



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 6th February, 2014

Term 1 Week 2B

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

A very warm welcome to the 2014 school year. I hope that you have enjoyed a restful holiday break and feel refreshed and ready to start the new school year. A very warm and sincere welcome to new students, families and teachers who are joining St Joseph's Catholic High School this year.

New Staff Members for 2014

Mr John Batten	PDHPE
Mrs Belinda Leicht	Mathematics
Mr Daniel Lewis	Science
Mr Matthew Pope	Science Coordinator
Mr Gareth Reavell	HSIE
Mrs Rowena Stewardson	Mathematics



Also, welcome back to a number of staff who were on leave last year or have previously worked for St Joseph's: Mrs Jo Lyddiard, Mrs Wendy McCann, Mrs Amanda Nascimento, Mrs Brittany Sharkey, Mrs Jenny Thomson and Mrs Kathy Woodall.

Communication

Should you have any concerns regarding your child, in most cases, the first point of contact should be your child's Year Coordinator. Year Coordinators for 2014 are listed at right.

2013 HSC Success

Congratulations to the *Class of 2013* for their achievements in the Higher School Certificate. In the coming weeks the school will host an assembly to celebrate their successes.

The school has been very pleased to hear of the courses of study that these ex-students will be commencing at University or TAFE in the coming weeks, as well as the ex-students who have already commenced employment.

I pray that 2014 will be a successful and rewarding year for everyone.

Mr John Barrington, Principal

Year 7	Miss Vicki Sproule
Year 8	Mrs Elise Burns
Year 9	Mrs Louise Markwell
Year 10	Ms Kim Stutchbury
Year 11	Mrs Sue Kennedy
Year 12	Mrs Helen Sara

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Pastoral Care
Mrs Schibeci

This year our entire school is working with a slogan in mind: **MOVE Forward. Motivation, Opportunities, Value self and others and Enthusiasm.** This phrase will be at the core of every assembly and Year meeting and the words will be spoken and heard often both in class and out. The words that make up the slogan are important ones, but we want this to be more than just words. We want our students and teachers to really act on these words and use the slogan to bring about personal success. We are desperately trying to teach our students that every one has potential, but achieving requires work and effort. This is difficult and quite counter cultural in our time, so we all need to work together on this. The Michael Grose article in today's Newsletter is titled "True Grit". He explores the notion of talent versus grit. As you guessed, true grit is the winner!! Overcoming obstacles builds character and provides a child with a fully equipped tool kit for life. Have a read and I hope this year is a successful one for your child.

School Fees 2014

School fees statements will be sent home in Week 4. We are waiting for the student subject changes to be finalised. Attached to this week's newsletter is a fee schedule for your information. Payment of fees can be made weekly, fortnightly, monthly, quarterly or when the instalments are due in March, June and September. The schools preferred method of payment is Bpay, however payments will be accepted by Eftpos, Cash, Cheques or Direct Debit. Please contact the Finance Office on 4230 8525 if you would like to commence payments so we can provide the school's Biller Code and Bpay reference.



Bpay Payments - Regular Bpay payments can be set up through Internet banking, either in person or over the phone with your financial institution. To set up regular Bpay payments simply: * Log into your internet banking * Select the appropriate account * Add new biller - code 75075 * The Biller name will then appear * Enter customer reference. Your number will commence with 1756 and will appear on your fee statement

- * Add to your list of biller. Tick there * Enter a biller nickname * Enter payment amount
- * Enter the payment schedule. Select recurring * A drop down arrow will appear and select option
- * Press continue/confirm and the payment should be set up. Please note that the prompts may not be exactly the same depending on your financial institution. *Cathy Bagnall, Finance SSO*



A Reminder to download your free skoolbag app from iTunes and Android app store, to keep up to date with the latest happenings at St Joseph's!!

Year 9 Incentive Camp

Important dates for your calendar - Term 4 Week 3 Wednesday 22nd – Friday 24th October, 2014!!

Over the next week a letter will be sent home to parents to outline the qualification criteria and terms of agreement for the Year 9 Incentive Camp. Student attendance at the camp is dependent on them abiding by the criteria and terms of agreement. We will be keeping an ongoing tally of student merits and demerits and this will allow us to be reflective of a student's application to studies, attention to uniform, behaviour in the classroom, behaviour towards peers and also individual student community involvement. This tally, combined with any after school detentions, in school or out of school suspensions will influence your child's inclusion at this camp. *Mrs Louise Markwell, Year 9 Coordinator*



Choir will be held on Tuesday mornings this year from 8am-9am in Room 42. Everyone is welcome...especially our new Year 7 students! Hopefully we will see the members from last year return...bring a friend! Let's build a great choir of community spirit for 2014. *Mrs Angela Quinn*



Welcome back to another year of sports at St Joseph's. Once again we will be looking to provide all students the chance to grow physically, socially and emotionally through our various school and representative sports programs. We shall regularly look to keep you connected with the world of sport via the newsletter but for more detail please visit the sport section of the school website.

A reminder that those considering attending NSWCCC events or trials need to register for the event via the NSWCCC website (www.cssss.nsw.edu.au). Information regarding this process can be found on the school website. As always any issues regarding either school or representative sport can be directed to me here at school. Email is usually the best way to contact me (brett.moran@dow.catholic.edu.au) but you are welcome to ring and leave a message and I shall endeavour to return your call as soon as possible.

Swimming Carnival 2014

The Swimming carnival will be held at Albion Park Swimming Pool on Tuesday 18th February (week 4). Students have until the end of Week 3 to nominate for any events on the day. Parents are most welcome to attend and if you are able to assist on the day (eg timekeeping) please email me or call the school.

Year 9 and 10 School Sport

Information regarding our recreational school sport program can be found on the sport section of the school website. Students in Years 9 and 10 and their parents must visit this site and download the permission note to access the information for school sport this year. Parents and students then need to sign and return the consent forms in order to participate in this program.


Diocesan Gala Days

The Diocesan sports program gets under way with selection trials for Girls Hockey on Monday 10th February (week 3) and gala days for Girls Soccer and Boys Touch on Monday 24th March (week 5). There are also various sports that students can nominate individually for. The sports calendar shows upcoming dates. Students are asked to make sure they listen to the daily bulletin in homeroom or check the notices section on the sport page of the school website for further information. Feel free to see me or send me an email if there are any questions or issues.

Cross Country Carnival

The Cross Country carnival will be held on Friday 7th March (week 6). Students are encouraged to start thinking about undertaking a regular training program to assist them in their efforts on the day and reduce the risk of injury. For beginners you could spend this week doing a 20-30 minute session every 2nd day comprising of walking for 1-2 minutes followed by jogging 1-2 minutes. For those looking for more of a challenge and/or structure in their program, consider downloading a training app to your phone to assist your preparations.

Congratulations

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- ⇒ *Kaelah Austin* who represented ACT at the U/18 National Women's Cricket Trials in the holidays.
 - ⇒ *Kaelah Austin, Ryan Castles and Lleyton Callaway* who played in the final of the Weet Bix Cup last weekend at the SCG. While the result did not go their way the opportunity to play on the hallowed turf in the footsteps of Bradman, Waugh, Warne etc was no doubt a memorable experience.
 - ⇒ *Taylah Allen and Matthew Sperring* who participated in the South Coast Branch Surf Lifesaving Championships last weekend. Taylah and Matthew dominated winning a variety of events in their age groups on the day.
 - ⇒ *Dante Olivieri* who has had a busy summer participating in regattas around Australia finishing 2nd overall in his class. Dante is participating in the youth division of this weeks Hobie 16 World Championships on Jervis Bay.

If there are any other outstanding achievements from over the holidays please contact me and we shall endeavour to include them in next weeks newsletter. **Remember—"Too much sport is never enough!!"**

Mr Brett Moran, Sports Coordinator

Sports Calendar 2014

10th Feb- Diocesan U/16 Girls Hockey Trials (closing date NSWCCC Girls Softball Trials)

10-11th Feb- NSWCCC Boys Cricket selections

17th Feb- Closing date NSWCC Tennis Trials

18th Feb- School Swimming Carnival (closing date NSWCCC Baseball Trials)

19th Feb- NSWCCC Girls Softball Trials

24th Feb - Diocesan Girls Football Gala Day and Diocesan Boys Touch Gala Day

25th Feb- Closing date NSW All Schools Triathlon

27th Feb- Closing date NSWCCC Open Girls Cricket Trials

3rd March – NSWCCC Tennis Trials, NSWCCC Girls Cricket trials (closing date NSWCCC Golf Trials)

4th March - NSWCCC Baseball Trials

Canteen Roster 2014

10th Feb	Karen Davies, Janelle Johnston, Norella O'Sullivan, Kim Power, Rebecca Subotic, Vanessa Schofield, Sharni Barton
11th Feb	Linda Wilson, Sandra Jensen, Nell Derubis, Zora Volf
12th Feb	Narelle Keevers, Angela Walker, Sandy O'Connor
13th Feb	Shona Arcella, Lee-Ann Ginsburg
14th Feb	Tracey Teixeira, Alison Chetcuti, Susan Rayner, Michelle Partridge, Tracey Sumner

Uniform Shop 2014

10th Feb	Linda Doonan
13th Feb	Tracy King

****A reminder from the Uniform Shop -if you HAVE sold your second hand uniforms on the website could you please let Lina know via email so that they can be removed promptly.
uniformshop@sjchsdown.catholic.edu.au**

Messenger community news

All Saints Parish Youth Group will recommence this Friday night 7th February. We meet in the Grealy Centre located under the All Saints Catholic Church Shellharbour City and entry is beside the Nazareth Catholic Primary School car park. Youth group is for high school students and runs from 7-9pm. Cost is a gold coin donation. Any questions please call Cait 0403 738 287 or Michelle 0437 042 010.

Albion Park Girl Guides meet every Tuesday 5:30– 7:30pm at Albion Park Guide Hall, Parsons Place, Albion Park. Call Mel for details on 0425 403 398.

Albion Park Show Society Debutante Ball will be held in May. A meeting will be held for any young ladies in Year 10, 11 or 12 who are interested on Sunday 9th March at 7:30pm in the HACC Centre in the Albion Park Showground. For further details contact Diane 4236 0403.

Would \$500 assist you with education costs? Back to school time is here again! Are you financially ready? Saver Plus can help you with up to \$500 in matched savings for next year's school costs. You save for 10 months and receive FREE financial education along the way! To be eligible you must have a Centrelink Health Care Card or a Pensioner Concession Card, have a child at school and have some form of household income. For further information call Lindi at The Smith Family on 1300 610 355.

Year 8 and 10 Reading Program

Students currently in Years 8 and 10 are completing a novel study in English. For the next few weeks, students will be reading their class novel as homework. It is imperative that they keep up to date with their reading in order to make the most out of their lessons during the unit. In order to assist students who find reading difficult, a team of generous senior students have volunteered to read the class novels at lunchtimes on Mondays, Tuesdays and Wednesdays. Students should bring their copy of the set novel to follow along as they are read to. Students wishing to avail themselves of this opportunity are asked to report to their designated room at the beginning of lunch commencing Monday Week 3. The rooms are also posted on the English Staffroom door.

Room 6	The Boy in Striped Pajamas	Room 5	The Giver
Room 4	Holes	Room 3	Artemis Fowl
Room 2	The Kite Runner	Room 1	Animal Farm

This program relies on self nomination; parents and caregivers are asked to strongly encourage students who find reading (or the motivation to read) difficult to join this program in order to optimise their experiences in the English classroom throughout this unit. The same opportunity will be given to Year 7 and 9 when they begin their novel study later in the year.

Miss Francesca Gazzola, English Coordinator

Religious Education Update!

This year's school year began with the celebration of the Opening School Liturgies held at St Paul's last Friday. This year we decided to focus on the theme of "Community" and how all member's in the St Joseph's community—parents, students and staff included, are both important and necessary. This theme is particularly important to us now as we welcome our new Year 7's and many staff members and begin our school year. A huge thanks to all staff and students for their active and reverent participation, including those who undertook specific roles.

Miss Emma Webster



NSW Mining Scholarships are open for students who are studying minerals related subjects (maths Science) in Year 11 and 12 and considering entering a mining related subject at University.

Considered university subjects can include: Engineering, IT Health and Safety Surveying. Students will have the opportunity to receive a scholarship when they complete their 1st year in a minerals related subject at university to assist them

with their studies. Students will also be allocated a mentor from their sponsoring company. The online application can be found at www.surveymonkey.com/s/2014NSWMiningScholarshipApplication.

National Indigenous Youth Parliament—for further information see Mrs Kennedy.

Bricklaying?? Are you interested? Please see web page Bricklaying Apprentices are in Demand or call 1300 304 477.

Indigenous Scholarships in Fitness closing March 14 –please call 0438 254 522.

Indigenous Students interested in a career with QANTAS please call Don Walker for information on (02) 9691 5296.

Pre-Employment Training and work experience for Apprentice Jockeys, Stablehands and Strappers. Please see Mrs Kennedy if you are interested.

Do you want a Tax File Number? Please collect a form from the Careers office.

The Careers Room is open Lunch 2 every day except Friday.

Mrs Sue Kennedy, Careers Advisor

2014 Fee Information	
Resource Fee	All text books and Information Technology resources required by students are covered by this fee. (The exception is Year 12 English text books which vary from year to year). School gift for Year 12. Pastoral Care fee for presentations at school.
Tuition Fees	Teachers' salaries not covered by government funding and day to-day running costs, e.g. electricity, paper.
Building Fund	This fee pays for our loans on the schools building and is equivalent to a mortgage payment.
Library/Text Book Deposit Fee	This is a security DEPOSIT which is fully refundable when a student leaves, providing all books have been returned and the school fees have been paid.
Parents & Friends Levy	The P&F Levy has replaced fund raising events and spreads the burden more fairly. This very important fee, combined with our Working Bees, is allowing us to do much needed maintenance of school buildings. The P&F normally contributes to one or more major projects in the school each year.
School Magazine	Each family is provided with a copy of the School Annual Magazine which becomes a valuable memento of school life.
Sports Fee	Year 7 – Includes AFL Development coaching & Swimming Carnival. Year 8 – Includes Tennis Coaching, Ten Pin Bowling, Zumba, Gymnastics & Swimming Carnival. Year 9 - Includes Yoga, Self Defence, Ten Pin Bowling, Gymnastics, Tennis & Travel Costs. Year 10- Includes Yoga, Self Defence, Ten Pin Bowling, Weights & Travel Costs.
TVET and other provider courses	TVET courses will be 30% of the course cost with a maximum of \$750 being charged. These fees will be billed separately to all the other school based fees
Course Fees	Many courses are required by the syllabus to include practical experiences. Fees cover the cost of consumables in these courses (Woodwork, Food Technology, etc).
Retreat Fees	This fee covers the costs related to the retreat.
Laptop Fee	This amount covers the parent's contribution to the student laptop programme.
First Aid Course	First Aid Course: It is compulsory for all Year 10 students to participate in the first aid course.

Payment of fees	
<p>The school invoices the fees in February for the total amount for the year. Fees are payable over three instalments due on 14th March 2014, 13th June 2014 and 5th September 2014. Calculation of instalments is simple. All you need to do is DIVIDE the total fees by three. The school offers the following options for payment: Bpay, Direct Debit Bank Account and Credit Card, Eftpos, Cheque and Cash. If arrangements are made with the school the fees can be paid off over the full year.</p> <p>All parents on enrolling their child agree to pay the fees. However, as a Catholic school we will not turn away families who are facing genuine difficulties in meeting their commitment. Any parent experiencing difficulty regarding payment of fees must discuss alternative arrangements with the Principal.</p>	
Discounts	
<p>There will be a discount on the tuition fee ONLY for the second and subsequent children attending the school at the same time. These discounts are: 25% for the second child, 50% for the third child 100% for the fourth child.</p>	
Family Fees	
School Building Fund	780
School Magazine	25
P&F Levy	150
Year 7	
Resource Fee	328
Bible	20
Calculator & Geometry Set	30
Creative Arts	60
English	10
Living Skills	50
Mathematics	20
Music Performances	10
PDHPE	35
Red & Blue Day	5
Religious Education	10
Retreat Days	65
School Diary	20
School Musical	7
Science	6
Sport	50
Technology Mandatory	50
Library /Text Book Deposit Fee	20
Tuition Fee	1443
Total (including family fees and excluding Living Skills)	3144

Year 8	
Resource Fee	378
Creative Arts	70
English	10
Living Skills	50
Mathematics	20
PDHPE	35
Red & Blue Day	5
Retreat	13
School Diary	20
Science (Includes Science Board for Expo)	15
Sport	130
Technology Mandatory	50
Library /Text Book Deposit Fee	20
Tuition Fee	1443
Total (including family fees and excluding Living Skills)	3164
Year 9	
Resource Fee	378
Careers - Job Guide	23
Child Studies	40
Drama	15
English	10
Food Technology	70
Industrial Technology Metal	50
Industrial Technology Wood	50
Information Software Technology	20
Italian	25
Living Skills	50
Marine & Aqua Technology	60
Mathematics	20
Music	20
Physical Activity & Sports Studies	35
PDHPE	35
Retreat	10
School Diary	20
Science	6
Sport	225
Visual Arts	65
Camp	190
Camp Food Component	70
Library /Text Book Deposit Fee	20
Tuition Fee	1559
Total (including family fees)	3521
Plus electives	

Year 10	
Resource Fee	328
Child Studies	50
Drama	15
English	10
Food Technology	70
Industrial Technology Electronics	50
Industrial Technology Wood	50
Information Software Technology	20
Italian	25
Laptop	420
Living Skills	50
Marine & Aqua Technology	60
Mathematics	20
Music	20
Physical Activity & Sports Studies	35
Physical Activity & Sports Studies Camp	320
Physical Activity & Sports Studies Camp Food	80
PDHPE	10
Religious Education	10
Retreat	25
School Diary	20
Science (Includes Science board for expo)	15
Sport	225
Tas Life Skills	70
Visual Arts	70
Careers Expo	7
Elevate Education	20
First Aid Course	88
Library /Text Book Deposit Fee	20
Tuition Fee	1559
Total	3732
Plus elective fees. (Family Fees, Careers Expo, Laptop, Elevate Education, First Aid Course & School Diary are included)	
Year 11	
Resource Fee (Fee \$326 -\$15 Padlock paid 2013)	313
Biology	6
Chemistry	6
Construction	80
Design and Technology	50
Elevate Education (To be charged to new students only. Paid by Year 10 2013 in 2013 Fees.)	20
Hospitality	120
Industrial Technology	50
Information Processes & Technology	20
Italian Beginners	32
Italian Continuers	30
Laptop	420
Living Skills	50

Mathematics	20
Music	90
PDHPE	50
PDHPE Camp	320
PDHPE Camp Food Component	80
Physics	6
Senior Science	6
School Diary	20
Tas Life Skills	70
TVET Courses see note	
Visual Arts	70
Visual Design	50
Retreat	140
Retreat Food Component	95
Ryda (Rotary Youth Drivers Awareness)	15
Work Placement Insurance	25
Library /Text Book Deposit Fee	50
Tuition Fee	1947
Total	3980
Plus ALL subject fees. (Family Fees, Retreat Costs, Work placement insurance, Laptop Fee, School Diary & Ryda are included).	
Year 12	
Resource Fee	348
Biology	6
Chemistry	6
Construction	80
Design and Technology	50
Hospitality	120
Industrial Technology Timber	50
Information Processes & Technology	40
Italian Beginners	32
Laptop	415
Living Skills	50
Mathematics	20
Music	15
PDHPE	50
Photography	100
Physics	6
School Diary	20
Senior Science	6
Tas Life Skills	70
TVET Courses see note	
Visual Arts	70
Careers Expo	7
Library /Text Book Deposit Fee	50
Tuition Fee	1947
Total	3742
Plus ALL subject fees. (Family Fees, Careers Expo & School Diary are included).	

ST JOSEPH'S CATHOLIC HIGH SCHOOL



2014

School Fee Schedule

16 Macquarie Street Albion Park NSW 2527
 PO Box 130 Albion Park NSW 2527
 Ph: (02) 4230 8500 Fax: (02) 4256 5793
www.sjchsdown.woll.catholic.edu.au
info@sjchsdown.catholic.edu.au

• **Create BPAY**

• x

• **From Account***

•

• **To Biller***

•

New Biller

• **Biller Code***

• Show Biller

• **Biller Name**

•

• **Customer Reference Number***

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• **Add to Biller List**

•

• **Bill Nickname**

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• **Payment Amount***

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• **Payment Schedule**

• Now Later Recurring

○ **Frequency***

○

Select

○ **Start Date***

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○ **Repeat Until***

○ Cancel Selected Date



St Joseph's Catholic High School Canteen Menu 2014

Hot Food

Chicken Coujons(5)	\$2.00
Sausage Roll	\$2.00
Rice	\$2.00
Pasta	\$2.00
Potatoes	\$2.00
Pizza Rounda	\$2.50
Meat Pie	\$2.80
Chicken Pie	\$2.80
Potato Pie	\$2.80
Hot Dog	\$3.00
Chicken Crackles	\$3.00
Sub-Bacon/Cheese/Tomato	\$3.80
Chicken Pattie	\$1.70
Chicken Burger-Plain	\$3.20
Chicken Burger	
Lettuce & Mayo	\$3.80
Chicken Burger Salad	\$4.00
Garlic Bread	\$1.10
Noodle Cups (orders only)	\$2.00
Spinach & Ricotta Rolls	\$2.00
Pizza- Ham & Pineapple,	
Margarita & Supreme	\$3.00
Warm Mexican Wrap- crumbed	
Chicken, cheese & sauce	\$4.00

Salads (orders only)

Chicken	\$4.50
Egg	\$4.50
Ham	\$4.50
Tuna/Salmon	\$4.50
Salad Dressings	\$0.20

Sandwich

Buttered	\$1.00
Vegemite	\$1.80
Cheese	\$1.80
Egg	\$3.20

Spaghetti	\$1.80
Baked Beans	\$1.80
Tomato	\$1.80
Ham	\$3.20
Curried Egg/Lettuce	\$3.50
Cheese & Tomato	\$2.30
Ham, Cheese & Tomato	\$3.30
Salad	\$3.60
Ham & Salad	\$3.80
Chicken	\$3.50
Chicken & Salad	\$3.80
Tuna	\$3.50

Extras

Large Roll	\$0.40
Small Roll	\$0.20
Wrap	\$0.20
2 Slices Bread	\$1.00
Lunch Bags	\$0.05
Sauce	\$0.20

Cakes

Muffin	\$2.00
Finger Bun	\$1.80
Custard Tart	\$2.00

Breakfast

Yoghurt & Muesli Cups	\$1.00
Toasted ½ sandwiches	\$1.20

Snack Foods

Pretzels	\$0.90
Pirahnas	\$0.90
Red Rock Chips	\$1.10
Eucalyptus Drops	\$0.60
Rice Cookies (Gluten Free)	\$0.30
Jelly Cups	\$1.00

Fruit

Seasonal Fruit	\$1.00
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Fruit Salad (Summer only)	\$2.50
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Freezer

Zooper Doopers	\$0.50
Frozen Juice	\$0.60
Icy Twist	\$1.10
Paddle Pops	\$1.30
Frozen Yoghurts	\$1.60
Callipos	\$1.00
Paddle Pop Cups	\$2.00

Drinks

Juice	\$1.80
Moove 300ml	\$1.50
Moove 600ml	\$2.50
Water 600 ml	\$1.50
Small Water	\$0.70
Milk 600 ml	\$1.80
Hot Chocolate (winter only)	\$1.50
Up & Go	\$1.50
Sparkling Water (Flavoured)	\$1.70

Specials

Tuesday - Rice Paper Rolls	\$3.00
Thursday- Sushi Packs	\$7.00
Sushi Rolls	\$3.50
(Orders Preferred)	

Recess & Lunch orders must be placed by 9am in a lunch bag with money, name & homeroom clearly written. Orders are to be collected from canteen.



True GRIT helps kids succeed

Developing character strengths is just as important to your child's future success as building academic skills.

'Talent or persistence. Which would you choose for your child?'

I often ask this question at my parenting seminars and the responses are fascinating. Parents naturally want both. Sorry, but that's not an option.

When pushed most parents choose talent over persistence, which in many ways reflects the current thinking around achievement. However, intelligence, sporting prowess and ability in whatever it is we value will only get a child or young person so far. Talent is purely potential. They need more than this to achieve sustained excellence in anything they do. It is the character traits of hard work and the ability to stick at a task and see it through that make all the difference.

Malcolm Gladwell, in his book *Outliers*, describes twenty-something American student Renee, who took 22 minutes to work out a complicated math question. The average student gives up after THREE minutes, preferring to ask for help than work through the problem.

Renee was unusual in persisting for so long until she got the solution. The funny thing is, she doesn't describe herself as a good math student, yet she is highly successful at maths. **Grit** rather than pure math talent is her forte.

Character matters

Cognitive (thinking and reasoning) skills by themselves aren't enough for children to succeed over the long journey. Many recent studies (most notably the work of US-based Angela Duckworth) have found that character, not cognitive ability, is the single most reliable determinant of how a person's life will turn out. The traits associated with success include the inclination to persist at a boring task (grit), the ability to delay gratification (self-control)



and the tendency to follow through with a plan (conscientiousness). These are invaluable traits at school, in the workplace and in life in general.

Character works as an indicator of success when it's seen as set of strengths and personality traits rather than personal values such as loyalty, tolerance or forgiveness.

Character is forged under difficulty

The key character traits of grit, self-control and conscientiousness are forged under hardship and duress. This makes our current propensity to over protect and over indulge kids problematic. When kids continually experience easy success we set them up for failure because when they finally face up to difficult situations many lack the capacity to push through the tough times.

Encouraging kids to step out of their comfort zones and take learning and social risks is one of the great challenges for modern parents. It's critical that we challenge children and young people to attempt activities where failure is a real option. Overcoming setbacks and pushing through difficulties is how character is formed.



Character is malleable

The good news is that character, like intelligence, is malleable. It's not fixed. It's important to establish in your own mind as a parent, and also in your children's minds, that character traits such as grit, self-control and conscientiousness can be developed.

To this end it's important that parents steer clear of using absolute language to label behaviour and express views that traits and abilities are fixed. Comments such as 'You're no good at math' become a rule that young people learn to live by, and become default thinking that's hard to budge.

Make grit part of a family's brand

In my book *Thriving!* I wrote about how every family has its own distinctive brand, which is a reflection of the strengths and traits that all members share.

For instance, if high work ethic is a common trait then it's a fair bet that hard work is something parents focus on in their family.

Parents can actively promote grit and persistence in kids by making character part of their family's brand. They can focus on character in conversations. They can share experiences where character paid off for them in their lives. They can discuss how character contributes to excellence and success in everyday life including at work, at school and in the sporting field. Character and its many components can become part the family narrative regardless of the age of the children.

Build proprietary language around character

Families develop their own language around what's important to them and that needs to include the language of character if parents want to foster excellence.

Continuous messaging of terms and phrases such as 'hang tough' and 'hard yakka' help weave character traits into the family DNA.

Parents should reflect on the language and terms they already use and build key phrases and terms around the following key character strengths: grit, self-control, conscientiousness, enthusiasm, social intelligence, gratitude, optimism, and curiosity.

Character becomes the default mechanism

Habit and character go hand in hand. Conscientious young people don't go around consciously deciding that they've got to delay the fun stuff until they've done their work. They've just made it their default mechanism to stick at their task, or delay gratification or jump into a task with enthusiasm.

Conscientiousness doesn't always serve a young person well. They can sometimes place full focus on menial or unimportant tasks when a smarter option may be to cruise and save energy for the important times such as exams. That's where parental guidance plays a part. However, in the long run conscientiousness serves a young person well when it's their default because when the stakes are high and they really need to work hard, they will automatically make the right choice. In fact, it will be the only option they see when excellence really matters.

Parentingideas just got better! Parentingideas Club has just been launched and has all the answers you need. There are 100's of articles, videos, guides, how to's, book reviews and more available for members. Become a member today at parentingideasclub.com.au.

WOLLONGONG TERM 1, 2014

LIFT

A group for men and women who may be feeling overwhelmed or experiencing high levels of stress and anxiety. Participants are able to explore feelings in a safe and friendly environment, challenging negative thinking patterns and discover how to build and improve relationships.

CatholicCare, 25-27 Auburn St, **Wollongong**
5 Monday Afternoons 12noon - 2:30pm
17, 24 February, 3, 10 & 17 March

Workshop Fee: \$20 per session

MY KIDS AND ME

A workshop for parents who have had children removed from their care. Assists participants to identify parenting skills, strengths and resources and to develop relationships with their children.

Bellambi Neighbourhood Centre
Corner Rothery & Cawley Streets, **Bellambi**

7 Tuesday Mornings 10am – 12:30pm
18, 25 February, 4, 11, 18, 25 March & 1 April

Workshop Fee: \$10 per session

KIDS & BULLYING

This course aims to help parents better understand a range of issues associated with bullying and cyberbullying and to equip them with strategies on how to best deal with them.

CatholicCare, 25-27 Auburn St, **Wollongong**
2 Wednesday Mornings 10am - 12:30pm
2 and 9 April

Workshop Fee: \$10 per session

Concessions may apply dependent on financial circumstances

KEEPING KIDS IN MIND

A post-separation parenting workshop. Learn how to deal more effectively with the emotional and practical issues of parenting after separation. Explores loss and grief in parents and children, communication with your ex-partner, anger, assertiveness, power grabs & impact on children.

CatholicCare, 25-27 Auburn St, **Wollongong**
5 Thursday Mornings 10am - 12:30pm
30 January, 6, 13, 27 February & 6 March
or
5 Tuesday Afternoons 12noon - 2:30pm
25 February, 4, 11, 18 & 25 March

Workshop Fee: \$20 per session

123 MAGIC & EMOTION COACHING

This time tested workshop provides easy to follow steps for disciplining children aged 2-12 years without yelling, arguing or hitting.

CatholicCare, 25-27 Auburn St, **Wollongong**
3 Thursday Afternoons 12noon - 2:30pm
13, 20 & 27 March

Workshop Fee: \$10 per session

**FOSTER A
CHILD
TODAY**

Call us on
4227 1122



PARENTING CHILDREN WITH A DISABILITY

A five session course for parents of children with a disability. Topics covered include: understanding your child, building resilience; caring for myself, dealing with feelings and stress busting; communicating with children with additional needs: strategies for managing behaviour

Parish Centre, Stella Maris School
Wentworth Street, **Shellharbour**
5 Wednesday Mornings 10am - 12noon
12, 26 February, 12, 19, 26 March
(Note: Dates NOT consecutive)

Workshop Fee: Free

MENTAL HEALTH FIRST AID

Do you want to learn how to assist people, developing, or experiencing mental health problems or crises?

Xavier Centre, 35 Harbour Street, **Wollongong**
Wednesday & Thursday 9.30am - 4.30pm
19 & 20 February

Workshop Fee: \$180

WORKSHOP BOOKINGS

Campbelltown	4628 0044
Wollongong	4227 1122
Nowra	4421 8248



CatholicCARE

hope begins with us

Other workshops may be available on request.
Limited childcare may be available for some workshops