

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *Seven*

10 June 2022

Coming

Up

MON 1 3 J U N

- Queen's Birthday (Public Holiday)

TUE 1 4 J U N

- Pupil-Free Day

WED 1 5 J U N

- Senior Exams
- ACT Cross Country Carnival
- Maths Information Night

THU 1 6 J U N

- Senior Exams

FRI 1 7 J U N

- Senior Exams

MON 2 0 J U N

- Year 7 Camp (Group 1)
- Senior Exams

TUE 2 1 J U N

- Year 12 AST Trial
- Year 7 Camp (Group 1)

WED 2 2 J U N

- Year 12 AST Workshop
- Year 7 Camp (Groups 1 & 2)
- Urban Challenge Pre-Departure Meeting
- Year 8 & 9 Pastoral Activities

THU 2 3 J U N

- Year 7 Camp (Group 2)
- Year 8 Pastoral Activities
- Year 9 Transition Day
- Year 11 2023 Information Session



Principal's Letter

Principal's Prayer

Lord, we pray for the students as they sit their examinations.
Amen.



Dear parents, teachers and students,

Student and Parent Surveys

Thank you to the many parents who have now completed the 'Tell Them From Me' Survey. The closing date has been extended to 12 June for those who are yet to respond. These surveys are valuable in many ways, not least of all in driving parent input into planning, strategy, and resourcing.

College Strategic Plan

The final draft of the College Strategic Plan (2022-2024) will be presented to the College Board at its next meeting. The plan is currently with Catholic Education and will be critiqued by the Registration and Accreditation panel in several weeks. I would like to thank the staff and students, the College Board, and in particular the College leaders in the areas of compliance, teaching and learning, pastoral care, and faith leadership.

This is a comprehensive document providing the MacKillop community with a blueprint into the future and I look forward to sharing this document through the website early next semester. I hope you are reassured that this Principal is mindful of the dynamic nature of this community and is therefore conscious that strategic plans don't straitjacket our progress, preventing responsiveness and agility.

Australia's Constitutional Arrangements

Canberra has observed Reconciliation Day as a Public Holiday and many of us have failed to escape media coverage of the Platinum Jubilee of Australia's Head of State, Queen Elizabeth II. In the middle of these observances and celebrations lies a tension expressed in constitutional recognition for the First Australians, the person of our Head of State, truth telling, and Treaty. Many teachers and students have been engaged in quite legitimate conversations about these issues and have done so from an informed position of goodwill and understanding. This is a good thing.

Thank you to everybody in the MacKillop community who has respectfully considered and reconsidered their views on these matters. It is a very good thing that events such as these give us the opportunity to pause and reflect.

Yours sincerely in St Mary MacKillop,

A handwritten signature in dark ink, appearing to read 'Michael Lee'.

Mr Michael Lee
College Principal





Exam Period

Congratulations to our Year 10 students who completed their Mathematics, Science, and English exams this week.

We also wish our senior students the best of luck as they kicked off their exam period today. Senior Exams run until Monday 20 June.

Ngadyung House Charity Week

Week 16 was the Ngadyung House Charity Week in support of Beyond Blue. A range of events were held to raise money for Ngadyung's charity, including a uniform variation and the selling of pizza and soft drinks at both campuses.

Thanks to everyone who got on board to support Beyond Blue last week!



End of Semester Events

As the end of semester approaches, below is a summary of the activities taking place for students in Years 7 to 10.

Year 7 Camp - Week 19

Monday 20 June to Wednesday 22 June

Students in Mindygari (Air) and Meup Meup (Fire)

Wednesday 22 June to Friday 24 June

Students in Gurabang (Earth) and Ngadyung (Water)

Year 8 - Week 19

Wednesday 22 June to Thursday 23 June

Over the two days the students will complete all four activities:

- Coastlife program
- First aid workshop
- Museum of Australian Democracy program
- Service in Action program

Year 8 Camp - Week 20

Monday 27 June to Wednesday 29 June

Students in Mindygari (Air) and Meup Meup (Fire)

Wednesday 29 June to Friday 1 July

Students in Gurabang (Earth) and Ngadyung (Water)

Year 9 - Week 19

Wednesday 22 June - yLead leadership seminar at the St Peter's Campus

Thursday 23 June - Year 10 2023 Transition day at the St Peter's Campus

Year 10 - Week 19

Wednesday 22 June: Urban Challenge Pre-Departure Meeting

Thursday 23 June: Year 11 2023 Information Session

Friday 24 June: Year 10 Course Preview Day

Year 10 - Week 20

DATE	GROUP A	GROUP B
Monday 27 June	Urban Challenge (depart)	Reflection Day
Tuesday 28 June	Urban Challenge	Course Counselling
Wednesday 29 June	Urban Challenge (return)	Urban Challenge (depart)
Thursday 30 June	Course Counselling	Urban Challenge
Friday 1 July	Reflection Day	Urban Challenge (return)

Status Awards

Congratulations to the following students who have been presented Status Awards at the Padua Campus Assembly:

Bronze Status

Luke Arnold-Whitby 7W1, Liam Corey 7W2, Matthew Crawford 7E2, Peyton Elphick 7F4, Riley Hambrook 7F2, William Harvey 7E2, Benji Lacey 7F3, Alexander Lehmensich 7W4, Madison Longmire 7E1, Dempsey McNally 7E3, Caitlin O'Meara 7E3, Riley Romero-Ferre 7A4, Cohen Roseler 7W2

Paul Durham • Assistant Principal, Pastoral Care





Student Mentoring

Student Mentoring provides a meaningful opportunity for students to connect with their Pastoral Care teachers to discuss their goals, achievements and challenges throughout the semester.

Our Padua Campus students have completed three Student Mentoring sessions this semester.

The first session focussed on the **SMART** goals each students set for the semester in their diaries; these specific and relevant goals provide a framework for the development of organisation and achievement.

Our second session utilised Olympic athletes as role models to foster motivation and perseverance towards the goals set in session one. A review of each individual student's goals and a discussion about these goals occurred with the Pastoral Care teachers.

The final session for the semester allowed students to complete the **VIA Survey of Character Strengths** which provided each student an individual list of their strengths, the students then applied these strengths to their pastoral and academic goals from the student diary.

Jacklyn Bryant • Director of Student Wellbeing (Padua)

Infographic: <https://samjoecooley.com>



Performing Arts

It's been a busy time in the Performing Arts as the students are up to showcasing their work to parents and friends. The hours of learning lines, making props, choreographing dances and practising instruments has led to this moment and we hope the audiences are enjoying the shows as much as we have. It is wonderful to see the talent and skills in our school community. If you haven't yet come to a performance night make sure you pay attention to what is happening next semester so you don't miss out!

VJ Kamilo & Maddison Cameron • Performing Arts Captains



Assembly Performances

On the back of their recent success at the Cowra Eisteddfod, The Padua and St Peter's String Ensembles performed at both campuses with wonderful assembly performances. Well done to our students and staff involved in these performances! Your practice, dedication and commitment to these ensembles and the school community is greatly appreciated.

We have many more performances coming up! Students are now preparing for the Wagga Wagga Eisteddfod, which will take place in early September. For more information about joining a school ensemble or instrumental lessons, please contact veronica.boulton@mackillop.act.edu.au or henry.south@mackillop.act.edu.au

Teaching + Learning

Year 9 Drama Performances

In Week 17, Year 9 performed the culmination of their semester's work, focusing on Brechtian Theatre techniques and improvisation. This term, the three Year 9 Drama classes have been learning scripts for their performance of *The Brothers Grimm Spectaculathon*, *Dystopia! The Hungry Maze Game* of *Divergent Death* and *Game of Tiaras*. We had an absolute blast performing and rehearsing and it was a great experience that gifted us with confidence and allowed us to try out our Drama skills.

Ashleigh & Grace • Year 9



'Picnic at Hanging Rock'

When the Year 11 Drama students began their studies of the Australian Gothic and Site-specific theatre, they did not envisage performing at night during one of the coldest starts to winter in decades! But that was their brief and they stoically worked towards presenting their version of 'Picnic at Hanging Rock' under lights in the grounds of the school. Site-specific theatre takes performance out of the traditional environment and places it in a site that will communicate a further layer of meaning for the audience. In 'Picnic' the gum trees are integral to the message being communicated – an interesting look at colonisation and the view of the Australian landscape as a hostile, living thing. With this in mind, the students self-directed their work and, with the assistance of an enthusiastic tech team, created magic in the darkness so that no-one will remember just how cold they were! It will certainly be an experience they will never forget.

Jane Watson • Performing Arts

Senior Drama and Dance Leadership Projects

How do you promote something in a school using leadership skills? This is what was posed to the senior Drama and Dance class studying the unit 'Leadership in Drama/Dance'. They were required to direct or produce their own production that could promote the Performing Arts in MacKillop, and the results were astounding. From comedies, to dark comedies, to mini-musicals and workshops, the students engaged in projects with a tenacity that would make any teacher proud. Student feedback showed that students relished the opportunity to express their creativity, enjoyed having freedom and support, and learned how to work with others to deadlines and schedules. Well done, seniors – the time and effort you put into your projects was what brought about your success.

Bella van Doorn & Jacinta Paquay • Performing Arts





Youth Ministry

Archdiocesan Youth Ministry Students Gathering as One

On **Friday 13 of May**, six students from the Catholic Youth Ministry team attended the '**Academy Launch and Lunch**' at Haydon Hall in Manuka, accompanied by Miss Richardson, Mr Bowman and Youth Minister Anh Tran. Around 100 College students from across the Archdiocese were able to meet together and share experiences of being in Youth Ministry, this being the first inter-school event many of the students have participated in since lockdown. The day involved listening to an encouraging and inspiring message from His Grace, Archbishop Christopher Prowse, live worship music, information on upcoming events and leadership programs, and a student-led panel of senior students discussing individual faith journeys and the ways being in Youth Ministry has impacted their College experience. A highlight was the launch of the CSYMA Youth Academy program, an initiative accredited by the ACU to encourage students to develop and explore their own personal vocations when they graduate from the College.

If you are at the St Peters campus and you are interested in learning more about Youth Ministry at the College, please see Miss Richardson or Anh Tran, our Youth Minister contact, or come along to one of our **lunchtime Seek sessions** on **Wednesday in the ARC**.

Elsbeth Richardson & Benjamin Bowman • RE

PE Pathways Inside the Fitness Centre

Let's meet some of our student athletes!



Erin Glover, Year 12

Sport: Netball

Biggest accomplishment so far: Winning my under 16 state league competition

Sporting Hero: Amy Parmenter

Sporting aspirations: To win my Netball season as Captain

Favorite inspirational quote: "Just do it"

Favorite song to listen to when training? Sticky Rice by Lil Gnar

What do you like most about the PE Pathways program?
I like the encouraging environment in the gym and the people and teachers are so supportive.

PE Pathways Preview Day

If you are in **Year 9** and interested in the PE Pathways program for 2023 there will be a **PE Pathways Preview Day** held at the St Peter's campus.

This will be an opportunity for students to experience a day as a member of the PE Pathways program. You will participate in workshops from expert coaches and gain advice from past students.

Students will need to register their interest via the link below to be able to attend the day. Once you have registered you will receive a permission note in your PC folder.

Registration closes **Tuesday 14 June 2022**. More information can be found on the College Sport – Pathways canvas page.

Date: Tuesday 21 June 2022

Time: 8:30am - 3:15pm

Students are to make their own way to and from the St Peter's campus.

Venue: St Pete's Campus

What to bring: PE uniform, recess and lunch, drink bottle and a hat

REGISTER: <https://forms.gle/wj2ziUQe4VaxyScp6>



PE & Health

As students enter into the final weeks of assessment for the semester, and teachers finalise marking and grades, it has been good to reflect on the positive efforts of many students in PE and Health classes. Full and active participation has been a challenge for students and teachers in PE and Health in recent years and the resilience and flexibility of the students in meeting these challenges are commendable.



PE classes in **Years 7-9** have provided student with a number of opportunities to participate in sports and activities throughout the semester. There was a change to the usual Year 8 practical PE and Health curriculum, with the introduction of an **Ultimate Frisbee Unit**. This topic was implemented to replace the Basketball Unit, which enabled the upgrade of the basketball courts at the Padua Campus. This unit proved to be both challenging and rewarding for students as many had little experience or exposure to this high-energy activity.

As previously mentioned, the Padua Campus had a significant practical teaching area upgrade with the construction of new basketball courts. This new surface has proved to be very popular with students as it provides an area that can accommodate a larger number of activities in practical PE classes, as well as provide a popular active area at both recess and lunch times.

Year 9 Outdoor Education classes were again a popular PE and Health elective choice for the Year 9 Cohort with four classes studying the Swimming, Rock climbing and Orienteering units in Semester one. It was great to be able to take students off campus to attend a number of excursions to both the swimming pool and indoor rock climbing facilities in our local area. These excursions enabled all who attended the opportunity to not only complete necessary course assessment, but also enjoy developing new practical skills with their peers.

Currently all Year 10 student have been busy studying the **ACT Road Ready course**, which focuses on the impact of road trauma, hazards awareness, skills of driving and the consequences of speeding. Throughout the Road Ready course, students have been able to engage in practical lessons using Radar Guns and Driving awareness activities. Students who successfully complete the course and reside in the ACT will be able to sit the Road Ready Knowledge Test and if successful will obtain their ACT Learners Licence.

Students in the PE Pathways program have had an exciting semester, with excursions to the Stromlo Leisure centre where they were able to use a new training program called **Trainheroic**, that allows students to track their progress through an app their phones. The Fitness centre has also received new equipment, including concept rowers, bikes and ski ergs. This has allowed students to use a wider range of training methods to improve their overall performance. Students were also invited to be a part of an educational seminar from **Sports Integrity Australia (ASADA)**, which was led by former student and elite athlete Riley McGowan. Student were exposed to anti-doping laws and current rules and regulations of drug testing and the use of supplements to gain an athletic advantage. This was a valuable experience for our student athletes which will ultimately set them up for success throughout their athletic endeavours.

This semester the staff at the St Peters Campus have been working hard to continue to adapt teaching programs and curriculum to suit the needs of our students. This has included taking mostly theory based content and adapting it to have a creative and practical touch. In preparation for their exams, student in Year 11 Exercise Science used chalk to create life size images of the repository ad circulatory system. Year 12 Exercise Science have been learning **Biomechanical principals** through careful observation and analysis of the golf swing. Overall, students have enjoyed learning through different mediums and being outside the classroom.

We wish students the best of luck for their upcoming exams.

Ben Antoniak & Jen Fahey • PE & Health Coordinators



Cross Country

On **Friday 20 May**, students competed in the College Cross Country carnival. The results are in! Congratulations to the following students who received age champion:

- 12** Kirra Belnap & Jorge Muir
- 13** Elise Swaboda & Nicholas Christian
- 14** Ariella Paterson & Samuel McCabe
- 15** Leila Nikolic & Maximillian Swoboda
- 16** Milly McCabe & Alexander Parnell
- 17+** Charlie Petterson & Isaac Muscat



The **top 10 students** from each age group progressed to the ASC Cross Country Championships which was held on Friday 27 May. The following students received a placing in this event.

- U12 Girls- 1st Place** Kirra Benlap
- U14 Girls- 2nd Place** Ariella Paterson
- U15 Girls- 3rd Place** Leila Nikolic
- U16 Girls- 1st Place** Milly McCabe
- 17+ Boys- 1st Place** Isaac Muscat

The following students **placed top 20** at the ASC event and will also be progressing through to the **ACT Cross Country Championships**:

Bethany Heron, Elise Swoboda, Willow Kildey, Jade Paterson, Sienna Andracchio, Alyssa Hair, Olivia Rizzuto, Charlie Petterson, Nicholas Christian, Samuel Bailie, Samuel McCabe, Max Swoboda and Kalan Hair



Brumbies Sporting Schools Grant

Brumbies development coaches came to MacKillop last week and this week to run sessions for Year 7 and 8 students. This was organised through a sporting schools grant that aims to assist with promoting healthy, active lifestyles for our students.



Student Achievement

Ebony Brunt (Year 12) has been selected to play in the **2022 Ice Hockey Australia U18 Women's Team** at the International Ice Hockey Federation's World Championships in Istanbul, Turkey at the end of this month. Ebony has also been appointed captain of the team!

Ben Symington (Year 11) recently attended a five-day training camp with the **Australian Senior Men's Water Polo Team**, The Sharks.

Millana Charnock (Year 9) represented the ACT at the **Oztag Nationals** in Coffs Harbour earlier this month.

Dominic Hamilton (Year 8) represented the ACT at the **Australian Junior League Baseball Championships** in Adelaide at the end of May.

India Dyball, Charlotte Woolf, and Lilly Janota (all Year 11) have been named in the **Canberra Raiders' Lisa Fiaola squad**, while Lila Brewer and Nellie O'Donnell (Year 12) are part of the **Canberra Raiders' Tarsha Gale Cup squad**.

Beth Heron, Charly Watson and Chelsea Hogan (Year 7) will represent the ACT at the **U12 AFL Championships** in Adelaide in August.

Jenna Fisk represented ACT Gymnastics at the **Australian Gymnastics Championships** last month.

Billy Perrott (Year 11) was selected to referee at the Rugby League PSSA Championships in Parkes this week.

Sporting Teams

In recent weeks, students have represented the College in League Tag, Senior Football, Rugby League, Golf, AFL, and Volleyball. A number of our teams have progressed to the ACT Finals – we wish them the best of luck!



ASC Swimming Carnival

Nominations are now open for the ASC Swimming carnival. This carnival is being held at CISAC pool on **Thursday 21 July**. You can get a nomination form from the College Canvas page or from the PE staffroom. Entries close next **Monday 13 June**.

If you have any questions please email monique.foran@mackillop.act.edu.au

Monique Foran • Sports Facilitator



Reconciliation Week

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The Theme for Reconciliation Week this year is **Be Brave. Make Change.** This is a challenge to us all to Be Brave and tackle the unfinished business of reconciliation so we can Make Change for all.

The dates for National Reconciliation Week remain the same each year; **27 May to 3 June**. These dates commemorate two significant milestones in the reconciliation journey - the successful 1967 referendum and the High Court Mabo decision respectively.

We all have a role to play when it comes to reconciliation. Change begins with brave actions in your daily life – where you live, work, play and socialise. Take these actions to make change with you every day of the year, not just during National Reconciliation Week.

Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

If you would like to learn more you can visit our college website and engage with a [First Nations Connections](#) at home activity.

Jeremy Margosis • Aboriginal & Torres Strait Islander Support





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. 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.

At last week's St Peter's Campus Assembly, the College presented three Year 11 and 12 students with their **Bronze Duke of Edinburgh Awards**. To achieve the Award, each student must learn a skill, improve their physical wellbeing, volunteer in their community and experience a team adventure.

Congratulations to James Vandermee, Clare Levings and Keira Fegan for their outstanding commitment to the Award.

I'd like to extend my sincere thanks to Mr Curtis Hibberson who attended the Assembly and to congratulate and present the Awards.

Matthew Smith • Duke of Edinburgh Award Leader

Inspire

The Inspire Art Competition is on again! This is MacKillop's annual art competition and entries are due by **Friday 26 August**. Students in Years 7 - 12 can enter an artwork in any medium with any theme - just inspire us!

We encourage entries in the following categories:
Drawing, painting, sculpture, digital media, mixed media, and photography.

There will be a range of prizes, so get creating! All entries will be displayed in an **exhibition on MacKillop Day** in September. A selection of the best entries will also be exhibited at the **Tuggeranong Arts Centre**. Further information and entry forms are available on Canvas. If you have questions about the competition, please see the Visual Arts staff.



Community News

Football Specialised Training

For players who would like to improve their skills, we offer 1v1 and small groups with FFA and UEFA A Licenced Coach. Contact coach.adsy@gmail.com or futsalmaniansw@gmail.com

Holiday Happenings

The latest Holiday Happenings edition is now available online www.holidayhappenings.com.au/online-booklet

Pro Performance Cricket

Canberra Winter Cricket Camp for ages 5-16
properformancecricket.com/act-cricket-camps/

Sustainability

Sustainability Tips

MacKillop's Sustainability team here, bringing you tips on how to be more sustainable in your everyday activities.

Sustainability tip #1: Buy second-hand clothes

By purchasing second-hand clothes instead of new ones, you're single-handedly reducing consumption, carbon and chemical pollution caused by clothing production, and water and carbon footprints. Plus, most op-shops, like Red Cross, donate their earnings to charities, so you're also helping those less fortunate in your community!

Contrary to popular belief, second-hand clothes are typically high quality! Most op-shops sort through donations before putting them up for sale, so you can trust that the clothes you're buying will last.

Anyone can shop second-hand! Find your nearest St Vincent de Paul, Salvation Army or another op-shop and have a look! The clothes are all pretty affordable and, if you look hard enough, there are some real gems!

Senior Sustainability Team

Fees

Fees for Term 2 should now be finalised unless paying by Direct Debit or other approved arrangement.

Any outstanding fees should be paid immediately.

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

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





MacKillop
St Mary MacKillop College Canberra

Contact details



02 6209 0100



info@mackillop.act.edu.au



www.mackillop.act.edu.au



**PO Box 1211
Tuggeranong ACT 2901**



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



Absentee SMS Line
0429 131 463

Socials



**www.facebook.com/
mackillop.act**



**www.twitter.com/
mackillop_act**



**www.instagram.com/
mackillop_act**



**www.youtube.com/
stmarymackillop**

INSIGHTS

Teaching kids to be kind



Judgement and criticism are the stock in trade for many people in today's fast-paced world. In our playgrounds and parks, children often act cruelly – or are simply uninterested in how other people feel. Little kids, big kids, and even adults can respond reactively and unthinkingly, or sometimes intentionally, with unkindness.

Although being unkind is nothing new (it's happened from the beginning of humanity), technology is enabling cruelty in faster, easier, anonymous ways. Technology is also making it hard for our kids to develop skills to delay gratification. Exercising impulse control – self regulation – is trickier because waiting isn't needed. These things combine to make it increasingly hard to be a compassionate and kind person, someone who considers the needs of others rather than acting out of self-interest. It demands intention and commitment.

The helper's high

Our brains release “feelgood” chemicals (like oxytocin, serotonin, and endorphins) which fight stress and make us feel happy when we engage in, or even witness, acts of kindness. It's called the “helper's high” and it's our brains' way of rewarding us for doing good, making us want to repeat the behaviour to get the same good feeling again. Not only does being kind feel good, but it generally keeps us safe because it makes us more likely to be accepted by social groups. It builds social capital when we are considerate of the needs of others.

Create opportunities for kindness

Even though they are hardwired for kindness we still need to create opportunities for our kids to engage in acts of kindness. We also need them to know what it feels like to have someone treat them kindly (so they know what behaviours to copy, and why kindness is important). So how can you help them?

Model kindness

Show your children how you treat others kindly. Hold open doors for people, put trolleys back that are in the middle of the car park, drop a meal to a sick family member, donate old towels to an animal shelter, let someone in when traffic is heavy.

They don't have to be grand gestures, just small and gentle ways of considering the needs of others.

Use kind language

Consider how you speak to your child and what you say when you speak. Ask how you speak about others (and yourself). Our kids use our behaviour as templates for how they should act. So let them see your compassion shine through for those around you. Be kind as you listen. Be kind as you talk. Say kind things.

parenting*ideas

Encourage helping

Is one child great at maths and their younger sibling isn't? Invite them to teach them or guide them through their homework. Ask them to show you how to play their favourite video game. If they are great at cooking, ask them to help you prepare dinner. Having them involved in prosocial ways gives them a helper's high.

Build their emotional intelligence

Kids who struggle to regulate and manage their emotions will find it harder to treat others with compassion. An essential part of teaching kids to be kind centres on teaching them to manage challenging emotions, and giving them coping strategies to navigate their way through.

- Teach them the words for feelings. Without the right words to share how they feel it can leave kids confused, fearful and frustrated...which only serves to make their big feelings more intense. When you see them experiencing a feeling, name it for them: "I can see that made you so mad", "I wonder if you felt sad when your friend left you out".
- Help them identify when they are escalating, but don't try and reason with them when they are in the "red zone" – we cannot reason with them at this stage as they are in the emotional part of the brain (mid brain) not the part that lets them be logical (pre-frontal cortex). Discuss strategies and practice when they feel calm. Get them doing things like squeezing play dough, talking about how they feel, going for a run, switching on music that makes them feel good, drawing or writing stuff down.

When you do this, you're being kind, teaching kindness, and helping them be kind to themselves.

In closing

Encouraging kids to be kind is essential in helping them avoid seeking instant gratification, ego-centric solutions, or being cruel. When people are empathic and kind they are more likely to experience better overall wellbeing, this is in part due to the helper's high, but also because they feel fulfilled and tend to have better quality relationships. Kindness is cool!



Rachel Tomlinson

Rachel Tomlinson is a registered psychologist and the author of Teaching Kids to be Kind and A Blue Kind of Day. Rachel has presented at national conferences on mental health topics as well as guest lectured about relationships at colleges and universities. She also serves as a subject matter expert for journalists on topics such as parenting, child development, and relationships. For further details visit www.towardwellbeing.com