NEWSLETTER No. 4 February 19th 2015

Important dates:

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<th>February</th>
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<td>23rd</td>
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<td>Information Sessions &amp; Family BBQ</td>
<td>Labour Day holiday</td>
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<td>25th Gym</td>
<td>10th Aunty Peach Show - $6</td>
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<td>26th Parent Teacher Interviews</td>
<td>12th Ride 2School Day</td>
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<td>27th Clean Up Australia Day</td>
<td>13th Young Leaders Conference – Gr 6</td>
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<td>27th Bulb Orders Due</td>
<td>17th MARC Van</td>
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<td>3rd School Photos</td>
<td>23rd Zone Family Fun Night</td>
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<td>3rd MARC Van</td>
<td>24th School Council AGM</td>
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<td>4th Preps first Wednesday at School</td>
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March

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STUDENTS OF THE WEEK

Congratulations to last week’s award winners:
Prep – Paddy for working hard to complete his work in set time.
Gr. 1/2 – Amelia for being an excellent helper in the classroom.
Gr. 3 – Thomas A for putting in a 100% effort into everything and making great improvement.
Gr. 4/5/6 – Skyla for great punctuation in her writing.

WATER SAFETY DAY

Last week our 4/5/6’s went to Lake Eppalock for an Open Water Safety Day. More photos and information is in our ‘From the Classrooms’ section.

GOLDEN BRUSH

Congratulations to Preps for winning the Golden Brush this week.
**HOUSE COMPETITION**

Last week’s House Competition winners were McIvor.

**SPELLING & READING AWARDS**

Well done to the students who advanced another level with their spelling and reading words this week.

**PRINCIPAL’S REPORT**

**SCHOOL CAMP**

With increased numbers in Grade 2-6 this year, staff and School Council have had to consider changing the organisation of our camps program. This year’s camp is to Melbourne and taking all Grade 2-6 students would mean a total of 48 students. This is a large group to take away, especially to Melbourne where trains, trams and lots of walking are involved. For some Grade 2’s, nights away from home can be tricky. With increased enrolments in our younger grades, this issue will continue to grow.

Changes in our camps arrangements were discussed and approved at School Council on Tuesday night.

The main school camps will now be for Grades 3-6. This works on a three year – city, bush, beach rotation. This year’s camp is to Melbourne.

A smaller camp will involve the Grade 1/2 students. We will look to utilise the local Axedale Rotary Camp for a two day camp late in Term Three. Grade Two students will sleep over and Grade One students will complete an afternoon/evening stay, sleep at home overnight and then return to camp for another half day of activities. Some Grade One’s may be comfortable sleeping overnight. This will be an option that can be worked out closer to the time. With the Grade Two’s sleeping over for a night close to Axedale, it provides an opportunity to sleepover as a lead in to Grade 3-6 camp.

The Grade 3-6 camp will take place on 15th – 18th September and the Grade 1/2 camp is planned for 3rd and 4th September.

All school camp details and costs will be sent home in the first week of Term Two. A range of payment options will be place.

**SCHOOL PHOTOS**

School Photos will be taken on Tuesday March 3rd by Richard Gibbs Photography. Ordering Packs have been sent home with this Newsletter. Parents are asked to complete an order envelope per child, include the correct money (it goes straight to Richard) and return the Order Pack by next Friday the 27th February.

**CLASSROOM QUESTION & ANSWER SESSIONS & FAMILY BBQ NIGHT**

Classroom question and answer sessions with the teachers will be held on Monday 23rd February. This will be an opportunity for parents to get to know the teachers and ask questions about how their classes will operate through the first part of the year.

Following the Question & Answer Sessions, we will be holding a Family BBQ from approximately 6.30pm at the school to welcome both new and existing school families. School will provide meat, veggie burgers, bread and salads.

Families are welcome to come along just for the Information Sessions if that best suits.

For approximate catering purposes, please complete the slip attached to the newsletter and return it to school tomorrow. With thanks.

Program:-

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<td>5.30</td>
<td>Grade 4/5/6 Netbook Information Session and signing of Parent/Student/School agreements.</td>
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<td>6.00</td>
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<td>6.10</td>
<td>Classroom information and question/answer time</td>
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<td>6.30</td>
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PARENT TEACHER & GOAL SETTING INTERVIEWS
We will also be holding Parent/Teacher Interviews on Thursday 26th February from 12.00 – 5.00pm. It will be a chance to analyse the first few weeks of school and to make clear plans covering academic and social aspects. At these meetings, each student’s Individual Learning Plans will be shared and then put into place for the remainder of Terms One and Two.
A note for interview times is attached today.

SCHOOL COUNCIL ELECTIONS
Last week’s Newsletter contained a range of information about the upcoming School Council Elections. Nomination forms are available at the Office or on the Parent’s Noticeboard. You can have someone nominate you or you may choose to self-nominate. Nominations opened on Friday 6th February and close tomorrow Friday 20th February at 3.45pm.

YOUNG LEADERS CONFERENCE
On Friday March 13th, our Gr. 6 students will be travelling to Melbourne to take part in the Young Leaders Conference at the Melbourne Conference and Exhibition Centre. They will be joining with around 2,000 other students to listen to guest speakers such as Andy Griffiths, Bindi Irwin and Winter Paralympian Jess Gallagher. The guest speakers will be sharing their thoughts on what makes a good leader, working as a team, encouraging others and taking on special projects. More information can be found at http://www.halogen.org.au/event/melbourne-primary

SCHOOL & HOUSE CAPTAINS
The results of the elections and the announcement of the School Captains for 2015 will be made at Assembly on Monday 23rd February.

BURNSIDE FAMILY
On behalf of the school community, I would like to pass on our sympathies to the Burnside family with the passing of Danielle’s mother. Our thoughts are with Danielle, Paul, Rachael and Jodi.

ZONE FAMILY FUN NIGHT
As per last year, our Parents, Volunteers and Friends group will be hosting a Family Fun Night at the Zone on Monday 23rd March from 5pm. This is not a fundraiser, just a chance for families and children to get together in a relaxed environment. A small charge of $10/family will cover the cost of a BBQ tea and Zone entry.

BREAKFAST CLUB ROSTER
Thanks to those who have offered some help with Breakfast Club. A roster is attached for those families. The Roster is as follows:
Tuesday 24th February – Sharon Hipwell & Melissa Doak
Thursday 26th February – Julie Liersch & Emma Carmody
Tuesday 3rd March – Corrine Cummins & Sharon Hipwell
Thursday 5th March – Melissa Doak & Jocelyn Davies
We are happy to continue to add names if others are keen to help out.

RIDE 2 SCHOOL DAY
Our Ride2School Day will take place on Thursday March 12th. We will again be joined by members of the ‘Friends of the Bendigo Kilmore Rail Trail’ group. The ride is planned to arrive at school at approximately 8.45. There will be a number of starting points along the way for all ranges if fitness. Younger students may wish to ride their scooters and smaller bikes from the Axedale Park as the main group comes through. A longer than previous ride will be available for those students who coped so well with last year’s Bike Hike. Parents are welcome to come along as well. More details will be in upcoming Newsletters.

CLEAN UP AUSTRALIA DAY
Students will be taking part in Clean up Australia Day on Friday 27th February. We will be working in our school grounds and around the town to pick up as much rubbish as we can find. The school has some gardening gloves but students are encouraged to bring their own if they have some.
FRESH FRUIT FRIDAY
Many thanks to those who have volunteered to help cutting up fruit on Fridays.
Friday 20th February – Julie Liersch & Julie Allen
Friday 27th February – Corrine Cummins & Tracey Meekings
Friday 6th March – Susie McGrath & Donna Brandt
Students will be provided with a couple of plates of fresh fruit at the end of lunch time and recess to munch on.

STUDENT ACCIDENT INSURANCE
We have been requested by DET to remind parents that the Department does not provide personal accident insurance for students. Parents and guardians are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs. Student accident insurance policies are available from some commercial insurers. These cover a range of medical expenses not covered by Medicare or private health insurance.

LUNCH ORDER REMINDER
Parents are reminded that hot food is only available for lunch orders on FRIDAY. If your child orders hot food on other days the shop will organise with us to swap the order for another item.

TERM DATES 2015
Term 1: Thursday 29th January – Friday 27th March (Easter is in the middle of the school holidays)
 Term 2: Monday 13th April – Friday 26th June
 Term 3: Monday 13th July – Friday 18th September
 Term 4: Monday 5th October – Friday 18th December

MICHAEL GROSS PARENTING RESOURCES
Our school is a member of www.parentingideas.com.au
This week’s attached article is “10 golden rules for parenting success in 2015”.

QUOTE OF THE WEEK
If I had of asked my customers what they wanted, they would have said a faster horse!
Henry Ford

Lex Johnstone
Principal

FROM THE CLASSROOMS

OPEN WATER LEARNING EXPERIENCE – LAKE EPPALOCK
Last Friday, our Gr. 4/5/6 group travelled to Lake Eppalock to take part in a special Water Safety Day based around safety in an open water environment. The session was run by trained staff from Life Saving Victoria.
Some key messages from the day are:

- never swim alone
- look before you leap
- you can use different buoyant items to save a life: kickboard, rope, esky, football.

Zara – It was good because we now know how to save someone if they are drowning.
Josh – I think the day was good because we learnt how to save people using different devices.
AUNTY PEACH SHOW
On Tuesday March 10th, students will be heading over to the Axedale Hall with students from Eppalock PS to watch the highly acclaimed Aunty Peach Show. The Aunty Peach Show was the winner of the 2011-2014 Performers In Schools Excellence Award.

This school show provides children with a fun-filled learning experience that supports literacy, personal development & drama units, all in an enjoyable, interactive environment.

Centring around the magic of Roald Dahl’s wacky and humorous twisted fairy tales as published in the "Revolting Rhymes", this educational show is children's entertainment at its best.

Along with the animated storytelling, the magic, the visual spectacle and the humour, Aunty Peach also passes on to the students, stage terminology and useful tips for drama performance.

The cost of this performance is covered in our Excursion levy.

If you haven’t paid the excursion levy upfront the cost will be $6 per child. Please pay by Friday 6th March.

GUITAR LESSONS
Our Guitar Teacher Jo Woodward has begun lessons for the year. Parents of students taking lessons are asked to send along their $12 each week. Payments in advance are also possible. If your child is interested in guitar lessons please phone Jo on 0417 374 834 or email jo.woodward@iinet.net.au

DRUM LESSONS
David Dewar is offering drum lessons on Mondays at school. Lessons are $20 for a 30 minute session. If your child is interested, please contact the school for further information.

PARENTS, VOLUNTEERS & FRIENDS (PVF)
Our Parents, Volunteers and Friends Committee are our main fundraising group. Fundraising plans for this year as well upcoming events were discussed at last week’s meeting.

Points to note and some dates to add to your calendar from the meeting include:-
- Bulb orders were sent out last week and are due back on February 27th.
- Easter Raffle tickets will be sent out on March 12th. Closer to the end of term, families will be asked to donate an item to the Easter Raffle.
- The Axedale School Masquerade Ball will be held on Saturday June 20th at the Axedale Hall.
- The annual Progressive Dinner will be held on Saturday August 22nd.
- PVF will run a Family Fun Night at the Zone on Monday 23rd March. A flyer is attached to the newsletter today.
- The Mother’s Day Stall will be held on Friday May 8th.

FORMS TO BE RETURNED OR ORGANISED AT SCHOOL

PARENT TEACHER INTERVIEWS
Forms requesting interview time slots are due back at school by Monday 23rd February.

FAMILY BBQ NIGHT
Slip to be returned tomorrow with numbers for catering purposes

FAMILY INFORMATION
Thank you to the families who have returned these forms. It is extremely important that the school has up to date information about your children and their contacts etc. Please look through the forms sent home in a separate envelope last week, correct/add anything that you think needs changing/adding and return them to school ASAP. Many thanks for your support in this matter.

PRIVACY INFORMATION CONSENT FORM
Privacy consent forms for each student were sent home last week. Can these please be filled in and returned to school ASAP so our records can be updated.

ASTHMA MANAGEMENT PLAN
At the beginning of each school year we require an updated Asthma Management Plan for those students who are diagnosed with asthma. Can these please be organised ASAP and the new plan dropped into the office so we can update our records? Parents are also asked to check the expiry date on any medication which is kept at school and supply the school with new Ventolin if required. Parents are reminded that we require each student to have their own spacer due to health regulations. Thanks for your assistance with this.

**SCHOOL SUPPORT PAYMENT (replacing EMA)**

Our school has introduced a School Support Payment as per 2014 EMA arrangements. To be eligible for receipt of the School Support Payment you must:

- be either a parent or guardian of a primary or secondary school student up to the age of sixteen; **and**
- be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 2004 or be a Veterans Affairs (TPI) pensioner **or** be a foster parent.

Consequently parents/guardians are able to access the School Support Payment if they have a current Health Care Card or Pension Card. The eligibility criteria must be met as at the first day of Term 1 – 28th January 2015. Please come to the school office to complete the application. We need to sight your current card as part of the application process. Closing date for applications is 27th February 2015.

The School Support Payment provides an annual amount of $150 for students in Grades 1 – 6 and $200 for Prep students.

**CONVEYANCE ALLOWANCE**

A Conveyance Allowance is available for eligible students using private cars to attend school. To be eligible a student must live more than 4.8km by the shortest practicable route from the nearest school or bus stop. Please come into the office by the end of February to complete an application form if you are eligible.

**AUNTY PEACH SHOW**

Payment of $6 is due by Friday 6th March if Excursion Levy hasn’t been paid in full.

**FAMILY FUN NIGHT – THE ZONE**

Return form with $10 per family due by Friday 13th March.

**COMMUNITY**

Axedale CWA’s International Women’s Day Celebration

“Embracing Empowerment”

Thursday March 5th 2015 - $6 per ticket

Morning Tea at The Axedale Tavern: 10am - 12noon

Wear something Purple to help celebrate the day.

Door prize to be won. Guest Speakers & Entertainment provided.

Contact Carol Guley 0431 557 287 or Sue Rich 0414 877 888 for further Information.
**BOLD** is bringing Karen Starkies from **Dyslexia Assessment and Support Services** and **SPED Victoria** to Bendigo for an information evening for families.

**Support your child with Dyslexia or other Learning Difficulties in Upper Primary or Secondary School.**

**Time:** Arrive 6:30pm for a 6:45pm Start  
**Where:** Catholic Education Centre, 120 Hargreaves St Bendigo  
**Cost:** $10 per family

Complete the registration form located at [www.bold.org.au](http://www.bold.org.au)

Enquiries: - email info@bold.org.au  
- Information: Judy 0408 312 027  
- Booking: Jennie 5434 3922

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**Bendigo Eppalock Ward Meetings**  
Rod Campbell, Helen Leach and Mark Weragoda

Note: Date may be subject to change. To confirm, please visit [www.bendigo.vic.gov.au](http://www.bendigo.vic.gov.au)

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<td>Monday April 26</td>
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<td>Axedale</td>
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FAMILY FUN NIGHT @ THE ZONE

Monday 23rd March  5pm-8pm
(Laser Tag 5:30pm-7pm)

Bring the whole family. It’s on again!
We had so much fun at the end of 2014, that we are doing it again.

We have booked the Laser Tag & BBQ area for our exclusive use.

It’s heaps of fun, good exercise, suitable for toddlers to adults,
and a great way to have a relaxed evening with other families.

This year The Zone staff will be organising shorter games,
and larger elimination games to ensure everyone gets lots of tagging time.

$10 per Family

Includes Laser Tag and a BBQ dinner for the whole family.

Please return the slip & $10 below by Friday 13th March.

The Zone Family Fun Night

Family Name: ____________________________________________

Adults:_________  Children:_________

I have included $10 payment per family
10 golden rules for parenting success in 2015

As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1. Talk more
   With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. Lean on others
   A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don’t parent well in isolation. He’s right. It’s incredibly important to build your support networks and get parents into your child’s life. Start by working closely with your child’s teacher; a natural ally!

3. Build confidence
   With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instil a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiety and fear.

4. Aim for redundancy
   The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it’s simply easier to do a job ourselves, and the new expectation that ‘good’ parents do everything for their kids. The new ‘strict paren’ is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here’s a six-word slogan to help you remember: “When kids can, let them do!”

more on page 2

Lead the gang
Parenting is now an individual endeavour. There is no place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family’s harmonious relationships; your children’s sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn’t just happen. It takes real leadership by parents to make a family act like a family!

Build developmental knowledge
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

Practice problem-ownership
Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

Swim against the tide
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

Be brave
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

Add emotional intelligence to your parenting mix
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.

Michael Grose


parentingideas.com.au