

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *Thirteen*

14 October 2022

Coming

Up

TUE 18 OCT

- AST Second Sitting

THU 20 OCT

- Variety Night

TUE 25 OCT

- Year 7-10 PAT Testing

WED 26 OCT

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

WED 02 NOV

- Padua Campus Captain Elections
- St Peter's Long Tan Awards Assembly
- Year 9 Outdoor Ed Camp departs

THU 03 NOV

- Gala Concert

MON 07 NOV

- Year 10 Exams commence

WED 09 NOV

- ISART Exhibition Opening
- Year 10 Exams conclude

THU 10 NOV

- Year 12 Last Day of Classes



Principal's Letter

Principal's Prayer

Lord, We give thanks for all the opportunities Term 4 will bring.
Amen.



Dear parents, teachers and students,

Important Staffing News

Many of you would already know this from the electronically published [Director's letter](#) a few hours ago, that Sandra Darley has been appointed as the next Principal of St Francis Xavier College, Florey. Sandra's appointment commences in 2023.

As I said in today's communication, Sandra will bring qualities of leadership and experience to that school, following a significant contribution to the progress of St Mary MacKillop College (and prior to that, MacKillop Catholic College and Padua High School). St Francis Xavier College is gaining a fine leader through this distinguished appointment and MacKillop is losing a very able educational administrator, colleague, and friend.

I would like to take this opportunity again to thank Sandra for the role that she has played as an individual and as part of the Leadership Team of the College over many years. I'm sure you will join with me in congratulating Sandra on this achievement.

Parent-Teacher Interviews

Thank you to all the staff, parents and carers, and our students who attended Parent-Teacher Interviews on Tuesday and Thursday this week. Feedback on the evening was that this was a valuable opportunity for constructive advice and insight about student achievement and progress. All schools have many different ways of providing this advice and feedback at regular intervals throughout an academic year. Parents have more feedback, data, and evidence about their child's progress than ever before. We still look for ways to do this better. Just the same, MacKillop has always been about relationships and the opportunity for us to meet and talk face-to-face is a valuable component of rich parental engagement.

Variety Night 2022

Variety Night this year will be held next week on Thursday 20 October. Given that this calendar item has been disrupted over the past few years, and that the College Musical had to be cancelled this year, Variety Night is a significant part of diminished opportunities in 2022 for student performance. This is always a good night and I would urge parents, friends, peers, and alumni to consider attending this year.

College Enrolment for 2023

The College is currently staffing and timetabling for 2023. Some families will not be returning to the College next year for Years 8-11 for a variety of reasons. Were families to already know this, it would be very helpful to invite us into that news! The College expects to be the same size next year but ranges of subjects being offered, and the provision of quality teachers for those subjects, may vary depending on the final numbers. Please contact enrolments@mackillop.act.edu.au at your earliest convenience. Were your circumstances to change, the College has a very good record of accommodating late changes that involve students returning or staying.

Yours sincerely in St Mary MacKillop,

Mr Michael Lee
College Principal



Welcome to Term 4

School returned this week with the commencement of Term 4. The school holiday period provided staff and students with a well-deserved break before the busy end to the 2022 academic year.

The College wishes the community the best of luck for the term ahead!



Floriade Performances

MacKillop's performing arts students put on a range of music and dance performances for the patrons of Floriade on Wednesday.

The crowd at Stage 88 enjoyed pieces from our senior dance students, solo musicians, junior and senior choirs, and a number of different ensembles.

Congratulations to all students and staff involved.





PE Pathways Gold Coast Tour

During the school holidays, 12 Senior PE Pathways students participated in an elite athlete educational tour of the Gold Coast.

For the first four days, we stayed at the Gold Coast High Performance Centre, where we were able to participate in numerous activities to build our knowledge of the demands and training habits of elite athletes. This included early morning gym sessions, hot and cold therapy, yoga classes and functional mobility classes. We visited the Gold Coast Suns facilities and stadium, where we met and trained with AFLW player Ellie Hamson. She provided us great insight into what it means to be an elite athlete while also trying to manage a part-time job and studying. We then visited the Gold Coast Titans facility and were lucky enough to meet a couple of Titans players. We met Australian Olympic swimmer and silver medalist Jenna Strauch and heard about her experiences competing at an Olympics. As well as meeting Australia's top athletes, we gained an insight into university life with tours of Bond and Griffith universities, where many elite athletes train and study.

The second portion of the trip was spent at The Treasure Island Resort where, over the next three days, the group participated in a range of fun activities. Saturday night saw the group involved in some friendly competition at TopGolf with Mr Smith showing the group a golfing masterclass. Sunday was undeniably the most enjoyable day for the group as we experienced the exhilarating water slides at Wet 'n' Wild.

Throughout this trip, the group built upon a healthy team camaraderie and gained many skills and strategies to be successful after school. Overall this was a fantastic experience that gave us an insight into the life of an elite athlete and university pathways. Thank you to Ms Fahey, Ms Sullivan and Mr Smith for organising and joining us on this memorable Tour.

Amy Frost and Jaskaran Singh • Year 12





MacKillop
St Mary MacKillop College Canberra

VARIETY NIGHT

**PERFORMANCES! COMEDY! GAMES+PRIZES!
AUDIENCE PARTICIPATION!**

20.10.22 • 7PM • PADUA CAMPUS

TICKETS

\$10

FROM QKR OR THE FRONT OFFICE
www.mackillop.act.edu.au/qkr

2023 SRC Elections

During the coming weeks elections will take place for House Captains and SRC members from the current Year 7, 8, 9 and 11 cohorts. For interested students on the Padua Campus, nomination forms are now available on request from Pastoral Care Coordinators.

Many of our students have great leadership capacity and attributes to lead in both formal positions of leadership and informally. Often students may not consider nominating for the College SRC unless they are individually encouraged to do so. Having a conversation with your son/daughter about seeking a formal leadership role may prompt them to pursue the opportunity to obtain an SRC position within the College.

Dates for the closing of nominations and elections are listed below:

COLLEGE HOUSE CAPTAINS (for current Year 11 students)

- One female and one male from each of the four Houses
- Election on Wednesday 26 October

PADUA CAMPUS CAPTAINS (for current Year 8 students)

- One female and one male student
- Nominations close Wednesday 26 October
- Election on Wednesday 2 November

PADUA HOUSE CAPTAINS (for current Year 8 students)

- One female and one male from each of the four Houses
- Nominations close Wednesday 26 October
- Election on Wednesday 16 November

YEAR 10 SRC (for current Year 9 students)

- One student from each House
- Nominations close Friday 28 October
- Election on Wednesday 16 November

YEAR 8 SRC (for current Year 7 students)

- One student from each House
- Nominations close Friday 28 October
- Election on Wednesday 16 November

Paul Durham • Assistant Principal Pastoral Care

Transport of NSW - School Travel

2023 School travel applications are now open. For further information please visit:

<https://transportnsw.info/school-travel-apply>

Parenting Ideas – Free Parent Webinar

This week's parenting article provides three practical strategies that parents can implement to support their children during moments when difficulties arise with friends. Included in the article is an invitation to a free parent webinar presented by Michelle Mitchell, termed as "the teenage expert" focusing on handling tricky friendship days.

Status Awards

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

Bronze Status

Remi Backhouse 7A2, Thomas Burgess Crowe 7W3, Skye Drinkell 7A4, Caitlin Hackney-Britt 7A4, Sophie Luchterhand 7A4, Sienna Nehme 7A4, David Nelson 7F2, Kirpa Singh Sandhawalua 7A3, Estrella Smith 7E2

Silver Status

Alexander Brooks 7A2, Isobel Halliday 7E2



Science News



Forensic Science Incursion

Year 8 Science students experienced the fascinating world of forensic Science recently, with an incursion run by Education Interactive called a 'A Case of Conspiracy'.

Using scientific inquiry methods, problem solving and collaboration, students were challenged to act like scientists and police detectives to ultimately solve a crime. Activities included examining fingerprints, DNA and genetic traits, impression evidence, and code breaking.

Kate Goolagong • Science Coordinator (Padua)

Science Competitions

In Term 3, students in Years 7-12 had the opportunity to participate in the Big Science Competition and the ICAS Science Assessment. The multiple choice competitions test science knowledge, critical-thinking and problem-solving skills. Questions are set in real-life, contemporary contexts, making them relatable and interesting.

Thank you to all students who participated and congratulations to the following students who received credit, distinction and high distinction certificates.

CREDIT

Big Science Competition: Alexander Brooks, Noa Zisman, Mary Bunt, Hima Pynadath, Aaron Nobby Rajan, Alexandra Phathanak, Freya Stanford, Jessica Lubinski, Sophia Kesina, Hannah Rose

ICAS: Cameron Jacobsen, Ruby Pardy, Isabella Darcy, Liam Fuller, Aran Moody, Alexandra Phathanak, Darwin van Doorn, Ari Gilchrist, Jacob Loughlin, Riley Noble, Jack Valois, Hamish Williamson, Ryan Blundell, Dylan Neindorf, Kayla Walker

DISTINCTION

Big Science Competition: Harrison Orton, Ava Fradgley, Nathan Salvage, Robbie Crisp, Milly McCabe.

ICAS: Amelia Brown, Kyle Richardson, Lucius Stefanuti, Jasper van Doorn.

HIGH DISTINCTION

Big Science Competition: Daniel Collis, Darwin van Doorn, Oliver Wright, Aran Moody, Jasper van Doorn.

Kate Goolagong & Mel Pert • Science Coordinators

Geography Exhibition

Year 9 Geography students visited the St Peter's Campus on 1 September to attend an exhibition hosted by Year 11 and 12 Geography students on international cultural integration. The seniors presented visual displays as part of an assessment task on an element of culture that has been diffused, adopted and adapted in Australia and other parts of the world. This experience provided the Year 9s with an opportunity to learn about what it is like to study Geography in Years 11 and 12 and allowed them to connect with the senior students. The success of this event will hopefully open up other opportunities for cross-campus interaction within the Humanities and Social Science faculty.

Mr Trent Wilson and Ms Sandhya Tulpule • HASS

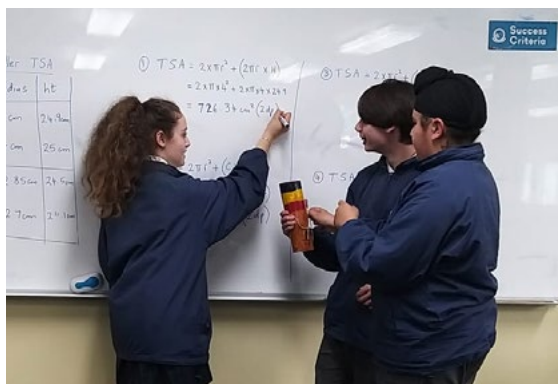


Mathematics Emu Caller Activity

An 'emu caller' is a unique Aboriginal hunting tool used to attract emus. Last term, some mathematics classes used these tools to learn about surface area. Here are a few student reflections on the activity:

Today we did an emu caller activity in Maths. It was fun and we learnt a lot. We measured the emu caller with string and then measured the length of the string against a ruler. We also learnt how to use an emu caller.

Kirra and Hayzel • Year 7



This term in Maths, we have been learning about measurement. This included learning about the total surface area of objects. In one lesson, we were given the opportunity to practice the skills that we have acquired by finding the total surface area of emu callers. Emu callers are wooden hollow cylindrical tubes and were used by Aboriginal peoples to distract emus from their eggs. We were challenged to find the total surface area of this object and compare our findings with our peers. This was a fun and engaging way to learn and use Maths in the real world.

Anna, Ava and Charlotte • Year 9

It was an insightful experience for us to apply our knowledge acquired over the course of the term to an engaging activity. We enjoyed challenging ourselves to find the total surface area of an emu caller, an Aboriginal innovation. Our understanding of the content taught in class has been enhanced by this activity which has also taught us about the culture of Indigenous Australians. We are very grateful for this exciting opportunity and hope that other students get to participate in such an educational lesson.

Hima, Mary and Ava • Year 9



Exchange Program Opportunities for 2023

Host families required!

After a successful exchange running earlier this year with students from our sister school in Le Havre, France, we are starting the process to seek out host families for exchanges next year across both campuses. As a start, we have the following incoming exchanges from our sister school in France:

- **February: France - 10-14 day exchange** (Institute St Joseph's- Le Havre)
- **June/July: France - 2 month exchange** (Institute St Joseph's- Le Havre)

It is likely we will also be hosting students from our sister school in Italy but this is still to be confirmed.

Hosting an international student is a rewarding and enriching cultural experience. Through this experience, families learn about other cultures and traditions and develop lasting friendships with their exchange student and family. If studying a language program, it also provides an invaluable opportunity to fast track fluency.

Welcoming an international student is also a great way to bring the family together as you share in experiences and interests. Imagine how proud you'll be that you and your family contributed to the personal growth, confidence, English language skills and the eventual graduation of the international student you hosted.

HOST FAMILY REQUIREMENTS

- Provide the student with a family atmosphere and a caring, supportive environment Spend quality time with students to develop positive relationships and show sincere interest in students' culture, customs, language and beliefs.
- Provide a clean, appropriately furnished and warm/cool home and bedroom.
- Supply three meals per day plus snacks & drinks.
- All members of host families aged 18 years and over are required to hold a valid Working With Vulnerable People card. If you do not already have a WWVP card we can assist with obtaining one. As this is voluntary, there is no application fee attached to the application.

If becoming a host family for any of the upcoming exchanges sounds like something your family might be interested in, please express your interest by getting in contact with Ms Tara Williams (Project Officer- International Programs) via email at:
tara.williams@mackillop.act.edu.au

We look forward to hearing from you!

Tara Williams • Project Officer- International Programs



Performing Arts Performances

28-29 October: COME ALIVE, National Portrait Gallery (Year 11 Drama)

This year our students are taking part in the Come Alive Festival of Museum Theatre held at the National Portrait Gallery. The festival invites students to choose an object from the hosting cultural institution and use that object as inspiration for the creation of their own original work. Year 11 have chosen a portrait by photographer Ingvar Kenne and are creating work that explores the fundamentals of chaos theory and the patterns of the universe that inform our behavior - yes, really! Students will perform twice - on Friday 28 October and then again on Saturday 2 October at 2pm.

5 November – GALA CONCERT - 7pm, Padua Campus

The Gala Concert is a showcase of the extra-curricular ensembles that have been rehearsing and performing this year. It's an opportunity for family and friends to come along and hear the ensembles, many who have perhaps not had the opportunity to see these ensembles in performance. We will also formally farewell our Year 12 music students in this concert.

8 November: HARRY'S HOTTER AT TWILIGHT by Jonathan Dorf (Year 12 Drama) - 6pm, Moira Najdecki Theatre, Padua Campus

Come and find out what happens when multiple worlds collide in this hilarious crossover parody. Think Harry Potter and Twilight, with a side of Alice in Wonderland and a dash of The Godfather. There'll be wizards and fine diners, vampires that sparkle, and werewolves who smell like baby oil. Tickets will be available through Qkr in mid-October, \$5 per person.

16 November: SCENTS (Year 10 Drama) - 6pm, Moira Najdecki Theatre, Padua Campus

Year 10 Drama are developing their own plays to be presented for friends, family and the MacKillop community. The performances are inspired by their sense of smell - they have used the smell of eucalyptus, buttered popcorn, apple and jelly to commence the journey of play making.

18 November: DAGS by Debra Oswald, directed by Molly Brabham (Year 12) - 6pm, Moira Najdecki Theatre, Padua Campus

This is a student directed performance. Dags is about the trials and tribulations of Gillian, a 16 year old schoolgirl. Set in the 1980's the production is a new take on an old classic.

18 November: THE LADY'S REVENGE, written/directed by Maddie Cameron (Year 12) - 6pm, Moira Najdecki Theatre, Padua Campus

Written and directed by one of our 2022 Performing Arts Captains, Maddie Cameron, *The Lady's Revenge* tells the story of Anne Bonney. Anne was a fascinating historical figure who sailed the seven seas.

22 November: YEAR 8 MELODRAMA PERFORMANCE - 6pm, Moira Najdecki Theatre, Padua Campus

Friends and family were treated to an evening of over the top, fun-filled frivolity as our Year 8 Drama students shared an array of rollicking Melodrama performances they had created themselves. Each performance included Melodrama stock characters such as the hero, villain, damsel in distress and faithful servant and the audience were left thoroughly entertained.

24 November: SPOON RIVER VERBATIM PERFORMANCE (Year 9 Drama) - 6pm, Moira Najdecki Theatre, Padua Campus

Set in 1915, our Year 9 Drama students delved into the lives of the characters that inhabit the small fictional town of Spoon River. Using a combination of historical research, interviews and dialogue, the students created a Verbatim performance that pulled back the curtains to reveal what really goes on behind closed doors in rural America.



Performing Arts Opportunities

Ensemble Rehearsals

Monday	3.45 - 5pm	St Peter's String Ensemble - Senior Music Room
Tuesday	8 - 9am	Padua Vocal Ensemble - Junior Music Room
Wednesday	8 - 8.45am	Guitar Ensemble - Junior Music Room
	3.45 - 5pm	Senior Wind Ensemble - Senior Music Room
Thursday	8 - 9am	Junior Band - Ensemble Room (Padua)
	8 - 9am	Year 7 String Ensemble - Junior Music Room
Friday	8 - 9am	Concert Band - Ensemble Room (Padua)
	8 - 9am	Padua String Ensemble - Junior Music Room



PCoPA Auditions for 2023

Auditions will be held for students to join the PC of Performing Arts, PCoPA. These will be held in Week 7 this term. Please scan the **QR code** above to register for an audition.

Drama Club

Running every Wednesday morning from 8:10am Drama Club welcomes all students from Years 7 to 9 to come and participate in a morning of Drama games, improvisation, play building and fun.

Primary School Tour

At the end of November we will once again be touring our feeder primary schools with students from the junior campus. We will be taking our Junior Band and Junior Strings, as well as the Dance Crews. We can't wait to share what we have been working on.

St Mary MacKillop College Writing Competition

Challenge: Write a 50-word story (50 words exactly)

Theme: Celebration

Entries close: Friday 11 November, Week 15

See Mrs White (Padua Campus) or Mrs Baker (St Peter's Campus) for an entry form

Get writing!

Erin White and Lyndall Baker • English Coordinators



NSW/ACT AFL State Finals



Congratulations to the St Mary MacKillop College 7-9 Girls team who achieved runners up in the NSW and ACT State finals on 11 October. These girls were undefeated throughout the entire ACT competition which gained them entry into the finals competition playing the winning schools from all regions throughout NSW. They won all of their pool games in the finals and played in the grand final against Xavier High School, Albury. It was a close, competitive game with MacKillop finishing as runners up on the day.

Congratulations to the team which consisted of: Lilly Stephan, Beth Heron, Matilda McCormack, Imogen Norris, Saige Fattore, Eva Tine, Alana Fraser, Jade Paterson, Ariella Paterson, Indiana Kildey, Tessa Barden, Felicity Silver, Phoebe Cooper, Evie Tattam, Charlotte Cotter, Masie Roff, Kate Gildea, Meaghann Scott, and Mia Willis.

Monique Foran • Sports Facilitator

Athletics Results

Congratulations to the following students who finished as Age Champions at last term's Athletics Carnival:

Bethany Heron	12F
James Rice	12M
Mia Keen	13F
Nicholas Christian	13M
Ariella Paterson	14F
Jackson Arnold	14M
Kevin Kamilo	14M
Jesse Fordham	14M
Leila Nikolic	15F
Cooper Johnston	15M
Laura Tully	16F
Henry Crane	16M
Ariadne Stergiou	17F
Harry Menham	17M

Congratulations also to the following students who set new records on the day:

Milly McCabe	1500m	16F
Ariadne Stergiou	200m	17F
Isaac Muscat	1500m	17M
Samuel McCabe	800m & 1500m	14M
Chloe Moore	400m	14F
Mia Keen	Triple Jump & Long Jump	13F
Blake Gautasa	Shot Put	12F
James Rice	800m	12M

Student Achievement

Charlotte McAvoy (Year 12) competed in the PSSA U18s School Sport Girls Football Championships in Sydney in September.

Mia Keen (Year 8) and Lucille Gregory (Year 9) are representing the ACT at the Australian Junior Oztag Championships in Coffs Harbour this week.



Got an old lawn mower?

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 **6209 0164** to arrange a drop off time.

School Fees

Term 4 Fees were electronically sent to family email addresses on 29 September 2022. Fees are due to be paid by 28 October 2022 unless paying by Direct Debit or other approved method.

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

Maths Club - Padua Campus

The Padua Campus Maths Club will resume on Thursday 20 October in Term 4. It runs from 3.20pm to 4.20pm in the IRC on Tuesdays and Thursdays.

Please note that there will be no Maths Club on Tuesday 8 November and the final session will be held on Thursday 24 November.

Anna Keppel • Mathematics Coordinator (Padua)

Canberra School of Tennis 24 hr Challenge

CSOT is supporting Ronald McDonald House with a 24-hour Tennis Challenge from 4pm on Friday 21 October at the Weston Creek Tennis Club.

[Sign up here](#)

Leading Edge Rugby League Academy

Leading Edge Rugby League Academy (LERLA) is now running a Junior Rugby League Development program in Queanbeyan.

Founded by ex-Canterbury Bulldog and Penrith Panther's player Tim Browne in 2017, the LERLA program is designed to help individuals improve in all aspects of the game both on and off the field.

Boys and girls of all ages (5 years and over) are welcome, with the program running from 19 to 21 December 2022.

Register your interest as places fill up fast!

<https://www.lerla.com.au/queanbeyan>

Questions can be directed to enquiries@lerla.com.au.



Sustainability Tip from the Sustainability Club

AVOID FOOD WASTE

Why: Let's face it, we're all guilty of throwing out food. According to Foodbank Australia (2022) Australian households account for the majority of food waste. 70% of the 7.6 million tonnes of food that winds up in landfill is edible. Not only will avoiding food waste help lower our carbon footprint, but it will also lower your grocery bill.

How to do it: The next time that you have leftovers, don't throw them out. Leftovers can be made into the most mouth-watering of meals. Most leftovers can be safely stored in the fridge or freezer. You may even find that storing some foods enhances their flavours!



UNIFORM CLEARANCE

GIRLS SHIRT

Was \$39.95
Now \$25.00

KERCHIEF

Was \$22.00
Now \$16.50

WOOL JUMPER

Was \$89.95
Now \$50.00

SKIRT

Was \$69.95
Now \$55.00

BOYS SHORT SLEEVE SHIRT

Was \$36.50
Now \$20.00

TIE

Was \$25.50
Now \$16.50

All items are brand new
Limited sizes available
while stocks last

You can ring for queries and
pay over the phone
Mail orders are welcome
or shop in store



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



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**www.youtube.com/
stmarymackillop**

INSIGHTS

Tricky Friendship Days



Relatively small issues, like not being invited to a party, can arouse big, intense feelings in our kids. Because belonging is at stake, friendship challenges will always feel like a life-threatening experience – so be assured that most parents find themselves dealing with powerful tears and shattering disappointments after tricky friendship days.

It is easy for both parents and teachers to fall into the trap of trying to “dial down the drama” when our kids feel overwhelmed. However, minimising or dismissing strong feelings will only tend to ramp them up, because our tween’s brains seek to be heard and understood in the process of regulating. I’d also like to suggest that it denies our children the opportunity to master these big feelings. Our kids need to feel to practise the emotional regulation strategies they need to navigate life well.

I want to share three practical strategies that parents can do to support their tweens during these moments. Friendship challenges are an incredibly rich platform to help kids learn emotional regulation strategies, as well as social skills, and we want to capitalise on both as we coach them forward.

Strategy 1: Let’s not fight the intensity

The more I learn about emotions the more I am in awe of our body’s way of coming up with solutions to discomfort, anguish and pain we experience. It doesn’t make any sense to judge that process but rather appreciate it. That’s why we want tweens to know there are no bad or good emotions. There are only healthy emotions, and each one of them is an acceptable and necessary part of being human. Ideally, we want tweens to feel safe to feel, without shame or guilt. This means accepting emotions within our home, in the same way we accept anything else about ourselves (or our experiences) that we cannot change – our age, our height, freckles or ears.

Strategy 2: Ask questions that empower

Although it’s tempting (and much quicker) to offer children prescription answers to friendship problems, it won’t help them in the long term. The problem with childhood conflict always being followed by adult intervention, is that kids can get into the habit of projecting their wishful thinking onto someone else who they perceive as being more powerful than they are.

If our children focus their energy on recruiting support rather than problem-solving, they miss vital learning opportunities. We are best to ask questions that express a sense of curiosity and empower them to take ownership.

Strategy 3: Find a positive expression

Whereas there are times that we suppress our painful emotions for our own survival, emotions are far better off moving through our kids rather than festering inside them.

parenting*ideas

One of my dearly loved local psychotherapists wisely tells me that children who have imaginations become their own play therapists. Play is a distraction that pulls kids out of their heads and into their bodies. Any type of play including immersing themselves in craft, participating in drama, dance, or sport, or building forts, slides and adventure courses are all helpful..

In closing

Home really is the hero in kids' lives. It is the emotional shield from all that hurts us, bothers us, and tires us. It's a place where love is tangible, and we are cared for in ways that make it easier for us to move back into the world with a soft heart. It's the Utopia that we all yearn for and strive towards. When they feel disappointed, lost, afraid or disoriented it will be the predictability of home that continues to welcome them with open arms and wise words. As you implement these strategies, know you are offering your tween the home they deserve.

Michelle Mitchell presents: Handling tricky friendship days

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Handling tricky friendship days' at no cost.

About

In this webinar, Michelle Mitchell offers a set of practical guiding principles to help empower children to handle tricky friendship days.

When

Wednesday 2 November 2022 8:00pm AEDT

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-handling-tricky-friendship-days>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code FRIENDS 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 31 December 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



Michelle Mitchell

Michelle Mitchell is an award-winning speaker, and bestselling parenting author. She has been termed 'the teenage expert' by the media and is sought after for her compassionate and grounded advice for parenting tweens and teens. Michelle started her career as a teacher, but soon discovered a special interest in wellbeing. For further details visit www.michellemitchell.org