



MacKillop
St Mary MacKillop College Canberra

**COLLEGE
NEWSLETTER**
18 MAY 2018

NO. 07

IN THIS EDITION

ZED SESELJA VISIT

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Past student and Federal Liberal Senator Zed Seselja spoke with SOSE students at Isabella.

YEAR 11 RETREAT

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Year 11 spent two days in Jindabyne for a spiritual retreat from their busy school lives.

VARIETY NIGHT

PAGE 5

Variety Night is almost here! Keep watch of the College website for information regarding tickets for the 31 May event.

COMING

UP

FRI **25** MAY

- Final day of Enrolment Period
- Cross Country

MON **28** MAY

- Reconciliation Day

TUE **29** MAY

- Year 7 Camp Parent Information Session

THU **31** MAY

- Variety Night

FRI **01** JUN

- Reconciliation Mass

MON **04** JUN

- ASBA Information Evening

MON **11** JUN

- Queen's Birthday Holiday

CONTACT DETAILS &

SOCIAL MEDIA



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www.mackillop.act.edu.au



**PO Box 1211
Tuggeranong ACT 2901**



Mackinnon Street, **Wanniassa** (Years 7-9)
Ellerston Avenue, **Isabella Plains** (Years 10-12)



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mackillop.act**



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mackillop_act**



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mackillop_act**



**www.youtube.com/
stmarymackillop**

PRINCIPAL'S

LETTER



Dear families, students and friends,

YEAR 7 AND YEAR 11 INFORMATION NIGHTS AND CAREERS EXPO

I'm sure anybody who attended these evenings would wish to join me in warmly congratulating Ms Darley, Mr O'Callaghan, Ms Hundy, and the many others at this school who assisted for the wonderful events that they were.

It was gratifying to see such huge interest in the College across Years 7 to 12. I hope that all of those who attended enjoyed the pulse and rhythm of the College, the quality of our staff and facilities, and found the events to be helpful.

TRY MACKILLOP DAY 2018

Similar thanks and praise should be given to everybody involved in this day. For seven hours, it felt as though we were the largest school in the world! In between selfies and sock inspections, it was a pleasure to meet so many Year 6 students from our Catholic primary schools and from the many government schools in our area. Thank you to our staff and students who provided an engaging and authentic experience of high school for our 516 visitors.

Try MacKillop Day is about promoting the school but it is also about reassuring Year 6 students from around Canberra that Year 7 is something to be looked forward to. Feedback from our visitors suggests this was done, again, very well.

Please remember that Year 7 2019 applications close at 5pm on 25 May.

MACKILLOP AND THE CANBERRA TIMES

Thank you to Luca Hrstic and Katie Williams, both of Year 7, who represented themselves so well with *Canberra Times* journalist Han Nguyen. The *Times* took an interest in NAPLAN Online and sought the advice of Luca and Katie to produce a balanced item on pages 2 and 3 of the 17 May edition – along with a great photo!

ZED SESELJA VISITS MACKILLOP

Past student and current Federal Liberal Senator Zed Seselja generously devoted an hour and a half of his busy schedule to visit our senior economics class for a post-budget review and analysis. The class is politically engaged, informed, and enthusiastic about the political dimension of economics. All of us appreciate the fact that Senator Seselja gave valuable time to a small (but engaged) audience at a very busy time of year for the government.

Thank you to the students who gently maintained the profile of the Gonski 2.0 funding model on Zed's agenda.

Yours in St Mary MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"It was gratifying to see such huge interest in the College across Years 7 to 12."

PRINCIPAL'S PRAYER

Lord,

Lord, we pray for all those who are ill in our community. Grant them the peace of Your love.

Amen.





YEAR 11 RETREAT

On 3 May, Year 11 travelled to Jindabyne for a retreat from a busy assessment period at school. Overall, the retreat was a great experience that allowed students to get away from school, to relax and enjoy time with friends as well as allowing students to make conversation with people outside their usual friendship groups.

Despite the cold weather, it was a great trip that involved multiple activities from the high ropes, mountain bike riding, initiatives, archery and a puzzle room. All of these activities challenged the students and in the theme of the retreat 'Whatever it takes', students faced their fears and overcame challenges to achieve their personal goals.

A huge thanks to Jindabyne Sport and Recreation for taking care of the students, to the teachers who made sacrifices to come along, to Mr Lee for his inspiring words and to Mr Johnson and Ms De Ambrosio for organising this trip. A lot of laughing, many great memories made and the trip was thoroughly enjoyed by all.

Harrison Palic

Year 11 student





VARIETY NIGHT '18

SAVE THE DATE FOR VARIETY NIGHT

Tickets will soon be on sale for Variety Night, which takes place on Thursday 31 May. Variety Night is a showcase of student talent, particularly in the area of performing arts. Performing Arts Captain Sophie Highmore has some surprises planned, so come along for a night of entertainment and to support performing arts at MacKillop! Keep an eye on the College website for ticket news.

STUDENT ACHIEVEMENT

The following students will represent the Men's ACT team at the Australian Gymnastics Championships in Melbourne this month: Jeremy Blick, Lachlan McGee, and Isaac Leonard. Jeremy recently competed at the NSW State Titles placing 2nd on Vault, 3rd on Parallel Bars and 5th overall.

Patrick Dunn (Year 7) represented the ACT at the National Youth Archery Championships, which were held in Victoria during the holidays. He placed 4th in the Clout event. Patrick also received a "Local Sporting Champions" grant at a ceremony at Parliament House this week.

Jake Quilter and Stratton Kris (both Year 12) represented Australia in a Tag20 win against New Zealand on 22 April.

Josephine Dubbert (Year 9) will represent the ACT in the U17 Football Nationals, held in Canberra at the end of the month.

RECENT EVENTS AT MACKILLOP



Students learnt about their post-school options at the Wednesday night's Careers Expo.



Year 7 and 9 students completed NAPLAN Online.



Year 9 Outdoor Ed students travelled to Tathra to brave the outdoors.



The whole of Year 12 surprised their coordinator, Anna Keppel, with gifts and cards for her birthday.



Year 6 students visited the Padua Campus for Try MacKillop Day.



Senator Zed Seselja met with students at the St Peter's Campus to discuss politics and economics.

STATUS AWARDS

Congratulations to the following students who have been presented with Bronze Status Awards at the Wanniasa Campus Assembly: Rita Aoun (7W1), Katie Bissett (7W1), Alana Freene (7F2), Huzaifa Khurram (7A2), Clare Kopplemann (7A3), Morgan Mayne (7F2), Isabelle Nunn (7E1), Georgia Payne (7E2), Alec Tompkins (7A3), Jacob Tonna (7W3), Sophie Vassallo (7E2), Caleb Vickers (8W2), Samuel Warner (7F2), Emily Warren (7A1), Hamish Williamson (7A3), Jessica Wood (7F3).



TOUCH FOOTBALL

A team of eight Year 7/8 Boys competed in the Touch Football Gala day at Deakin on 10 May, showing excellent skills and outstanding sportsmanship. They progressed through the competition undefeated to make the final. Despite a determined effort, the team were defeated in the final against St Edmund's. They will be looking forward to further success in the Finals Gala Day on 7 June. Congratulations must go to all the boys and to their Yr 11 Game Day coaches.



On the same day, 11 Year 7 and 8 Girls represented MacKillop in a Round Robin competition against St Clare's College, Lanyon High School and Alfred Deakin High School. The girls competed with great sportsmanship and are to be congratulated on their performance.



LEARNING COMMONS NEWS

WANNIASSA:

The Homework club runs Monday to Thursday 3:15 to 4:30pm. This is a great time for students to utilise the Library resources and get assistance from a staff member.

Students are enjoying the opportunity to read quietly in the Library every recess.

All students in Year 7 & 8 have been signed up to participate in the Chief Minister's Reading Challenge. Year 9 are encouraged to read 15 books by the 7 September to win school prizes. Please encourage your sons and daughters to record what novels they are reading with their Pastoral Care Teacher.

ISABELLA:

Homework centre is available every Monday to Thursday afternoon at the Isabella campus for students. The Library staff (Ms Thomas & Mrs Mansfield) are available to assist students with information literacy, assessment tasks and finding resources.

Various workshops are running for students in Years 11 & 12 in the Learning Commons during Periods 4, 5 & 6. Workshops include:

- How to write a rationale
- How to better utilise EBSCO, Facts on File and LibGuide
- Preparing for examinations

Useful Learning Commons (Library) resources:

- LibGuide: libguide.mackillop.act.edu.au
- Canvas Library: mackillop.instructure.com/courses/811
- ACT Library: www.library.act.gov.au
- Digital Citizenship: www.esafety.gov.au/education-resources/iparent

Jessica Stokman

Learning Commons Coordinator

NEED HELP WITH CANVAS?

Canvas is accessible for all students and their families. You will find it a great resource for you and your son/daughters. It will have unit outlines, assessment tasks and even a calendar for each class they are in. Don't forget to check your notification settings and see if they are meeting your family needs. (Hint: Due dates and announcements are a great one to turn on).

If you have forgotten your login to Canvas and want to know what your Username and Password is, you can recover your User name or reset your Password.

To reset your password or recover your username:

- Go to <https://password.mackillop.act.edu.au/sspr-family> and click on "forgotten username" or "forgotten password", the username or password for your account will be emailed to your designated email address.
- If you do not receive the email within an hour check your spam folder or contact enrolments@mackillop.act.edu.au to verify or make the necessary changes to your family email address.

If you would like assistance with using Canvas please contact Jessica Stokman on 6209 5229 or via email to book an appointment.

Jessica Stokman

Learning Commons Coordinator

SCHOOL FEES

Term 2 Fees are due to be paid by Friday 25 May 2018 unless paying by Direct Debit or other approved method. If you would like more information regarding Direct Debit payments or have any queries regarding your fees, please contact the Fees Office.

From Term 3 2018 all fee statements will be sent electronically. This decision has been made due to the ever increasing costs of paper and postage. The benefits will help to keep fees down and reduce our environmental footprint.

Please note that if you are seeking a credit for non-attendance at a Camp or Retreat you must provide the College with a medical certificate or seek approved leave from the Campus Head.

Michelle Predovan

Fees Manager

NAIDOC MASS BOOK COVER COMPETITION

The Archdiocese of Canberra and Goulburn is holding a competition encouraging all students to design the cover of the Mass Book for the 2018 NAIDOC Mass.

The winner will have their piece of art on the NAIDOC Mass Book and a canvas print. The winner's school will receive a canvas print of the art.

Design the cover of the Mass Booklet using the 2018 NAIDOC Week theme and include a Catholic symbol. Entries must be jpeg and no smaller than 1mb. Hard copies of entries will not be accepted. See Mrs Winslade for an entry form and send your work to kerry.ocallaghan@cg.catholic.edu.au. Entries close: 8 June 2018

DIGITAL CITIZENSHIP TIPS FOR FAMILIES

iParent is a website where you can learn about digital environments and how to help your son or daughter have safe and enjoyable online experiences. The Smart Screen Parent tour is for parents of young teens. It has plenty of tips and practical steps along the way so you can help your son or daughter explore safely and manage online issues should they arise. This is especially important at this age as they strive for independence and peer acceptance.

www.esafety.gov.au/education-resources/iparent

There are no right or wrong answers and you'll get to see how other parents responded to the same questions.

Jessica Stokman

Learning Commons Coordinator



ZOE'S BULLYING STORY

Zoe Prior graduated from MacKillop at the end of 2017. Along with her mother, she features in a short video (4:33 minutes) produced as a part of an anti-bullying campaign for ReachOut: <https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-cyberbullying/zoes-cyberbullying-story>

The video includes some practical tips that are beneficial for both students and parents. If you are concerned that your son or daughter may be the victim of bullying or offensive behaviour, please contact their Pastoral Care Coordinator to discuss the potential support and strategies available to deal with the issue.

SILENCE IS DEADLY

In Pastoral Program last week, Year 8 and 9 boys attended a talk from Menslink. They have a student program called 'Silence is Deadly'. The presenters talked about their past experiences, and how they got through the challenges in their lives. We learnt many ways to deal with what we may or may not be going through and what we may face in our years to come.

They gave us the tools and the support options we have to deal with things in our life that everyone faces at times, and they reassured us that there is help out there for each and every one of us. The boys who attended came away with a deeper understanding of what 'Silence is Deadly' means, how to offer support to a mate and how to ask for support when we need it.

Sam Robinson (9F3)

**The "Silence is Deadly" presentation will be delivered to boys in Years 10, 11 and 12 later this month.*

YEAR 8 AND 9 GIRLS PRESENTATION

On Wednesday, 9 April, past College Captain, Brianna Thomas, came to speak with Year 8 and 9 girls about mental health and depression and how to cope with this. At the start of the session, Brianna talked to us about mental disabilities and told us that there are ways of getting through it. One of her powerful messages is, 'Teaching hearts to stand up for themselves, against themselves'.

Brianna said that she herself had a mental disability and told us that while it is sometimes hard to get to the other side; you can get there if you believe in yourself and above all, let others help you. Brianna shares on her website, 'My Colourful Mind', 'I have come to accept and love my difficult, needy, wonderful and colourful mind, and I want nothing more than for you to as well.' Brianna talked to us about depression and how to cope with it. She said that many of the girls present would be depressed at some stage in their lives. Brianna offered a number of strategies to look for in yourself and in others that might indicate that there is a need to seek some further assistance.

Brianna offered some very practical tips in terms of well-being including getting the required hours of sleep, exercise, eating the right food and time management.

At the end of the presentation Brianna shared a fantastic quote – "Promise me you'll always remember: You're braver than you believe, stronger than you feel and smarter than you think."

Stephanie Brettargh (9A3)

HOUSE CHARITIES

During Terms 2 and 3, MacKillop's fundraising efforts focus on the House charities. The Student Representative Council recently decided upon the charitable organisations that will be supported by each House. These are:

Mindygari
Gurabang
Meup Meup
Ngadyung

Cancer Council (ACT)
Ricky Stuart Foundation
New Hope for Cambodian Children
Mission Australia

YEAR 7 CAMP PARENT INFORMATION

A Year 7 Camp Parent Information Evening will be held for interested parents at 6.00pm on Tuesday 29 May in the Wanniasa Campus Library. Some Year 7 students (and parents) may be excited and have little concern about the camp. However, others may have anxieties surrounding particular aspects of the camp or the whole camp in general. The information evening will provide an opportunity for parents to receive an overview of the camp and address any general questions in order to ensure that the camp is accessible to all Year 7 students in a safe and enjoyable environment. All Year 7 parents are invited – please note that the evening is not for the information of students.

Lachlan McNicol

Assistant Principal Pastoral Care



GEOGRAPHY EXCURSION

Senior Geography students recently traveled to the Cowra district to participate in an educational program led by Mid Lachlan Landcare. We learned about land management and sustainable farming practices. We were able to see issues such as salinity and erosion up-close and learned about the importance of biodiversity, soil health and ground cover. It was a unique experience and a great day out.

Lucia Garcia

Year 11 student



SENIOR SCIENCE

On Thursday 10 May, the 11/12 Senior Science class had another guest lecture as part of their Cosmetic Chemistry unit. Sally Mackenzie, a dermal clinician at the CAPS Clinic in Deakin, presented a hands-on workshop on Skin care with an emphasis on sun protection. Her engaging talk covered a number of topics that complimented their coursework: the ways that light interacts with skin; the biology of the skin; the roles of melanocytes and melanin; types of solar radiation; sun-related skin damage and cancer; and the way that sunscreens protect the skin. The whole class was involved with the hands-on demonstration to investigate the effectiveness of sunscreens using a UV Wood's lamp and how the lamp could as be used to investigate skin damage. Sally closed her presentation with a discussion about the many employment opportunities in the growing field of skin care and the pathways to get there. We thank Sally for generously offering her time to share her expertise and inspire MacKillop students.

Tristan Burg

Science Coordinator - Isabella

ECO BUS TOUR

The Eco Bus Tour drove us to schools in the ACT to gather and devise sustainable ideas to implement in our own schools.

The first stop was Merici, where they 'enlightened' us with their sustainable assets. They have installed LED lights to limit heat expulsion, solar panels to help produce electricity and greenhouse and gardening systems to supply food for their canteen to use. Next, we travelled down to Daramalan, where they are focusing on waste. They have implemented a plan to sort rubbish from their bins to decrease the percentage of rubbish going to landfill.

We had many presenters talk to us about how we and other schools could collaborate to create less of a carbon footprint and create a more sustainable environment within our schools.

We would like to thank Mrs Rangwalla for the opportunity to represent MacKillop in the eco bus event and for giving us insight into how to help MacKillop be more sustainable. Some of the things we are considering doing at MacKillop are having a campaign to put the lights off at school and to start a sustainability group.

Audrey Kent

Year 11 student



PLAGIARISM

As we are approaching a peak assessment period, this information is a timely reminder of the acceptable practices regarding plagiarism.

'Plagiarism is the copying, paraphrasing or summarising of work, in any form, **without acknowledgement of sources**, and presenting this as your own work.'

ACT BSSS (2016) *What's Plagiarism and How Can you Avoid It? Advice to Students.*

Over the course of 2018, the College is rolling out the use of Turnitin. This is an internet-based text matching program which shows students and teachers when the material of others has not been appropriately cited or acknowledged in an assessment task. This constitutes a breach of academic discipline.

In Years 7-10, the College adopts an educative approach to plagiarism. Once detected, a teacher will contact home, and ask the student to resubmit the task with appropriate citations. Students will be supported by their teacher to use correct citation processes to avoid plagiarism. The original task mark will stand.

At senior level (Years 11 and 12), the BSSS Plagiarism Policy must be adhered to. These rules can be found at:
http://www.bsss.act.edu.au/_data/assets/pdf_file/0003/313905/Plagiarism_-_students_2016.pdf

The consequences of plagiarism can range considerably, from a warning to loss of unit scores. Students can access assistance with referencing and avoidance of plagiarism by using Turnitin, accessing assistance from their subject teacher or the Learning Commons teachers.

Students who share their work with other students may also be found in breach of academic discipline.

Mazia O'Donnell

Assistant Principal Curriculum (Acting)

TEACHING AND LEARNING



YEAR 9 GEOPOLITICS

Last week, the Year 9 Geopolitics class were privileged to have a member of the French Consulate come to the College to speak with them. Over the semester, students have been familiarising themselves with current events occurring in the world and how these events impact on other countries involved, including Australia.

As the French President had been in Australia the previous week, this prompted many questions about France's relationship with Australia and how this had been strengthened through the visit.

Our students are aware that geographically Australia is distant from many of the world events that are occurring and understand the importance of diplomacy and ongoing and open communication with countries such as France, who holds one of the permanent seats on the United Nations Security Council.

We hope there will be further opportunities to liaise with outside organisations that will give our students a greater understanding of geopolitics and the unique place Australia holds in the world of international relations.

Colleen Kain

Year 9 Coordinator

COMMUNITY NEWS

SMITH FAMILY SAVER PLUS PROGRAM

Can Saver Plus assist you with high school costs? Join Saver Plus and match your savings, dollar for dollar, up to \$500 for education costs including school uniforms and text books; computers, laptops and tablets; excursions and camps; sports equipment, uniforms and lessons; and music tuition and instrument hire. For information and eligibility requirements, visit www.saverplus.org.au or contact Kathleen Watson at kathleen.watson@thesmithfamily.com.au.

PARENTLINE ACT

Parentline ACT is a confidential and free telephone and face-to-face counselling and information service. Phone Parentline if you would like:

- To talk with someone about those parenting issues.
- Help with some ideas on raising children.
- Support in the important job you are doing.
- To know what is available for parents, teenagers and children.
- To build better relationships in your family.
- Help to understand your child or teenager's behaviour.
- Make an appointment for a counselling session.

Call Parentline on 6287 3833 on Monday-Friday from 9am-5pm.

FLOORBALL ACT

Floorball ACT's Juniors Program returns this week for Term 2, 2018. We are adding a new session at Q-One Indoor Sports, Queanbeyan, and moving the Tuggeranong session to Friday afternoons. Times and locations are now as follows:

- Wednesday evenings: Kingsford Smith School, Holt, 5pm-6pm (years 2-5) and 6pm-7pm (years 6-10) - 9 May to 4 July
- Thursday evenings: Q-One Indoor Sports, 1A Yass Rd, Queanbeyan, 5pm-6pm (all ages) - 10 May to 5 July
- Friday evenings: Tuggeranong Archery Club, Soward Way, Greenway, 5pm-6pm (all ages) - 11 May to 6 July

The cost for this Term will be \$60. This can be paid to Floorball ACT or by cash at one of the sessions.

Contact:

juniors@floorballact.org.au
<http://www.floorballact.org.au>

BRAZILIAN JIU JITSU

Wednesdays, 6:30 - 7:30pm at Elite Physique Phillip, corner of Townshend and Botany streets. Brazilian Jiu Jitsu is a martial art where students use submission grappling techniques to overcome larger or stronger opponents. No special equipment or clothing is required, no locked in term fees and the first lesson is free! Great for building confidence, fitness and promoting respect, BJJ is always more fun with friends so spread the word.

Contact: jeremy.margosis@mackillop.act.edu.au or visit www.epicbjj.com.au

CORPUS CHRISTI PARISH FEAST DAY

On Saturday 2 June Corpus Christi will celebrate its Parish Feast Day with a Soup Night held after the 6pm Mass in the church foyer. Corpus Christi Parish is made up of a diversity of people from many cultures. The Soup Night is an opportunity to celebrate the cultural gifts brought to our parish by people bringing soup that may represent their culture. We ask that soup be brought in a slow cooker if possible (so we can keep it warm), bread, a slice or biscuits. If you are able to bring something to share please indicate on the sign up sheet in the foyer. There is also a sheet for people to indicate their attendance.



insights

Fostering healthy sibling relationships

by Michael Grose



If your kids constantly fight with each other, then don't despair. All that emotional energy isn't going to waste.

According to a recent study, sibling fights teach kids important conflict resolution skills. In fact, parents who stop their children from arguing may well be depriving them of important learning opportunities.

Researcher Laurie Kramer from the University of Illinois in the US found that kids who learned how to argue with their siblings had more advanced emotional development.

Anecdotally, it seems that sibling fighting is one of the biggest impediments to parents enjoying family life. Many parents tell me that if their children stopped bickering their lives would improve dramatically.

Many parents also worry that their children who fight with each other will not get along as adults. The evidence doesn't support this view. The test for strong families is more about the willingness for kids to pull together when the chips are down than it is about the frequency of squabbling.

Healthy families know how to fight well. When parents take an active approach to helping their children resolve their fights, they are teaching them a valuable life skill as well as reducing the incidence of fighting over the long term. Here are five practical strategies to use:

MODEL good conflict resolution skills

Kids wear 'L' plates when it comes to solving disputes. Some kids will yell, get abusive or even get physical when they are settling disputes. Show them better ways of sorting out problems by talking things through with your partner, compromising and apologising when you've said something upsetting to your partner or your children.



Help kids MANAGE their emotions

"Yep, it would make me mad too if someone said that to me." Usually someone's feelings get hurt when siblings argue, so make sure you recognise their emotions without taking sides. This focus on feelings helps kids develop emotional literacy and promotes empathy in siblings as well.

MONITOR sibling relationships

Keep your antenna up for signs of discord within sibling relationships. Kids can sort out some disputes themselves, but you may need to be ready to intervene and assist with peace-brokering, or at least to act as a safety net, when one child continually appears to be on the wrong end of a power imbalance.

MENTOR them to sort out disputes

Kids need the chance to sort their conflicts out themselves, but sometimes they need a little coaching. They often invite their parents to take sides, which is usually counterproductive. Rather than trying to sort out who started an argument, focus on possible solutions. Provide suggestions such as taking turns, giving way, bargaining, swapping or even walking away.

Encourage them to MAKE UP

Kids often get over disputes far quicker than adults. They can be squabbling one minute and cuddling up the next, so intervening gets tricky sometimes. However there are times when you need to encourage a child to mend bridges with an aggrieved sibling. This can mean a child has to swallow their pride, admit that they may be wrong, make an apology or make some sort of restitution such as doing a special favour. This type of restoration means kids must take responsibility for their behaviours and is a sign of growing maturity.

Children without siblings can learn conflict resolution skills by spending time with other peers and friends, and by having parents who are willing to argue with them without coming on too strong or laying down the law.

Conflict and siblings tend to go together. They are natural bedfellows. While sibling squabbles can be annoying, they also offer parents great opportunities to help kids to handle conflict effectively, which is a great life skill.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.