

# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 10th September, 2015

Term 3 Week 9A

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

## Refugees

We have all been moved this week by the plight of millions of refugees fleeing war in Syria and Iraq. Our problems seem minimal in comparison and we pray for compassion on the part of peaceful nations.



### Prayer for Refugees

Lord God, no one is a stranger to you and no one is ever far from your loving care.

In your kindness, watch over refugees and victims of war.

Amen.

## Year 12 Graduating Activities

A number of activities are planned to farewell the Year 12 cohort of 2015. I was very pleased with their attendance at last week's social where over half the group danced and enjoyed each others' company. Next Wednesday morning, we will be holding a special breakfast commencing at 8am that will be followed by a practice for the evening Mass. Students will be dismissed after this and will need to be excellently presented at 5:30pm for the Mass at 6:00pm followed by the Graduation Ceremony in the hall. Their Picnic Day at Taronga Zoo will be held on Thursday. Friday is the final school assembly. Parents are invited to attend on the Wednesday night and Friday morning events.

I must emphasize, however, that inappropriate behaviour will not be accepted by the students. I have spoken to the students on a number of occasions to reinforce that the focus is a positive conclusion to their schooling at St Joseph's. I expect exemplary behaviour by the group as they become proud graduates of this excellent school.

## Year 11 Exams

Good luck to all Year 11 as they commence their Preliminary exams. This is an important time for them as they set themselves up for their HSC year.

**Mr Neil McCann**

**Relieving Principal**



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After being ignored for so long, emotions are now part of parenting and education mainstream. In fact, according to Michael Grose, emotional intelligence should be “front and centre in our parenting and teaching”. The idea isn’t new; Socrates said that it was best to educate the heart as well as the mind. Grose explains that recognising emotions should be another layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience. The article attached this week is a great article. Read about the “emotional labour” parents already do!

*Mrs Megan Schibeci, Pastoral Care Coordinator*

### World Mission Launch 2015

Last Thursday, September 3, three representatives from St Joseph’s - *Lauren Milligan, Lily Dall’Asta and Ashley Cummins* - attended the Launch of World Mission Month at St John’s Nowra.

Because Jesus’ mission of creating a world where all can live a fully dignified life is still a long way off and because this mission is central to the Catholic church, the whole month of October has been dedicated to reflection in the hope that all the baptised will be always more committed to Christ’s mission of salvation for the world. World Mission Day is celebrated annually in every country wherever there are Catholics committed to building a better world for all of God’s people. This year, Catholic Mission has designated Wednesday 21st October, 2015 as Children’s Mission Day.

The launch focused on the 2015 schools appeal with the theme ‘*I was thirsty and you gave me something to drink*’. This appeal focuses on the work of Sister Rose Rasoavolona in providing physical water and spiritual support to the children of Madagascar - a country where access to clean water and proper sanitation is scarce, and sadly results in thousands of children dying from preventable diseases like diarrhoea every year.

Next term, we, as a school community, will be holding various water-related activities to raise awareness and funds for the people in Madagascar who desperately need access to clean water.



*Miss Senitta Hurley*



### Year 12 News.....

All students have received an information sheet with dates and times for events next week. Parents are reminded that all Year 12 students need to be at St Paul’s Church by 5:30pm next Wednesday for the Graduation Mass. This will be followed by the Graduation Ceremony which should conclude by 9pm.

*Mrs Sue Kennedy, Year 12 Coordinator*



### !Reminder!

Keep collecting your stickers and don't forget to submit your Woolworths Earn and Learn Sticker sheets @ the School Library!

Thank you to the following families for your generous donations: *Pigram, Walsh, Klepczarek, Formosa, Alfiero, Reasin, Dunn, Snowdon, Edlundh, Wyer, Russell and Thompson as well as those who have donated anonymously. Thank you!*

### \*\*\*\*\* Important Dates for your Diary \*\*\*\*

- 9th - 18th Sept - Final Preliminary Exams
- 16th Sept - Year 12 Graduation Mass and Presentation Night
- 18th Sept - Year 12 Final Assembly Farewell Year 12!!!!
- Last day Term 3
- 6th Oct - Staff Development Day
- 12th Oct - Year 11 Work Experience
- 20th Oct - Year 7 Vaccinations
- 21st Oct - Senior Retreat & Year 9 Camp



We have quickly got to the point where our Year 12 students can see the end of the line. The final two weeks of school is vitally important for them in their preparation for the HSC Examinations. There have been a number of study days organised throughout the holidays which for them act as a study break as they

lead into examinations. It is encouraged that students take up the opportunities provided for them.

We wish Year 11 students every success in their end of Preliminary Course Examinations that commenced yesterday. For most, this is their first such exam that assesses all of the content that has been learnt in each course providing student's with clear feedback as to what needs to be addressed as they begin the HSC year.

Year 7 & 8 parents should have received a letter in the mail last week regarding a parent forum that the school is organising in the area of iPad use in education. We would really like for you to attend this evening as we feel it is particularly important that all members of the community collaborate to bring about the best results for our students. On the letter there was a link that will take you directly to a brief survey that will provide you with the opportunity to share some of your thoughts, concerns and questions around the use of such devices in education.

I ask that parents take 5 minutes to provide their thoughts on this survey, as it is hoped that the night satisfies the need of all attendees and to ensure that it is the beginning of solid working relationships throughout each child's secondary education. Just in case, the link can be accessed [here!](#)

*Mr Paul Hughes , Curriculum Coordinator*



### HSC 2016

HSC texts are now available for collection at the Library for Year 11 students enrolled in the English Advanced and English Standard Courses. Teachers will expect that students have read the texts by the beginning of Term 4 so they are advised to use the upcoming break to ensure this is done.

Advanced students - by the time they return in Term 4, are to have read "1984" at least once and viewed "Metropolis".

Standard students - by the time they return in Term 4, are to have read "Educating Rita" at least one.

It is imperative that Year 11 students begin the HSC Course in the right manner by being prepared and working independently when required. This is a reasonable expectation for both Advanced and Standard students. Students should use their experiences of these texts to guide them with their choice of English Course; they are a good example of the nature of the texts they will be studying throughout the HSC Course so if they find them too challenging or they are unable to complete their reading of them independently, it may be an indication that they should consider changing courses for the HSC year.

On behalf of the English Faculty I would like to wish Year 11 all the very best for their upcoming Preliminary Examinations; I am confident their diligence will be rewarded. We look forward to embarking upon the HSC journey next term with the 2016 HSC cohort.

*Miss Francesca Gazzola, English Coordinator*

### Year 8 APEL (Academic Program of Enrichment for Literacy)

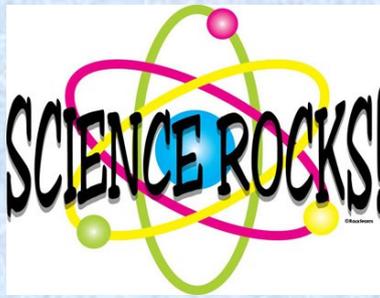
On 7th September, Jamberoo resident Warren Argerarkis came to our school to talk to the Year 8 APE Literacy class about his part in the campaign to stop helicopter rides at Jamberoo Action Park. The owner of the park wanted to have two helipads built so that he could offer scenic tours between Jamberoo and Kiama. The helicopters would be flying low over the township and would cause the town lots of trouble, mainly with noise. Warren helped rally the town's residents to stop the helicopters. It was very interesting to hear what he had to say and we benefited from it. On behalf of the Year 8 APE Literacy class, we would like to thank Warren for taking the time to come to our school and share his experiences.

*Jennifer Klepczarek and Tara Walker on behalf of Year 8 APE with Mrs Saunders*

### Year 7 and 8 Brainstorm Production - *The Hurting Game*

Last week, Years 7 and 8 viewed "The Hurting Game". This was a valuable experience for all students as the production discussed many relevant issues such as body image, bullying and peer pressure. The production showed students how a lack of communication or communicating through social media can lead to huge problems and misunderstandings in friendship groups. All students took away a valuable message in terms of building resilience and solving problems in their teenage years. Our students were a great audience and very well-behaved on the day!

*Miss Vicki Sproule, Year 8 Coordinator*



### **Southern Illawarra Catholic Schools Science Enrichment Morning**

Wednesday 2nd September saw students from St Paul's, Nazareth, Stella Maris and Ss Peter and Paul Primary Schools visiting St Joseph's to gain a first-hand experience in Science.

Students enjoyed practical experiments and demonstrations exposing them to some of the concepts they will be taught in high school. These students are part of a Science Enrichment Program that seeks to give them a more detailed and practical approach to the varying branches of Science.

There was a range of science experiments, with an emphasis on conducting fair tests, making observations and using prior knowledge to build a greater understanding of the universe we live in and are a part of. The morning culminated with a demonstration of a rare-earth magnet levitated over a superconducting disk in liquid nitrogen. This was certainly a crowd favourite. We hope all students gained an insight into areas of science that could excite them in the future and perhaps even spark them to seek a career in related industries.

Thank you to Mr Justin Devlin from St Paul's for assisting in the organisation of bringing students and thanks to our Diocesan schools for the support of this event.

*Mr Matthew Pope, Science Coordinator*

### **Year 12 Design and Technology Evening Showcase**

Year after year the students of HSC Design and Technology produce some outstanding work. The variety of projects this year was very exciting and included recycled furniture, a range of fashion and even a computer game! Congratulations to all students for their efforts. Click [here](#) for see their work on display.

### **Students of St Joseph's!!**

As many may be aware, a very popular and successful blog is currently alive in Instagram, Facebook and now on its own website, called "Humans of New York". Thousands of people have been photographed in their everyday lives and personal stories have been added to support the images, creating an interesting overview of lives in the city. As a new initiative at St Joseph's, Year 11 and 12 Photography students are currently working on a similar project called "Students of St Joseph's". Portraits and quotes from our current students are being created and each week we shall showcase some of these in the newsletter. The student photographer and their sitter will be identified in each case.



*"My most memorable moment has been meeting more people in our year, then ending up with a larger group of friends by the end of it"* Brodie Hooper Year 12.

*Photo by Belinda D'Alessio*



*"The school has been a place of opportunity to learn, extend up and beyond. I am thankful for this - in many ways it has granted me many different pathways in life. It won't be something I will forget"*

*Brandyn Thorne Year 12.*

*Photo by Belinda D'Alessio*



### World Cup Tournament Update

Due to some outstanding Ten Pin Bowling scores by the Year 10 Boys in Brazil and Latvia, Brazil has cemented a 95 point lead and looks unbeatable in the World Cup Tournament for school sport. Latvia made an incredible climb on the ladder moving from 6th to 3rd place. This is a fabulous achievement. The scoreboard after Week 8 is as follows:

Brazil	1st	337 points
Spain	2nd	242 points
Latvia	3rd	241 points
Japan	4th	237 points
Greece	5th	227 points
Tonga	6th	223 points

**Good Luck** to our team of talented athletes representing the Diocese of Wollongong at the NSWCCC Athletics Championships at the Sydney Athletics Centre, Homebush on Friday 11th September. *Grace Shaw and Jye Shumack* are competing in the High Jump, *Mitchell Heffernan* in the 100m, 200m and the Relay. Best of luck also to our lightning fast U15 Boys Relay Team consisting of *Ryan Castles, Joshua Lambert, Mitchell Heffernan and Mathew Sharp.*



### Sports Stars of the Month - August Senior - Susie Seitardis

After an awesome display at the recent Diocesan Athletics Carnival, Susie was awarded the Runner-up Age Champion Trophy for the 17+ age group. Susie won the Javelin, placed 2nd in the 800m and 3rd in the 400m. Not only did she enter these events but also just about every event on offer for her age group. Thank you Susie for your commitment to Sport over the years. We wish you all the best with your HSC.

### Junior - Grace Shaw

Grace competed in the 13 years High Jump at the recent Diocesan Athletics Carnival. Grace was the only athlete in her age group to complete all jumps. She jumped a massive 1.53m which was a PB (previously 1.47m). This jump was high enough to secure 1st Place in her age group. We wish Grace every success at the NSWCCC Athletics Carnival on Friday.



*Mrs Michelle Garbutt and Mrs Jodie Linsley, Sports Coordinators*  
Remember - "Too much sport is never enough"

### Canteen Roster 2015

14th Sept	Nicole Norris, Patricia Zanatta, Helen Cheetham
15th Sept	Hilary Tavernese, Danelle McNeilly, Danielle Laidlaw
16th Sept	Faye Webb, Emma and Garry McLaughlin, Carmen Formosa
17th Sept	Cathy Sperring, Sandy O'Connor, Joanne Barker, Jodie Duff
18th Sept	Mary Daly, Wayne Thomas, Nicole Roach

**Uniform Shop Helper**  
**17th September - Janelle James**

**The Finance Office will be  
closed on Thursday 17th  
September. We apologise for  
any inconvenience!**

"What happened at school today dear?"

## BREAKING NEWS & EVENTS...

<https://twitter.com/sjchsdow>  
Join us @sjchsdow



**SOUTHERN  
CROSS  
CULTURAL  
EXCHANGE**



BROADEN YOUR HORIZONS. EXPAND YOUR MIND. MAKE FRIENDS FOR LIFE.

As John Steinbeck, Nobel Laureate in Literature, wrote: *"No man really knows about other human beings. The best he can do is to suppose that they are like himself."*

Getting to know another person, especially one from a different culture, can be exciting, challenging, and has its unique benefits. Department of Education-registered and approved Southern Cross Cultural Exchange (since 1983) is providing such a unique experience to help your children and family learn through bridging cultures, grow closer with one another, understand one another better and see the world in a new light.

International exchange students from France, Germany, Italy, Japan, Finland, Denmark, Norway, Sweden, Canada and the USA are arriving in Australia to live as a local with volunteer Australian families and attend a local secondary school. The students, aged 15 – 17, arrive from February 2016 for 3, 5, or 10 months and are fully insured, with their own pocket money. If you have a spare room or bed, and a place at the family table, why not be the "heart" of cultural exchange by becoming a volunteer host family?

Expand your world for the whole family – all without any air tickets. Call S.C.C.E. now on 1800 500 501 or email [scceust@scce.com.au](mailto:scceust@scce.com.au) or visit [www.scce.com.au](http://www.scce.com.au) and ask for our incoming student profiles, choose the nationality you prefer, and start having fun matching up your hobbies and interests.

Capture the spirit of fun and friendship, and build your global cultural network. After all, it is different cultures that "make the world go 'round" at the end of the day.

### **Family Ministry Conference 2015 - Embracing Family, Parish, School and Beyond**

The above conference will be held at the Mount Carmel Retreat Centre on Friday 30th and Saturday 31st October, 2015. There will be a number of workshops on offer bringing together speakers from across the country to help you develop strategies for more effectively engaging with families, enabling them to feel more at home and welcome within our faith community. Registration is essential by 16th October and can be done online at [www.familyconference.dow.org.au](http://www.familyconference.dow.org.au).



### **Year 11 Work Experience Update**

Year 11 students have been given their Work Experience Report and safety card to be kept in their wallet. Students should ring their employer a week before the first day and confirm their placement and complete the blue form and return to the office. Any Year 11 parent who would like a copy of their child's Work Experience Form should email Mrs Kennedy by 12 noon Friday 11<sup>th</sup> September.

### **Hairdressing Position Vacant**

Salon assistant required at ZBHAIR 145 Crown St, Wollongong. Students who wish to work Thursday night and Saturday morning who are at least 15 years of age should call the Salon and speak with Kim on 42284433.

### **University of Western Sydney now Western Sydney University**

As of the 30<sup>th</sup> of August, the University of Western Sydney is now called Western Sydney University. According to Vice-Chancellor Professor Barney Glover, the initiative is about putting Western Sydney first, and acknowledging the University's commitment to the region – one of the fastest growing and most dynamic areas in the country.

[http://www.uws.edu.au/newscentre/news\\_centre/feature\\_story/university\\_of\\_western\\_sydney\\_changes\\_name\\_to\\_put\\_western\\_sydney\\_first](http://www.uws.edu.au/newscentre/news_centre/feature_story/university_of_western_sydney_changes_name_to_put_western_sydney_first)

### **Entry Pathways to UTS**

Almost half of UTS's current students came through a pathway option, rather than directly from high school. These pathways included an external TAFE or VET course, as well as the university's own pathway program courses such as Foundation Studies or those that are offered by Insearch. To learn more about these entry options, visit:

<https://www.uts.edu.au/future-students/undergraduate/non-current-school-leavers/entry-pathways>

### **Nursing and Allied Health Undergraduate Scholarship and Support Scheme**

Applications close Monday 21<sup>st</sup> September. Available to students who intend to enroll in an accredited/approved undergraduate Allied Health Course in 2016.

Successful applicants will receive up to \$5,000 per year for full time students (\$2,500 for part time) as a contribution towards the cost of study to a maximum value of \$30,000.

Contact: 1800 117 262 or [scholarships@acn.edu.au](mailto:scholarships@acn.edu.au)

[http://www.acn.edu.au/nahsss\\_ug](http://www.acn.edu.au/nahsss_ug)

### **Special Tertiary Admissions Test**

The Special Tertiary Admissions Test (STAT) is accepted as an alternative way of qualifying for admission to tertiary study by many institutions. Tests are held throughout NSW & ACT.

Contact: 1300 275 822. <http://www.uac.edu.au/stat/>

### **Indigenous Australian Engineering Summer School**

Sunday 10<sup>th</sup> January – Saturday 16<sup>th</sup> January 2016, University of Sydney.

In January 2016, the University of Sydney will host the IAESS. Open to 20 Aboriginal and Torres Strait Islander students entering Years 11 and 12, the six day live-in summer school gives students a taste of engineering as a university course and career. The Summer School will involve hands-on and challenging activities within the Faculty of Engineering and Information Technologies, as well as site visits to engineering companies. Contact: [iaess@sydney.edu.au](mailto:iaess@sydney.edu.au)

<http://sydney.edu.au/engineering/iaess/>

### **Brown Consulting: Engineering Scholarship Program for Year 12 Girls**

Applications open late September.

Brown Consulting is offering paid work experience, financial assistance (\$1,500 to \$3,000 per year), a graduation bonus (\$3,500 per year for two years) and mentoring and training to women who are considering studying Engineering at university. Positions are available in Brisbane, Canberra, Melbourne, Rockhampton, Sydney, and the Sunshine Coast. Contact: (07) 3895 3444  
<http://www.brownconsulting.com.au/dreambig>

### **Echo Entertainment Apprentice Chef Program**

Applications close: Wednesday 30<sup>th</sup> September.

Apprentice chefs will be exposed to the best that The Star Hotel & Casino has to offer with exposure to their broad range of signature restaurants as well as a culinary brigade of over 200 chefs. Echo is seeking candidates with a positive outlook, team player mentality, hard-working attitude, natural flair for flavour and ingredients, and an understanding that being a chef is a way of life, not just a job.

<http://careers.star.com.au/caw/en/job/498992/apprentice-chef-now-accepting-applications>

### **Blue Mountains International Hotel Management School: \$20,000 Scholarship for Regional Students**

Applications close: Friday 25<sup>th</sup> September.

Applications are now open for the 2015 Hospitality Scholarship, which will grant two prospective regional students, one male and one female, a \$20,000 scholarship grant from the AHA NSW Foundation. The recipients will undertake a 2.5 year Bachelor of Business Degree (International Hotel and Resort Management) at the Blue Mountains International Hotel Management School.  
<http://www.bluemountains.edu.au/2015/08/bmihms-announce-scholarship-for-regional-students/>

### **Marist Youth Care HSC Enrichment Workshops**

HSC Survival Workshop: Tuesday 22<sup>nd</sup> September, 10.00am – 3.00pm

Standard and Advanced English Courses: Wednesday 23<sup>rd</sup> September, 10.00am – 2.30pm

General and 2 Unit Mathematics Courses: Thursday 24<sup>th</sup> September, 10.00am – 2.30pm

Ground Floor, 22 Main Street, Blacktown

Workshops are available for current Year 11 and 12 students. <http://www.maristyc.com.au/>

### **Defence Jobs Australia: Information Sessions**

Wollongong – Women in Defence: Wednesday 9<sup>th</sup> September, 6.00pm, 25 Atchison St.

Wollongong – Army Reserve: Tuesday 15<sup>th</sup> September, 6.00pm, 91 Gipps Street, Gwynneville.

Wollongong – Defence Careers: Wednesday 16<sup>th</sup> September, 6.00pm, DFRC-Wollongong 25 Atchison Street. <https://www.facebook.com/DefenceJobsAustralia/events>

### **National Summer Art Scholarships 2016**

Applications close Wednesday 30<sup>th</sup> September.

Scholarships allow students in Year 11 to spend a week over summer (9<sup>th</sup> – 16<sup>th</sup> January 2016) at the National Gallery of Australia, Canberra. This provides an opportunity to engage with staff at the National Gallery as well as other arts professionals, artists and peers from around the nation.

Two students from each state and territory will be selected to participate in the program.

Contact: (02) 6240 6632 or [summerartscholarship2015@nga.gov.au](mailto:summerartscholarship2015@nga.gov.au)

<http://nga.gov.au/SummerArtScholarship/index.cfm>

### **The Young Endeavour: 2016 Youth Development Voyages**

The Young Endeavour undertakes around 20 voyages each year with 24 young Australians and nine specially trained Royal Australian Navy crew, usually for an eleven day adventure at sea. The ballot is now open for applications, eligible Australians aged 16 – 23 can apply for Youth Development voyages sailing from January to June 2016.

<http://www.youngendeavour.gov.au/>

**AFS Intercultural Programs: Information Sessions**

Wollongong: Tuesday 22<sup>nd</sup> September, 6.30pm – 8.00pm, Wollongong Public Library. Ground Floor, Central Lending Library, 41 Burelli St.

Wollongong: Tuesday 17<sup>th</sup> November, Wollongong Public Library. Ground Floor, Central Lending Library, 41 Burelli Street.

AFS provides international exchange programs in more than 52 countries around the world. Visit an AFS Open Day or Night to learn more about the programs.

<http://www.afs.org.au/about-afs/>

# Parenting *ideas* INSIGHTS

*Building parent-school partnerships*

WORDS Michael Grose

## Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids' emotions.

It's official!

Emotions are now part of the parenting and educational mainstream!

For some time they've been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie *Inside Out* gives life to emotions in a fun, accessible way. It's a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all."

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

This is not to say that we ignore children's poor behaviour, neglect to set limits or not ask anything of them when they've experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. "What do you mean you're sad? We're off to watch a movie. It's a happy time!" Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure out just what they are doing.

It's a wonder parents haven't smartened up to emotions earlier because 'good parenting' is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you're doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out "I hate you!" because you've denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That's one of the reasons its so draining.

Accepting kids' emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We've built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial 'To smack or not to smack' question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

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](http://parentingideas.com.au). You'll be so glad you did.



## ... Exploring the New Frontier in Parenting ...

The limits of many parents' emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children's emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, "Who taught you how to recognise, manage and regulate your emotions?" If you answered your parents then lucky you. They've given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn't identify anyone, so your emotional intelligence (if you've read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

**Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:**

### 1 Listen first

When your child fusses and fumes about some wrong-doing or hurt they've experienced clear your mind and listen.

Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

### 2 Contain rather than manage (let your kids do the managing)

Children's behaviour can become tangled up in upsets and disappointments. It's hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don't have to do that for them.

### 3 Know that emotions can be pleasant and unpleasant

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

### 4 Build a vocabulary around emotions

Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages\* are a type of communication used by parents and adults who take an emotions-first approach.

### 5 Help your kids recognise, then regulate emotions

Ever told a child to calm down only to

see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that's not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don't always get it right. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family's DNA then emotional intelligence will be passed down from generation to generation. You'll know it's had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

*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](http://parentingideas.com.au). You'll be so glad you did! When you subscribe you'll also get my fantastic Kid's Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.*

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.

