



Briar Hill Broadcast

Newsletter 11

Friday 4th May 2018

Dates to Remember

May

9th District Cross Country
11th After School Working Bee
15th - 17th NAPLAN
16th Class 4 VIKING Excursion
20th Sunday Working Bee
23rd 9-1pm Open Morning
25th Chai Friday Class 6

June

7th German Play Exc. Class 5&6
11th Queens Birthday
19th Winter Festival @ Edendale Farm
22nd Chai Friday 1-2s
26th Parent Talk - 'Natures Play' movie
28th End of Term 2 - 3.30 Dismissal
29th Curriculum Day

Principal Report

NEWS FLASH

Dragon Renovation.....

The Dragon in the playground is being re-skinned on Tomorrow - Saturday morning between 9.00am and 12.00. If you can please help even for an hour it would be most appreciated!!

Graffiti

We have a couple of Graffiti attacks on the playground in the last 2 weeks. Texta is the choice of weapon and it's fairly easy to remove....by me of course! I love it when I see families playing in the school on weekends as this is the best way to prevent this from happening. If you do see anything suspicious and know who may be responsible please let me know.

After School Working Bee Friday 11th of May

We will have a short working bee after school on the 11th of May for those people who struggle to get out of bed or have sporting commitments on Weekends. We would love to see as many faces as possible attend.

Insurance and Ambulance Cover – DEECD Reminder

Parents are reminded that the Department does not provide personal accident insurance or ambulance cover for students.

Parents and guardians of students, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs.

In some circumstances, medical or other expenses will be paid by the Department where it is assessed that it is likely, in all the circumstances, that the Department is liable for negligent (careless) acts or omissions of its staff/volunteers.

Private property brought to school by students, staff or visitors is not insured and the Department does not accept any responsibility for any loss or damage.

Michael Grose – Parenting Ideas

This week I thought I'd slip in a Michael Grose article from his website Parenting Ideas. His articles are always well written and to the point and help us navigate through the difficult role of parenting. It's amazing how you can buy a whipper snipper and with it comes a detailed instruction manual with a "troubleshooting" section but children are not born with any instruction manual! They just seem to land in our laps and we make it up as we go along! Michael Grose's parenting advice certainly helps! <https://www.parentingideas.com.au/>

Have a great weekend everyone!

Rowan Kayll

Principal

Let kids off the leash for greater confidence and resilience

"Did you as a child or teenager enjoy more freedom to move around your neighbourhood than you give to your kids?" I often ask parents this question at my presentations and the answer is usually overwhelmingly affirmative. I then ask: "Put your hand up if you benefitted from this freedom in any way including developing self-confidence, gaining independence and learning how to solve your own problems." Almost every parent present raises a hand.

Deep down we know that giving kids more freedom is good for their overall development, yet we so often struggle to give kids the same liberties to roam that many of us enjoyed as children ourselves. Recently Tim Berryman, principal of Fitzroy Community School, gave a speech urging parents to be brave and give their children more freedom. The speech obviously struck a chord, as more parents in his school now allow their children to travel to school independently, as well as walk to the shops, the park or friends' homes without an adult. Bravo to the principal for taking a stand and three cheers to the parents who changed their ways and gave their kids the opportunity to roam away from home without adult supervision.

In my book *Spoonfed Generation* I wrote how it was the edgier escapades – such as climbing walls, exploring drains and building cubbies from scraps scrounged from a nearby wood yard – and not the safe experiences that shaped me and made me less fearful as a child. These types of experiences in unpredictable environments taught me about being resourceful, assessing risk and confronting my fears.

I would strongly argue that although I benefited greatly from a very good formal education at school it was these unorganised activities that helped me reach my full potential. Unfortunately, these are not the type of experiences many of today's children and young people enjoy.

Not all risks are the same

There are a number of reasons why today's generation experience less freedom than previous generations. These include busy after-school schedules leaving less time for wandering and the centralisation of shops and parks reducing opportunities for walking. However it's the perception that the world is a more dangerous place that seems to be most pertinent. This is despite there being little evidence to suggest that stranger danger is on the rise. The wish to keep kids safe is now paramount for many adults, but it comes at the expense of children's and young people's natural developmental need for unpredictable experiences away from constant adult supervision.

We need to be careful we don't throw all risk into the same basket. We need to separate risk-taking in terms of unsafe/unhealthy risks (e.g. playing chicken with cars on busy roads) and safe/developmental risks (e.g. using traffic lights to cross busy roads). It's evident that children who are exposed to safe risk-taking usually are less fearful, less anxious and more able to take on new challenges and experiences.

Parents need to be brave

Perhaps one of the hardest parts of parenting is letting go of our primal need to keep kids safe from pain and harm. The wish to protect is in the DNA of most parents, yet we can't let that innate desire restrict children's basic developmental need to explore, to be curious and to pull away from parental protectiveness. As Tim Berryman said so eloquently in his speech, "We don't need to reflect for long to consider all the disasters that could befall our children in the park, travelling to school or going to the shops. ... (But) if we are aware of the cost of this fear, and instead keep it in check, we will help to nurture a more empowered child, laying out the ground for a more empowered adult."

Just as we want our children to be brave and face their fears, we too need to face down some of the unwarranted fears that we have for our children's safety. Navigating fear is a part of parenting just as it is part of growing up. It makes us feel uncomfortable. But when we face those fears, confidence and competence grows and anxiety dissipates. This principle is just as pertinent for parents as it is for our kids.

**A Reminder to Class 6 Families that the Secondary School
Transition form is due next Friday 11th May.**

Late forms cannot be accepted.

Briar Hill's own 'De Tuckshop'

Every Thursday a sweet, enticing, exotic yet comforting scent wafts through the school corridors – aromas of cinnamon, cloves, cardamom, ginger, and other spices. This is Chai brewing in preparation for lunchtime's tuckshop.

Briar Hill Primary School offers a unique service to its students – 'De Tuckshop'. It is located on the deck opposite the dragon, and opens every Thursday lunchtime to cater to our children. It is often open after school on Thursdays and Fridays for refreshing icypoles or hot chai depending on the season.

Deborah Moerkerken began De Tuckshop some years ago as a volunteer with other parents. Now she is the Tuckshop Manager and provides a delicious and wholesome menu to our children each week. De Tuckshop's environment intermingles Deb's own Dutch style and local Indigenous culture.

De Tuckshop Menu

The BHPS community tends to be conscious of the choices we make for our families' food, from nutrition and variety to how it is grown and sourced. Other school tuckshops in our local area only provide generic soft drinks and processed food options. We are more fortunate.

Over the years, Deb has developed a menu of tried-and-tested dishes that children find appetising and that are packed with magically hidden vegetables. She uses organic and local ingredients wherever possible – and does it all on a not-for-profit budget to keep meals affordable.

The menu is posted each week on the blackboard (and the BHPS Facebook page), and includes favourites such as:

- perennially popular macaroni and cheese
- spaghetti bolognaise (meat and vegetarian)
- chicken and tomato soups
- seasonal vegetable curries and mango lassi.

Main meals cost \$5 per serve. Gluten-free and vegetarian options are always available. Extra treats are offered, such as chai, 100% fruit icypoles, paletas, and homemade Dutch gingerbread biscuits.

Did you know? Deb is familiar with our children's preferences, and will adjust the serving size for each child according to their individual appetites.

How does it work?

Classes Prep to Year 2 – Write your child's tuckshop order and pop it with the cash payment into an envelope or small reusable bag to give to the teacher on Wednesday morning. Deb arranges to deliver the meals to your child's classroom.

Classes Year 3 to 6 – Children may visit De Tuckshop at Thursday lunchtime with their money and order directly at the counter.

Did you know? You can pay for your children's orders in bulk in advance (for example by the term) by EFT to the school, or paying Michelle at the office. Then your children only need to place their orders each week.

De Tuckshop is part of what makes BHPS special – let's support it regularly and help keep it viable so it can continue for years to come.

Julie Seamer
Investigating & Restoring your Health



TUMMY TAMING FOR BRAIN HEALTH

If someone in your family is dealing with digestive upset a Naturoapthic session can help uncover the drivers of those symptoms

Better digestion = improved stress resistance & enhanced immune function

Poor gut health = foggy brain, imbalanced moods

& food sensitivities with resultant gastritis that CAN BE RESOLVED

I am Liam's Mum (in Prep) with a local practice & 20 years clinical experience.

BHPS special:
\$10 off child or adult consult - expires 30th June

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