



Important Dates

NOVEMBER

Mon 5 - Fri 23	Year 12 Exams
Thu 15	SACSA Year 6/7 Boys Basketball
Thu 15 - Wed 21	Year 10/11 Exams
Fri 16	Year 6 Business Stalls Year 8 Orientation Day
Mon 19	Foundation Orientation (2)
Wed 21	Year 5/6 Choir @ Westfield Year 11 @ Yr 12 Experience Day Year 11 Final Day
Thu 22	Year 7 Orientation Day Year 1/2 Choir @ Vermont Village
Thu 22 - Wed 28	Year 10 ABW
Fri 23	Year 1-6 Orientation Day
Mon 26	Foundation Orientation (3)
Tues 27	Year 3/4 Choir @ Westfield
Wed 28	Year 9 The Rite Journey Home Coming @ 7.00pm Year 10 Final Day
Thu 29	Senior School Speech Night @ Edwardstown Baptist Church
Fri 30	Whole School Casual Day Year 5/6 Social in EPAC 6.00pm-8.00pm

DECEMBER

Mon 3	Middle School Graduation Evening @ 7.00pm
Tue 4	Junior School Graduation Evening @ 7.00pm
Wed 5	Junior School Final Assembly Term 4 ends (normal finish time)

2018 Term Dates

TERM 4

Mon 15 October - Wed 5 December
(Normal Finish Time)

Weekly Coffee Connect
Tuesday Morning
8.45am - 9.45am

Weekly Prayer Connect
Thursday Morning
8.45am - 9.15am

From the Head of Senior School

Words

Those spoken out loud and those we speak to ourselves. Those for God. Words, and the tongue that utters them, are powerful. When we turn to the Bible, there are so many wonderful passages in both the Old and New Testaments that relate to the power of words and how we use them. Words are part of our everyday lives and their effect particularly resonates with me in my role as English Coordinator and Head of School. In James 3:1-12 his argument moves from the generality of good deeds in chapter 2 to the specifics of the words that you speak. James reminds his audience that genuine faith yields to Christ's lordship over your tongue. These verses set me on a quest to investigate about the power of words.

It would be nice if conversion resulted in a total makeover of the mouth, but it is not so! Although we become new creatures in Christ (2 Cor. 5:17), we also carry around with us the old nature of the flesh, which wars against the Spirit (Gal. 5:17). Our words are one of the major battlegrounds in the war.

James suggests the following four points:

1. To tame our words, we must recognize that we will be held accountable for what we say (3:1-2).

James says, *"For we all stumble in many ways."* We are all prone to sin! One popular author I have read emphasizes that we should not view ourselves as sinners, but as saints who occasionally sin. Well, by God's grace I am a saint, but I am a saint who stumbles in many ways, not just occasionally! James then zeroes in on the tongue, saying, *"If anyone does not stumble in what he says, he is a perfect man, able to bridle the whole body as well."* Perfect does not mean sinlessly perfect, but rather, mature. We can never achieve sinless perfection in this life, but we can grow to spiritual maturity. One important gauge of that is our speech.

One way to tame the tongue is to recognize that we all will be held accountable for our speech. Jesus said in Matt. 12:36-37 *"But I tell you that every careless word that people speak, they shall give an accounting for it in the Day of Judgment. For by your words you will be justified, and by your words you will be condemned."* Jesus was not teaching justification by works. But, like James, He was teaching that our words reveal our faith and heart. If we sin with our speech, we need to ask God's forgiveness and also the forgiveness of who we sinned against. Genuine believers should have a sense of being accountable for their speech.

2. To tame our words, we must recognise their power for good or for evil (3:3-5a).

James uses two analogies here to make the point that the tongue is small, but mighty: the bit and the rudder. James' point of comparison is not so much the matter of control (the tongue does not really control the body), but of the inordinate influence of such a small part. James is saying, *"Don't underestimate the power of the tongue, because if you do, you won't be able to tame it."* There may be a comparison in the sense of influencing direction. If you control your tongue, it can direct your whole life into what is acceptable in God's sight. If you don't control your tongue, it will get you into great trouble!

3. Our words can be a humanly untameable source of terrible hurt (3:5b-8).

James uses two metaphors for comparison and contrast: a forest fire and tamed animals. In verse 6, James states directly, *"And the tongue is a fire ..."* that is: the tongue is powerful and can taint every part of our being. If we do not use our words with great caution, we are like spiritual arsonists, lighting careless fires that cause widespread destruction. Most Christians would shrink back from 'big' sins like hurting children, or murder as being depraved. Yet we tolerate gossip, slander, deceit, half-truths, sarcastic put-downs, and other sins of the tongue as if they were no big deal. James says that all such sins, including the wrong things that we say, are sin.

James does not say that the tongue is untameable. He says that no one can tame it. It is humanly untameable. Only God can tame it. When the Holy Spirit controls your heart on a daily basis, over time the fruit of the Spirit will appear. These include love, patience, kindness, gentleness, and self-control, which all relate to the control of the tongue. Ultimately, destructive words are the tool of a sinful heart.

4. To tame our words, we must recognize that their inconsistencies are rooted in its source (3:9-12).

James points out a gross inconsistency that he no doubt had observed. Christians say, "Praise the Lord" in one breath, and in the next breath they say hurtful things about another person, made in the likeness of God. I don't think any of us is free from this sin. James gets very direct in (3:10b): *"My brethren, these things ought not to be this way."* Jesus also said in Matt. 15:18 *"But the things that proceed out of the mouth come from the heart, and those defile the man."* The mouth is simply the opening that vents whatever is in the heart.

The point is that even if you control what you say, you often have a heart problem. If you want to tame your words, the place to start is with your heart. It is good to reflect on what James had to say in chapter one, verses 19 – 20: *"This you know, my beloved brethren. But let everyone be quick to hear, slow to speak, and slow to anger; for the anger of man does not achieve the righteousness of God."*

Andrea Grear
Head of Senior School

College Employment Opportunities

F-12 Learning Support position(s) available commencing 2019

Emmaus is seeking to add to our existing team of Learning Support staff from the beginning of 2019. The College provides additional educational support for students individually and in small groups across all year levels. Emmaus is seeking applications from suitably qualified and experienced Christians who have a passion for young people and their learning. There is the capacity for multiple part time roles through to a more substantial time role depending on experience and age groups offered. Further details about the role and application requirements can be found on the College website under 'Staff' and 'Positions Vacant'.

Bus Driver

Emmaus is seeking a Bus Driver for morning and afternoon school runs with potential for extra hours driving for school excursions to commence in Term 1, 2019.

Further details are available on the College website under 'Staff' and 'Positions Vacant'.

PLEASE NOTE: Applications close for both positions on Monday 19 November, 2018.

Junior School

Class placements for 2019

Kindergarten and ELC students transition to Foundation

On Monday our new 2019 Foundation students visited Emmaus for their first Orientation Day. It was a delight to welcome them into our community and an equal joy to invite their parents to join us for an information session and morning tea in the EPAC.



Orientation Days Years 1-6 in 2019

On Friday 23 November (Week 6) all Foundation to Year 5 children will take part in an Orientation Morning where they will spend time with their new teacher for next year and meet the children who will be in their class. We also look forward to meeting ten new students from other schools who will be joining the Emmaus Junior School community in 2019. All parents will receive a letter home that day advising them of their child's teacher and class for 2019.

The process of class placement is an extremely complex task. I want to share with you that teachers in the Junior School have wrestled over these decisions for quite a number of hours and held multiple meetings trying to achieve the best possible outcome for all. Classes have now been set.

All children have been given the opportunity to identify three friends they would be happy to be in a class with, so teachers can, where possible, ensure they are with at least one of their chosen friends. Teachers consider behaviour, social and emotional needs as well as an equitable distribution of academic needs across the class. Further to this, unless there are special educational circumstances, it has been the practice of the College for siblings to be in different classes, and for students not to have the same teacher two years in row. Embracing that many criteria when trying to split 84 children across three classes is a complex and time-consuming task!

It may be that your child does not end up with their ideal mix of peers in their 2019 class, however this is part of life for your children. Managing these emotions and growing through the circumstance is part of helping children grow in resilience – a significant life skill to success in life. We would be so grateful if you could partner with us to explain to your children that teachers have worked very hard to try and look after everyone. Teachers would also appreciate your personal support and team approach in partnering with us to embrace the new look classes. Because of the significant hours spent crafting this process, unless there are special educational considerations, we wish to advise that classes are now set and there is no room for a reshuffle of students.

Year 6 into Year 7

Year 6 students will look forward to a full day of orientation on Thursday 22 November. We have 21 current Year 6's from other schools joining our 84 Year 6's for their induction day this year. May the Lord bless students and teachers during all Orientation Days.

"And we know that all things work together for good to those who love God, to those who are called according to His purpose." Romans 8:28

Helen Vonow
Head of Junior School

Brooklyn Park Campus News

We are excited to share more information about the new Brooklyn Park Campus opening in January 2020. Located at 34 Lipsett Terrace, the Brooklyn Park Campus will be an extension of the excellent standard of non-denominational, Christ-centred education already provided at South Plympton Campus.

Enrolments are open for Foundation to Year 2 and we invite Expressions of Interest for the Early Learning Centre.

We are pleased to offer a 10% discount off the standard tuition fees for all families enrolled in the Brooklyn Park Campus in 2020 and a 5% discount in 2021.

Visit our [website](#) for more new facts about our new Junior School and ELC.



College News

Home Group Food Challenge to Support Refugees

Each year with the help of the community, ARA (Australian Refugee Association) collects food and other items to support their clients.

Emmaus Christian College plans to support this worthy charity with a 'Home Group Food Challenge'. The collection of food donations will help people who are in dire situations, have a little bit of joy for Christmas. It is a wonderful way to reach out to the community and make a difference.

Students will collect non-perishable food from home and amass it in their Home Groups/Classrooms. Senior School donations will be collected on Friday 16 November (Week 5) and Junior and Middle School donations will be collected on Friday 23 November (Week 6). The Home Group in each sub school that collects the most items, wins their choice of Pizza or Krispy Kremes.

Suggested food items to be donated - biscuits, tea, coffee, lentils, rice, oil, dried fruit and canned items such as tomatoes or fruit.

Thank you for getting involved and making a difference to someone this Christmas.

Casual Day - Friday 30 November

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

All money raised will go to our sponsor children Tekalign Adisie Mengesh and Ledwina Yenselpa through Compassion.

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.

Fantastic Beasts: The Crimes of Grindelwald - Movie Fundraiser

Come join us at the Capri Theatre, Goodwood on Wednesday 5 December to celebrate the end of the school year! We will be showing the highly anticipated Fantastic Beasts: The Crimes of Grindelwald at 6.30pm

Tickets \$15.00 each (all ages) are now available to purchase from [TRYBOOKING](#)

Raffles and snacks will be available to purchase from 6.00pm.

All proceeds will go towards the running of Justees: Shirts for Justice. This is an organisation which runs out of the slums of Cambodia and works towards providing jobs for teenage boys.

Vietnam/Cambodia team

Sport

On Wednesday (Week 3) this term we competed in the SACSA Year 4/5 and 6/7 Boys and Girls Netball Carnival held at Golden Grove Netball courts. We had 5 teams compete on the day, coached by staff and Senior School students. The standard for the competitions overall was strong despite the very hot conditions. Many of our teams made finals which was a great effort. Their final overall positions were 6/7 Boys – 4th out of 14 teams, 6/7 Girls Team A – 4th and 6/7 Girls Team B 21st out of 22 teams, 4/5 Boys – 5th out of 11 teams and 4/5 - Girls 5th out of 19 teams. Well done to all students and coaches for their efforts and it is also nice to recognise the opposition parents and coaches commenting on our students presentation, conduct and cheerful personalities.

On Friday 2 November the annual Junior Primary Twilight Sports event was held on the new synthetic turf. The night was windy but it did not deter our students from displaying their various skills and abilities they have learnt over the course of this year. Many parents, siblings and grandparents attended making a great atmosphere. 2019 may see a parent race of some sort to allow parents to reminisce and show their children what they were or are still capable. Thank you to the parent volunteers and student leaders on the night, who without their assistance, the night would not have been as successful or enjoyable for all.

Running Club has recommenced and is held on Tuesday's 7.30am – 8.10am at the College for Junior students and parents. This term we will be looking forward to using the new playing surfaces for our morning activities in the lovely early summer weather. It will be great to see as many people out being active starting the day off on a good note. Our theme for the term is 'personal bests'. Each week we conduct several challenges where participants record their results and try to better them the following week. It is not a competition, but an opportunity to better their own fitness levels and achievements.

Students achievements:

- Olivia (Year 6) represented Emmaus at the Eastern Fleurieu Interschool Gymkhana on Friday 26 October. She competed in the Showhorse and Showjumping events for 12 and under. She achieved 3 firsts, 4 seconds, 2 thirds, a clear round ribbon for jumps and a Reserve Champion.
- Orlanzo (Year 6) came 1st in the State for the U14's Pole Vault, jumping a PB of 2.90m.
- Angus (Year 11), Cody (Year 9), Joshua (Year 9), Bailey (Year 8) and Harris (Year 8) took part in the SSSSA Mountain Bike riding competitions and competed individually. Results were Angus 26th place, Joshua 27th and Cody 29th in the Under 17 Boys. Under 15 Boys Bailey finished 5th and Harris finished 21st. The students enjoyed the experience and have learnt the importance of uphill riding practice.
- Jack (Year 4) is competing in the National Golf tournament this week (Week 5) in Victoria, we wish him all the best.

Please let us know about your child's sporting achievements so that we can acknowledge them with the wider Emmaus community. If you have any queries about sport related matters please feel free to contact the school or email [me](#) or PE Assistant [Steph Dolman](#).

Daryl Porter
H&PE / Sports Coordinator (F-Year 12)

Canteen Roster

Please be aware that we begin to run our stock down as Term 4 comes to an end, therefore your child may not receive what they ordered. It would be appreciated if you can write an alternative choice on the lunch bag as well.

Week 5 T4

Mon 14	No help needed
Tue 15	No help needed
Wed 16	No help needed
Thu 15 November	No help needed
Fri 16	Nancy Pantelis

Week 6 T4

Mon 19	No help needed
Tue 20	No help needed
Wed 21	HELP NEEDED
Thu 22	No help needed
Fri 23	HELP NEEDED

Week 7 T4

Mon 26	No help needed
Tue 27	No help needed
Wed 28	HELP NEEDED
Thu 29	No help needed
Fri 30	HELP NEEDED

Week 8 T4

Mon 3	No help needed
Tue 4	No help needed
Wed 5	No help needed

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.

Christine Blom-Cursaro and Sharon Hughes

Launch News

First Lego League - Into Orbits-

FIRST® LEGO® League challenges students to think like scientists and engineers. Teams choose and solve a real-world problem in the Project. They build, test, and program an autonomous robot using LEGO® MINDSTORMS technology to solve a set of missions in the Robot Game. Throughout their experience, teams operated under Core Values celebrating discovery, teamwork, and Gracious Professionalism®.

A team of Year 8 and 9 students competed on Saturday at Immanuel College. They have been meeting after school and during a lunchtime to work on their challenge. We are pleased to announce that they have qualified for State Finals. Thank you to David Chu for his time and expertise in coaching our team.

Philosothon Competition

A team of 4 students from Year 8 to Year 10 competed at Prince Alfred College in Philosophy. Robust discussions took place in Communities of Inquiry on the following topics:

- Is there anything absolutely true?
- Are human beings essentially different from other animals?
- Are numbers real?
- Do people have the right to do with their body whatever they want?

University professors and lecturers judged the participants' contributions assessing the depth of their comments and the way they interacted with other students' ideas. Well done to Joelle who came fourth in her year level.

Legacy Junior Public Speaking National Final

Legacy conducts the annual Legacy Junior Public Speaking Award (LJPSA) which is a competition to enhance the oral communication and public speaking skills of 12 to 14 year old students and to help young people appreciate the ideals of Legacy; voluntary service, caring and comradeship and the need for remembrance.

Kaitlin in Year 9 competed in Sydney on Monday 12 November in the National final, against 8 students flown in from around Australia. Kaitlin was able to join 1000's at the Remembrance day service commemorating the 100th anniversary of the end of World War 1 at the recently upgraded Anzac Memorial in Hyde Park. Following the service led by NSW Governor Sir David Hurley, Kaitlin was able to float a poppy over the new Cascade Pool in sombre reflection and remembrance.

Her 5 minute prepared speech was on ethical purchasing in the clothing industry. How we all can make a difference if we choose to spend our money wisely and find out how our clothing is sourced. Her 2-minute impromptu speech was on 'The old is made new again.' The calibre of students was extremely high. We are extremely proud to announce that Kaitlin won first prize and received \$500.00. Congratulations to Kaitlin on being the first South Australian winner since the competitions inception in 1995!



Thinking Challenge - an Academic Gala Day

On Wednesday 21 November, a Year 8 and Year 9 team will compete at Temple College in Paralowie against other Christian schools in an Academic Gala day. They have been practising each week in preparation for the contest. We wish both teams well.

Susanne Milne
Launch Coordinator (F-Year 10)

Careers Corner

The recent announcement by the SA Government to provide 20,000 new apprenticeships and traineeships gives students real hope that there are employment opportunities available to them.

Starting your training through a VET course while you are at school is a smart and innovative way to get a head start on your career.

One example that I have seen this year are students studying Certificate III Individual Support (Ageing). Whilst their career goals may be to ultimately work in nursing, these students have been invited to apply for employment by the organisation where they completed their work placement.

Another example is students who are studied the Certificate II Electrotechnology (Career Start) through our Trade Training Centre. These students have gained electrical apprenticeships with PEER or other electrical organisations. Emmaus students who study in our Trade Training Centre have gained a strong reputation and are in high demand by employers.

VET courses provide real jobs and real opportunities for students. And with the SA Governments commitment to providing 20,000 new apprenticeships and traineeships there is no better time for students to study a VET course.

If you would like any information on VET courses, please feel free to email me.

Cathy Torjul
VET Coordinator

Student Wellbeing Coordinator

Transition

Moving from one time of life to another can be stressful and difficult for children and young people. As we head to the end of the year, many students will be experiencing anxiety around the expectation of change. New classes next year, friends moving schools, gaining new friends and teachers, or moving to a new sub-school, it can all feel a bit overwhelming.

As parents it is our role to support and encourage our children during times of change. We cannot take the change away (no matter how much we may like to!) but we can support our children to learn how to deal with change.

I have attached an article at the end of this newsletter from Parenting Ideas which has a number of suggestions that I think may be useful for parents of children about to transition to something new. Although it is aimed at children moving from Primary school to Secondary school, many of the suggestions remain valid no matter when the change is occurring.

In his article, Michael Grose reminds parents that when they keep a positive attitude and encourage their children to see this time of change as an exciting challenge rather than something to be feared, this can reassure children and give them confidence at a time when things seem uncertain. Reassuring children that their fears are normal, letting them know of some challenges you faced yourself as a child and discussing settling in issues well before the change is expected, can enable a child to feel reassured and understood.

As we head to the end of the year, it's important to celebrate all the good things that have happened during the year in terms of school, friends and home with gratitude, so that our young people can be ready to face the challenges of a new year head on!

Sue Chapman

Student Wellbeing Coordinator

Uniform Shop

Junior School House Coloured Polo Shirt

The Uniform Committee has decided to retire the house coloured sport polo (Emerald, Ruby, Topaz). We are aiming to achieve a more consistent looking uniform from Junior School through to Middle and Senior School.

The house coloured sport polo will continue to be worn until the end of 2019. New students will be required to wear the house coloured sport polo. We have reduced the price of the polo from \$35.00 to \$23.00.

If you have any concerns, please contact the uniform shop. Thank you for your cooperation.

2018 Normal Opening Hours

Monday	8.30am - 10.00am	Thursday	8.30am - 10.00am
	3.00pm - 5.00pm		1.00pm - 1.30pm
			3.00pm - 5.00pm

Additional Opening Hours for December 2018

Dec 6	Thursday	8.30am - 10.00am
		3.00am - 5.00pm
Dec 10	Monday	9.00am - 4.00pm

Additional Opening Hours for January 2019

Jan 10	Thursday	9.00am - 1.00pm
Jan 11	Friday	9.00am - 1.00pm
Jan 14	Monday	10.30am - 5.00pm
Jan 15	Tuesday	10.30am - 5.00pm
Jan 16	Wednesday	10.30am - 5.00pm
Jan 17	Thursday	8.30am - 4.00pm
Jan 18	Friday	8.30am - 4.00pm
Jan 21	Monday	8.30am - 5.00pm
Jan 22	Tuesday	8.30am - 5.00pm
Jan 23	Wednesday	Closed
Jan 24	Thursday	8.30am - 5.00pm
Jan 25	Friday	8.30am - 1.00pm
Jan 28	Monday	Closed - Australia Day
Jan 29	Tuesday	8.30am - 10.00am
		3.00pm - 5.00pm

Christine Blom-Cursaro
Uniform Shop Manager

Music

2019 Instrumental Music Program

If your child would like to commence lessons in 2019 for any instrument please complete a form, available from the College website. There are currently vacancies in electric guitar, flute, recorder, piano, violin, viola, cello, saxophone, clarinet, trumpet and trombone. If your child is continuing with lessons in 2019, there is no need to complete a new form. If you wish to discontinue lessons in 2019, please advise your tutor.

Andrew Verco

Music Coordinator (F-Year 12)

Holiday Activities

SA Water Vacswim 2018/2019

The Vacswim season for 2018/2019 is fast approaching and they will once again be teaching young South Australians water skills, awareness, confidence and safety in their intensive learn-to-swim program which is run during the school holidays. Over the past year, South Australia has had zero drownings in Vacswim's age group of 5-12 years old. For further information and locations please go to their website www.vacswimsa.com.au

Be Kind and Unwind: Personal Wellbeing

A program from Anglicare SA, funded by the Department of Social Services.

Wednesday 28 November 2018, 9.30am - 2.30pm

Woodcroft Morphett Vale Neighbourhood House, 175 Bains Road, Morphett Vale, 5162

Lunch Provided, Gold Coin Donation

For enquiries and bookings, call either Joy Ephraums (Facilitator) or Reception on 8186 8900

Coastal Districts Little Athletics SA

(Formerly Southern Districts Little Athletics) at Bowker Street Reserve, North Brighton.

Friday nights - Under Lights

6.00pm Tiny Tots 3-4 Years

6.30pm Little Athletics 5-11 Years

Junior Athletics 12-17 Years

Recreational Athletics 18+ Years

Held weekly until March 2019, start any Friday night.

'Come and Try' for 2 sessions before joining for only \$5.00 a session. Register on-line at www.salaa.org.au

Little Athletics is running, jumping and throwing events modified for children aged 3-17.

Recreational Athletics is adult running, jumping and throwing in a non-competitive environment.

Focus is on having fun and getting families involved in healthy activities. Emphasis is on participation and improvement.



'TIS THE SEASON TO GIVE!

Casual Day

Please bring a gold coin donation - to support
the schools' sponsor children

30 NOVEMBER | FRIDAY WEEK 7

HOMEGROUP FOOD CHALLENGE

**NON-PERISHABLE
FOOD
TO DONATE TO REFUGEES
FOR CHRISTMAS**

Biscuits, tea, coffee, lentils, rice, oil, dried fruit,
and canned items such as tomatoes or fruit

SENIOR COLLECTED

FRIDAY WEEK 5

JUNIOR + MIDDLE COLLECTED

FRIDAY WEEK 6

The Home Group in each 'school' that collects
the most items wins their choice of Pizza or

Krispy Kremes

insights

Goodbye primary school, hello secondary school

by Michael Grose



The end of primary school is a significant milestone in children's lives. They've spent half their lives in primary school, in many cases in the same school, which is significant.

Developmentally they've come a long way from those skinny little kids who lined up for class on the first day holding a parent's or carer's hand. Now entering puberty, most are taller than their mothers and the only people they'll hold hands with are 'special friends', but not in public. Those displays of affection will come later in the secondary school years.

Changing from primary to secondary brings a mixture of emotions in kids such as excitement, apprehension, pride and, in many cases, sadness about leaving friends and familiar surrounds behind.

Parents often go through the same range of emotions as children at this time so we need to acknowledge those feelings in ourselves, just as we should in our children.

Looking back

This is a time for kids to celebrate their achievements; show appreciation to their teachers and enjoy the friendships that they've formed. Here are three ideas:

1. Let's celebrate

Primary school graduation ceremonies play an important part in the primary school life, as they mark the end of an era and the start of a new part of their lives. We need to be careful that the meaning doesn't become lost as graduations become increasingly lavish, even to the point where some students are transported to their graduation in a stretch limo. *Keep them simple and keep them close to the school's values.*

2. Show gratitude

As a former teacher I know how much a simple thank you can mean from students at the end of the year. So make sure your kids take the time to thank their final year teacher and as well as seek out to thank other teachers who contributed to their education over their primary school journey. *Gratitude costs nothing but has a great impact.*

3. Enjoy friendships

Encourage your kids to be open and friendly at this time of the year, and steer clear of cliques and fellow students

who want to exclude others from their groups. The end of primary school can be tricky to navigate, particularly when early maturers stick together and ostracise certain classmates. *This is the time for friendly behaviour and inclusiveness.*

Looking ahead

When primary school is finished and the holidays are coming to an end it's time to focus on the new experiences of secondary school. Some kids take secondary school in their stride but it is natural to experience some difficulty.

If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school's culture and communication methods.

Your attitude as a parent can help your child quickly adjust. Here are three ideas for you to help kids make a smooth adjustment:



1. Promote friendships

The quicker kids form new friendships the sooner they'll feel comfortable in their secondary school surroundings. Encourage your young person to be open to forming friendships with all sorts of kids; to be accepting of others who may be different to them; to take social risks by joining in activities even though they may feel uncomfortable; and to be friendly, approachable and positive!

2. Be ready to listen

Patience and understanding in the early weeks is essential. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it's normal to feel unsure or nervous in new circumstances. Let them know that many difficulties they face will be temporary.

3. Keep your attitude positive

Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in issues with the appropriate person such as a year level coordinator, but give your young person time to handle them on their own before seeking help.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.