

**College**

**Newsletter**



**MacKillop**  
St Mary MacKillop College Canberra



**Volume** *Four*

**8 April 2022**



# Coming

# Up

TUE 26 APR

- Parent/Teacher Interviews
- Pupil-Free Day

WED 27 APR

- Term 2 Commences
- ANZAC Ceremony

THU 28 APR

- Parent/Teacher Interviews

MON 02 MAY

- Year 7 2023 Open Day
- Big Science Competition begins

WED 04 MAY

- ASC Swimming Carnival 12&U
- Mathematics CAT Competition begins

FRI 06 MAY

- ASC Swimming Carnival 13&O
- Try MacKillop Day

MON 09 MAY

- 5:30pm: ASBA Information Evening

TUE 10 MAY

- NAPLAN

WED 11 MAY

- NAPLAN
- Careers Expo and Faculty Showcase
- Year 11 2023 Principal's Presentation



# Principal's Letter

## *Principal's Prayer*

This Easter, we give thanks for Your example of sacrifice and Your offer of redemption. As we give thanks for all our blessings, we stand in indignation with our brothers and sisters in Ukraine, admiring their courage and will in the face of wicked aggression. Amen.



Dear parents, teachers and students,

### **Easter Liturgy**

An Easter Liturgy was offered to students this morning and is now also posted on the College website. Thank you to Mr Jonathan Moyle, Mr Henry South, Mr Ben Bowman, and Miss Samantha Thomas for their artistic and musical contribution to its production. A particular congratulations to our College Choir and our soloist, Stephanie Horsfall. I hope in the busyness and uncertainty of our lives, that the Liturgy offers a contemplative and joyful opportunity for all members of our community this Easter. Happy Easter!

### **Relay for Life 2022**

Congratulations to Year 12 Coordinator Leonie Sullivan and all members of Year 12 who have so far raised \$66,000 for cancer research and support. Relay for Life is a Cancer Council initiative that our Year 12 students have made their own project for over 10 years. The Class of 2021 raised \$59,000 amidst lockdown, restrictions, and uncertainty. This year's effort exceeded their record amount for ACT schools!

We are extremely grateful for the extraordinary generosity of those members of our community who gave their dollars to support our students in their endeavour. Although the money is put to a great cause and makes a difference, Relay for Life is also about shared purpose, identity, belonging, support, and putting yourself out for other people's needs. Congratulations to everybody involved; cancer treatment in Australia will directly benefit from your generosity and effort.

### **MacKillop House**

MacKillop House is a refuge centre in Lyneham for women escaping domestic violence. It is the old Josephite convent, which for many years, was a residence for young women moving from the country to attend university or TAFE in Canberra. The Sisters of St Joseph have

entered into an agreement with CatholicCare to provide emergency accommodation for women with acute accommodation needs.

This is a very worthy cause and long overdue facility for Canberra. St Mary MacKillop College is looking to incorporate MacKillop House into our House Charity fundraising. If you would like to provide financial support for MacKillop House, you are most welcome to research their service online and can donate at <https://catholiccare.cg.org.au/donation/>

All monies raised are currently being used to upgrade heating and cooling and other facilities to increase the comfort and hospitality of the House.

### **End of Term**

This has been a very challenging term for all members of the MacKillop community. I am aware that many staff, students and families have been unwell and that significant burdens have been placed on many. I would particularly like to acknowledge the teaching and support staff who, in their efforts to support each other, you, and your children, have undertaken many, many extra tasks, which have brought significant burdens to their own health and wellbeing. This term has shown what a dedicated group of women and men we have working at this school!

Thank you to everyone connected to MacKillop for their perseverance and understanding as the school has endeavoured to continue to provide high quality safety and learning in these challenging times. Few holidays have been greeted more warmly. Happy Easter!

Yours sincerely in St Mary MacKillop,

**Mr Michael Lee • College Principal**





## Relay for Life, 2022

Relay for Life was a huge success for our Year 12 cohort. We raised a **total of \$66,000**, eclipsing our original \$60,000 aim and smashing last year's school record, thanks to all our generous donors. The students combined effort, the generous help from our community, as well as the support from teachers and staff both before and on the day, amounted to a brilliant occasion for all.

Despite the poor weather and some spells of rain, we persevered and continued throughout the day, with good food, company, and music pushing us further each step. Live performances throughout the day from our talented students, and an intense game of four-wicket cricket lifted our spirits and urged us all towards our goal.

At the end of our 12 hours, the cohort joined together for one final candlelit walk, followed by a quiet moment for reflection and solidarity. It was a solemn and emotional end to such an ecstatic day and a time to remember those we have lost to cancer, those who are fighting it, and a time to be grateful for those who have survived. It made for a fitting end to a climactic event, which will be a fond memory firmly held by all who attended.

### Dylan Neindorf and Kai Viljiakainen • Year 12



## Project Compassion - Coin Line Challenge

A couple weeks ago some of the Year 7 Pastoral Care classes built a coin line with the coins that the students in Year 7 took from their own money for Project Compassion. 7F2 (the best Year 7 class) won by a long shot. Kids from 7F2 thought it was very amazing that they won and it was very entertaining watching the other classes' amazed faces when we smashed them.

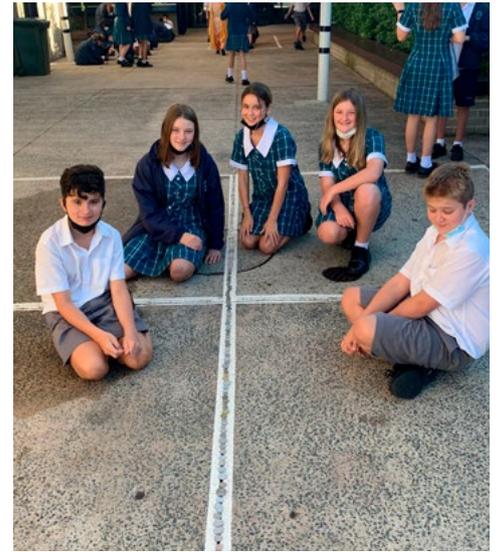
Originally Ngadyung House was going to do the coin line, but our PC teacher (Mrs Gupta) decided to include our class, 7F2.

Money is raised by the whole school with a few PC Classes raising over \$200, with **one class raising over \$400**, taking the total to over \$2000. Had the other classes participated, the school may have raised over \$2500.

Project Compassion is a huge charity and we were happy to raise money (with a little bit of competition in there.) 7F2 raised a total of \$221 and is happy with their efforts. A week later we are sitting on \$235.

A big thanks to the participating PC teachers: Mrs Gupta, Mrs Rebello and the rest will remain unknown because we have no idea who they are.

**Brody Wilson, Zoe Williams, Benjamin Lowes and Grace Zeller • Year 7**



## Student Achievements

Ty Pettersen (Year 11) competed in the ACT gymnastics competition series placing first in the 2022 ACT level 8 Men's Artistic Gymnastics championship. He has gained selection into the ACT team to compete in the Australian National Gymnastics competition.

Laura Tarrant (Year 8), Alana Horsfall (Year 9), and Beth Lilley (Year 10), played for the U15 ACT Emerging Meteors Girls Cricket team that won the Margaret Peden Shield against Central Coast.

Stella Wilde (Year 10) represented the ACT at the Australian Country Cricket Championships in Albury this week.

Keira Polmanteer (Year 11) and Max Curry (Year 12) represented the ACT at the National Hockey Championships this week.





## Gift of Life Walk

MacKillop's Year 11 students participated in the Gift of Life Walk last week to highlight the importance of organ and tissue donation.

A majority of students from the Year 11 cohort stayed back after school on Friday to complete the **5km walk** and to promote DonateLife's call for people to register as organ donors. The students spread the message by sharing content on their social media accounts and they were also encouraged to have conversations with their families about registering as donors through [www.donatelife.gov.au](http://www.donatelife.gov.au)

The walk, which is in its 16th year, is organised by Gift of Life Incorporated in conjunction with DonateLife and the Government's Organ and Tissue Authority. It aims to promote greater community awareness of the importance of organ and tissue donation and transplantation by sharing the **'Discover, Decide, Discuss'** strategy:

- Discover the facts about organ and tissue donation
- Decide to become a donor and register
- Discuss donation decision with family and friends

Congratulations to the students of Year 11 for participating in the walk and for helping to spread the message!





## Year 7 Community Day

On 23 March Year 7 celebrated Community Day. The students had an opportunity to focus on team building, leadership and communication skills through a range of structured activities. Students were encouraged to be leaders in small group tasks to prepare for upcoming SRC elections. Below are some student reflections from the day.



I liked how we got to meet new people and work with others within our house group. My favourite activity was let's get physical because I am competitive and love sport but also because it was fun. We had to work in teams to get resources from other groups whilst protecting our own resource pile. I also really enjoyed the skittles game because you got to be yourself and pushed people to communicate to create skit based around the different bizarre props we were given. Some of the little skits at the end were hilarious.

**Laura Tkalcevic • Year 7**



I liked next top model and we had to work together to be creative and make an outfit out of newspapers. I did not know people in my group at first so it made me have to communicate with others whilst at the same time, work as part of a team. I also really enjoyed the sporting activities as it got us all moving and I love sport in general.

**Hayden Lasker • Year 7**





## Year 9 Pastoral Program

This term in Pastoral Program we have learnt about time management and cognitive overload. These skills will help us for future assessments and it has helped prepare us for life after school. We have done quizzes and activities that were interactive and interesting. Our favourite activity was learning about our different learning styles. We took quizzes and did an experiment that showed how different people reacted to different styles using lego, drawings, videos and writing. Overall this term's Pastoral Program was one of the most fun and beneficial experiences!

Lara D'Ambrosio and Christina Giannis • Year 9



## Year 7 SRC

On Wednesday, Year 7 students participated in elections to elect a member of the Student Representative Council for each House. 22 students nominated to stand as candidates for the **4 leadership positions**.

The elected Year 7 student representatives were announced yesterday by Ms Sandra Darley. They will be inducted into the SRC and presented with their Leadership Badges at the next Padua Campus Assembly.

Congratulations to the elected student leaders in Year 7 for each House:

**Mindygari**  
Charly Watson

**Gurabang**  
Patrick Collins

**Meup Meup**  
Elsie D'Ambrosio

**Ngadyung**  
Savannah Apoderado



## Winter Uniform

From the **beginning of Term 2** all students are to be wearing the Winter Uniform.

- For boys this means that tailored mid-grey school trousers are to be worn with a black belt and junior (7-10) or senior (11-12) school tie.
- Girls may wear the pleated tartan winter skirt or tailored navy slacks with College monogram, a white over-blouse with College monogram and a teal kerchief. Opaque navy tights are optional.
- The College teal jumper and/or navy College jacket with College crest should be worn to keep warm.
- School shoes are to be traditional, lace up, black and polishable.

The information below is taken from the **College Uniform policy** and is accessible in the Student Diary and on the College Website. It is provided to assist parents/carers in ensuring that students return to school for Term 2 in correct uniform.

Girls' skirts, dresses or shorts are to be knee length.

Hair should be clean and neat; fashionable extremes are not permitted. Only natural, all-over hair colour or subtle highlights can be used to dye or highlight hair. Rats tails, dreadlocks and geometric shapes cut into the hair, and extreme variations of length are not permitted.

Nose, tongue and facial studs/rings, body piercing ornaments or plastic plugs are not permitted. Clear piercings are also not permitted.

Students have been reminded that any holiday 'variations' such as facial piercings or fashionable extremes to hair such as colours or styles should be rectified before returning to school for the new term.

If there are circumstances that prevent students from wearing the correct uniform, they are required to bring a signed note from their parents to explain the situation. This needs to be presented to the Pastoral Care Coordinator during PC time each morning to obtain a uniform pass.

**Paul Durham • Assistant Principal, Pastoral Care**



*Junior Winter Uniform*



*Senior Winter Uniform*

## Belonging – A Fundamental Human Need

As discussed in a recent article (Allen; Lens@Monash, 2022) belonging is a fundamental human need. Further to this, schools play a critical role in providing a sense of belonging, especially to young people. Allen explains that belonging encompasses a sense of respect, inclusion and support within the school environment. Belonging in this way can positively impact wellbeing, identity development and mental health, as well as academic outcomes.

By way of promoting belonging as a College value, I would offer the following examples across the three years groups on the St. Peter's Campus:

### YEAR 12

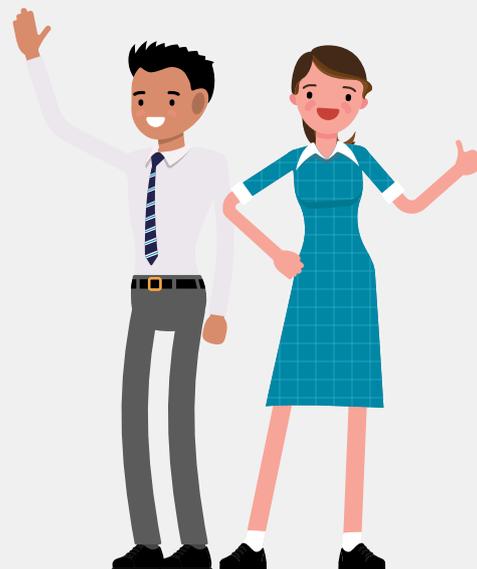
Relay for Life walk. The vast majority of the Year 12 cohort participated in what has become a significant event for Year 12 at the College. The camaraderie, sense of accomplishment, and value in giving back that has been achieved from this activity will bring the current Year 12 group together in a way like no other.

### YEAR 11

This term student mentoring focussed on subject specific study skills sessions. In promoting academic excellence and showcasing the skills and knowledge of staff at the College, Year 11 have received some timely advice regarding how to successfully study in specific subjects.

### YEAR 10

In transitioning to the St Peter's campus, students have met the high expectations set by staff regarding behaviour, uniform and academic effort. They have built strong relationships with teachers and have taken opportunities to seek further support. An example of this is the successful implementation of the Year 10 Homework club.



In all, these activities demonstrate the way in which belonging can be promoted in a host of different forms. Benefits to student wellbeing are clear, and we will continue to find ways to promote belonging into the future.

**Rohan Langford • Director Student Wellbeing**



## da Vinci Decathlon

What does “causation” mean? Could you spot the difference between causation and correlation?

After a gap of 2 years, the da Vinci Decathlon was held on 23rd and 24th of March, albeit online. This year the theme was causation and this idea was, in some way, part of every challenge. Thirty-eight MacKillop students, from years 7-10, competed enthusiastically.



Participants were extended academically and drew on their individual strengths to complement each other in team challenges in the following areas:

Science	English	Ideation	Cartography	Creative Producers
Engineering	Art and Poetry	Mathematics	Code Breaking	Legacy

What is the cause of luck? Is it a matter of chance? In the English paper, Year 7 and 8 students wrote persuasive responses to a speech titled, “Luck is not a matter of chance”.

The cartography paper presented Year 7 and 8 students with a list of significant events, such as the signing of the Treaty of Versailles, and the fall of the Berlin Wall, and tasked them with identifying what these events caused. Students also located these events on a world map.



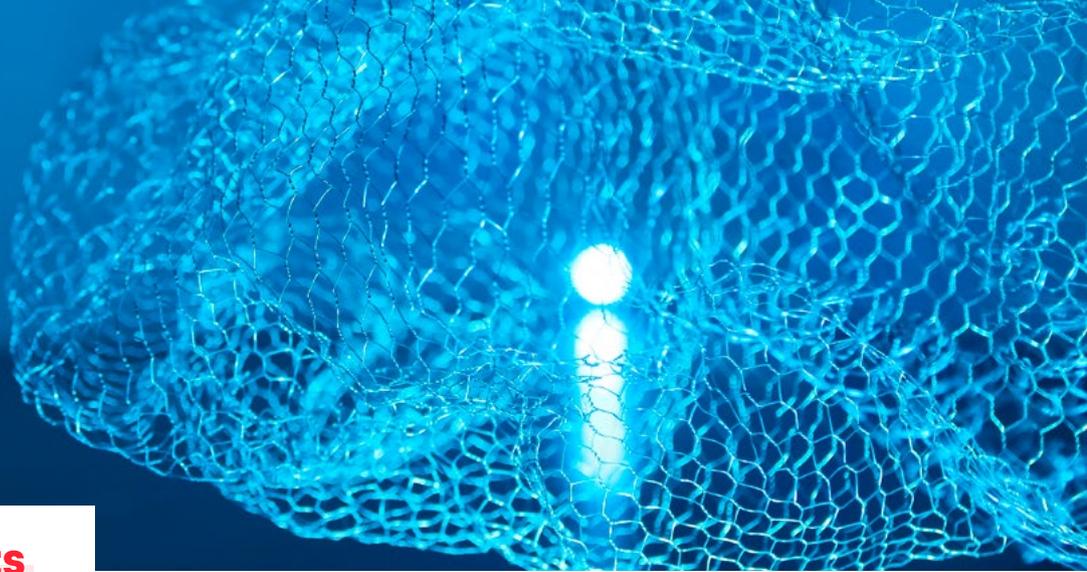
In the Code Breaking paper, Year 9 and 10 students revealed secret messages encoded using various ciphers. Former students of Creative Maths, a Year 8 elective subject, had an advantage here. In the same paper, students performed frequency analysis on a ciphertext in order to decrypt it.

In the Art and Poetry challenge, Year 9 and 10 students examined causality through an integrated poem and artwork.

A fun experience was had by all.

**Neelima Gupta and Michelle Burg • Mathematics**





## Year 12 Visual Arts

### Immersive experiences that engage the senses: sight, sound, smell and touch installations

In this brand new Art Unit Communicating Meaning in the Visual Arts, the Year 12 Art students have created innovative, concept driven installations using non- traditional art materials.

Themes that were explored: Breathe, Summer and Complexity.

Artists of inspiration: Benedetta Mori Ubaldini and Xiaojing Yan, Katsuhiro Yamaguchi, Chiharu Shiota



## PE Pathways Inside the Fitness Centre

*Let's meet some of our student athletes!*



Luke Gray, Year 10

**Sport:** AFL

**Biggest accomplishment so far:** Representing the ACT in AFL and making the Giants Development program.

**Sporting aspirations:** To be drafted in the AFL.

**Favorite inspirational quote:** "It always seems impossible until its done" - Nelson Mandela

**What do you like most about the PE Pathways program?** I like the structure of the workouts and the energy in the gym. The teachers are great and supportive.



Maggie Robinson, Year 10

**Sport:** AFL

**Biggest accomplishment so far:** Making the Giants Academy.

**Sporting Hero:** Erin Philips (AFLW)

**Sporting aspirations:** To be drafted in the AFLW or play at the highest level ALF.

**Favorite inspirational quote:** "Don't count the days, make the days count"

**Favorite song to listen to when training?** Goosebumps (Travis Scott)

**What do you like most about the PE Pathways program?** The opportunity to get stronger and fitter for my sport during school.



## Youth Ministry

### The Sacred Heart and Sacred Spaces - Year 10 CSYMA

On Wednesday 3 March The Year 10 Youth Ministry class engaged in a liturgy centered around the Sacred Heart of Jesus to welcome the start of Lent. Students were introduced to the St Peters Chapel for the first time and learned about the specific religious symbolism within the space. A standout feature was the wooden pillars on either side of the risen Christ, each being 'marked with the cross.' We entered into a time of prayer and reflected on "A clean heart create for me, O God" in a Lectio Divina style.

It was great to be able to access such a prayerful and reflective space right here at the College. Liturgy is what you make it and a big take away from our experience was the impact that stillness and silence can have on you. Youth Minister Anh shares, 'When we came into the chapel there was a type of restless energy but as we engaged further in the liturgy there was a deep settling peace that could be felt in the room. Time to stop, listen and slow down is a cornerstone of not only liturgy but of one's individual spiritual journey.' St. Padre Pio said "Whoever does not meditate is like someone who never looks in the mirror before going out, doesn't bother to see if he's tidy, and may go out dirty without knowing it." We hope to be able to provide our Youth Ministry students with further opportunities to enter into a time of reflection and prayerfulness within the various dedicated spaces of our school. We are very grateful MacKillop fosters a rich type of catholicity within our learning environment.



We all need a time and space to slow down. How can you slow down right now? What are areas in your life where you feel chaotic where you can just bring in a sense of silence?

**Elspeth Richardson • CSYMA Teacher &  
Anh Tran • CSYMA Youth Minister**





## MacKillop Mob

### *Aboriginal and Torres Strait Islander Information*

With restrictions easing next term, we are looking forward to starting various cultural activities, all of which have based around the suggestions and interests of the students. In addition, we are currently working through the steps in creating a Reconciliation Action Plan (RAP) for the College. A working group consisting of staff, students, community members, parents and carers was formed; parents, staff and students have been surveyed, the results collated and a draft RAP has been created. Work on this will continue next term.

A reminder that Student Support times are on the MacKillop Mob page on Canvas and on the Aboriginal and Torres Strait Islander display areas on both Campuses. It would be great to see a few more of you there for a yarn, to check in and see how you're going and to help with any class work or assessment you may have.

I look forward to catching up with you all in term 2.

Contact: [jeremy.margosis@mackillop.act.edu.au](mailto:jeremy.margosis@mackillop.act.edu.au)

**Jeremy Margosis • Aboriginal and Torres Strait Islander Education Contact Teacher**



## The Duke of Edinburgh

"The Duke of Edinburgh's International Award equips young people for life and work. It is the world's leading achievement award. In 2018 more than 1.3 million young people around the world took part in the Award, in over 140 countries and territories. Since the Award's launch nearly 60 years ago, it has inspired and created opportunities for young people to develop skills, get physically active, give service and experience adventure."

"The Award can play a critical role in their development outside the classroom. It also allows their achievement to be consistently recognised worldwide, giving young people unique international accreditation of their experiences. Young people who participate in the Award become more confident and resilient, and develop skills in areas such as communication, problem solving and leadership. This in turn impacts on their communities, who see improvements in areas including employability, health and wellbeing, and educational attainment." (Duke of Edinburgh Award website.)

This term has seen many students in Year's 9 and 10 display interest and sign up for the Award. Regular meetings on both the Padua and St Peter's Campus, allow students to engage with their chosen activities and goals. The Award is open to students 14 years and older.

If you are interested, please send an email to: [matthew.smith@mackillop.act.edu.au](mailto:matthew.smith@mackillop.act.edu.au)

Further information about the Award and how to apply can also be found on the SMMC Canvas page under Student Information or via the Duke of Edinburgh Website.

<https://dukeofed.com.au/wp-content/uploads/2015/07/What-is-the-Duke-of-Ed-Facts.pdf>

**Matthew Smith • Duke of Edinburgh Facilitator**

## Music

Students can participate in our **in-school instrumental tuition** through the College and are also welcome to join our **Ensemble Program**. If you would like to take part or for further information, please speak with Ms Boulton or Mr South.

Contact: [veronica.boulton@mackillop.act.edu.au](mailto:veronica.boulton@mackillop.act.edu.au).

**Veronica Boulton • Director of Music & Performance**



## Term 2 Fees

Term 2 2022 fee statements will be sent electronically in the upcoming holidays.

It is most important that you notify the College regarding any changes to your email address as this is our primary form of communication.

Thank you to the families who have paid Term 1 fees. Any outstanding fees should be paid immediately unless paying by Direct Debit or other approved arrangement.

If you require more information regarding Direct Debit arrangements or other approved payment methods or are experiencing difficulty paying the fees please contact the Fees Office.

**Michelle Predovan • Fees Manager**

## Uniform Shop

Second Hand Uniform Shop (SHUS)

- With the change of season, students will be moving to their winter uniform for terms 2 and 3.
- The SHUS will open during the school holidays by mutual arrangement.
- For SHUS appointments, please call 0427 089 370 or email [uniforms@mackillop.act.edu.au](mailto:uniforms@mackillop.act.edu.au).
- Thank you for being part of the SHUS through your donations and/or purchases.
- For hygiene reasons, please ensure items are washed before donating.
- To date, 258 uniform items have been reused and saved from landfill.

**Judy Keogh • Uniform Shop Coordinator**

## Community Notices

### JOYELLE CALISTHENICS

**Free Trial Classes** with Joyelle CaliDance - we are seeking new dancers aged 12-17 (as well as 3+ - adult in our other classes)

Come and join our fun classes, meet new people and get fit.

Previous dance or gymnastics experience is not essential as we teach you everything!

Check us out on Facebook or Instagram (Joyelle Calisthenics Club) or email [head-coach@joyelle.com.au](mailto:head-coach@joyelle.com.au)

We can't wait to meet you!





**MacKillop**  
St Mary MacKillop College Canberra

**We're enrolling  
now for 2023!**

Visit our website to enrol or to  
register for our enrolment events:  
[www.mackillop.act.edu.au](http://www.mackillop.act.edu.au)



## Year 7 2023 Open Day

Monday 2 May  
Padua Campus

Book a session:  
[www.mackillop.act.edu.au](http://www.mackillop.act.edu.au)

## Try MacKillop Day

Friday 6 May  
Padua Campus

For Year 6. Register at:  
[www.mackillop.act.edu.au](http://www.mackillop.act.edu.au)

## Year 11 2023 Info Night

Wednesday 11 May  
St Peter's Campus

Save the date - more  
information to come

Applications for Year 7 2023 close Friday 27 May  
Enrolment enquiries: [enrolments@mackillop.act.edu.au](mailto:enrolments@mackillop.act.edu.au)

*A Catholic school for all.*





**MacKillop**  
St Mary MacKillop College Canberra

## Contact details



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Tuggeranong ACT 2901



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



**Absentee SMS Line**  
0429 131 463

## Socials



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**mackillop.act**



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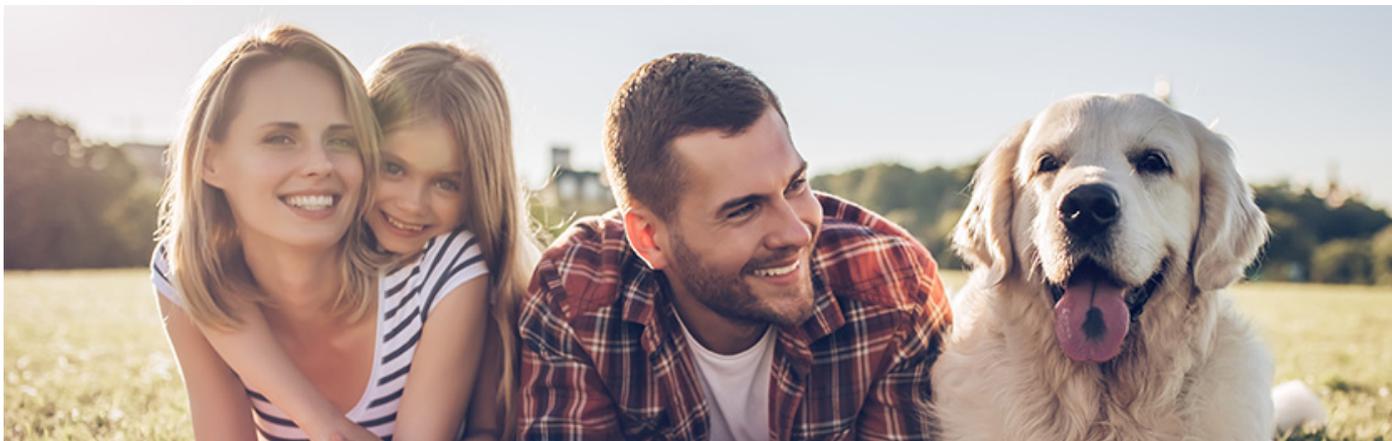
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**mackillop\_act**



www.youtube.com/  
**stmarymackillop**

## INSIGHTS

### A parenting style for the ages



There's been a great deal of conversation lately about the most appropriate parenting style to raise kids effectively. How do you get cooperation from your child without nagging, yelling or using other less pleasant, coercive means? How do you build a strong connection with your child or young person, so that they you can build a lasting and respectful relationship?

The solution to these dilemmas is easier than you may think. It lies in your ability to assess two different communication styles when you interact with your child. These two styles indicate credibility and approachability. The credible or 'cat' style, as many of the behaviours are cat-like, is the style to use when managing or disciplining children. The approachable style, known as a 'dog' style as many of the behaviours come from the canine world, is used when building positive, healthy relationships. Let's explore a little further and find out how to access each side or style.

#### Find your inner cat to guide and manage

The 'cat' refers to the credible or authoritative side that we all have but may find difficulty accessing. This cat or credible side is expressed through non-verbal communication – your tone of voice, your posture and your head position.

Speaking with a flat, even voice shows credibility. Keep your head still and body upright when you talk, and your credibility increases dramatically. The quickest way to access your inner cat or credible side is to speak with your palms facing the ground. Most people find that when they do so they naturally speak with a clipped voice, still head and body and a serious expression on your face.

When you speak from your cat or credible side people will usually believe what you have to say. Cat body language gives you authority.

Guide like a cat by speaking calmly, quietly and staying still when you speak. 'Cats' will also withdraw eye contact rather than stand and argue, so look away or respectfully move away rather than become involved in a pointless argument with a child.

'Cats' also look for ways to manage visually (with such things as rosters or charts) or by moving close and whispering, rather than repeating themselves. If 'cats' repeat themselves, they are more likely to lower their voice than raise it to get attention. These cat behaviours work well when guiding and managing children and teenagers.

#### Use your inner dog to nurture and build relationships

We also have a 'dog' side to our nature. This is the approachable, conversational, relationship-building side. When you access this side, you generally speak with lots of inflection in your voice. Your head will bob up and down. You'll probably lean forward as you speak, and you'll smile a lot. The quickest way to access your dog side or approachable side is to speak with your palms up.

# parenting \* ideas

Many of us feel more comfortable with the dog or approachable side than with the cat side of our nature. If you are in a management position at work, you probably spend more time accessing your cat or credible side than your dog or approachable side. Highly effective managers, like highly effective parents will move seamlessly between the two, accessing their dog when networking and relationship-building, then finding their cat for negotiations or when making decisions.

## Bring your cat and dog to your parenting

As a parent you can make subtle adjustments to your communication to increase your effectiveness. Consciously alter your style to suit different situations rather than let your moods dictate your communication style. It takes effort and practice to move between the two styles. Do it often and you'll find switching from cat to dog and back again becomes an ingrained parenting pattern.

Get your cat and dog wrong and you'll be ineffective. Manage or discipline like a dog and you'll do one of three things – whine to get cooperation, become frustrated if children or teenagers ignore you, or do nothing because you don't want to offend your children. Build relationships like a cat and you'll be seen as distant, stiff and unapproachable.

Get the mix right and you'll be able to give your children exactly what they need. That is, the leadership and safety that cats provide and the nurturance and encouragement that comes naturally to dogs.

## In closing

The cat-dog approach spans many different parenting styles and importantly, accommodates for the emotional needs of children and teenagers. It also provides tools for parents who view parenting as an individual endeavour and for those who see parenting as a group leadership task. The cat-dog approach offers parents the flexibility needed to parent effectively in our current times.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.