This fortnight our values have been focussing on forgiveness and we have endeavoured to assist children in understanding what forgiveness really means. Like adults, children usually find it easier to forgive someone who has accidentally hurt them as opposed to the deliberate hurt of another.

One area that children need to show forgiveness is often with their siblings. Our children each have their own personalities and as a result we may end up with children who are quite compatible or children who seem to be constantly bickering with fierce competition between them. It is evident that some children are more prone to sibling rivalry, and while it is natural and a certain amount healthy, its constancy can become intolerable for parents and other members of the family. Kids need to learn to live together and we as adults can make a difference in the way we approach sibling rivalry.

Michael Grose has suggested some ways to reduce the rivalry between children, which I thought may be helpful for families who are challenged by this issue.

The following contributes to sibling fighting and poor conflict resolution skills:

- Inflexible hard parenting
- Modelled use of power by a parent to resolve conflict
- Inconsistent parenting
- Parents taking sides in disputes
- Sibling comparison – praise one and criticise the other

When a fight is physical and loud it is tempting for adults to be the umpire and ascertain each child’s role in the fight. However if we are restorative in our approach we involve children in the resolution and focus on the relationship.

Rather than place children as the central focus it may be better to place the problem in the middle and get everyone to share their feelings as it relates to the problem rather than focus on the offender. It is then useful to talk about the rights of each child to feel safe and to function freely and fairly. Usually one child’s rights have been infringed upon in a dispute and that needs to be identified.

When children have infringed on the rights of others then it is helpful to acknowledge that and make up for it. At the heart of the process is the maintenance of the relationship rather than a punitive approach. If we see children fighting as a violation of family rules, then conflict will be continuous and we will spend our time putting out “spot fires”. However if we take a restorative view then any wrongdoing is a violation of the relationship between children. (www.parentingideas.com.au)

Home is often the training ground for helping children cope with the realities of life, and if we can assist them in learning the skills to deal with conflict while maintaining relationships we have empowered them with an essential skill for their future life.

Have a great week

Christine Clark
COMING EVENTS

School Council
The next meeting of the School Council will be held on Monday, June 30 at 7.30pm in the Staff Room.

Reference Committee Reminders
The following committees have meetings coming up, please check the dates:
Property Development  Monday, June 16  7.00pm
OSHC Committee       Wednesday, June 18  9.15am
G & T Committee       Wednesday, June 18  7.30pm

Church Services
Just a reminder that students who are participating in the Church Service programs, that you will be visiting McLaren Vale Church this Saturday, June 14. The bus will be leaving the Hall at 10.00am.
The Morphett Vale Church Service will be held on the following Saturday, June 21. Students are asked to meet at 11.15am. If you child is not participating, you are still most welcome to come along to Morphett Vale Church and enjoy the program that the students are presenting.

Parent Teacher Interviews
Parent/Teacher interviews have been scheduled for Wednesday, July 2. Request forms are enclosed for those wishing to book an appointment with the classroom teacher. All completed forms need to be returned to school by Monday, June 23. Appointment cards will be enclosed in the next newsletter.

Food Preparation Course
The City of Onkaparinga is conducting a Food Preparation Course at our school on Wednesday, July 2 between 10.00am-12noon in the library. This course outlines the guidelines and safety regulations for the handling of food. This information would be particularly helpful to those parents who kindly donate their time to assist with fundraisers that involve the handling of food. If you are able to attend, it would be great to see you.

Library Books
All borrowed library books need to be returned by the end of Week 8, Friday June 20. There will be no more borrowing for this term from Week 9. Any unreturned library books will result in a replacement fee being charge. Thank you for your cooperation so everyone can enjoy the library.

Readers
Can you also check at home, in the car, in bags or anywhere else you can think of for classroom readers. These need to be returned to the classroom before the end of term. Thank you.

Vacation Care
The Vacation Care program for the next school holidays is enclosed. Bookings are essential, so please complete the booking form and any relevant excursion consent forms and return to school ASAP. Places fill fast so get your bookings in now.

No excursions are planned for the first week so that any children wishing to participate in the Avalanche Ranch program at the church are able to do so. Staff are able to escort children to the church at the appropriate time. Please remember that there is a small charge of $3/day to attend the church program.

Wakakirri Wednesday
School Holiday Rehearsal
ALL children who are involved in Wakakirri need to be at the school holiday rehearsal on Wednesday, July 16. Please meet in the Hall from 9.00am-12noon. Any parents who can stay and help with the construction of props, your assistance would be greatly appreciated.

Wakakirri Fundraiser
To help cover the costs of materials and to subsidize the price of Wakakirri tickets, a fundraiser has been organised for Sunday, June 29. You have the opportunity to have a family portrait taken for only $10. Additional photo packs will also be available for purchase. An order form was sent home in the last newsletter, this needs to be returned (with your $10) by Monday, June 23.
Parent Information Pack
National community group Young Media Australia has developed a package “Choosing Fright-free Fight-free Viewing: a resource for parents of children under seven.” The package consists of a 5 minute DVD and accompanying booklet. It also includes a list of about 200 titles of non-violent media. The list was created by a team of three media reviewers, all qualified in child development. It is a snapshot of some titles that parents could look for to avoid violent products.

Our school has 2 copies of this resource available in our parent library, if you would like to take a look. Also, you can get more information by visiting www.youngmedia.org.au.

COMMUNITY ANNOUNCEMENTS

Piano/Keyboard Tuition
Adults and children are welcome to come along and learn to play piano or keyboard. Lessons are $15 for half hour or $20 for 1 hour. Fees can be paid weekly or monthly. If you are interested, please contact Julie Reynolds, who is located on States Road, Morphett Vale, on 8322 7705.

Growing Family Seminars
The Salvation Army is hosting two special evenings with Steve Biddulph, a well known family psychologist.
Evening 1: Raising Boys
Wednesday, June 25 at 7.30pm
Come and hear about practical ways to encourage our boys to grow up to be happy, positive, caring and motivated.
Evening 2: The Secret of Happy Children
Thursday, June 26 at 7.30pm
Steve’s talk covers how to understand and get it right with children from birth right through to adulthood.
To be held at The Salvation Army, 277 Pirie Street, Adelaide. Tickets are $25 or $20 for both nights. To book log onto www.salvationarmy.org.au/adelaide or phone 8223 7776. $2 from each ticket sold will be donated to purchase corrective surgery for a disabled child.

Kids Rally
This Saturday, June 14 from 3.00-5.00pm.
Prospect Adventist Church, 7 Ballville Street, Prospect.
Calling all kids 5-12 years. Come and hear Pr Dave tell his great stories. Join in exciting activities that will get you to ‘Look to Jesus’. Parents can come and be part of the parent forum. Hope to see you there.

From Morphett Vale Church
Avalanche Ranch
All primary school age kids are invited to join the fun at the Avalanche Ranch program during the next school holidays. There will be crafts, games, Bible stories, music and tasty snacks. This is your chance to make new friends and have lots of fun. And you can invite your friends, neighbours, cousins, anyone who likes to have fun.

Morphett Vale Church
7th to 11th July
10.00 am to 1.00 pm Daily
See the enclosed flyer for details or contact Liz Hill on 8322 3052 or the Church Office on 8322 5720.

Blue Light Movie/Disco
“Kung Fu Panda”
Noarlunga Cinema Complex
Friday, June 20
6.45pm—10.00pm
$13.50 per ticket (purchased at the door)
Children aged 5—12 years welcome.

Indoor Soccer Holiday Clinics
The Hub Recreation Centre is offering holiday soccer clinics during the school holidays. The fully supervised clinics are open to both boys and girls aged between 5 & 12 years. A great way to learn the basics of the game and develop skills and meet new friends.

Hub Recreation Centre, 100 Taylors Road, Aberfoyle Park
Tuesday 8th & 15th July from 9.00—1.00am
Cost is $8 (1 clinic), $15 (2 clinics), $28 (2 clinics + ball)
For further details call the centre on 8270 3900.
Head Lice Information
It would appear that head lice are not waiting for spring this year to make their presence known. We have had several cases of head lice in the school lately despite the cooler weather. The following information is a reminder of some of the important facts about head lice.

Lice are insects about the size of a sesame seed. The eggs are yellowish white, oval shaped and appear glued to the hair shaft. They are highly communicable and are usually transmitted by head to head contact.

Special shampoo can be obtained from chemists or hairdressers. A follow up treatment 7 days after the initial dose (or what is recommended on the bottle) is vital, as are regular daily checks. Manual removal is also recommended. They can be caught using a lice comb, tweezers or fingernails. Although time consuming, the manual removal of lice and eggs is the most important part of the treatment.

It is also necessary to clean items around the house to remove a possible source of re-infestation. Machine wash all recently used clothing, towels and bedding in hot water and dry in a hot dryer. Also clean items such as hairbrushes, combs, hats, scrunchies etc. Lice typically die within 24 hours without a host, so items that cannot be washed can be put into sealed plastic bags for up to 2 weeks. Check all family members for live lice and eggs as well.

It is recommended that a student does not attend school until the day after appropriate treatment has commenced. Regular checks of your child’s hair is essential. Get into the habit of checking the hair every time it is washed, because not everyone will itch. Even though recent research does not show that head lice are transferred via hats, sharing of hats is still discouraged. Girls with long hair are encouraged to tie their hair up as head lice will move from head to head and hair tied back will help reduce transfer of infestation. Thank you for your attention to this important matter.

Warm Up with Winter Fruit & Vegies
All sorts of colourful and yummy fruit and vegetables are in season in winter. Fruit and vegies in season are fresh, delicious and cheap! There’s so much variety to enjoy.

Some of the fruits & vegies you’ll find in season:
Fruits: Custard apples, grapefruit, mandarins, tamarillos and tangelos are all winter fruits that are less likely to be available or as cheap in other seasons.
Vegetables: Most winter vegetables are also available in other season, which includes: Artichokes, avocado, beetroot, broccoli, cabbage, capsicums, carrots, cauliflower, celery, cucumbers, eggplant, lettuce, marrow, mushrooms, onions, parsnips, peas, potatoes, pumpkins, spinach, squash, sweet corn, sweet potatoes, tomatoes and zucchini.

Tips to help get more vegies and goodness into kids
● Offer vegies in different forms—raw, cooked, canned, dried and frozen, and encourage children to try them.
● Cook vegies just until tender or crisp by steaming, microwaving or stir-frying them. Don’t overcook them so they are soggy. Over-cooking can make vegies’ taste, texture and smell unpleasant, and makes them lose their goodness.
● Children’s food preferences can change very quickly. Keep offering small amounts of disliked vegies, as the more familiar it is, it may lead to them accepting it. Serve bigger quantities of their favourite vegies.
● Raw vegies like capsicum strips, peas in the pod, cucumber, bean sprouts and tomato wedges are often the most popular with kids as they make great finger foods.
● Mix grated or diced vegies in with their favourite foods! Eg. Add peas, grated pumpkin or carrot to burger patties, add grated carrot and zucchini to mince and pasta sauces, use vegies as pizza toppings or puree them for soups and dips.
● Always praise your child for trying new vegies. And if they see that you are enjoying your vegies on a regular basis, then maybe they will enjoy them too.

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