



DATES

TERM 1

Thursday 28th February
New Parents Dinner. Year 3 parents helping.

Monday 4th – Friday 8th March

Year 6 & 7 Aquatics

Monday 11th March

Public Holiday Adelaide Cup

Saturday 16th March

School Tours 10.00am



ABERFOYLE PARK
PRIMARY SCHOOL CAMPUS
Campus Drive, Aberfoyle Park
South Australia 5159
T 8270 3033 F 8370 7734
E pilgrim@pilgrim.sa.edu.au
www.pilgrim.sa.edu.au

*To challenge
and inspire
children in a
Christ centred
community*

21st February 2018

EDITION

3

Dear Parents and Caregivers,

Promoting Resiliency in children

Managing change and disappointment is a constant for parents and caregivers as they deal with day to day events with their children. All children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that kids either have or don't have; it's a skill that kids develop as they grow.

Resilient children are more likely to take risks that are healthy because they don't fear falling short of expectations. They may be willing to try new things, speak in front of a class, join a sporting team, have a go and attempt things outside of their natural comfort zone. We want to promote them to be curious, brave, and trusting of their instincts, to know their limits and when to push themselves. This will help them solve problems with increasing independence. As a community we want our young people to thrive and excel in their passions and hopes. We prayerfully invite God into these spaces and ask Him to provide wisdom and direction as we parent and guide.

All kids encounter stress of varying degrees as they grow. Despite their best efforts, we can't protect kids from obstacles. Kids get sick, move to new neighbourhoods, encounter bullying, grief, lose friends, and family break downs to name a few. These obstacles might seem small in the eyes of an adult, but they can be large and all-consuming to kids.

We can teach children to solve problems as they arise, by training and modelling how and growing their independence. Our initial reaction can be to jump in and help to avoid managing discomfort, loss or hurt. This can actually weaken resilience. Like us, kids need to experience discomfort (at an age appropriate level) so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place, kids will experience anxiety and shut down in the face of adversity. There are certainly times for us to intervene and offer support, but our longer term goal is to develop young people who are centred, confident and resilient. At times it helps to remind ourselves of this.

Some strategies to grow capacity in your child might be:

- Building a Strong Emotional Connection
- Promoting Healthy Risk-Taking
- Resisting the Urge to Fix It and Ask Questions Instead
- Teaching Problem-Solving Skills
- Labelling Emotions
- Demonstrating Coping Skills
- Embracing Mistakes—Theirs and Yours
- Promoting the Bright Side—Every Experience Has One
- Modelling Resiliency
- Going Outside

For a great article on supporting your child with how to manage the ups and downs of life while they grow in resiliency have a look at: <https://www.psychom.net/build-resilience-children>. This article presents ideas under the listed headings above and gives simple and realistic ideas for families to action.

Blessings to you

Andrew Edmondson
Principal

Worship & Assembly Roster

Worship and Assemblies will be held each Tuesday and Thursday at 8.55am in the Performing Arts Centre. Parents and friends are warmly invited to share in these special times.

Feb	26	Worship – Rev Dr Jonathan Davies
	28	Worship Andrew Edmondson
March	5	Year 2 Assembly both 2F and 2G
	7	Year 3 Class Worship
	12	Years 5 & 6 Class Assembly
	14	Year 2 Fuente Class Worship
	19	Rec/Year 1, Year 1 Assembly
	21	Year 2G Worship
	26	Reception P0L & Year 7 Assembly
	28	Year 7 Class Worship
April	2	Years 3 & 4 Assembly
	4	Year 6 Worship
	9	Worship – Speaker Dave Jenkin
	11	Year 5 Easter Worship

Thank You

- ♥ Thank you to the wonderful parents who have offered to be on the **First Aid Room Laundry** roster for washing the linen. We really appreciate this task being done.

Names: Lauren Breedt, Alycia Wilson, Amanda Dent, Katrina Elden, Bethany Jones, Colleen Zaplatynskij, Alice Wong and Rebecca Laity.

We need just one more person to help once a term. Please contact front office ladies if you can do it.

THANKS

School Tours

Invite a friend or neighbour to our next tour.



Pilgrim School Tours
Saturday 16th March 10.00am

For parents interested in finding out more about what is on offer at Pilgrim School. Please encourage families to phone the school to book a tour, or simply come on the day.

Student Leadership Team

The Student Leadership Team (SLT) were presented with their badges at Assembly Tuesday 19th February. Year 6 teacher, Mrs Mel Carpenter, will have oversight of the SLT this year.

Congratulations to the students who have been elected to represent their class for 2019

Reception – Sienna Brown, Harry Steel
 Rec/Year 1 – Jaxon Zhao, Abigail Upton
 Year 1 – Jennifer Crowe, Josiah Roberts
 Year 2F – Madison Jones, Thomas Morgan
 Year 2G – Aston Smith, Zoe Moncrieff
 Year 3 – Evan Bakurski, Charlotte Crowe
 Year 4 – Ben Gomez, Zoe Carpenter
 Year 5 – Rhys Wheadon, Mia Golding
 Year 6 – Ben Sutton, Sarah Gomez
 Year 7 – Annabel Loffler, Joshua Tretheway



Dinner



The New Parent Dinner will be held on **Thursday 28th February 2019**. The dinner is for parents who have children starting for the first time at Pilgrim in 2019, or who started later in 2018, and don't have any other children already enrolled. A crèche is available for those who need babysitters.

Year 3 parents are helping with the dinner by setting up, serving food, donating non-alcoholic drinks and doing dishes. Food will be provided free of costs to guests, with the Sarre family catering for the main meal.

Parents & Friends generously support the dinner and see it as an important way to welcome new families.

Sibling Enrolments for 2020 & 2021

For families with younger siblings

The following families have siblings enrolled to start at Pilgrim in our Reception class in **2020: Earl, Elden, Hyde, Irungu, Larcombe, McCaffery, Moncrieff, Potter, Routley, Russell and Wang**. If you have a child commencing in Reception next year and your name is not on this list, please ask for an enrolment form at the front office, speak to Kristen Heath or email me at heathk@pilgrim.sa.edu.au. If you have friends with children due to start school next year, please let them know about Pilgrim and invite them to one of our school tours.

Our **2021** Reception class currently has siblings from the following families enrolled: **Earl and Hodges**. If you have a child due to start school in 2021 please speak to our Registrar, Kristen Heath, as soon as possible. This will help us decide how many new families can be enrolled

Kristen Heath

Marketing Manager & Registrar

School Board

The School Board have just held their first meeting for the year. We would like to thank them for volunteering their time to be on the Board and supporting the school in making decisions, giving direction and governance. The School Board meets eight times a year, and some members are also involved in sub-committees dealing with building initiatives, finance, marketing and ITC.

2019 School Board Members are:

Ben Muller	Chairperson
Wendy Perkins	Deputy Chairperson
Kaylene Starczak	Treasurer
Marcus Gehrig	Board Member
Daniel Moore	Board Member
Wesley Chambers	Board Member
Brian Earl	Board Member
Rev. Dr. Jonathan Davies	Ex-Officio
Andrew Edmondson	Principal Ex Officio
Claire Henning	Secretary <i>Non-voting</i>

Congratulations to Michelle Steel

Congratulations to Michelle Steel who has recently completed her Certificate 3 in Education Support. Well done on this achievement.



Michelle works at Pilgrim as an Education Support Officer in Learning Support. Thank you for being part of the Learning Support team who work with students.

Learning Assistance Program

Do you have a love for children?
Could you spare 50 minutes a week?



We invite interested parents and grandparents to spend one lesson a week working with one student. The children in the program may:

- ❖ Have an interest or talent to be developed
- ❖ Need someone to listen and show they care
- ❖ Be experiencing difficulties with learning
- ❖ Need help and encouragement with learning

Contact Heather Fallon (Education Support Officer) who coordinates the LAP program and is keen to help volunteers do all sorts of fun activities with children (eg cooking, gardening) to build a great positive relationship. Email fallonh@pilgrim.sa.edu.au .

Parent Connect

All parents are welcome to connect over a cuppa on Monday mornings after dropping your child to school, 8.45am – 9.30am

Those who would like to stay for prayer for the school afterwards are welcome to, from 9.30am.

Please contact Kristen Heath for more details at heathk@pilgrim.sa.edu.au .

Important 2019 Term Dates

Feb	28	New Parents Dinner @ Seeds Uniting Church
March	5-9	Year 6 & 7 Aquatics Week
	12	Adelaide Cup Public Holiday
	15	Pancake Breakfast 7.45-8.30am run by P & F
	16	School Tours 10.00am
	20	School Board Meeting
	25	Parents & Friends Meeting 7.30pm
	30	Working Bee Reception/Year 2/ Year 4/Year 6
April	5	Campus Sports Day
	8 & 10	Parent Teacher Interviews
	10	Kyttons Delivery Day P & F Fundraiser
	11	BBQ (catering Year 2 parents) 2.00pm finish end of term Thursday
	12	Student Free Day – Campus Staff Training Day

Information Sent Home in the Last Two Weeks

- ◆ 2019 Commencement Celebration Photo Gallery
- ◆ Canteen menu and price list
- ◆ Parents & Friends Agenda 18/2 & Minutes 29/10/18
- ◆ SLT Parents: badge presentations
- ◆ Term 1 Canteen Special
- ◆ Year 2: Our Connections to Places
- ◆ Year 3: Keychains on backpacks
- ◆ Year 3: Morning Tea after worship 7/3/19
- ◆ Year 3: New Parents Dinner help needed
- ◆ Year 4 & 5: Campus Basketball
- ◆ Year 5-7: Parent letter from Campus re Clickview and Oliver
- ◆ Year 6 & 7 Aquatics



Parents & Friends

2019 Class Liaisons and P&F Secretary

Thank you to Carol Harry and Chloe Bosman for volunteering to be liaisons for Year 2.

Thank you also to Liz Upton for taking on the role of P&F Secretary, which was approved at the P&F meeting on 18th February.

Pancake Day

A **Pancake Day Breakfast** is being held before school on the morning of **Friday 15th March** to raise money for Uniting Care. It will be in the courtyard area between the main Pilgrim Building and the Oasis building. \$3 for 2 pancakes + toppings, and a drink (pay on the day).

Please come along and help us raise money for this worthy cause. A note is coming home this week asking for volunteers for this event and will provide more information. Pancakes will be served from 7.45am.



Working Bees



This year working bees will be organised differently to previous years, with there being two working bees. The working bees will be open to the whole school community, with Reception and Years 2, 4 & 6 families particularly being invited to one on Saturday 30th March, and Years 1, 3, 5 & 7 families to one on Saturday 7th September.

Please note the change of date and year levels invited for Term 1 from 16th to 30th March as advertised in earlier newsletters.

Next Meeting Date for P&F is Monday 25th March at 7.30pm

Everyone is welcome to attend.

Dan Minchin President P & F (0438 378 543)

Campus Matters

The **Campus Office** attends to P.E. and Sports Teams across Campus, Music and Instrumental Programs, Crossing Monitors and a myriad of other tasks. This is done by **Bianca Henderson**, Campus Administrator.

The direct number of the Campus Office is **8270 3077**.

Office Hours for Term 1

Monday	8.30am – 12.00noon
Tuesday	8.30am – 12.00noon
Wednesday	8.30am – 12.00noon
Thursday	8.30am – 5.00pm
Friday	8.30am – 12.00noon

Performing Arts

2019 has had a fantastic start for Performing Arts on Campus. All our students are involved in a dynamic program of Performing Arts classes, and there are also a range of wonderful additional opportunities outlined below, that students have the opportunity to get involved in!

Campus Performing Arts groups and ensembles

The following Campus Performing Arts groups/ensembles are on offer for our students this year. All groups/ensembles started in Week 3, and all meet in the Performing Arts Centre.

Year 3-4s: Junior Choir (Monday L2), Year 5-7s: Senior Choir (Wednesday L5)

Over 170 students took advantage of our first 'come and try' choir sessions. We will run our second (and final) 'come and try' session this week, and notes will go home to parents of students who are interested in continuing at the end of that session. If your child was absent, please pick up a permission form from the Campus Office.

Year 5-7s: Campus Band (Thursday L4)

Campus Band is off to a great start, with a number of new students joining our ranks this year. Students involved are playing a wide range of instruments including keyboard, guitar, flute, drums/percussion, clarinet, violin and recorders. Students have suggested a range of songs that we will develop into band charts over the year for them to learn and perform – exciting times!

Drama Club (Tuesday lunch), Campus Dance Troupe (Monday lunch)

Drama Club has had a great start to the year, with plenty of interested students. Students have had their first meeting, and will be working on their acting skills through a range of drama games and activities, with opportunities for students to get involved in all aspects of drama performance and production.

Advanced Music (Thursday lunch)

Advanced Music classes started in Week 3, with a big group of continuing and new students in grades 5-7. We are focussing on developing students' musical notation and theoretical skills, which will both enhance their instrumental practice and skills, and lay the foundation for participating in music at an advanced level over the years to come.

Instrumental Music lessons

We hosted an Instrumental Assembly on Thursday of Week 1, which gave our students the opportunity to learn about and hear the range of instruments and teachers we offer on Campus. Interested students were given our Instrumental Program Booklet to take home to parents and caregivers - this outlines our program including costs, enrolment forms (for new students), etc. We have had a strong start to the year in terms of student numbers, which are seeing a steady growth across most instruments.

In summary, a strong start to what is shaping up to be a busy and productive year of Performing Arts on Campus!

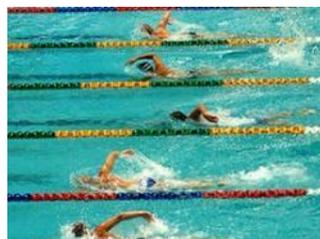
Ally Cunningham

Performing Arts Coordinator
Aberfoyle Park Primary Schools Campus
Nativity - Pilgrim – Thiele

SAPSASA Swimming

Please note the following students are competing in SAPSASA swimming in the evening on Friday 1st March. We wish them well.

13 y.o. 50m Backstroke Male Bailey BRAMMY
13 y.o. 50m Freestyle Male Bailey BRAMMY
10 y.o. 50m Backstroke Female Emily HARRIS
11 y.o. 50m Breaststroke Male George PATTINSON
10 y.o. 50m Backstroke Female Mahalia OXLADE
11 y.o. 50m Freestyle Female Mia GOLDING
11 y.o. 50m Breaststroke Female Micaela EARL
11 y.o. 50m Freestyle Female Micaela EARL
10 y.o. 50m Backstroke Male Mitchell BRUMBY
10 y.o. 50m Breaststroke Male Mitchell BRUMBY
10 y.o. 50m Freestyle Male Mitchell BRUMBY
11 y.o. 50m Backstroke Male QiSen WANG
11 y.o. 50m Freestyle Male QiSen WANG
11 y.o. 50m Freestyle Male Rhys WHEADON



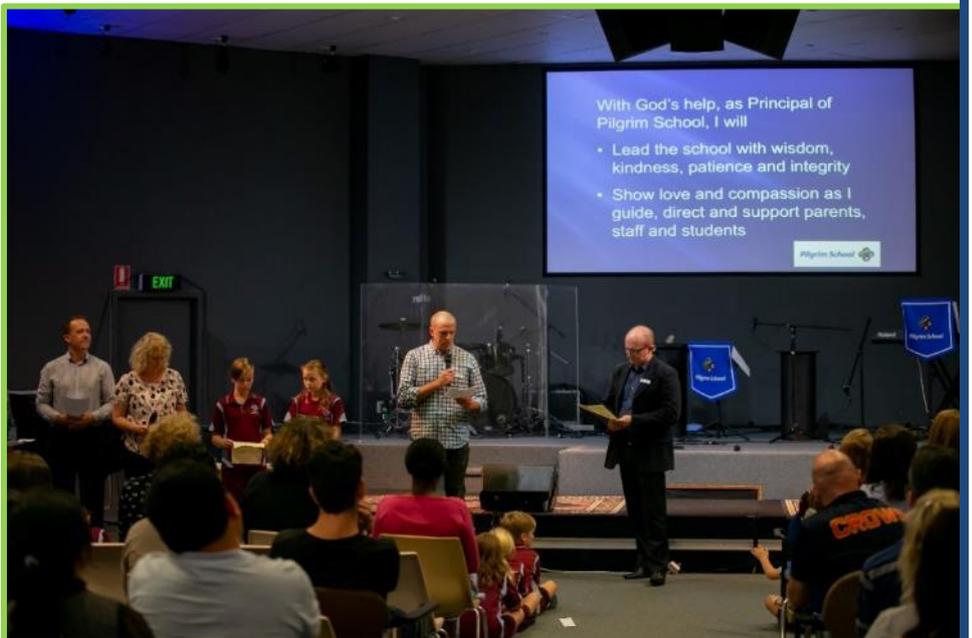
SAPSASA stands for South Australian Primary Schools Amateur Sports Association.

Commencement Celebration

4.30pm SATURDAY 9TH FEBRUARY

Worship was vibrant and family-friendly, with singing and bible presentations. Thank you to every member of our school community who attended. We appreciate the use of Seeds Uniting Church as a venue.





Uniform

Please ensure that your child is dressed in the approved Pilgrim summer uniform. If you are unsure as to the requirements, please check with the School or supplier.

Devon Clothing are open on Campus
Mondays 2.30-3.30pm
Wednesdays 8.30-9.30am
Fridays 8.30-9.30am

Not all stock is available as yet.

If Devon don't have what you need the alternatives are:

Second Hand Uniform Pool at Pilgrim School

is run by our Parents & Friends.

Simply ask our friendly office staff about sales, or selling uniforms.

Sales are cash or the Qkr app can be used.

Because of the shortage of available stock in the new uniform shop there is a need for items like:

woollen jumpers, girls blue blouses, size 6 boys shorts, larger sized boys short sleeve shirts.

DLC Uniforms, that previously supplied uniforms on Campus, still have some stock available to purchase
Please call David on 0419846723.

They do not have jumpers, but do they have limited sizes of polo shirts, summer dresses, winter pinafores, boy's shorts and trousers and boys shirts long and short sleeve.

Community News

Further Information on Notice Board in Foyer Entrance

Is your 3 to 7 year old child experiencing worry, fear or anxiety?

Then register for...

The Brave Program
for parents and caregivers of young children

Helping children
be BRAVE

A FREE online program that provides parents and caregivers of children aged 3 to 7 years with information and skills to help their child overcome fears and anxiety.

<https://brave4you.psy.uq.edu.au>

fb.me/braveparents



To keep this program free for all Australian families, anonymous data is collected at registration and during the program use, to help us track the success of the program. Some of this data may be used for research purposes.

COME AND TRY
ONKAS RUGBY
JUNIOR PLAYERS 5 - 18 YRS

THURS. 28TH FEB & 7TH MARCH
5:30-6:30PM

- ALL ABILITIES
- ALL SHAPES & SIZES
- FOR BOYS & GIRLS
- FAMILY ORIENTATED CLUB



WILFRED TAYLOR RESERVE, SPORTS DRV, MORPHETT VALE

Ready **4** SUCCESS!!

Invites you to our

OPEN DAY

Come and test your **WORKING MEMORY!**
Come and see how we help children with their ability to **FOCUS, ATTEND, and CONCENTRATE...**

By improving their **AUDITORY PROCESSING** and **WORKING MEMORY.**

Open to children and their
PARENTS | TEACHERS | PRINCIPALS

When: Sunday 17th March, 10am-2pm

Where: 2/10 Waite Street, Blackwood
(right next door to the pet shop!)



Year 2s 2019



Which part of the world are we connected to?



Finding out about our origins



Investigating about our world



insights



Giving kids scripts for social and school success

by Michael Grose

Recently, I heard my adult daughter rebuke a male friend for telling her that she'd lost weight.

"You just can't say that," remarked my daughter.

Realising his mistake this young man said, "So what should say instead?"

"Tell me I look healthy."

"Hey, you look really healthy!"

"That's better," remarked my daughter, who's not backward in coming forwards.

This young man's scripting was askew. He knew that a male complimenting a female on losing weight maybe no compliment at all, however he didn't know what else to say. My daughter gave him a new script that he can use in similar situations in the future.

This scenario is relevant to parenting. Parents should always looking for opportunities to give their kids the social scripts to express themselves in different situations.

Benefits of providing kids with social scripts

Social scripting wins the parenting trifecta. Giving kids the words to use helps them stay safe; become social and importantly, promotes their independence. Your job as a parent is to wean kids off you. Social scripting is a big part of this process.

So if keeping kids safe, while socialising and developing their independence is important then look for ways to give kids the right words to use. Here are some ideas to get you started.

1. Asking a teacher for help or assistance

Kids often coerces parents to do their bidding with teachers, coaches, siblings and other adults. It's easy to pick up the phone and arrange to meet a teacher or go into your child's room and ask for something on behalf of your child. Take a different approach. "Choose a time when your teacher is free, and then ask her if you can sit at the front of the classroom. You could say...."

2. Entering a game at school

Many kids struggle to enter into a game or activity at school, so they sit on the sidelines and miss out. Consider

coaching a child about how he or she may approach a situation. Suggest that he or she looks for someone they know, and wait for a lull in the game before asking. Social scripting involves timing, not just the words to use.

3. Telling a sibling to stop annoying them

“Jessica, please stop flicking the ruler while I’m watching TV. I find it annoying.” This may work. If not, this child could try, “Jessica, could you flick your rule elsewhere.” It may work. It may not. But it’s infinitely better than yelling, “Jessica, DDDOOOONNNN’TTTT!!!!”

4. Saying No to a friend without losing face

Research shows that many teenagers struggle with peer pressure because they don’t know how to say NO in a way that maintains their status. One strategy is to use an excuse rather than say give an outright NO. “I don’t want to drink tonight because I’ve got football training in the morning.”

5. Expressing their emotions

Both genders can struggle to express their feelings, particularly if they haven’t been taught the words to use at home. Recently, I saw a mother prompt her three year old when he was clearly annoyed.

“Are you frustrated Maxie?”

“Yes, I fusttated!!”

“Would you like a hug?”

“Yessss!”

You’re never too young or too old to be hugged. Just as you’re never too young or too old to receive a social script from a well-meaning parent or friend.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.