From the Head of Junior School

Dear Friends and Families

College staff and students enjoy celebrating community, success and the goodness of God. The goodness of God tends to shine through in all circumstances. Praising God and celebrating His goodness throughout our day is a life-transforming activity. It teaches us to lift our thoughts from the trials and tribulations of life to wonder at the eternal goodness and mercy of our loving God.

Let them give thanks to the LORD for His loving kindness,
And for His wonders to the sons of men
For He has satisfied the thirsty soul
And the hungry soul he has filled with what is good (Psalm 107:8,9)

What a fantastic day of celebration we had last Friday. All 286 Junior School students had a wonderful time celebrating the inaugural Indonesian Day at the College.

In the spirit of Indonesian Independence Day commemorated on 17th August and IndoFest – Adelaide held on 25th September, many of the Junior School students and staff wore traditional Indonesian dress and had a lot of fun during the event. Staff and students enthusiastically celebrated their Indonesian learning experience through interaction with each other, enjoying Indonesian culture, games and food. As well as celebrating community, students had the opportunity of strengthening their relationships across year levels through sharing their understanding of Indonesian language and culture.

Activities throughout the day included an excellent variety of craft activities and games which the Year 5/6 students had thoughtfully organised and prepared for the younger students. Parents helped prepare and cook 220 very tasty, healthy Indonesian lunches for students and staff. The day culminated with a celebration assembly in the EPAC which included singing, dancing and reflections by students.

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**Lost Property**

Lost property is currently on a clothes rack outside Student Services. Please check at Student Services for valuables. Currently there are watches, spectacles, a camera, a purse, jewellery and more. Any articles not claimed by the end of Term will be either given to the Uniform Shop, First Aid or donated to Charity.

**Emmaus Connect Group**

A warm welcome is extended to our parent community to the next Emmaus Connect Group (ECG) meeting to be held at 8.35am on Friday 23rd September in the Staffroom. ‘Community’ is our focus and we would love to hear your ideas on how we can improve the College’s Community focus. A new morning time slot for ECG is being trialled and morning tea will be provided. During the meeting there will be discussion on the following:-
1. Spring Instrumental Cabaret and the Father’s Day Breakfast - feedback.
3. Coffee Connect.
4. Drake Supermarket tags.
5. Pastoral Connect.
6. New ideas for community connection.

This is a wonderful opportunity for our College community to have input into ways we can connect to not only our own community but also our local community.

**Annette Craven**
Head of Junior School

**Introducing...**

**ECCO...ECCO...ECCO**

**Emmaus Christian College Outreach**

You will have read in previous Newsletters, that we have been formalising the direction and work of service and outreach at the College. Over many years Emmaus has had an outward focus through our Social Justice Group, year levels sponsoring children and Casual Days, where the money raised has been sent to various mission and aid agencies.

We are now pleased to introduce **ECCO (Emmaus Christian College Outreach)**, a whole school approach to reaching out in the service of others and to Inspire the Hearts and Minds of our student body. The emphasis will be on 3 main ministry areas, as previously identified:

- Ernabella in the APY lands – for the past 21 years, groups of Year 11’s have visited Ernabella and learnt about Aboriginal culture and helped out at the school.
- Cambodia and Indonesia – in recent years, school groups have visited these countries and seen mission and aid groups working to make a difference.
- Refugees and Asylum Seekers – many in our school have contact with people recently arrived in Australia and have seen the great needs they have for practical assistance.

Through casual days at the end of each Term and other fund raising ventures, money will be sent to appropriate agencies/mission groups to help them continue their work. Students will learn about each of the focus areas and be encouraged as to how they can be involved.

Casual day, in Term 3, will be on Friday, Week 9 (23rd September) and money raised will go to Cambodian and Indonesian aid work. Money will come from the standard gold coin donation for wearing casual clothes, but please feel free to donate over and above this amount to support the work!

We look forward to what God will do as we ‘ECCO’ out His love to those in need.

**Jenny Wichert**
(on behalf of ECCO)

**Scholarships at Emmaus Christian College**

Applications are now open for Scholarships offered by Emmaus Christian College for 2018 as follows:

- **Academic Scholarships for Year 8 in 2018** (applications close Thursday 19th January 2017).
- **Music Scholarships for Year 7 or 8 in 2018** (applications close Friday 3rd February 2017).
- **Pilgrim Scholarship for Year 8 in 2018** (applications close Friday 3rd February 2017).

Full details of Scholarships and application forms are available on the College website.

Scholarships at Emmaus Christian College are available to students who meet the College’s enrolment criteria. Please contact the Registrar on 8292 3834 if you require further information.
Student and Family Support Worker

I would like to address an issue which some parents may be a bit sensitive about. Over-parenting.

When I first began teaching over 25 years ago, many parenting educators were worried that children were being under-parented. That is, children whose parent neglected to be involved in their education and health and welfare. Now one of the current issues being discussed by the media and parenting educators is over-parenting.

Over parenting has been described as ‘being excessively involved in the day-to-day life of one’s child or children, typically in the desire to shield them from difficult situations or help them succeed.’ The idea of being overly protective as parents is not a new idea, however what many educators are seeing today is parents who are a little over enthusiastic to provide their children with the best possible start – but at times overextending this role in to areas of their children lives that in generations past they were not involved in.

Last year at a parent information night at Emmaus, well regarded psychologist Madhavi Nawana Parker spoke to the parents present about the importance of not doing for your children what they can do for themselves – at any age! Her straight forward and positive parenting style struck a chord with the parents who were present and I have personally remembered her words ever since.

In a recent article, parenting educator Michael Grose, wrote about ways for parents to know if they are over-parenting.

He suggests you are over-parenting if:-

• You take on all or nearly all of a child’s problems.
• You regularly do for a child the thing he or she can reasonably do for themselves.
• You take on too many of your child's responsibilities.
• You know too much about your child’s life.
• You parent the individual and not the gang. (Children need to fit into the patterns of family life and do not always get what they want).

You can find this article in full at the end of this newsletter.

You may not agree with some or all of Michael’s ideas, but he suggests that an authoritative parenting style - using a mixture of firmness and warmth - is the most successful practice of parenting and interestingly sits somewhere between the under parenting and over-parenting styles.

Sue Chapman

College News

Emmaus Students Gearing up to go Overseas

Preparations have begun for eleven Year 11 and 12 students and three teachers who will be embarking on the College’s annual trip to Vietnam and Cambodia in November. Every year Emmaus Christian College conducts a trip for a group of senior students to visit Vietnam and Cambodia to expand on their knowledge of History and social justice.

Students have begun to learn some basic cultural information and language, as well as the all-important ‘team building’ – after all, they will be spending a lot of time together over 16 days.

Students will visit locations that they have studied for History, including memorials to those who died under the Khmer Rouge and the ancient buildings of the Khmer Empire. They also have the opportunity to visit many organisations that are working to make Cambodia a better place, and gain an awareness of the complexities of international development. Some organisations visited are Cambodia organisations and some are international. They include:

• Children in Families: Work to place children in their extended or foster families rather than in orphanages.
• Peace Bridges: An organisation that trains people to mediate and do conflict management in families, churches, and larger organisations.
• Justees: A group that provides part time employment for young Cambodian men so that they can afford to keep going to school and still support their families.
• YRDP: A university group of Cambodian Youth working to help university students think critically and effect positive. They are passionate about effecting change in areas such as climate change, resource management, transparency of government funds allocation, and political voice for the disadvantaged.
• Friends International: A group supporting children and young people in employment training and child-safe programs.

Proceeds from Week 9’s casual day will go towards Chris and Stacie Ellinger who work with local groups (including Children in Families) to provide family-based care to vulnerable children and orphans, and education for pre-schoolers living in poverty.

Amy Chesser
Senior School Teacher

Casual Day - Friday 23rd September

A gold coin donation is requested from students and staff who wish to participate.

Please note: Appropriate dress is ESSENTIAL. No inappropriate slogans on T-shirts, no low-cut, strappy or midriff tops, no see through clothing, no short shorts and NO THONG type shoes allowed. This is particularly relevant to ‘Home Ec’ & ‘Tech’ lessons where this becomes a safety issue.
Junior School SRC – Wrapper free Lunch, 28th October (Term 4 Week 2)

Around Australia there is action to reduce environmental impacts of waste and at the same time a concern about healthy eating in children. Junior School SRC are planning a day when the whole Junior School community can really think about what we add to a school lunchbox. Known at Emmaus as ‘Wrapper-free day’ (and in the wider community as Nude Food Day), we want everyone to make the effort on Friday 28th October to pack a lunch box or container with the least rubbish and with a focus on healthy eating.


Check the Nude Food Day resources for recipes for healthy snacks and wrapper-free options for a lunchbox near you!!

Emmaus’ Bearded Dragon

The Science Department would like to let everyone know that our dear cute bearded dragon, Kebab, has sadly passed away. After a sudden recent illness, we discovered via an X-ray, that Kebab was not a he but clearly a she! She had a full and happy life and was much loved by all of the staff and students. We will miss seeing her run around after her crickets and munching on her favourite treat - strawberries.

Allison Storey
Middle School Teacher & Science Coordinator

50 Word Short Story Competition

The 50 word short story competition is a celebration of National Literacy and Numeracy week organized by the English Faculty at Emmaus. The idea is to write a complete story with an orientation, complication and resolution in 50 words exactly. The added challenge is to use an Australian place name, in recognition of this years’ theme of ‘Australia: the story of us’.

There were prizes awarded for students from each year level from Year 7 to 12, and one for staff. The results of the competition are below and illustrate the creative talent of both staff and students at the school. Congratulations to all who entered the competition and I look forward to future events that uncover such fine talent!

When We Left Home by Kaitlin, Year 7

Tears ran down my cheeks as I watched the lights of Melbourne disappear from the aeroplane window. Why did we have to move? Caught up in my tears, I ignored the very familiar emergency procedure video. Maybe I wouldn’t have if I had known exactly how much we needed it.

Runaway Little Sister by Mikinley, Year 8

My little sister! She’s gone! The Adelaide Show is buzzing with people, I’ll never find her. My friends didn’t see her leave either, so she could be anywhere! Then I hear, “Excuse me dear, is this yours?” It’s an old lady, pointing to my runaway little sister by her side.

The Journey Down the Road of Betrayal by Louisa, Year 9

“I’ve been framed!” “It wasn’t my idea to steal the portrait!”

“This isn’t a joke!” Bellowed the security guard.

It wasn’t funny. Running as fast as possible, sounds of Sydney’s traffic were in the distance. 10 years in jail or 400 hours of community service. I was prepared for neither.

A Fire of Words by Sophie, Year 10

Chaos continues through the stillness of the sedated Sydney night. The fire rages! Words shatter through glass, the room fills with suffocating confrontations. Scalding tears match the fury that engulfs the space. Burning out, a heavy door slams. Silence now matches quiet tears, newly staining a pair of wrinkled cheeks.

The Smell of Guns and Roses by Rosemary, Year 11

White-knuckled fists hold on tight. Paper-like bodies lie still. The sky burns orange in the early light. Metal mouths scream for another kill. Friends become strangers, colourless streets. No medicine can fix what has been done. Meaningless wreaths and a mournful beat. Yet man still holds, with pride, his gun.

Untitled by Nicholas, Year 12

I cry when she isn’t here. I wake up empty. I boil twice the water I need for tea and drink it alone. Solitude shrouds my gloomy home. I walk into Mary Potter Hospice, we lock eyes. I grasp her still hand but there’s no response. Love unshaken by cancer.

Untitled by Greg King, Teacher

Poised on the delicate edge of reality, he attended classes on a whim. Sitting at the back of the classroom, enabled him to surreptitiously eat without being noticed by his peers or the teacher. He dreamed of belonging, but was dismayed that no uniform would fit this mouse from Adelaide.

Andrea Grear
Senior School English Coordinator
Performing Arts Calendar 2016
All performances are held in the EPAC (unless stated elsewhere).

<table>
<thead>
<tr>
<th>Term 4</th>
<th>Week 3</th>
<th>Thursday 3rd November</th>
<th>Count Us In Concert in EPAC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 8</td>
<td>Monday 5th December</td>
<td></td>
<td>Year 5/6 Band Program Concert in EPAC</td>
</tr>
</tbody>
</table>

Andrew Verco
Music Coordinator (Rec-Year 12)

Uniform Shop

Term 4 is almost upon us, so now is the perfect time to have a clean out. The Uniform shop will gladly help sell any current style uniform items that you no longer need.

If you have any Second Hand items you would like to sell, here is a checklist to make sure they are suitable for resale:

- Ask yourself if you would be happy to purchase this item yourself (needs to be in good condition).
- Ensure all clothing items are freshly laundered/dry-cleaned, with no animal hair on garments.
- Remove any name tags.
- Stitch up any loose hems and ensure that all buttons are firmly attached.
- Complete a ‘Second Hand Uniform for Resale’ form (available from the Uniform Shop).

Place items in a bag together with the completed form, and leave at the Uniform Shop when open, or at Student Services.

Please note we will not take any clothing which is stained, faded, has holes or paint/ink marks. Shoes cannot be resold due to health reasons.

2016 Normal Opening Hours

<table>
<thead>
<tr>
<th>Monday</th>
<th>8.30am - 10.00am</th>
<th>Thursday</th>
<th>8.30am - 10.00am</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.00pm - 5.00pm</td>
<td>1.00pm - 1.30pm</td>
<td>3.00pm - 5.00pm</td>
<td></td>
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</tbody>
</table>

Holiday Opening Hours

The opening hours during the school holidays are:

- Week 1 CLOSED
- Week 2 Thu 12 noon - 5.00pm
  Fri 8.30am - 1.30pm

Jakki Abanat for Christine Blom-Cursaro
Uniform Shop Manager

Canteen Roster

<table>
<thead>
<tr>
<th>Week 9 T3</th>
<th>Week 10 T3</th>
</tr>
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<tbody>
<tr>
<td>Mon 26th</td>
<td>No help needed</td>
</tr>
<tr>
<td>Tue 27th</td>
<td>No help needed</td>
</tr>
<tr>
<td>Wed 28th</td>
<td>No help needed</td>
</tr>
<tr>
<td>Thu 22nd</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Fri 23rd</td>
<td>Gina Smith</td>
</tr>
<tr>
<td>Thu 29th</td>
<td>No help needed</td>
</tr>
<tr>
<td>Fri 30th</td>
<td>No help needed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 1 T4</th>
<th>Week 2 T4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 17th October</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Tue 18th</td>
<td>No help needed</td>
</tr>
<tr>
<td>Wed 19th</td>
<td>Sam Allison</td>
</tr>
<tr>
<td>Thu 20th</td>
<td>No help needed</td>
</tr>
<tr>
<td>Fri 21st</td>
<td>Mandy/Paul Nield</td>
</tr>
<tr>
<td>Mon 24th</td>
<td>No help needed</td>
</tr>
<tr>
<td>Tue 25th</td>
<td>Rosie Allen</td>
</tr>
<tr>
<td>Wed 26th</td>
<td>Blake Watson</td>
</tr>
<tr>
<td>Thu 27th</td>
<td>No help needed</td>
</tr>
<tr>
<td>Fri 28th</td>
<td>Karen Baker</td>
</tr>
</tbody>
</table>

Thank you for the time you volunteer in the canteen, it is very much appreciated. The hours are from 9.30am to approximately 1.30pm. Due to Occupational Health and Safety, please wear enclosed shoes and ensure long hair is tied back. Please also remember to sign in at the Front Office and wear a visitors badge before you commence in the canteen. This is a legal requirement in case of fire evacuation/lock down. Thank you for your assistance with this important matter.

Janine Richards and Tam Battersby
Community News

Come & Try Surf Life Saving
West Beach Surf Life Saving Club are holding a 'Come & Try' three week program for children aged 5-13 years, for $20.00 on Saturday afternoons. For further details or an information pack, phone Melissa on 0400 156 668.

Junior Soccer Club Trials - Season 2017
Plympton Bulldogs are holding trials at Pasadena High School, Daws Road, Pasadena on Monday 26th, Tuesday 27th and Wednesday 28th September: Under 12 (born 2005), Under 13 (born 2004) and Under 14 (born 2003) at 6.00pm to 7.00pm
Under 15 (born 2002), Under 16 (born 2001) and Under 17 (born 2000) at 7.00pm to 8.00pm
Preference for squad selection will be given to those attending all three trials. Please arrive 20 minutes early to register. For further information, contact Claire Lewis on 0450 256 898.

Holiday Clinics

Drum Fun for Everyone
Come along and meet the drummers from Burundi, learn some rhythms, dance, make some noise and have fun for an hour. Drum Fun for Everyone are running school holiday sessions for children over the holiday period. Session times are being held on Tuesday's 11.00am to 12noon and Thursday's 4.30pm to 5.30pm at St Philips Anglican Church Hall, 294 Brighton Road. For further information and bookings, please call Carrie on 0488 188 897.

Life. Be in it. Come 'n Try
South Australian sporting and recreation bodies have come together to provide a coordinated program of Come ‘n Try sessions for 5 to 16 year olds. It is a perfect opportunity to try a sport or activity for the first time or have another go at an activity you have done before. All Come ‘n Try sessions are delivered by the overarching association or their appointed agent.
The program will be run from the 10th to 14th October (second week of the holidays) from 9.00am, located in the CBD and parklands. The aim of the program is to encourage children to get active and outdoors during the school holidays, with the opportunity to try 8 different sports available. Costs may differ from activity to activity, most sessions cost around $10.00, so a full day of Come ‘n Try could cost as little as $30.00. All sessions must be booked and paid for in advance at www.comentry.com.au For further information, please contact ‘Life. Be in it’ on 8362 2150.
Five ways to know you are over-parenting

Here’s 5 tips to find a more balanced approach to over-parenting or helicopter parenting and encourage children to become independent young people.

Times have changed!
When I began as a parenting educator over two decades ago the biggest issues I spoke about in the media generally revolved around under-parenting. Neglected kids; kids with poor or delinquent behaviour and raising kids that lived on society’s margins were popular media topics in the early 1990s.

Now two decades later it’s over-parenting that captures the main media attention. Spoilt kids; kids with a false sense of entitlement and parents that place excessive demands on schools are among the popular media topics right now. These all fit into the over-parenting, or more colloquially helicopter parenting category.

Is over-parenting new?
While we hear a great deal about over-parenting at present it’s not a new phenomenon. Parents of past generations have been overly protective and over-indulgent of their offspring at times, however it does seem many parents today are a little over-enthusiastic in their endeavours to optimise the future prospects of the current generation.

In fact, the defining feature of twenty-first century parents is a fierce determination to provide children with the best possible childhood and the best possible start in life. In pursuit of these admirable goals a parent can easily over-extend their role entering areas of children’s lives that would have been off-limits to parents a couple of generations ago.

How to know that you are over-parenting
It’s a quirk of twenty-first century parenting that we need an objective measure to assess our parenting. Past generations were satisfied with more subjective measures such as whether their kids were happy; whether they got good marks at school; whether they were employable; and whether or not if they stayed out of trouble (read goal in extreme cases)! It’s safe to say the parenting waters were far clearer in the past than they appear to be now. But the parenting industry has come a long way in a short time so we now have stringent indicators that let us know what parenting track we maybe on. And that, for many people, would appear to be the over-parenting track.

You know you are over-parenting if:

1. You take on all, or nearly all, of a child’s problems.

Kids are good at handballing their problems to their parents. They’ll bring disputes with siblings for you to sort; expect you to take forgotten school lunches to school and pester you to organise their after-school lives. Mums and dads that over-parent invariably end up sorting out all their children’s problems which may make life easier in the short-term, but can mean kids become more dependent on their parents than children in the past.

Point to remember: Leave some problems for kids to solve.
... Five ways to know you are over-parenting ...

2. You regularly do for a child the things he or she can reasonably do for themselves.

It’s an irony of modern life that the busier parents get the more we tend to do for kids. In the race to get things done we dress young children; prepare children’s snacks and accompany them on trips outside the house even when they are old enough to do these activities themselves. If your child is becoming more rather than less dependent the older he becomes then it’s probably time to reassess your parenting.

Point to remember: Never do regularly for a child the things they can do for themselves.

3. You take on too many of your child’s responsibilities

Let’s see how you go with these questions! “Who’s responsible for getting your child up each morning? Who’s responsible for packing lunches and bags? Who is responsible for cleaning away children’s toys?” If you answered “My children, of course”, then congratulations; you shifted responsibility to where it rightfully lay: with kids. If not, then you guessed it. It may be time for a parenting reassessment.

Point to remember: If you want a child to be responsible then give responsibility to him.

4. You know too much about your child’s life

Being an attentive parent of a small family invariably means that you know in minute detail every quirk and vagary of your child’s life. “He didn’t eat all his breakfast this morning. Hmm! That’s not good.” “She seems a bit grumpy after school. What’s wrong?” “They left their jumper at home. I’d better take it to them.” Kids benefit from having some emotional and physical space from their parents. It gives them chances to rely on their own resourcefulness and develop the skills needed to get by on their own.

Point to remember: A little bit of benign neglect can benefit children’s development.

5. You parent the individual and not the gang

If you are constantly trying to make sure life is smooth for each child then you are probably parenting the individual, rather than for the good of the whole family! I’m not talking about ‘playing favourites’, but having an intense focus on meeting each individual’s wants can often be at the expense of family life in general. For instance, you allow a child to go on a sleepover rather than attend the birthday of a sibling. Parenting the gang means that children need to fit into the patterns of family life and don’t always get what they want.

Point to remember: Raise your small family with a big family mindset.

Most of the research indicates the authoritative approach as ‘parenting best practice’. Authoritative parenting is a mix of firmness and warmth; discipline and nurturance; high expectations and relationship building. It’s an approach that sits… surprise, surprise… somewhere between over-parenting and under-parenting.

“Yep, as always a balanced approach to parenting, as to most things in life, seems to be the best way to go. Who would’ve thought it!”

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
If you only go to one event........

On Tuesday 18 October Westminster School will be hosting Hugh Cuylenburg as a presenter for a parent session on resilience in the Michael Murray Centre from 7.00 pm – 8.30pm.

I had the pleasure of attending a session presented by Hugh in February. I and other Westminster staff in attendance came away more than impressed. In fact in all my years of attending seminars the 45 minutes spent with Hugh was by far the most inspiring I have ever had.

Hugh has been working in education for over 13 years. Starting out as a primary school teacher, he then moved into a position working in a secondary setting with disengaged adolescents. The highlight of his teaching career, however, was the year he spent in the far north of India volunteering and living at an underprivileged school in the Himalayas. It was here that he discovered resilience in its purest form.

Inspired by this experience (and subsequent trips to Bangladesh and Sri Lanka) Hugh returned to Melbourne and commenced working on his own programs for schools. ‘The Resilience Project’ was born. Off the back of his studies into mental health and resilience, Hugh’s presentations emphasise the value of gratitude, empathy and mindfulness. Hugh has developed and facilitated programs for over 300 schools Australia wide. In 2015, the National Rugby League asked Hugh to design and implement a program for every single club in the competition to ensure the entire NRL community were emotionally engaged on the challenges of mental health. Hugh has also worked closely with Collingwood, Gold Coast Suns, Geelong, Essendon, St. Kiida, Adelaide Crows, Sydney Swans, and Hawthorn in the AFL.

“I cannot believe the presentation I watched tonight. I cried and I laughed. The most engaging 90 minutes I can remember. I could have listened to you talk all night”

- Linda, Parent - St Helena’s Secondary College

“I’ve never been so enthralled, engaged and inspired. I could have listened to Hugh speak all night. I have so many things to go home and put into practise with my kids. I am so grateful to the school for realising the importance of involving the parents in this wonderful program. My kids have not stopped talking about it”

- Caroline, Parent - Solway School

When: Tuesday 18 October 7.00 pm – 8.30pm

Where: Michael Murray Centre

Entry: Gold Coin Donation

Hugh will be working with the staff and students from across the School, but we also want to get this important message out to the wider community. All parents and caregivers from the Westminster Community and beyond are welcome to attend. Please invite your friends and neighbours. Everyone should hear the message that Hugh will deliver in such an entertaining way.

David Wallage
Head of Senior School