sales go directly into resourcing the library.

Campus Fair Shed

Got some unwanted, pre-loved and clean goods to donate? We accept household and kitchen items, toys, sporting goods, books, games, crockery and bric-a-brac. Sorry we can’t accept large electrical items, televisions, furniture, clothes, safety equipment, computers or baby seats.

Next opening dates are 17th August, 31st August, 14th September, 28th September and 12th October.

Time: 10:00am – 1:00pm.

The Fair Shed is on Budapest Road, near the Campus Kindy.

Uniform Shop

The Campus uniform shop is situated between the campus office and library, and is open at the following times.

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<tr>
<th>Day</th>
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<tr>
<td>Monday</td>
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<td>Wednesday</td>
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<tr>
<td>Friday</td>
<td>8.30am - 9.30am</td>
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If you are unable to get into the shop you may order via e-mail at david@dzaustralia.com.au or phone 8276 8449.

Order forms are also available from our front office.
Community News
Further Information on Notice Board in Foyer Entrance

Little Wonders Playgroup @ Seeds Uniting Church
42 Sunnymead Drive, Aberfoyle Park
For birth – 5 years Monday, Tuesday, Wednesday or Thursday.
9.30-11.15am
Contact Karen Richardson on 8370 6472
or karen.richardson@seedschurch.org.au

SCIENCE ALIVE
9-10th August 9am – 4pm Goyder Pavilion, Adelaide Showgrounds.
Spectacular Science, Wildlife and Magic Shows with over 50 science organisations offering 100+ hands on experiences.
Guaranteed to delight and inspire all ages.
Adults $15 Concession $10 Free for U18

Does your child have a sleep problem?
The Child & Adolescent Sleep Clinic in the School of Psychology at Flinders University is running treatments for children aged 6 to 13 years, who experience 1 or more of the following:
- Refusing to go to bed at night
- Having trouble falling asleep
- Waking up and cannot get back to sleep
- Having trouble waking up or getting out of bed in the morning
- Often sleeping in their parents bed or bedroom
- Often needs a parent to fall asleep
- For more information please call 8201 7587 or email casc.enquiries@flinders.edu.au.

The Butterfly Foundation is pleased to announce our Parent Presentation is coming to Adelaide in 2014!

Body Confident Children & Teens Information and tips for parents

We are pleased to offer parents a presentation that aims to equip you with knowledge, information and tips to help you better understand and promote positive body image at home!
This presentation is designed to help you feel empowered to support your child and their body confidence as they move through puberty and adolescence.
Topics include:
- Background on body image and importance of prevention
- Overview of eating disorders and warning signs
- Key influences on body confidence
- Importance of role modelling positive body image and healthy behaviours
- Understanding ‘Fat Talk’
- Awareness around behaviours that increase or decrease body satisfaction
- Referral information

Date Thursday, 11th September 2014 7.00pm - 8.30pm
Venue EDASA 199 Sturt Street, Adelaide
Cost Children & Teens = $25
For more information please email or call Helen Bird:
helen.bird@thebutterflyfoundation.org.au or (T) 02 8456 3908

Foster Care Week Information Session
Centacare is currently seeking Foster Carers for its Family Preservation Foster Care Program for children aged 1-12 years of age. Come along to an info session to get a better understanding of foster care, including why children need foster carers, a realistic view of the responsibilities of a foster carer, the important links foster carers can provide for children and their birth families, and the steps involved to become a foster carer.
Presented by Centacare
Tuesday 19 August 6.30pm – 8pm
Marion Cultural Centre Sturt Room
287 Diagonal Road, Oaklands Park
Cost: FREE Bookings essential: 8375 6785
libraryevents@marion.sa.gov.au

The $407.5 million duplication of the Southern Expressway is a key part of the development of Adelaide's north-south corridor and, when complete, will deliver an 18.5 kilometre multi-lane, two-way expressway between Bedford Park and Old Noarlunga by mid 2014.

Extended Weekend Closure:
1 – 3 August 2014

The Southern Expressway will be closed from 9:30am on Friday 1 August 2014 until late Sunday 3 August 2014 to undertake critical interchange modifications.

The community are advised to expect delays on adjacent roads during this time, particularly during the Friday afternoon peak period. Motorists are encouraged to plan their journeys accordingly, allow additional travel time and, where possible, avoid travelling in the area during the Friday afternoon peak. Some speed and lane restrictions will be in place for construction activities and surfacing works on connecting roads including Main South Road, Marion Road, Panalatinga Road, Sherriffs Road and Beach Road.

Access Changes

The way you use the interchanges to access the expressway will change significantly to accommodate two-way traffic.

Please study the interchange plans in the attached brochure to familiarise yourself with the new access arrangements.

Once the expressway opens to two-way traffic please observe and obey on-site signage and take care whilst driving through the interchanges.

Contact the Southern Expressway Duplication project team on 1300 626 097, email: dpti.southernexpressway@sa.gov.au or visit:
Helping kids make sense of the MH 17 air disaster

Submitted by: Michael Grose 23 July

Reports of the recent shooting down of Flight MH17 over Ukraine airspace has saturated newspapers, television and the Internet for the last week. The events were shocking and many of the images shown on our television screens have been quite confronting. Worldwide outrage has been the result.

But what about the impact of the event and the subsequent media coverage on children and young people?

As adults we all want our children to live carefree lives and keep them from the pain and even horror of such tragedies and natural disasters. In reality we can’t do this.

So what is a parent, teacher, or other caring adult to do when such events fill the airwaves and the consciousness of society? Here are some ideas:

1. **Reassure children that they are safe.** The consistency of the images can be frightening for young children who don’t understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.

2. **Explain what happened.** Sounds obvious but it’s important not to simply assume that children and young people understand what’s happened. Be calm and stick to the facts, using a map to show older children where it happened.

3. **Be available.** Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.

4. **Help children process what they see and hear, particularly through television.** Children are good observers but can be poor interpreters of events that are out of their level of understanding.

5. **Support children’s concerns for others.** They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heartwarming to see this empathy in children for the concerns of others.

6. **Let them explore feelings beyond fear.** Many children may feel sad or even angry with these events so let them express the full range of emotions.

7. **Avoid keeping the television on all the time.** The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitizing to others.

8. **Be aware of your own actions.** Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.

Children’s worlds can be affected in ways that we can’t even conceive of so adults need to be both sensitive to children’s needs and mindful of what they say and how they act in front of children.

In difficult times, it is worth remembering what adults and children need most are each other.

*You'll find more ideas and advice to help you raise happy, confident kids at parentingideasclub.com.au*

While this article is written specifically about the MH17 air disaster, the same advice can be utilised for other extreme events portrayed in the media.

As Christian parents it is important to pray with our children about what affects them.
Why do we need Our Rainforests?

- They contain over 30 million species of plants and animals. That's half of the Earth's wildlife and at least two-thirds of it's plant species!
- They make a large amount of our air which we need to survive.
- It is known that the Amazon has half of the world's water in it!

What is Happening?

People are wiping out kilometres and kilometres of rainforest, habitats for animals and beautiful plants. Then they plant palm trees in the empty space. The palm trees are not the trees that some species live in so it is endangering our wildlife. The palm trees produce palm fruits and create palm oil which is in loads of our food. We must do something!

You are Eating Away the Rainforests!

Did you know that all these foods contain palm oil?

- Cadburys milk chocolate blocks
- Aero, nestle
- Colgate toothpaste
- Malteesers
- Kil-Kat nestle
- Ritz crackers
- Mars bar
- And loads more

Amelia: In this unit I realized that destroying the rainforest sets off a chain reaction, destroying the rainforest ecosystem.

Sarah: I was very surprised that 60,000 square kilometres of the rainforest are cut down every year!

Pat: Around 50 orangutans die every week.

Jayk: I learnt that orangutans can build very complicated nests which are smarty functional.

Micah: Scientists think that orangutans will be gone in twenty five years.

Patrick D: I learnt that 300 football fields of rainforest are destroyed each hour.

Brenna: You should avoid wooden products made out of mahogany and teak if they come from Indonesian rainforests!

Natalie: Orangutans are closely related to humans, having 97% of DNA in common!

Meg: These animals are dying from people destroying the rainforests for palm oil plantations - Sumatran tigers, sun bears, tapirs, elephants, orangutans and leopards.

Josh: I had no idea that 50% of the world's water is stored in the Amazon rainforest and 80% of the world's flowers are in the Australasian rainforests.