ST JOSEPH'S CATHOLIC HIGH SCHOOL



Principal: Tel: Fax: Student Absences: Postal Address: Email: Website: Mr John Barrington (02) 4230 8500 (02) 4256 5793 4230 8585 PO Box 130, Albion Park NSW 2527 info@sjchsdow.catholic.edu.au www.sjchsdow.catholic.edu.au

Date: 5th November, 2015

Term 4 Week 5A

Dear Parents, Staff and Friends of St Joseph's Community,

Everyone is welcome to this outstanding celebration of the work done by St. Joseph's students in 2015.

FRIDAY, 6TH NOVEMBER COMMENCING AT 4PM



ST JOSEPH'S CATHOLIC HIGH School Newsletter 2015

> The evening will begin with displays of student artworks in the Creative Arts Block, & TAS Block plus catering by our talented hospitality students rom 4:00 pm followed by a P & F BBQ outside the Trade Training Centre from 5:30 pm. The night will end with a concert in the Hall highlighting performers from years 7 - 12 including some HSC performance work.

> > Sponsored by St Joseph's P&F Association

2015 International Men's Day Assembly

Yesterday the school held *International Men's Day* with a School Assembly. After the success of International Women's Day held in March this year, it was decided that a similar event would be held in November to celebrate 'men'. A group of Year 11 students, assisted by Mrs Sara, planned and hosted an outstanding event. A key feature of the assembly was an address given by ex-student Dr Stephen Dowdell. (Year 12, Class of 2003). Stephen gave a brief overview of his life journey since graduating from St Joseph's in 2003 as well as encouraging students to "listen to advice from others and then to make a decision for yourself." Stephen emphasised that there will be many challenges and not to give up. It is helpful to find your passion in life and then prioritise it among the many other things that you must do.

The school presented a series of recognition awards as a way of acknowledging the efforts of current students in Years 10 and 11. *Bradley Schmidt and Matthew Thomas from Year 10 and Jordan De Barros and David Prodanovic from Year 11* received awards.





Principal's Professional Renewal Leave

This week I returned to school after a period of Professional Renewal Leave. During this time I had the opportunity to

participate in an International Leadership Conference, visit a school in another system as well as having a period of spiritual renewal. I found the time to be very rewarding, inspirational and rejuvenating. Thank you to Mr Neil McCann who took on the role of Relieving Principal during my absence. **Mr John Barrington, Principal**

Sentral Parent Portal for Parent-Teacher Communication

In 2016, the school will be increasing the extent to which electronic communication takes place in relation to your child's progress at school via the Sentral Parent Portal. To ensure a smooth transition to our new and efficient system of communication between teachers and parents in the new year, we ask that all parents please check that you have activated your access to the Sentral Parent Portal, which allows you to view your child's merit and demerit tallies, their timetable, as well as details regarding your child's attendance at school. Parents and Carers can also provide written explanation of your child's absence on the Sentral Parent Portal if you wish to do so.

At the end of the year, we will have the second round of Parent Teacher Interviews in the Hall. Appointments for these can only be made via the Sentral School Portal.

Any parent who is unable to access the portal is advised to contact our Learning Technologies Coordinator, Mrs Deb Boughton or Mrs Penny Corradini to gain access to important information regarding your child's progress at school. *Mrs Jenny Bell, Assistant Principal*



This week our school is celebrating International Men's Day by dedicating our whole school assembly to men in our world and community. Our school will be acknowledging the important role men play as fathers, role models and leaders. Men on our staff will be sharing their ideas on manhood and some of our male students will be receiving special awards because they are wonderful examples of what it means to be a good man. November is not just about growing a moustache! It's a time to really think about what it

must be like to a man in our society, to acknowledge what they do and help to improve some of the sad situations that plague many of our men.

Growing good men is so VITAL. Families have a huge responsibility to raise boys who are caring, fully functional members of the community; men who will one day make excellent husbands, partners and fathers. This weeks article is all about boys! It outlines some suggestions about how to tune into boys and help give them the best chance to be great male adults. The first point Grose makes is that approval is at the heart of raising boys. He also says they are group-orientated and like to know that someone will enforce the rules. Boys are tactile, loyal, sensitive and their brains mature differently. This article is a must. Please, if you have boys, make time to have a read. *Mrs Megan Schibeci, Pastoral Care Coordinator*



The end of the year is near which means that assessment across all courses is also drawing to a close. This week and next, students may be involved in a range of formal tasks that will assess some of the content that has been learnt throughout Semester 2.

Notifications for formal tasks are a requirement of the school as per the assessment policy so students will know exactly what they will be undertaking in the coming weeks.

It is important to note that even though we no longer have a formal examination or task period we will be assessing within an assigned time frame resulting in some extra pressure for students.

This final task is also only one small element of the "big picture" of the evidence of learning that has taken place within the past 2 terms so this result will only be used as a part of the grade allocation process and will not dominate the assigning of grades. The teaching staff are fully aware of the pending tasks and they will accommodate and assist where necessary to support all students.

Good luck to all students in the coming weeks and be sure to revise well, seek feedback where necessary and to complete each task to the best of your ability as this is all that parents and teachers can expect from you.

I would also like to extend my congratulations to our Year 12 students who have now successfully completed their examinations for the award of the Higher School Certificate. I wish you well in your future endeavours.

Mr Paul Hughes, Curriculum Coordinator

"Look what happened at school today...."

BREAKING NEWS, CLASSROOM ACTION, SPORT... https://twitter.com/sjchsdow Join us @sjchsdow

2015: GROWTH (GRATITUDE; RESILIENCE; ORGANISATION; WELLBEING; THE BODY; HAPPINESS)



Last year Vinnies provided over 3,500 gifts to children and young adults who would otherwise not have had a gift to open on Christmas Day. They also provided over 2,600 food hampers to families to ensure they could celebrate the festive season with a sense of dignity. The reality is that without the support of the community, Vinnies would not be able to assist families and individuals who turn to us during Christmas. The simple truth is - we need your help. This year, we have more families than ever who need our help. Each homeroom has been allocated a local family from either the Albion Park or Shellharbour area. Each student is asked to bring in an item to contribute to a Christmas Hamper for his or her allocated family. Some suggestions are listed below.

Your generously donated gifts will be distributed by Vinnies volunteers to ensure every child in need will experience the joy of having a gift under their Christmas tree this year. As important as it is for a child to experience the joy of receiving a gift at Christmas, this act also affords parents dignity. To be able to provide your child with a gift at Christmas is something every parent hopes they can do.

For Children and Teens - plush toys, rattles, clothes, stationery, building blocks, art and craft supplies, board games, sporting equipment. For Women - Toiletries, perfume, make up kits, bags. *For Men -* Toiletries, thongs, backpacks.

Food and General Items - Christmas pudding, custard, tinned fruit, bon bons, tea, coffee, dried fruit, fruit mince pies, biscuits, candy canes, Christmas cake, napkins, pancake mix, chocolates, lollies - non perishable items!



Please do not wrap gifts!

Thank you for helping us make this Christmas special for the people of Albion Park and Shellharbour experiencing disadvantage. *Miss Senitta Hurley*

	Canteen Roster 2015
9th Nov	Leanne Greathead, Nerissa Hartley
10th Nov	Colleen Walsh, Dianne Meharg
11th Nov	Angela Walker, Jan Collins
12th Nov	Sandy O'Connor, Lee-Ann Ginsburg
13th Nov	Agnes Gibsons, Linda Doonar

Important Dates for your Diary

12th Nov - Year 7 2016 Orientation Day 10th Nov - Year 12 Sign Out Day 20th Nov - Year 12 School Formal 25th Nov - Annual Sports Presentation 9:15am in the Gym 1st Dec - Volunteers Luncheon 4th Dec - End of Year Mass 10th Dec - Years 9, 10 & 11 Presentation Day and last day of school 11th Dec - Years 7 & 8 Presentation Day and last day of school 16th Dec - HSC Results released 17th Dec - ATAR's released & Year 12 Celebration 11am-12:30pm

2015: GROWTH (GRATITUDE; RESILIENCE; ORGANISATION; WELLBEING; THE BODY; HAPPINESS)



By Mrs Michelle Garbutt & Mrs Jodie Linsley - Sport Coordinators

St Joseph's Annual Sports Awards

The Annual St Joseph's Sports Awards will be held on Wednesday 25th November in the school gym commencing at 9:15am. Parents/Guardians will be notified by mail if their child is receiving an award and are invited to attend a special morning tea in the new Administration Building after the presentation. This year we will have a special guest from the St George Dragons in attendance. We look forward to acknowledging the many talented young sports men and women that we have in our school community.

2016 House Captains

Students in Year 11 who are interested in applying for the position of House Captain for 2016 need to complete the document shared by Mrs Garbutt on Google Drive by Monday 9th November. We are looking for enthusiastic and passionate leaders to help revive house spirit at St Joseph's.

League Tag

On Tuesday 27th October a group of girls competed in the NRL Southern NSW League Tag Championships held at Croome Road, Albion Park. We contested the junior girls with a team of Year 9 students and the senior girls with a team of Year 10 students. Our junior girls team unfortunately went to the event with only 10 players due to a number of players not returning their permission slips on time. This proved to be challenging to the girls throughout the day, often out numbered and fatigued due to no substitutes. In saying that, this team of girls performed outstandingly, winning 3 of the 4 games they played. *Izak Parkes* and his assistants, *Jaiden Fenwich and Angus Barnett* did a marvellous job of coaching the girls in preparation for the event and on the day. Congratulations to everyone involved.

Our senior girls team had 18 players and thoroughly enjoyed their experience. Throughout the day the team improved in their understanding of the game and scored some magnificent tries. Well done girls!!





Ronald McDonald House Westmead is an independent charity, primarily relying on donations from the community. The "Building Love" campaign aims to raise funds to build a new Ronald McDonald House to help meet the demand of families in need of a place to stay whilst their ill child seeks treatment at the Children's Hospital @ Westmead. To open the house by December 2016, the campaign needs to raise \$30 million dollars!

(Rated PG-13) on Thursday 26th November @ Greater Union Shellharbour @6pm. Tickets will be

on sale every lunchtime in the COLA commencing Thursday 5th November or you can drop the money with your order at the front office. Tickets are \$15 each. Please bring your friends and family. You can buy as many tickets as you like. Everyone is welcome. An information sheet is attached to this Newsletter.

Hosted by Year 10 Child Studies, this should be a great night so please show your support for this very worthwhile cause.



Mrs Michelle Garbutt, Child Studies Teacher Building Love Campaign



Don't Forget!! The Finance Office will close for 2015 on Friday 11th December! NO PAYMENTS WILL BE ACCEPTED OVER THE COUNTER. PLEASE SETTLE ANY OUTSTANDING FEES PRIOR TO THIS DATE.

THANK YOU



Uniform Shop School Bags are now available for sale! \$50 each. FINAL DAY OF TRADING FOR 2015 will be Thursday 26th November. Re-Open 21st and 22nd January, 2016 from 9:30 till 3pm and then normal trading hours when Term 1 commences. Uniform fittings for Years 11 and Year 7, 2016 must be finalised by Thursday 12th November. There will be no more fittings after this date!

End of Year Presentations

Thursday 10th December

Year 11 - 9:30am-11:00am

Years 9 § 10 - 11:30am - 1:00pm

Friday 11th December

Years 7 5 8 - 9:30am - 11:00am

Full summer uniform is to be wore for the Presentation.

Parents are very welcome to attend!

What's happening at St Joseph's

Year 8 Academic Enrichment Program



It has been a true honour to start a School Fitness Group as part of the Year 8 Academic Enrichment Program. Our assessment for the term was to focus on Student Voice, and change or start something new in our school community. With the constant help and dedication of my teacher, Mrs Saunders and Sports Coordinator Mrs Garbutt, my fitness group began on 16th October.

Fitness We were able to hire a trainer from SAVVY Fitness to work us hard, strengthen our bodies and lead us to discover new skills. We have all now experienced challenging workouts, obstacles and circuits, as well as our

own limits. The program from SAVVY is running for four weeks, with our group approaching our last week on Friday 6th November. The program starts at 8am and runs until school starts at 9am. Any student is welcome to come by for our last session! If you are interested, please bring a drink bottle, suitable exercise clothing, school uniform (to get changed into afterwards) and of course, your happy personality.

I would like to express my huge gratitude to Mrs Saunders, Mrs Garbutt, SAVVY Fitness and my fellow APE students for making this happen. This is a very lively, entertaining and enjoyable event and I encourage everyone to get involved in an active community like St Joseph's!

Kristina Puljak, APE Student 2015



STUDENTS ARE CREATIVE

ÎÎÎÎÎÎÎÎÎÎÎÎÎÎÎÎÎ STUDENT SHOWCASE @MAKERSPACE



Come and see us at Makerspace - Room 7 TAS All welcome - Student Showcase Fri November 6 From 4:00pm onwards...

Come and check out the makerspace, a lasercutter in action, a 3D printer, a sticker printer, an awesome iPad Video Wall, play with some electronic littleBits, experience a Cardboard Theatre and try on some Virtual Reality glasses, take a 360 degree shot with a camera, see some amazing student works in TAS and much more.

You may even be able to take a selfie with Kevin, Bob and Stuart (of minions fame)..

See you there...

Careers Update Term 4 Week 5

The following is an extract from MHSCAREERS NEWS if you wish to se more please email me sue.kennedy@dow.catholic.edu.au

UNSW: New Dual Degree Civil Engineering and Surveying

From semester 1 2016, students will be able to study a five year combined Bachelor of Civil Engineering and Bachelor of Surveying degree. Graduating students will be eligible for accreditation as a professional engineer and a professional surveyor. http://www.engineering.unsw.edu.au/civil-engineering/news/brand-new-dual-degree-civil-engineering-surveying-uac-code-425402

Western Sydney University: Badanami Alternative Entry Program for Indigenous Students Test Dates

November test dates: Mon 16th November and Tue 17th November

January test dates: Mon 11th January and Tue 12th January

Aboriginal and Torres Strait Islander high school and mature age students can apply to study at Western Sydney University through the Badanami Alternative Entry Program. The program is designed for Aboriginal and Torres Strait Islander students who do not have an HSC or other qualification, or who have an ATAR lower than required for their chosen course.

To gain entry as part of the program, applicants will be given an interview and be required to complete a test on basic mathematics and English.

http://future.uws.edu.au/future_students_home/events_at_uws

ANU: Online Chat

Tue 22nd December, 12.00pm – 6.00pm Chat with an ANU advisor regarding future study opportunities. http://www.anu.edu.au/study/events/chat-with-us-online

UOW College: Information Evening

Tue 12th January, University of Wollongong Receive information and advice on future study options. http://www.uowcollege.edu.au/about/events/index.html

Vantage Automotive

Vantage Automotive provides a number of apprenticeship and non-apprenticeship roles for individuals interested in a career in the automotive industry. They currently have over 120 vacancies across NSW and the ACT. Anyone interested in the automotive industry may also like to visit their website as it has a comprehensive range of information and resources for students. To learn more about their programs, and to view their current vacancies, visit: http://www.vantageautomotive.com/

Qantas Indigenous Careers Program: School Based Traineeship

Qantas is seeking applications from current year 10 Aboriginal or Torres Strait Islander students who are interested in a School-Based Traineeship with Qantas. The Traineeships provide an opportunity to kick-start a career in aviation by learning on-the-job skills and operations. Successful applicants will be working one day per week while completing a nationally recognised qualification. http://www.maxima.com.au/qantas-careers/

Wollongong Design Studio: Foundation of Interior Design

Five week course on the Foundation of Interior Design, 3hrs each week. Learn the basic fundamentals of interior design with two experienced designers. A great learning environment to discover if this is the career path for you. Courses start in February 2016. This is not an accredited course.

Contact: info@wollongongdesignstudio.com.au http://www.wollongongdesignstudio.com.au/

William Blue College of Hospitality Management Info Night

Thu 19th November, 5.30pm – 7.30pm, The Rocks Campus, 1 – 5 Hickson Road Sydney View the campus, meet current students, and learn about the courses by attending a course breakout session. Contact: 1300 851 237 or <u>enquiries@williamblue.edu.au</u> <u>http://www.williamblue.edu.au/about-william-blue/upcoming-events/info-night-sydney</u>

College of Event Management: Information Session

Fri 27th November, 6.30pm, Level 9, 28 Foveaux Street, Surry Hills Speak to lecturers and staff to learn about the courses on offer and career opportunities available after graduation. Contact: 1300 725 846 or enquiries@coem.edu.au http://www.collegeofeventmanagement.com.au/campus/information-sessions

<u>Defence Careers Information Sessions</u> Wollongong – Defence Careers: Wed 11th November, 6.00pm, 25 Atchison Street

Wollongong – Army Reserve: Tue 17th November, 6.30pm, 91 Gipps Street https://www.facebook.com/DefenceJobsAustralia/events



Wollongong Design Studio

Do you want a career in Interior Design when you leave school?



Join our creative workshop in 2016

Wollongong Design Studio, 14 Beach Street, Wollongong M:0403981935. M;0400028480

E: wollongongdesignstudio@hotmail.com www.wollongongdesignstudio.com.au

Position Vacant at Jamberoo Action Park.Casual attendants and Apprentice Landscapper **Matt George | Human Resources Manager | Jamberoo Action Park |** ph: (02) 4236 0114 | fax: (02) 4236 1269 | e: <u>mgeorge@jamberoo.net</u> |w: <u>www.jamberoo.net</u>





NANNY SKILLS

Looking for career opportunities or want to travel for your gap year? Become a Nanny or Manny, travel to exotic places, meet exciting people, and earn as you go!

TAFE Illawarra is now offering fun and informative sessions based around child development, age appropriate experiences and health and safety.

This course will allow you to acquire the confidence and abilities to be a nanny in Australia or overseas and will cover a broad range of age appropriate experiences for children including: preparing bottles and nutritious snacks, nappy changing, communicating with families to developing relationships and more.

Topics Include:		
	Caring for Babies	Healthy Food and Drink
	Child Development	Child Behaviours
	Children's Health and Safety	Providing play and learning experiences for children

COST \$390.00

This is a Non Nationally Recognised course.

ENROL NOW

BEGA | COOMA | GOULBURN | MORUYA | MOSS VALE | SHELLHARBOUR | WOLLONGONG 3 1300 766 123
TAFEILLAWARRA.EDU.AU

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tafeillawarra.edu.au

1300 766 123



ST JOSEPH'S CATHOLIC HIGH SCHOOL



2nd November, 2015

Dear Parent/Guardian

Ronald McDonald House Movie Fundraising Event 2015

Year 10 Child Studies students cordially invite students, family members and friends to attend a movie night as a fundraising event for the new Ronald McDonald House at Westmead. The movie <u>'The Hunger Games: Mockingjay: Part 2'</u> will be screened at Greater Union Cinemas (Shellharbour) from 6.30pm-9pm on **Thursday 26th November**.

The cost per ticket is \$15, with \$5 from every ticket sold going directly to Ronald McDonald House. There will be a popcorn and drink combo available for \$7.50 (payable on the night). Students can bring their own food and drinks or make purchases from the counter. Staff supervision will be provided during the movie. Students will need to be dropped off and picked up by private transport.

To review the movie and watch the trailer, go to http://www.thehungergames.movie/#/?lang=us-en



Date:	Thursday 26 th November, 2015
Venue:	Greater Union Cinemas, Shellharbour
Transport:	Private transport to and from the movies
Time:	Students need to arrive at the foyer of cinema by 6:30pm, and be collected from the
	foyer of the cinema by 9:00pm
Dress:	Neat, casual clothing
Bring:	Money for food and drink, or food and drink from home
Cost:	\$15.00 per ticket – to be handed in to the school office, in a clearly labelled envelope,
	no later than Thursday 26 th November at 3pm. <u>Cash only please</u> , as this is not a school event.
	\$7.50 per popcorn and drink combo (OPTIONAL) – payable on the night

Yours sincerely

Mrs Michelle Garbutt Child Studies Teacher

Ronald McDonald House Movie Fundraising Event 2015

Name:	
The cost of the fundraiser is:	\$15.00 per ticket – payable to the school by Thursday 26 th November at 3pm. \$7.50 per popcorn and drink combo (OPTIONAL) - payable on the night
I would like to purchase	tickets @ \$15 each
Total cost: \$ (Cas	h only please)
I would like to pre-order	popcorn/drink combos at \$7.50 each (<i>please bring the</i>

Parenting logo Subsights



Building parent-school partnerships

WORDS Michael Grose

Raising Mighty Boys

Understanding what makes boys tick is the key to teaching and raising them. Here are twelve essentials in order to connect with our sons and help raise well-adjusted boys.

Raising and educating boys is a hot topic in Australia and other parts of the world. From my experience those adults who do best teaching and raising boys have a significant understanding of what makes boys tick.

Here are twelve key understandings that will help you regardless of your gender or family situation raise welladjusted boys:

1 You must like them

Approval is at the heart of raising boys. Most will walk over hot coals for you if they know you like them. In a sense, this need for approval holds many boys back in school, as they can shut down for a teacher who doesn't like them. If you can feel comfortable with their boisterousness, live with their lack of organisational skills, and not be confronted by their in-your-face ways then the chances are that they'll respond to you.

2 Boys like to blend in

Boys are group-oriented by nature. They want to fit in. They tend to play group games and form themselves into structured groups. Boys don't want to stand out from the crowd. Don't put them down in front of their friends and understand that they make poor friendship choices rather than be in a group of one. They'll generally prefer the wrong friends rather than no friends at all.

(3) They are hierarchical by nature

Boys need limits and boundaries as they make them feel safe and secure. They like to know someone is going to enforce those rules, so don't be afraid to take the lead with them.

4 Many boys hide behind a mask

Some boys wear a mask to protect them from being hurt. The mask can take many guises including; 'tough nut', 'cool dude' and 'class clown.' Refuse to communicate with the mask. Make them feel comfortable, joke with them, even tickle them. Do whatever you can to get behind the mask.

Boys are just as sensitive as girls

Despite the fact that research shows that boys are more easily stressed and more fragile than girls parents will ask daughters how they feel more often than they ask sons. Also when daughters get hurt, parents tend to comfort them more than they comfort sons. Boys are sensitive you just need to use different language to get them to open up than you do with girls. For instance, a boy will more than likely tell you how he feels if you ask him how he thinks about something. Also, he generally needs more time to process his feelings so bedrooms can become their caves that they'll retreat to when they need the space to work out what's going in their hearts.

more on page 2

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.

parentingideas.com.au

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Building parent-school partnerships

.. Raising Mighty Boys ..

6 Boys are tactile by nature

Ever noticed how little boys are more likely than little girls to pop new objects in their mouths. That's because taste and touch are two important ways that they take in the world. That tactile nature of boys needs to be nurtured, not ignored. One way is to hug them –lots! Boys need to be touched two to three times as much as girls to release the same amount of oxytocin (a feel-good chemical in the brain) that is released during a hug.

7 Boys learn from experience

Many parents know the extreme frustration that comes from imparting their wisdom on to their sons, only to see it completely ignored. If you have boys in your life then you need to get used to the fact that boys like to learn many of their life lessons for themselves. Experience, for better or worse, is a teacher that many boys can relate to.

(B) Loyalty is a high driver

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Understand that a boy's loyalty to his friends and family is a key driver and you'll unlock the key to the male psyche. They are incredibly influenced by their peers, which can hold them back, stopping many from getting too far ahead of the pack. Loyalty also gets many boys into strife with authority. Call a boy's sister or friend an insulting name and you're asking for trouble!

Many boys' mouths don't work unless they are moving

If you want to have a serious or personal conversation with a boy then you are better off joining him on a walk. Face-to-face conversation can make them feel awkward, whereas shoulder-to-shoulder chats or conversations that happen during a game or activity seem to flow more naturally.

10 Boys needs social scripts

Most boys need some didactic teaching about how to act and what to say to others at some stage in their life. Don't be afraid to tell boys of any age exactly what to say in new social situations as they can often struggle to find the words and the way to get their messages across.

1 Boys need a purpose to learn

If you want to motivate a boy to learn then you need to offer him tangible, short-term goals. He'll learn to play a musical instrument if he wants to be in a band; but get him to practise a musical instrument without a purpose and you'll probably be locked in a continuous struggle.

A boy's brain mature differently than a girl's brain

The maturation rate and sequence is different for boys than girls. For instance, the brain developments in the first five years of life prepares girls for the rigours of school better than it does for boys. A girl's brain in that period is busy developing fine motor skills, verbal acuity and social skills, which are highly valued by parents and teachers. A boy's brain, on the other hand, is busy developing gross motor, spatial and visual skills, which are essential hunting skills. Unfortunately, there isn't a great need for these traits in primary schools these days!!

There's no doubt that raising boys tends to be more of a challenge for parents than raising girls. Understanding and appreciating the differences is a great start. However I think parents who really connect well with boys somehow develop the wisdom to step as well as speak up at the right time, and the smarts to know when to stand back and allow their sons to work things out for themselves.

Michael Grose

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