

# COMMUNITY NEWS



## TRIALS

WINTER SEASON 2018

when  
**Wednesday, 21 February**

where  
**Corner Bridge and Kesters Road  
Para Hills West**

ALL NEW PLAYERS WELCOME

Sub Primary (born 2009/2010) and Primary (born 2007/2008)  
5.30PM - 6.15PM  
Sub Junior (born 2005/2006)  
6.15PM - 7.00PM  
Junior (born 2003/2004)  
7.00PM - 7.45PM  
Inters (born 2001/2002)  
7.45PM - 8.15PM  
Seniors (born 2000 and over)  
8.15PM - 8.45PM

Pre-registration is requested. Please visit our website or Facebook page for details.

For further information or any queries in relation to trials and registration, please contact our Secretary, Chandel Brown at [parahillswanderers@gmail.com](mailto:parahillswanderers@gmail.com).

W: <http://www.parahillswanderers.sa.netball.com.au>  
FB: @ParahillsWanderers

## Salisbury South East Training

### INTRODUCTION TO MICROSOFT OFFICE

Would you like to learn in a relaxed and supportive environment? Do you feel like you need to increase your computer skills to help you in the future? Are you looking for the chance to increase your employability skills and develop knowledge for future study?

When: Starting Wednesday 25 April 2018 (6 weeks)

Time: Wednesday and Thursdays 9.30am to 1.30pm

Where: Pooraka Farm Community Centre, 126 Henderson Ave, Pooraka

**FREE TRAINING**

The program will include:

- Introduction to Microsoft Word
- Introduction to Microsoft Excel
- Planning Employment Pathways

(Creche will be available please discuss when enrolling)

This program will provide a unit which is accredited from Certificate I Access to Vocational Pathways. A Statement of Attainment will be issued by TAFE SA upon completion. Certificate I Access to Vocational Pathways (1P06603) competency: Use technology for basic workplace tasks (15301001).

Expressions of Interest

Contact: Zoe  
P 8406 8488 or 8432 487 611  
E [zoe.foundation@tafe.sa.gov.au](mailto:zoe.foundation@tafe.sa.gov.au)  
Facebook: [facebook.com/salisburysouthEastTrainingFoundationSkillsPrograms](https://www.facebook.com/salisburysouthEastTrainingFoundationSkillsPrograms)




## Invitation

Paralowie R-12 School  
ACHIEVEMENT FOR ALL



### Open Night

Tuesday 20<sup>th</sup> March 2018  
5:30 - 8:00pm

We look forward to your company

For further information contact  
Senior Leader Middle School, Ben Abbott  
on 85 06 7322



## The Pines School Newsletter



Week 4, Term 1  
22nd February 2018

### Respect, Belonging, Fun Engaged Learning

Dear Families,

We are experiencing problems with parents and caregivers ignoring signs and inappropriately parking and dropping off children both on adjacent roads and in car parks. This matter was raised with the school's Governing Council this week. The staff car park is only available for staff. Some parents and caregivers are driving into the staff car park to drop off their children. Children should not be walking through the car park as this puts them at risk. Some parents are double parking. Others are parking and leaving their vehicles in the no parking, 'drop off zone' at the front of the school. Salisbury Council has and will continue to send inspectors to photograph vehicles and fine drivers who don't follow rules. Safety is an absolute priority at our school and we ask all families to adhere to the road rules to keep our students safe. Recently parents photographed two parents' cars, one silver with a personalised number plate and a red hatch back with P plates displayed, parking and reversing in the staff car park. All people who continue to create an unsafe environment by parking incorrectly or using the staff car park as a drop off zone will have their details passed on to the Police and Salisbury Council. Most parents/caregivers are doing the right thing and we appreciate your assistance in this matter.

This year we have welcomed the following new staff to our school. In the front office we welcome back Courtney who was with us for a short time last year. Teaching a year 3 class in room 33 we have Ms Elaine Lambos and in room 35 teaching year 5 is Mr James Thornton who was also with us briefly last year. Mr Andrew Gardner is teaching year 5 and 6 students in room 36 and Miss Isabella Tomassoni is in room 24 with year 4 and 5 students. Mrs Carrie Katsoulas is working in our IELP with very young students in room 45 and finally we welcome Marcia Glouftsis and Lisa Minopoulos, our newest SSOs.

The Big Splash was held last week at the Salisbury Swimming Centre. It was a fabulous day for staff and students to celebrate a great start to the year. Fortunately the weather was excellent and many students reported that they had a very enjoyable time.

Our school is participating in the Premier's reading Challenge again this year. We had excellent participation in this last year as students enthusiastically and collectively read hundreds of books. Teachers and SSOs support students to choose and read appropriate books from our school library and it is great to see parents supporting this at home. Please read with your children each night as this not only develops a love of books and reading but also further supports the development of very important reading skills.

Please see the insert about our upcoming AGM for Governing Council. Please complete and return the tear off slip if you are interested in nominating for a position on Governing Council.



This year our school has joined the Scholastic Book Club. This is an opportunity a few times a year to purchase carefully selected reading materials for your children at reasonable prices. Orders can only be placed electronically on the Scholastic website through the parent Loop system. This way there are no errors or extra handling of books and no cash is handled at school. All orders will be processed on line and products purchased will be delivered to school and distributed to students.



Government  
of South Australia

Department for Education  
and Child Development

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Cherie Collings

Assistant Principal  
Sam Konnis

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Web: [www.thepines.sa.edu.au](http://www.thepines.sa.edu.au)

## Dates to Remember

Week 4

28 February

Governing Council  
Annual General Meeting


Week 7

12 March

Adelaide Cup Holiday

16 March

National Action against  
Violence and Bullying Day



## OPEN NIGHT

Wednesday 4th April  
5.30-7.45pm

Complimentary BBQ Tea available  
outside the Resource Centre from 5:30pm  
**Prize Draw at 7:45pm**

15 Shepherdson Road Parafield Gardens SA 5107  
Telephone 8258 9855 | [www.pghs.sa.edu.au](http://www.pghs.sa.edu.au)



Quality Learning Quality Futures

### Why choose Parafield Gardens High School?

- Safe, inclusive learning environment
- Strong diverse multicultural community with students from over 40 cultural backgrounds
- Our supportive, learning focussed Senior School SACE pass rate exceeds the state average at 98.2%
- Consistent Merit Achievements
- Students receive successful entry into competitive programs such as BA Medicine/Surgery; BA Laws, BA Engineering & BA Music
- Over 60 VET (Vocational and Education Training) courses
- 12.5 million dollars in facility upgrades
- State & National Awards for Wakakirri
- New specialist soccer program
- Ranked #1 in the region & #2 in the state for sporting achievement
- Broad and flexible curriculum offerings
- All student's progress is monitored through Individual Learning Plans (ILP's)
- Modified SACE program offered for students with disabilities

**REMINDER**  
Please advise the  
school as soon as  
possible of any  
change of:

Address  
Telephone Numbers  
Emergency Contacts  
etc.

It is vital that our  
records are kept up  
to date.

Thank you.

# What is your parenting style?



Parenting SA



.....  
**Parents are the most important influence in children's lives. The relationships we have with our children, the values we give them and the example we set have more impact than things like how much money we have or where we live. While there are many different parenting styles, children benefit when parents are warm and loving and provide clear guidance and support. Understanding more about parenting styles and how they affect children can help you work out the kind of parent you want to be.**  
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## Being a parent

Raising children can bring great joy as you watch them grow and develop and become their own unique person. There can be challenges too and most families find that parenting is a journey of ups and downs. It can help to remember that:

- there is no such thing as a perfect parent, or one right way to be a parent. A loving relationship with your child is what's important
- each child is an individual with their own temperament and unique qualities. You need to adapt your parenting to meet each child's needs over time
- you are a person as well as a parent. Looking after your own needs makes parenting easier
- all parents need help at times. It's OK to seek advice and support from family, friends and services when you need it.

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**Most parents learn about parenting 'on the job' and grow into their role with experience. It is important to believe in yourself and have confidence in your parenting.**  
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## What influences our parenting?

Our ideas about parenting come from things such as how we were brought up, our life experiences, our culture and religion and what we have read or seen others do. You may have had positive experiences as a child and want to do things the same way your parents did, or you might want to do things differently.

### Values

Our parenting is also influenced by our values, whether we realise it or not. We might do things a certain way because of our values – the deepest desires about life that drive us. You might:

- take time to make healthy meals because you value health and wellbeing
  - encourage children to do things for themselves because you value responsibility.
- You might decide that in your family it is important to:
- show love and kindness
  - be patient and fair
  - accept each other's differences
  - have a safe home with no yelling or hitting.

### Parenting together

Parenting will be easier if you work with your child's other parent, whether you live together or not. Talk about what is important to you both and for your family. As time goes on you can think about whether your parenting matches your values. If you value respect for others and then yell at your children or each other, you might ask whether you are living by your values.

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**Children benefit when parents work together in their parenting.**  
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## Parenting style

Studies show that there are four broad parenting styles. Parents may use a mix of these but tend to use one the most. The styles and what they mean for children are below.

### Authoritarian style

Authoritarian parents:

- tend to tell children what to do and expect them to obey
- may not give reasons and say 'Because I said so', or 'Just do it'. The aim is obedience rather than helping children learn what is expected
- can be controlling, lack warmth and be overly strict or harsh
- may have limited understanding of children's development and expect them to do things they are not yet able to
- can react based on their own mood rather than the situation or the child's behaviour.

Children raised this way may be quite obedient. They know the rules but may have lower self-worth and happiness and may become defiant or aggressive. They may depend on others to make decisions and be less likely to take on responsibilities or solve problems. Parents can have high expectations of children's learning but may not provide the support children need.

### Permissive style

Permissive parents:

- are warm, loving and responsive but provide very little or no discipline or guidance
- may give in to children's demands too often
- tend not to set firm limits, are inconsistent and don't follow through on consequences, e.g. say children can have one hour of TV but not enforce it
- can allow children to behave poorly even when it affects others.



Children may grow up feeling loved but insecure due to the lack of boundaries. They don't learn appropriate behaviour and to be responsible. They may lack self-discipline, have poor social skills and be too self-involved. Parents may not provide the structure and focus that children need to do well at school.

### Disengaged style

Disengaged parents:

- take little interest in children, don't pay much attention or get involved in their activities
- may provide for basic needs but don't offer much love, affection or cuddles
- don't tend to set limits or provide structure such as regular bed times. Discipline can be minimal or non-existent.

Children who grow up with disengaged parents are less likely to feel loved and can miss out on the guidance and support they need. They may be socially withdrawn, lack social skills and have problem behaviour. They can feel anxious and stressed from the lack of support. Parents may not have high expectations of their children achieving or even attending school.

### Supportive style

Supportive parents:

- are calm, reasonable, predictable and involved
- listen to children, explain and discuss options
- support and guide children's behaviour rather than punish
- allow children to be independent and learn for themselves
- give responsibilities suitable for children's age and ability rather than over-protecting or doing too much for them
- understand children's temperament and stage of development
- respond to situations based on the needs of the child rather than being overrun by their own emotions.

Children who grow up with supportive parents are likely to be more emotionally mature, have better social skills and self-confidence and feel greater happiness and wellbeing. They are supported to do well at school and encouraged to try their best and achieve.

# Room 44 and Room 43 are Bucket Fillers!

As part of our schools positive education program, we have been learning about Bucket filling. We read the book 'Have You Filled a Bucket Today?' and then made our own bucket flipbooks! We learnt that bucket fillers are positive people who spread kindness and fill others' buckets by helping them and giving them compliments. Check out all the amazing things we have been doing!



## BREAKFAST CLUB

Tuesday and Friday

8:10am—8:45am

Toast, Cereal, Fruit and Yogurt

All Free

All Welcome

Technology Kitchen through the Library Doors

Thanks Caroline

