

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *Twelve*

23 September 2022

Coming

Up

MON 1 0 0 C T

- Term 4 begins

TUE 1 1 0 C T

- Parent/Teacher Interviews

THU 1 3 0 C T

- Parent/Teacher Interviews

TUE 1 8 0 C T

- AST Second Sitting

WED 1 9 0 C T

- Outdoor Ed Camp

THU 2 0 0 C T

- Outdoor Ed Camp

FRI 2 1 0 C T

- Outdoor Ed Camp

TUE 2 5 0 C T

- Year 7-10 PAT Testing

WED 2 6 0 C T

- Senior House Captain Elections
- Senior Hospitality Parent Dinner
- Year 7-10 PAT Testing





23 September 2022

Queen Elizabeth II 1926-2022

The following statement was read at the College Mass on MacKillop Day last week:

Many of us have received the news of the death of Queen Elizabeth II with a range of deep emotions. For almost all of us, she has been a constant instrument for good in our lives.

This school has always had the example of women who were determined to give their lives to their faith and to the service of the Common Good. Queen Elizabeth was, if perhaps only remotely for some, one of these women!

Australia will, in proper time, now begin to re-examine its constitutional arrangements. The voice of young people should be heard in that important conversation; young people like the children in our own school.

As that conversation takes place, a life of faithfulness, service, dignity, and constitutional maturity will be remembered with affection and thanksgiving.

Mr Michael Lee
College Principal

Ngunnawal Country



Principal's Letter

Principal's Prayer

Lord, we give thanks for the life of Queen Elizabeth II, of late and glorious memory. Thank you for her steadfast example of faithfulness and duty. Amen.



Dear parents, teachers and students,

MacKillop Day

Thank you to everybody involved in the success of this day, particularly Mr Lachlan McNicol, Mrs Sandra Darley, Mr Jonathan Moyle, and Fr James Antony. It is true that many hands make light work! The day was a great community event, commencing with Eucharist and finishing with extensive opportunities for full engagement with each other as a school. Appropriately, the example of Mary MacKillop and the work of her sisters for over a century was central to the celebration of the day. Our patron's concern for those in the margins ensured that everyone was looked after.

College Captains

Congratulations to Year 11 on the way they participated in the election process for the 2023 College and Portfolio Captains. Each candidate (and there were 33 of them) attended a workshop on the College Vision, completed an extensive written application, attended an interview, and presented their candidacy through a short speech before the St Peter's Campus. Year 11 were well informed as they cast their vote. It is always regrettable to me that many fine candidates were not elected, but the College will continue to find ways for them to contribute to the progress of their school next year.

College Captains: Alana Freene & William Perrott

Faith & Community Captain: Emma Jobling

Sport Captain: Luke Olivier

Communications & Connections Captain: Toby Barber

Sustainability Captain: Justine Rasheed

Performing Arts Captain: Katie Bissett

I am sure you will join with me in congratulating these students and wishing them well in their roles.

Athletics Carnival 2022

This was a highly successful day because of outstanding staff organisation (led by Mrs Monique Foran) and the willing and cooperative attitude of all students. Congratulations to Ngadyung and Mindygari for their success and thank you to all involved.

End of Term

Please enjoy a safe and happy holiday. Like all of you, I look forward to a less interrupted Term 4. On a personal note, thank you to the many wishes of condolence sent to myself and my family. Each member of my family found the messages to be of comfort.

Yours sincerely in St Mary MacKillop,

Mr Michael Lee
College Principal





MacKillop Day

The College was blessed with beautiful spring weather for the MacKillop Day Mass and Celebrations on Tuesday 13 September.

MacKillop Day, which is the College's annual celebration of the life of Mary MacKillop, is one of the highlights of the College calendar for both staff and students. The day commenced with Mass at the Tuggeranong Basketball Stadium and concluded with a range of fun activities and stalls at the St Peter's Campus.

The Mass was a moving occasion, with College Chaplain Fr James Antony leading the proceedings and the College Choir creating a reflective and reverent mood. The Mass also included a touching tribute to the late Queen Elizabeth II from our College Principal, Mr Michael Lee.

The activities at the St Peter's Campus were festive, with activities like an obstacle course, the horizontal bungee, face painting, sumo wrestling, carnival games, upbeat music, and a wide range of food and drink. The St Peter's Campus also had a digital PC auction to raise money for the Tegan Blunt Memorial Gift.

We hope it was an enjoyable day for all!





Athletics Carnival

Ngadyung and Mindygari were the winners at the 2022 College Athletics Carnival as they took home the Championship Trophy and Spirit Cup respectively.

The carnival, which was held at the AIS on Tuesday 20 September, saw huge levels of attendance and participation. The displays of athleticism on the track and in the field, as well as the unrelenting spirit in the stands, made it a day to remember for all involved.

Students dressed according to the four House themes, which were 'Doctors and Nurses' for Ngadyung, 'Tradies' for Mindygari, 'Lifeguards' for Meup Meup, and 'Zookeepers and Safari' for Gurabang.

Two new features for the carnival in 2022 included a staff 100m and a wheelchair race, which had all students cheering on as Joshua Eynon of Year 11 crossed in first place.

The carnival was an enjoyable event for all involved, thanks in large part to the organisational skills of Mrs Monique Foran and her team. Congratulations to all students for the high levels of participation, demonstrations of athletic prowess, and positive attitudes that made the carnival a huge success.



School-Based Apprentice of the Year

St Mary MacKillop College is delighted to announce that Year 12 student Josh Haynes has been named as the ACT Australian School-Based Apprentice of the Year.

Josh received the award at the 2022 ACT Training Awards, which were held at QT Hotel on Thursday 15 September.

Josh was nominated by his employer, Platinum Plumbing Canberra, upon the suggestion of MacKillop's Careers & VET Coordinator, Ms Karen Hundy.

Josh, who is completing a Certificate III in Plumbing, works on his ASBA two days per week, which involves one day of work and one day of study at CIT, and he also does an additional day of work on a Saturday. Josh's dedication to his craft has made him a very worthy recipient of this award.

MacKillop had two finalists at the awards, with Gemma Jones of Year 11 also nominated for ASBA of the Year for her involvement in the Women in Construction Pathways Program and her completion of a Certificate II in Resources and Infrastructure Work Preparation.

We congratulate both Josh and Gemma for their achievements!



Design and Technology Teacher Association ACT Awards

Two MacKillop staff were nominated for Design and Technology Teacher Association ACT Awards. Jonathon Chandra was nominated for the Technology Teacher Merit Award for a teacher who has been teaching for less than four years in the Faculty and was highly commended by the selection committee. John Solari was announced as the winner of the Technology Assistant Excellence Award. Congratulations to both Jonathan and John who were presented with certificates at the DATTA ACT Awards dinner last weekend.





Spring Zing

The Spring Zing made its long-awaited return in 2022, with MacKillop's Year 10 students celebrating at the Southern Cross Club in Woden on Friday 16 September.

With COVID-19 restrictions over the past two years, this was the first Spring Zing MacKillop had held since 2019.

Students dressed to the theme 'Decades', with groups and individuals dressing in the fashion or as icons from each decade, including sports stars, musicians, movie characters, famous celebrities, and more! The night involved music, fancy dress, dancing, food, drink, a photo wall, lolly bar, and lots of fun!

The College thanks the Year 10 Coordinators, Mrs Jane Cunneen and Mr Matt Crowe, for organising a great event, as well as the other staff who dressed to impress and gave up their Friday night to supervise.





INSPIRE Comp

Elena Allende, *Dad*



INSPIRE Art Competition Winners

Overall Winner

- Elena Allende (Painting)

People's Choice Award x2

- Mr Colby Cruwys and Maria Ajamieh

Photography

- 1st Place - Ophelia Van Doorn
- 2nd Place - Erin Hartcher

Painting

- 1st Place - Ebony Humphrey

Digital

- 1st Place - Lilana McKee

Drawing

- 1st Place - Laura Tarrant
- 2nd Place - Maria Ajamieh
- Highly Commended - Chloe Knoester

Mixed Media

- 1st Place - Ruby Pardy

Sculpture

- 1st Place - Jessica Lubinski

One thing the pandemic has reinforced for me is the importance of family. Over the last two years lockdowns, home learning, travel restrictions and isolation have all required that we adapt and live differently at work, at school, and at home. The downside of the COVID-19 pandemic on our lifestyles is evident and well documented. What, however, is less acknowledged is the opportunity it has provided to connect in more meaningful ways with those closest to us. This portrait of my dad captures a moment of connection, underscoring the importance of focusing on what matters – our relationships with others.



Summer Uniform

From the **beginning of Term 4** all students are to wear the Summer Uniform. Detailed information is available in the Student Diary, on the College website and on Canvas. However, particular points to note include:

- Boys have the option to wear tailored mid-grey school shorts in addition to the trousers. Grey or black socks may be worn with the trousers, however if shorts are worn the socks must be grey.
- Girls in Years 7 to 10 may wear the teal check summer dress with plain short white socks, or the tailored navy slacks with MacKillop monogram and a white over-blouse with MacKillop monogram.
- Please be mindful that as stated in the Student Diary; "Girls skirts, dresses and shorts are to be knee length" (p. 13). It would be appreciated if any adjustments or new purchases are made as necessary to commence Term 4.
- 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. In relation to hairstyles, the College policy states "extreme variations of length are not permitted". This means that any changes in length should be graded, tapered, layered, etc. Students should return to school ensuring any haircuts or styles are within the College policy.
- School shoes are to be traditional, lace up, black and polishable

If there are circumstances that prevent students from wearing the correct uniform, they are required to bring a signed note from their parents. They need to present this to their Pastoral Care Coordinator during PC time each morning to obtain a uniform pass.

Paul Durham • Assistant Principal Pastoral Care

Student Achievement

Sam Van Dooren (Year 10) represented the ACT at the National School Sports Football tournament in Sydney in September.

Lauren Hall (Year 10) and Tiana Boots competed in the PSSA U18s School Sport Girls Football team in Sydney in September.

Meaghann Scott (Year 9) has been selected to represent in both the Australian Junior Champs Oztag and School Sport Australia Championship for Touch Football in October and November respectively.

Angus Withington (Year 8) competed at the Junior National Road Championships in Wollongong in September.

Ryan Moore (Year 8) has been selected for the U14s GWS Giants Development Academy and a Super 24 Series in Albury in late September. His team will compete in the first ever Super 24 Series, where they will play against the U14s Sydney Swans Academy.

Sustainability Tip #2 - Take quicker showers

Why: Who hasn't taken 30+ minute showers in Winter? It might be great for warding off the biting cold, but for the environment? Not so much... According to Sydney Water Talk (2020), "[c]utting your daily shower from eight minutes to four minutes saves around 36L of water." and up to 350 kilograms of carbon a year!

How to do it: Now that we've entered Spring, try taking cooler, quicker showers instead. If you need a reminder, set a timer or play two or three songs to jazz it up!

Happy Sustaining!!



Student Mentoring at Padua

On Wednesday 14 September, Year 7 and 8 students engaged in the second Student Mentoring session for Semester 2. Student Mentoring allows the Pastoral Care Teacher to support the academic progress of students and to assist them to achieve their full potential. The students completed a series of reflections aimed to foster motivation, accountability and personal achievement. The session focussed on introducing the concept of Mental Toughness and applying this positive psychology theory to academic rigour.

"Mental toughness is the willingness to keep commitments you make to yourself." - Anonymous

Habits that build Mental Toughness:

Embrace challenges

Practice true commitment

Focus on what is in your control

Thrive on adversity

Understand the value of emotional intelligence

Show confidence

Embrace change

Know fear leads to regret

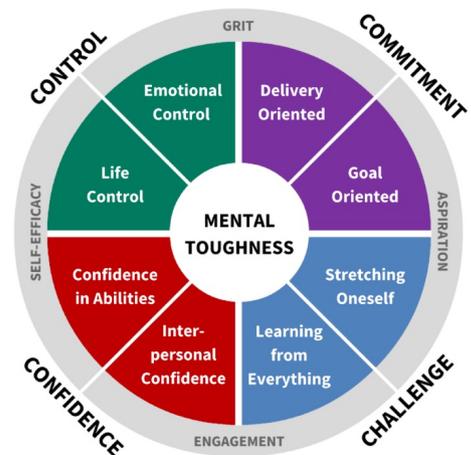
See failure as fuel

Learn from the past

Engage in physical and mental wellness

Engage with criticism and feedback

Limit your engagement with toxic people



Jacklyn Bryant • Director of Student Wellbeing

Pastoral Program

Year 9 Pastoral Program this term has focused on relationships and how to manage conflict, with guest speakers coming to the College to speak with us as well as interactive lessons and activities in our PC classes. In our final Pastoral Program for the term, there were a range of activities that got everyone involved and excited. The aim was to complete all the challenges to earn the most points; there was a quiz, Wordle, unscrambling words and creating a theme song on relationships with our House. This was great as it allowed us to use the skills we learnt and developed throughout the term.

Mia O'Connor • Year 9



Building Bridges

Building Bridges was an engaging presentation from a man called Brett Hunt; his presentation was all about his life story. Brett's story tells us about what his childhood through to adulthood was like, the many fun times and difficulties that he faced and how he was able to successfully manage these. He spoke about his relationships with his family, in particular his wife, and his mates. We learned that life isn't always easy and that we are all challenged to ask our mates how they are and offer help where needed.

Samuel Quantrill • Year 9

Rock and Water Program

This term for Pastoral Program, Year 8 focused on forming healthy relationships through the Rock and Water program. Key areas included self-awareness and effective communication skills. Year 8 students have been encouraged to know and be true to their own values, while being mindful of the needs and perspectives of others. This mindset is important in helping young people find their way in different situations, including when they face negative pressures. Students learn to stand strong, negotiate using "rock" or "water" verbal approaches, walk away from trouble, consider alternatives to aggression, and develop understandings about who they are, their intuitive feelings and their personal direction.

Below are some comments from our Year 8 students and what they thought of the program:

"The Rock and Water program gave me the skills to know when and how to protect myself and when to stay calm. It was a happy and enjoyable experience for everyone. It was a positive experience and was something that was looked forward to every Pastoral Program lesson."

- Savanna Trimper

"I enjoyed the experience of Rock and Water because it taught me how to overcome scenarios, as well as to improve my mental health. Through Rock and Water, youth and adults can gain self-awareness, self-confidence, and social functioning." - Ashton Redmond

"Rock and Water is an amazing program that teaches kids and teens how to react to different things that may occur on the playground. I really enjoyed this program because I got to interact with others and everyone got to know each other a little better. It was really enjoyable and I learnt a lot about how to stand my ground and when to go with the flow. It was a really great program and I hope more people get to experience this in the near future." - Charlotte Marsh

"I liked Rock and Water because it was a great experience that will help me in the real world. Rock and Water was a very helpful and positive experience that helped me a lot." - Rhylis Pandaram



Performing Arts

This term in Music we have welcomed Mitchell James as a new teacher. He has brought much enthusiasm and energy, and we have all enjoyed having him join the Performing Arts team.

Variety Night

Variety Night has been **rescheduled to Thursday 20 October** due to the public holiday.

Wagga Eisteddfod

The Wagga Eisteddfod occurred from 1-2 September where ninety-five students performed in the competition. It is worth noting that, with a few exceptions, the longest amount of time that these students have been playing their instruments is two and a half years.

Prizes won

- High School Ensemble: Senior Wind Ensemble - 2nd, Guitar Ensemble - **Highly Commended**
- High School Concert Band: Concert Band - **Highly Commended**
- High School Orchestral Championship: Padua String Ensemble - **Highly Commended**
- Instrumental Duos/Trios: Harrison Orton and Katie-Lee James - **Highly Commended**
- Open String Ensembles: St Peter's String Ensemble - **1st**
- Secondary School Choirs Championship: PCoPA Choir - **1st**
- Open A Capella Choir: PCoPA Choir - **2nd**
- Open Sacred Song: PCoPA Choir - **1st**
- Open Choir: PCoPA Choir - **2nd**

Year 10 Dance Festival

Year 10 Dance performed on the huge stage at Canberra Theatre on Tuesday 6 September. Dance Festival is a non-competitive celebration of student work across the ACT. Students choreographed, rehearsed and performed. Their performance was a credit to the college.

Floriade

This year senior Dance and Music have teamed up and will present a variety of performances on **Stage 88 in Floriade from 11.30am-1pm on 12 October**.

ACTKA Piano Competition Success

Congratulations to Danny Li (Year 11) and Gavin de Guzman (Year 10) who both achieved excellent results in the recent ACTKA Piano Competition on 18 September.

- Danny Li (Intermediate Level) - **Best performance of Australian Work**
- Gavin De Guzman (Advanced Level) - **1st Place**



Astronomy Club

In Week 8, Year 9 STEM students were given the opportunity to take part in the Astronomy Club run at the St Peter's campus. It gave us students currently studying radio and radio astronomy an opportunity to learn more about astronomy and celestial objects as well as telescopes, how to set them up and operate them. It gave us an opportunity to gain background knowledge before we start our projects focused on radio astronomy next term.

With the help of Year 12 students, the night was enjoyable and provided students the opportunity to apply knowledge outside of the classroom. It was a fun and interesting experience for all of the students involved. Lots of thanks to all the Year 12 students and teachers involved who made it possible.

Charlotte Murphy • Year 9



Aboriginal and Torres Strait Islander Education at MacKillop

The Year 11 Business students explored the way that Aboriginal and Torres Strait Islander peoples used items such as bees wax, emu feathers and naturally hollowed out trees to help create items such as emu callers, didgeridoos and head wear. They looked at innovative ways to create products to sell by using natural materials or re purposing existing items made from natural materials. Have a look at some of the great products they came up with.

Jeremy Margosis • Aboriginal & Torres Strait Islander Support



Technology

Our Year 10 Automotive class is **in need of some old lawn mowers**. If you have an old lawn mower that you would like to donate, please email john.solari@mackillop.act.edu.au or call **62090164** to arrange a drop off time.

Uniform Shop

Summer is looming. Term 4 is looming. This means students move from the winter uniform to the summer uniform. The Second Hand Uniform Shop (SHUS) has a range of quality low cost uniform items available for purchase.

The SHUS will be open Week 2 of the holidays, from 3 October. The SHUS is now taking appointments for this period. The SHUS can be reached by email uniforms@mackillop.act.edu.au or by text 0427 089 370.

Please consider donating to the SHUS any quality uniform items that are surplus to you. These items could benefit another family, and by rehoming these items, you are saving usable clothes from landfill. Your washed and saleable uniform items can be dropped to either school front office. Remember to get your \$5 school canteen voucher.

Judy Keogh • Uniform Shop Coordinator

School Fees

Term 4 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 3 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

Wheelchair Rugby League

Wheelchair Rugby League is an all-inclusive sport that offers a variation to the running game that allows athletes with a disability to compete with and against able-bodied athletes. The Canberra Region Wheelchair Rugby League is encouraging able-bodied athletes to compete as well. This inclusiveness offers a level playing field for athletes of all abilities that few other sports can provide. Wheelchair Rugby League provides an inclusive recreational activity, that promote fun, fitness, and self-development. Our focus is, health and wellbeing of individuals, whilst developing their personal performance, social interaction, and self-esteem. We would love to see you come down and have a push. Our next training session is **Sunday 25 September** at the **Tuggeranong Indoor Archery Centre** between **10-11:30am**. <https://www.raiders.com.au/crrl/about/wheelchair-rugby-league/>

Duntroon Playschool

Individual and group based play for 3-4 year olds. A place filled with activities, interactive story time, music, craft and more. **2023 enrolments are now open**. www.duntrooncommunitycentre.org.au/playschool

Holiday Happenings

The next Holiday Happenings edition is now available online. To see the programs, activities and events visit: www.holidayhappenings.com.au/online-booklet

Italian Classes

Are you interested in learning Italian? Dante Alighieri Society of Canberra (DASC) language classes are running at the Cultural Centre in Forrest. <http://danteact.org.au/language/italian-classes/>

Futsal

Do you want to play futsal this Summer? **Futsal Mania** is open for registration, whether as part of a team or an individual it's an awesome program and great fun! If you are interested send an email to futsalmaniansw@gmail.com.

Cricket Gala Day

Are you a female aged between 5-17 years old and interested in cricket? Come to our try day on **Sunday 9 October** from **11am-3pm** at TVCC Mead St Chisholm. Register before 7 October to receive a free showbag www.eventbrite.com.au/e/tuggeranong-valley-junior-cricket-club-girls-gala-day-tickets-415898643037



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INSIGHTS

How to change your parenting for the teenage years



Parenting teenagers is traditionally seen as the most difficult parenting stage. However, many parents have discovered that raising teenagers is a lot easier than raising younger children. For this to be the case, there are three changes parents make to survive their kids' adolescence.

Step up the coaching

When kids are young it's common for parents to take over many aspects of their lives. They establish bedtimes, cook meals and make doctor's appointments. Parents decide where they will go to school, if they go to camp and where the family will take a holiday. Children are content with this approach and will enjoy having their days organised by loving adults.

Teenagers, on the other hand, need to start managing their own lives, which can put them at odds with over-protective or over-controlling parents. Wise parents will aim for redundancy well before the teenage years so handing over control isn't so foreign.

Psychologists William Stixrud and Ned Johnson, authors of *The self-driven child* believe parents need to hand over a great deal of decision-making to adolescents. Not straight away and not in a way that negates their need to take responsibility for their actions. They advise parents to gradually involve teens in creating rules that govern their own behaviour, keep challenging their choices and provide emotional support when they make poor decisions. A parent gives up being a manager and takes up the role of life coach.

Influence teens differently

Most parents would like to download all their knowledge of the world into their teenage children's brains so that they could always make good decisions. Giving teenagers information doesn't guarantee that you can influence them as you did in childhood. Teenagers are highly attuned to status and hypervigilant to the way they are treated by adults. If you talk down to them, they will turn off as you are talking to the low status or child-like part of the brain. Talk to them as if they are autonomous young adults and they are more likely to listen, as you are talking to the high-status part of their brains. If you wish to discuss topics such as respectful relationships, the use of alcohol or preparing for life after school, avoid talking to them as if they are children. Speak to them as you would to someone with the highest possible status – someone you respect, and they are more likely to engage with you.

Have hard chats

Conversations with preschool and early primary school years are comparatively easy compared to many conversations you have with tweens and teens that revolve around hot topics such as sexuality, school performance and the future. Avoidance of hard chats and the emotional minefields they lead to becomes the easiest option. Teenagers are dealing with some difficult issues, so parents need to create safe opportunities to talk about the hard issues.

parenting * ideas

Christine Carter, author of *The New Adolescence* believes that parents should think beyond having a “big talk” about difficult topics and bring up these topics using short observations and simple questions. She writes, “Even when we have lots to say, it’s more important to give them a chance to speak, and to work out what they are thinking in a low-risk environment.” Practise staying calm despite your discomfort. Welcome it if your kids sense your discomfort as it reveals your human side.

In closing

Young children and teenagers have very different needs. Effective parents adapt their parenting style to meet the developmental and emotional needs of their children at each stage of growing up. Teens need greater autonomy, skilled guidance and plenty of chances to talk about the issues that bother them and worry their parents. That may mean that you need to shift your parenting gears a little to meet their needs in the teenage years.

Michael Grose presents: Changing parenting gears for the teenage years

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar ‘Changing parenting gears for the teenage years’ at no cost.

About

In this webinar, Michael Grose discusses the importance of changing parenting gears during the teenage years. He shares the critical shifts parents need to make when raising teenagers.

When

Wednesday 31 August 2022 8:00pm AEST

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-changing-parenting-gears-for-the-teenage-years>
2. Click ‘Add to cart’
3. Click ‘View cart’
4. Enter the coupon code TEENS and click ‘Apply Coupon’ Your discount of \$39 will be applied.
5. Click ‘Proceed to checkout’
6. Fill in your account details including our school’s name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click ‘Place Order’

This offer is valid until 30 November 2022. If you’re unable to make the broadcast time, just register anyway and you will get access to the recording.



[Click here to view a quick tip video by Dr Justin Coulson related to this Insights article](#)



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.