Principal’s Note

Are you a ‘Helicopter Parent?’

I recently read an article by Dr. Carolyn Daich, (Director of the Center for the Treatment of Anxiety Disorders), on helicopter parenting. I would like to share an excerpt of the article with you.

The term "helicopter parent" was first used in Dr. Haim Ginott’s 1969 book Parents & Teenagers by teens who said their parents would hover over them like a helicopter. The term became popular enough to become a dictionary entry in 2011.

Helicopter parents can develop for a number of reasons. An example might be a fear of consequences for their child where he/she gets a low grade. A helicopter parent would want the grade changed so their child doesn’t get upset. Worrying about the world in general pushes parents toward taking more control over their child’s life in an attempt to protect them and therefore keep their child from ever being hurt or disappointed.

Evidence-based research studies say that failure and challenges teach kids new skills, and, most importantly, teach kids that they can handle failure and challenges. If the parent is always there to clean up a child’s mess or, prevent the problem in the first place, how does the child ever learn to cope with loss, disappointment, or failure?

Studies have also found that helicopter parenting can make children feel less competent in dealing with the stresses of life on their own, bringing on increased anxiety and depression. Children who have always had their social, academic, and athletic lives adjusted by their parents to best fit their needs can become accustomed to always having their way and thus developing a sense of entitlement.

Parents who always tie shoes, clear plates, pack lunches, launder clothes, and monitor school progress, even after children are mentally and physically capable of doing the task, may prevent their children from mastering these skill themselves.

How can you avoid being a helicopter parent?

The article offers this advice: "As parents, we have a very difficult job. We need to keep one eye on our children now, their stressors, strengths, emotions and, one eye on the adults we are trying to raise. Getting them from here to there involves some suffering for our kids as well as for us. In practical terms, this means letting children struggle, allowing them to be disappointed, and when failure occurs, helping them to work through it. It means letting your children do tasks that they are physically and mentally capable of doing. Making your 5-year-old’s bed isn’t hovering. Making your 13-year-old’s bed is. Remembering to look for opportunities to take one step back from solving our child’s problems will help us build the resilient, self-confident kids we need."

Next time your child has an issue ask yourself the question, ‘Am I allowing them to think for themselves and problem solve the issue?’

Have a lovely break everyone and I will see you all after the holidays!

Jo Sinclair-Jones
Gold & Silver Awards

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<td>3</td>
<td>Annalise</td>
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<td>4/5</td>
<td>Toby R</td>
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**Gold & Silver Awards for Term 1, Week 4:**

**Gold & Silver Awards for Term 1, Week 5:**

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<td>5/6</td>
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**Gold & Silver Awards for Term 1, Week 4:**

- PE Awards went to Ryer and Hana.
- Neville went to Year 4/5.
- Gotcha COTW went to Year 4/5.

**Gold & Silver Awards for Term 1, Week 5:**

- PE Awards went to Abbie and Toby R.
- Neville went to Year 5/6.
- Gotcha COTW went to Year 1.

P&C News

The P&C’s AGM is on Monday 21st March 2016, at 6.15pm in the Staff Room. All positions will be advertised as vacant and will be filled at this meeting. A General Meeting will follow on from this. I look forward to seeing you there.

An important topic continues to be the issue of the school Groundsperson. Some of you may not be aware that the School’s Groundsperson retired at the end of last year and since then the Department of Education has taken back the funding for this position. Instead they provided funding for the equivalent of 4 hours per week for maintaining the school grounds. This is seriously inadequate and we are worried for our children with snakes and mosquitos as well as the rare plant life, birds and koalas that live in the grounds. On the P&C Noticeboard you will find a letter you can take which will help raise awareness about this important issue.

Helen Mowat MISS P&C President.

SWPBL Schoolwide Positive Behaviour Learning

This week’s lesson is: **RESPECT OTHERS’ RIGHT TO LEARN**

The Year 5/6’s gave examples on parade of how to respect others’ right to learn such as “Keeping a tidy space” and Avoid interrupting”. 
Prep News

As we are approaching the end of term it is very important to remember that every day counts. We will be completing assessment in most areas so try to have your child rested and ready for school.

**English**
We have sent home a copy of the story chosen for student presentations "I like...a Rosie and Wallace Story". Please help your child prepare. The presentations will take place next week in place of the Show and Tell time.

**Maths**
We will be having an Oz Olympics to wind up the term’s maths work. If you would like to come along and help, it will be on Wednesday 23rd March, from 12:00. Many areas of the Australian Curriculum will be included such as ordinal numbers, collecting data and measurement. It should be a fun afternoon.

**Science**
The Weather unit has been progressing well with quite a bit of activity and variety of weather conditions being observed. The children made some interesting weather collages and cloud paintings that will be sent home soon.

**History**
Family photos are still coming in and will be presented to the class before term end. Please help your child to be ready for this by, especially making sure that they are familiar with the family members in the photos.

**Reading Eggs**
We have been spending some time on Wednesdays in the computer lab using the Reading Eggs program. With 22 children to assist during this time, any parent assistance would be appreciated. Reading Eggs can be accessed from home and would be a great activity during the holidays.

**Home Readers**
These readers do not go home over the school holiday breaks. Please try to continue to read with your child daily and practice the sight words your child has been given.

We have had a fantastic first term. The class has settled in well to school routines and are enjoying each day. A big thank you to the parent helpers who have been assisting with readers each morning and swimming on Thursday.

Have a lovely Easter and a safe holiday.

Julia & Melissa
**Year 1 News**

This week we are busy with assessment tasks. Please be sure your child does not miss days unnecessarily.

Many thanks to those who have brought their History timeline, photo and item to school already. A number of students are yet to do so. As these are needed for students to complete their assessment task, please be sure to have all items here as soon as possible. Thanks for your help with this.

We have almost completed our Birthday Investigation. As part of this unit we have been examining calendars and answering questions such as “How many days until...?” and “How many months until?” With Easter and the school holidays fast approaching, there are plenty of opportunities for the children to apply this knowledge at home with your home calendar.

Funky Hair day was fun on Friday. It was great to see so many participate and support a great cause.

If you have any queries about the curriculum or your child’s progress, please be sure to contact me.

Email iterk1@eq.edu.au

Jo Terkelsen

**Year 2 News**

Last newsletter for the term... already!? What a busy term we have had in Year 2. All students should be commended for their hard work throughout the term, in adjusting to new routines and an increased workload. Some highlights from this term:

- Writing and presenting our poem
- Creating and testing different paper plane designs
- A presentation from Bravehearts
- Reading our first class novel – *James and the Giant Peach*
- Funky hair day
- Planting our own fruit tree

Huge thanks to Peggy McArdle who has been such a great help with changing readers each morning – I really appreciate your time. Wishing all families an enjoyable and restful holiday, see you next term!

Delia Koelman
dkoel2@eq.edu.au

The ‘silly pose’ photo from a human graph we made earlier in the term – students were graphing the hair colours in our class.
Year 3 & Year 4/5 News

Religious Instruction – RI lessons started last week with the students engaging well with Rev Beryl’s lesson. RI is an optional subject so please make sure that the office has up to date instructions regarding your child.

Science – Thank you for bringing in your shoe boxes - the dioramas are looking great!

Year 3 Maths – Our Maths investigation requires students to identify numbers on a page and why numbers are written in different forms. It would be good if you could have conversations with your child around this subject. Identifying numbers in a newspaper is a great start.

Year 4/5 Maths – Year 4 students will be investigating interesting facts about themselves including how many days they have lived, meals they have eaten and how many breaths they have taken. Year 5 students will be creating a number crossword using large multiplication and division sums.

Principals Morning Tea – Congratulations to those students who received their 60 gotchas and will be attending the morning tea this Friday.

SWPBL Beach party – Next Thursday 24th March, last day of term, is the Positive Behaviour Learning celebration. Please ensure your child brings a hat and drink bottle, and that you have completed a permission form for outside school activities.

Enjoy your Easter holidays - we hope the Easter Bunny finds you!

Kerri-Anne McAtee
Year 3 Teacher
ktmca0@eq.edu.au

Jeremy Pullen
Year 4/5 Teacher
jpull41@eq.edu.au

Funky Hair Day raised $170 for the Leukaemia Foundation.
Thank you to all the students who participated.
Year 5/6 News

Our work on the fantasy text, ‘The Forests of Silence’ is drawing to a close, with children drafting their own first chapter of a fantasy novel. There is quite a large amount of redrafting involved in this task, as children need to add detail and improve the language devices and strategies they use to engage readers. We will continue to work on this task throughout Weeks 8 and 9, until the work is ready to submit.

We will also be working on the Maths investigation assessment task. Many children have enjoyed completing the cross number puzzles for homework, and so now their thinking must be redirected in order to plan and design a cross number puzzle of their own. We will work on this task in class this week, and some homework may be required as we complete the task, so that it’s ready for submission and marking before the end of week 9.

I have been very pleased to see the effort and focus on homework by many students. The tasks should not be especially difficult, and it is great to see that children are seeking assistance from parents where required, but also mainly seem to be working independently. If your child continues to have trouble in any area, please be sure to contact me to let me know, so I can plan effective teaching to ensure that children’s needs are addressed. I often check in with children in class to see how they are progressing, but they are not always honest and open when reporting uncertainty.

A small number of children need to replenish some school supplies. There are a few children who have broken their ruler during the term. We use this equipment daily, so please ensure your child has a ruler every day. There are also some children borrowing equipment often. Sometimes this is because they seem too lazy to search their own desk for their equipment, or sometimes they tell me that they don’t have their own equipment. Please help your child to be properly organised for his or her learning by having everything they need at school each day. Some children are need a calculator. We will be honing efficiency and speed with this device in Term 2. Thanks for your support with this.

I would like to increase the amount of communication with selected parents by using regular emails. If you have not yet provided me with an email address through which I can contact you, please do so as soon as possible. Either write your email address and send on a note, or email me on mhamm23@eq.edu.au. Thanks.

Please be sure to contact me if you have any concerns regarding your child’s progress.

Martin Hammelswang
On Friday 4th March, 20 student volunteers participated in Schools Clean Up Day, part of the Clean Up Australia annual campaign. Thank you to all the children who helped collect over 10 bags of rubbish. This was a great community activity.

A POOL COMMITTEE MEETING WILL TAKE PLACE ON FRIDAY, 18 MARCH 2016 AT 2.45 P.M. IN THE SCHOOL STAFF ROOM

The Pool Committee is meant to be a group of community members who manage the pool’s business. The committee currently consists of 3 school staff members. New people are needed to keep this great resource running.

Any interested island residents are very welcome to attend.
Junior My Golf Sessions will re-commence in Term 2 on Monday, 18th April. Children are given a healthy afternoon tea at 3.00pm and the sessions start at 3.30pm. Parents are asked to pick up their child/children before 5.00pm. This popular activity is open to students in Year 2 and above. To register your child, please call the golf club on 4778 5188 and advise your child’s name, age and contact details.

C&K Early Childhood Centre

There are still 5 Kindy places available for children aged 3 1/2 to 5 years at C&K Magnetic Island Early Childhood Centre. If you know someone who would like to attend Kindy - please phone Lana on 4758 1168.

There are also Vacancies for babies under 2 as well as over 2’s at Limited Hours Care on Thursdays and Fridays. Limited Hours Care continues during the holiday period and we are happy for younger school aged children to attend. Please phone to arrange bookings.

Please phone Lana on 4758 1168 for more details.

THE MEN’S SHED PRESENTS “INSIDE OUT”
EASTER SATURDAY MARCH 26

7pm at the Horseshoe Bay Recreation Club, on the outdoor screen.

Admission: $5 adult, $2 kids, $12 for a family (2 adults + kids).

BYO chairs (some will be available, please bring if you can.)

BBQ from 5.30pm Meals $2.50 - $5. Soft drinks available.

Regular movie nights will be held on the last Saturday of each month, except in the wet season.