



# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 23rd July, 2015

Term 3 Week 2B

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

## Year 12 Trial HSC Exams - 27 July to 10 August 2015

Best wishes to our Year 12 students who will be sitting their Trial HSC Examinations over the next two weeks. By this stage of the HSC course, these exams are the final assessment tasks for most subjects. The trial examinations are the same length of time as the HSC exams, hence they are a realistic practice examination for all students. Please keep our students in your prayers that they be calm as they approach this difficult time and that they have every opportunity to do well in the exams.

It is quite normal that students would be feeling some stress as they approach such significant examinations so it is timely to take a brief look at stress and how we should best deal with it.



Stress is a feeling that is experienced when we "react to certain events". In simple terms it is the body's way of rising to a challenge and preparing to meet a situation with strength and heightened alertness. Stress only becomes a problem when you become over-stressed and it starts to affect how you cope with day to day issues. Stress affects people in different ways, what may cause one person to be overstressed may not be an issue for another.

### What are the symptoms of over-stress?

The symptoms of over-stress can be both physical and psychological/emotional. They may include: *Trembling, sweating, raised heart rate, difficulty in sleeping, headaches, upset stomach, poor health, being irritable/angry, anxiety, poor concentration, lack of confidence, moodiness, depression.* Given that stress is our bodies natural mechanism for preparing us to meet challenging situations it is important that we know how to manage stress levels so that we don't become over-stressed.

### Tips for Managing Stress

- \* Talk to someone about how you feel
- \* Make time to regularly enjoy doing the things you like to do
- \* Be active - laugh
- \* Identify stress triggers so you can be prepared
- \* Be organised - think ahead, anticipate
- \* Know your limits - don't over extend
- \* Don't try to be perfect at everything - no one is
- \* Learn to let go
- \* Don't be afraid to ask for help



**Remember, stress is a normal part of everyday life. When it begins to adversely affect us, that is, when we are over-stressed, that's when we need to do something about it!**



## P&F News

The next P&F meeting will be held on Wednesday 29th July, 2015, commencing at 7pm in the Library.

## Pupil Free Day

The Term 3 Staff Professional Development Day will be held on Friday 31st July, 2015 (Week 3).

Mr John Barrington,  
Principal

## Assistant Principal

### Electronic Teacher-Parent Communication

In working in partnership with parents, a reminder to parents that teachers are regularly communicating information to you regarding your child's progress at school.

To view your child's progress in the areas of merits, demerits and uniform and grooming, these are available on the Sentral Parent Portal. Parents require your personalised parent key to be able to access this information. Parents who require this key can contact Mrs Penny Corradini (penny.corradini@dow.catholic.edu.au).

To receive details of positive progress and to communicate with your child's teachers, parents need to access the E-dairy. For parents who have not yet registered for E-dairy, you are requested to do so by following the instructions contained in the invitation which was resent to you on 21st July.

*Mrs Jenny Bell, Assistant Principal*



Absenteeism is a huge problem in Australian schools. In fact, Michael Grose reports that the average Australian child has between 12-15 days off per year. That's a lot of wasted learning and could sabotage the student's connection to the school community, a documented factor for optimum learning experience. Michael Grose reports that children have days off nowadays for all sorts of unjustifiable reasons: *birthdays, family visits, because they're tired, because it's sports day and my Unfavourite, because they have an assessment to complete!* If you get time, have a read of this article. It's an oldie, but a goody, especially since our Year 12's get closer to the end of courses and think that their lessons aren't helpful! How wrong

they are! The period between Trials and HSC is vital for revision and consolidation and our Year 12 students need to maximise every opportunity available to them. We look forward to seeing them here every day!!

*Mrs Megan Schibeci, Pastoral Care Coordinator*

### Woolworths Earn & Learn Program

From Wednesday 15th July to Tuesday 8th September, 2015, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet. There'll be one Woolworths Earn & Learn Sticker for every \$10 spent (with exceptions). Once completed, simply place the sticker sheet in the collection box. There are two available - one can be found in the school library and the other is located at Woolworths Albion Park. Last year more than 14,500 schools and early learning centres benefited from the program, boosting supplies in classrooms, libraries, music rooms, gymnasiums and science labs. Lets see what we can achieve!!

*Miss Senitta Hurley*

### Australian Mathematics Competition ~ Thursday 30th July

A reminder to all students that the AMC is on next Thursday. Please check with your Mathematics teacher to see if you have been entered. You will need a calculator, pencil and ruler. If you have any questions, please speak with Mrs Leicht or Mrs Davis.

## Good Luck Year 12

## 2015 Geography Competition!!

In Week 9 of Term 2, a number of students across all grades participated in the 2015 Australian Geography Competition. The competition challenged students to demonstrate their geographical knowledge and skills as well as their passion for the subject. All students who participated demonstrated these qualities and made outstanding efforts on the day. Students who participated included: *Thomas Di Pietro, Allannah Dedis, Zak Kennedy, Hannah McGowan, Emily-Rose Mitchell, Sophie Edwards, Jessica Gonzalez, Bailey Ryan, Michael Whiteman and Teja Booth*. A special congratulations to **Bailey Ryan and Teja Booth** who both received High Distinctions! An outstanding effort! Congratulations!

*Miss Melanie Muniz, HSIE Teacher*

## What Is a Maker Space?

### Maker Space Launch @ St Joseph's

All students are unique and the way they learn can also be very diverse. At St Joseph's we like to provide many different extra-curricular activities to allow students to grow and learn in alternate ways to those in the contemporary classroom.

A Maker Space is a learning space where students can gather to create, invent and learn! These spaces often have 3D printers, software, electronics, craft and hardware supplies, tools and more. By offering them

an environment that is open to their own creativity and really listening to what the students say, we can provide students with recognition for the unique strengths they offer and hope to empower students to make important contributions to their own education. It is an environment where students can learn from each other or on their own.

With the support of the TAS Faculty (thank you to Mr Lowe), we are able to offer the use of Room 7 and its facilities to students during lunchtime. The room is open for viewing to all potential makers this week and next at lunchtimes. The students are mentored by the founding members of the Maker Space:

**Justin Apps, Anthony Gay, Jake Reid, Bailey Ryan and Matthew Thomas.**

More information and online application forms are available by emailing [danny.casolin@dow.catholic.edu.au](mailto:danny.casolin@dow.catholic.edu.au) or follow us on twitter @makerspacejoey.

*Mr Danny Casolin*

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

**27th July - 10th Aug HSC Trial Exams**

**31st July - Staff Development Day**

**Pupil Free Day**

**5th Aug - Year 10 Retreat**

**20th Aug - Science Expo**

**2nd Sept - School Induction ceremony for 2016**

**School Captains and SRC**

**9th Aug - Final Preliminary Exams**

**16th Sept - Year 12 Graduation Mass and**

**Presentation Night**

**18th Sept - Year 12 Final Assembly**

**Last day Term 3**

### Canteen Roster 2015

|           |  |
|-----------|--|
| 27th July | Leanne Greathead, Lara Podolski, Nerrisa Hartley, Michelle Pateman |
| 28th July | Vickie Austin, Marina Chang, Kellie Brown, Rachel Parkes           |
| 29th July | Kellie Mundt, Rachael Woolfe                                       |
| 30th July | Christine Brown, Leisa Smith, Lorraine Grimson                     |
| 31st July | Amanda Walker, Nicki Collingburn                                   |

### Uniform Shop Helper

**30th July - Nickie Collingburn**

### Important Dates for your Diary regarding Careers

**Year 11 Work Experience forms ALL OVERDUE.**

**PLEASE SUBMIT YOUR INFORMATION IMMEDIATELY**

*3rd August - UOW Early Admission Opens*

*29th, 30th June - BlueScope Cadet Snap Shot Days*

*12th-16th October - Year 11 on Work Experience*

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# SPORT REPORT

## Athletics Team

Please download a permission note from the school website or access this via the School Bag App. The Diocesan Athletics Carnival is on Friday 21st August, 2015. Notes and money must be returned by Friday 7th August, 2015.

## Netball Gala Day

On Monday 30th June, 5 netball teams participated in the Diocesan Netball Gala Day. The students displayed great skill and sportsmanship throughout the day and were excellent representatives of the school.

The Junior Division 1 team, coached by Abby Golub, played against some strong teams and had some close games throughout the day. They came up against some tall opposition, but displayed courage under fire and never gave up.

The Junior Division 2 team worked hard all day and improved as the day went on. With only 8 players the girls did an excellent job of continuing to give 100% throughout their 9 games. It was a very long day but we ended up edging our scores closer and closer until our last game against Corpus Christi. The girls pulled together and although exhausted played their best game of the day beating Corpus 13-8. The girls had a fabulous day. Thank you to Miss Madaschi who coached this team throughout the day and to Hanna Brownlee who umpired for them.

The Intermediate netball team had some well-fought battles on the court, with some very tight score lines across the day. The girls played with grace and enthusiasm and had a fun day. A big thank you goes to Mrs Irish for coaching this team.

The Senior Division team played against some strong opposition but displayed some great skill and talent. A big thank you goes to Mr Russell for coaching and supporting the girls on the day. Courtney Russell of Year 12 umpired for this team. Thank you Courtney! Further thanks to all the parents who came along and supported the girls throughout the day.



**Congratulations to Ruby Sawtell** who was selected to compete in the NSW All Schools Cross Country event at Eastern Creek last week.

Ruby finished a credible 93rd place out of 193 competitors, suffering from an injured heel throughout the race. We are really proud of Ruby's achievements and wish her all the best for the remainder of the cross country season.

*Mrs Michelle Garbutt and Mrs Jodie Linsley, Sports Coordinators*

**Remember - "Too much sport is never enough"**

# Want to blow your mind?

Follow us on Twitter: @makerspacejoeys



Edison Robots, Littlebits Electronics,  
Makey-Makey, Virtual Reality  
Google Cardboard, Augmented  
Reality, time-lapse/360 degree/  
HD cameras, Cardboard Theatre  
iPad Video Wall, Games...

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# MAKERSPACE

# NOW!

LUNCHTIMES  
ROOM 7 TAS BLOCK  
20th-23rd July  
27th-30th July



| <b>EXCURSIONS</b>  |             |  |
|--|-------------|--|
| <b>Excursion Name</b>  | <b>Date</b> | <b>Payment/ Permission Note Closing Date</b> |
| Yr 10 Marine - Sydney Aquarium Excursion 2015  | 4 August    | 28 July                                      |
| Diocesan Athletics Carnival  | 21 August   | 7 August                                     |
| Yr 12 Formal 2015  | 20 Nov      | 4 Nov  |
| <p><b>NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT PLACE INTO THE BOX AFTER CLOSING DATE - REMINDER THAT ALL PERMISSION NOTES ARE ON THE SCHOOL WEBSITE.</b></p> |             |  |

## **Careers Update Term 3 Week 2**

Careers Room is open each day at Lunch 2 and located in Rm 54 ( the yellow door). All Welcome.

### **Work Experience Year 11**

Just a reminder to any Year 11 student who has not completed their Work Experience Placement Form to please do so ASAP. Parents will be notified next week if this has not been followed through and students are still without places for October 12-16.

### **UOW EARLY ADMISSIONS – Year 12**

All students completing Year 12 in 2015 and receiving an ATAR are eligible to apply for UOW Early Admission. All UOW undergraduate degrees will be offered, including special programs for high achievers. Students will be able to apply for up to two UOW degrees. Indicative criteria for each degree is listed on the UOW Early Admission website:

[uow.edu.au/future/early-admission](http://uow.edu.au/future/early-admission)

You must apply via this website. Students will be assessed by UOW according to their academic performance and a compulsory interview.

**Applications open Monday August 3, 2015 and close 5pm Friday August 28<sup>th</sup>, 2015**

**UOW Open Day is August 15<sup>th</sup>.**

### **UOW Innovation Fair**

The theme this year is “Internet of Things” and will be held Friday October 30<sup>th</sup> from 12 noon to 3.30pm. This Fair showcases the annual projects developed by second and third year engineering design students. See UOW web page for more details or call 42213491.

### **Raised Entry Standards for Teaching Degrees**

Students sitting for this year’s HSC will need to achieve at least three Band 5 results, including one in English, to enroll in a teaching degree. Universities have a range of alternative entry options for students who want to enroll in a teaching degree but do not meet the HSC requirements.

<http://www.nswteachers.nsw.edu.au/about-us/news/raising-entry-standards-for-teaching-degrees/>

### **Win the Ultimate ADFA Experience**

**Applications close: Mon 20<sup>th</sup> July**

Fri 28<sup>th</sup> August – Sun 29<sup>th</sup> August

The Ultimate ADFA Experience provides the opportunity for prospective ADFA students to win flights and accommodation to attend ADFA open day on Saturday 29<sup>th</sup> of August. The winner of the experience will also have the chance to tackle an over-water military obstacle course, fire a weapon on an indoor simulation range, experience one-on-one time with Australian Defence Force personnel and equipment, plus receive a merchandise pack.

Applicants will be required to write in 50 words or less, why they should win the ultimate ADFA Open Day experience.

<http://www.defencejobs.gov.au/ADFAOPENDAY/>

### **University of New South Wales: Paul Doneley Memorial Scholarship**

Applications close Mon 30<sup>th</sup> November.

This scholarship is a 1 year scholarship valued at \$2,500 for Indigenous students who wish to undertake studies in the Faculty of Law at the University of New South Wales.

[https://scholarships.online.unsw.edu.au/scholarship/sc\\_al\\_search\\_detail.display\\_scholarship\\_details?p\\_scholarship\\_specific\\_id=76](https://scholarships.online.unsw.edu.au/scholarship/sc_al_search_detail.display_scholarship_details?p_scholarship_specific_id=76)

### **Sydney Royal Wine Scholarship**

Applications close Wed 30<sup>th</sup> September

This scholarship is available to students who have a passion and career aspiration to help build a successful future for the Australian Wine Industry.

The scholarship offers \$5,000 for full-time study or \$2,500 for part-time study. Applicants must be enrolled in or applying for study in any accredited tertiary course at an approved Australian education provider.

<http://www.rasnsw.com.au/sydney-royal-wine-scholarship.htm>

### **Royal Agricultural Society of NSW Rural Scholarships**

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

These scholarships are available to support students who demonstrate a passion and commitment to the future success of rural and regional NSW. Scholarships of \$5,000 for full-time study or \$2,500 for part-time study are available. Applicants must be enrolled in or applying for study in any accredited tertiary course at an approved Australian education provider.

<http://www.rasnsw.com.au/rural-scholarships-.htm>

### **University of Sydney Early Offer Year 12**

Applications open Wed 5<sup>th</sup> August

The University of Sydney Early Offer Year 12 program provides university entry to students who may not receive the ATAR needed for entry into a particular course, but have the enthusiasm and commitment for the discipline.

To be eligible, students need to be studying the required prerequisites for their desired course, in addition to either studying at a low socioeconomic school as identified by the government, or experiencing financial hardship at the time of application.

<http://sydney.edu.au/future-students/domestic/undergraduate/e12/students/index.shtml>

### **UOW College: Information Nights**

Certificate III & IV in Fitness Info Night

Mon 10<sup>th</sup> August, 6.30pm – 7.30pm, Building 32.G01

University of Wollongong, Northfields Avenue, Wollongong

UOW College Open Night

Wed 7<sup>th</sup> October, 6.00pm – 8.00pm, Building 30, University of Wollongong

<http://www.uowcollege.edu.au/about/events/index.html>

### **Teach.NSW: Live Q and A**

Tue 21<sup>st</sup> July, 5.00pm – 7.00pm

The Department of Education's scholarship team and teach.NSW representatives will be online to answer questions about teacher education scholarships, cadetships, and internships.

<https://www.facebook.com/events/431328087039452/>



### **Sydney TAFE Scholarships**

Applications close: Fri 14<sup>th</sup> August

Sydney TAFE has a number of scholarships available across its many faculties.

Sydney TAFE awards three types of scholarships: equity scholarships, merit scholarships, as well as Aboriginal and Torres Strait Islander scholarships.

<http://sydneytafe.edu.au/newsevents/news/try-sydney-tafe-scholarship-now>

### **Sydney TAFE: Information Sessions**

Certificate III Health Services: Wed 5<sup>th</sup> August, 4.30pm – 6.30pm, St George College

Certificate III Health Services: Tue 11<sup>th</sup> August, 6.00pm – 8.00pm, St George College

Graphic Design: Wed 2<sup>nd</sup> December, 4.00pm – 6.00pm, St George College

<http://sydneytafe.edu.au/newsevents/events>

### **1300 Apprentice and Traineeships: 2015 Intake Interviews**

Tue 22<sup>nd</sup> September – Thu 24<sup>th</sup> September

Tue 19<sup>th</sup> September – Thu 1<sup>st</sup> October

1300 Apprentice will be holding their annual intake for school students and will be conducting interviews during the September – October school holidays. To express interest for an apprenticeship or traineeship, send an email with STEINTAKE15 in the subject line as well as your resume and cover letter to the following address:

Contact: [resumes@1300apprentice.com.au](mailto:resumes@1300apprentice.com.au)

<http://1300apprentice.com.au/register/>

### **Fanelle: Female Apprentice Network Australia**

Fanelle brings industry and tradespeople together to create awareness and support for women working in the male dominated trade industry. Fanelle offers support, social networking, job assistance and sponsorship opportunities.

<http://fanelle.com.au/>

### **Le Cordon Bleu 2016 Scholarships**

Applications close Sat 31<sup>st</sup> October

Le Cordon Bleu will be offering twelve Entrepreneur scholarships for 2016 to high school students wanting to study at either the Adelaide or Sydney Le Cordon Bleu campuses.

Applicants will be required to demonstrate a strong academic performance and write a one page summary of their hospitality career or business goals.

<http://www.lecordonbleu.com.au/sydney/australian-scholarships/en#entre>

### **ANZ Indigenous School Based Traineeship Program**

Applications close Mon 31 August 2015

The Indigenous school based traineeship program provides young Indigenous Australians with the opportunity to work at ANZ while they are still at school. The traineeship equips them with skills and experience necessary to help them complete their education and gain entry into the workforce.

While completing year 11 and year 12 studies, trainees will:

- work at least one day a week in an ANZ branch
- receive an income while learning new skills
- achieve a National Certificate qualification
- be supported by ANZ staff and Aboriginal mentors
- potentially be considered for career opportunities with ANZ or other opportunities at the end of their traineeship.

<http://www.anz.com/about-us/careers/indigenous-employment/Indigenous-traineeships/>

### **William Angliss Institute: Foundation and Scholarships**

Scholarship Applications for Semester 1 2016 open Monday 3<sup>rd</sup> August.

The William Angliss Institute provides financial assistance to support disadvantaged students in achieving their career ambitions. Various scholarship programs are available across the institute.

<http://www.angliss.edu.au/future-students/scholarship-information>

### **Australian Academy of Beauty and Spa Therapy: Information Nights**

Bella Vista: Wed 5<sup>th</sup> August, 7.00pm

North Strathfield: Wed 5<sup>th</sup> August, 7.00pm

Chatswood: Tue 4<sup>th</sup> August, 7.00pm

Kogarah: Tue 4<sup>th</sup> August, 7.00pm

Learn more about the courses available by speaking to staff.

<http://www.australianacademyofbeautytherapy.com/>

### **Australian Institute of Music: Contemporary Performance Information Evening**

Wed 12<sup>th</sup> August, 6.00pm – 8.30pm, 17-51 Foveaux St, Surry Hills

Get an introduction into AIM's practical music degree, see live performances, and get involved in masterclasses conducted by some of Sydney's leading musicians.

<http://www.aim.edu.au/events/2015/sydney-information-evenings>

### **College of Event Management Information Session**

Fri 4<sup>th</sup> September, 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](mailto:enquiries@coem.edu.au)

<http://www.collegeofeventmanagement.com.au/campus/information-sessions>

### **Sydney Design School: Information Sessions**

Fri 21<sup>st</sup> August, 1.00pm

Thu 3<sup>rd</sup> September, 6.00pm

Level 2, 40 Oxley Street, St Leonards

Information sessions will run for approximately 40 minutes, and will cover the courses available at the design school.

Contact: 02 9437 1902

<http://sydneydesignschool.com.au/info-sessions/>

### **Sydney Film School: Open Day**

Sat 12<sup>th</sup> September, 2.00pm – 5.00pm, 82 Cope St, Waterloo

Speak to directors, teachers, current students, and graduates to learn about Sydney Film School courses.

<http://www.sydneyfilmschool.com.au/school/important-dates/open-days,-tours-info-nights.aspx>



## Indigenous Education

### Bangarra Dance Theatre production 'Lore'

At: Merrigong Theatre Company Illawarra Performing Arts Centre

All Indigenous Education students Years 7- 12

When: This Friday 24.7.2015

**Permission notes must be returned this Thursday to the Administration Office @ St Joseph's Catholic High School.**

'From the enigmatic waters of the Torres Strait Islands to the deeply rooted inland trees in Australia, the trio draw a realistic portrayal of life for Aboriginal and Torres Strait Islander people. In these heartfelt dance works, they explore themes of identity, inequality, climate change and sustainability with a hopeful and positive outlook for the future. 'Lore' showcases Bangarra's unique contemporary dance form with its compelling Australian storytelling expression.'



# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Michael Grose

# It's not okay to be away ... nor to be late to school



When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day—and gets there on time.

It sounds simple, but it's true. The correlation between school attendance and children's achievement levels is well-established. The more time kids spend at school, the more likely they are to experience school success.

Conversely, according to a report from the Victorian Auditor General, students who are regularly absent from school are at the greatest risk of dropping out of school early, and of experiencing long-term unemployment.

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. Also, many teachers tell me, it's often the kids who can least afford to take time off school who are most likely to be serial absentees.

Of course, most people know this intuitively, yet school absenteeism is a huge problem in Australian schools—and much of it is parent-condoned.

It's hard to get an accurate picture across the country but it would appear that Australian students miss an average of between 12 and 15 days per school year, with parent-condoned absenteeism highest among young primary-aged children.

That adds up to a year's lost schooling over the school-life of a child. In today's highly competitive world, this rate of absenteeism is alarming, putting our kids at a distinct disadvantage.

### **That's not a reason to be away!**

It's now commonplace for children to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling's birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a

sports day or special school event.

This type of absenteeism sends a strong message to kids that parents don't really value learning or their children's school experiences.

Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.

### **Being late is not okay either**

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

Current research shows that mornings for most children are the most productive time of the day, with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do, valuable learning time is lost.

more on page 2 >>

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.



## ... It's not okay to be away ... nor to be late to school...

### It takes strong parenting ...

As a parent myself I know how persuasive children of all ages can be when it comes to taking a day off school. It takes a strong will to resist the persistent pressure that kids can bring to bear, particularly if they play the guilt card with comments such as "It's not fair that I have to go school today because Aunty is coming to visit!" Nice try. But the answer should be "No!".

As parents we need to make a commitment that our kids make the most of their precious time at school. That means that we send them to school every day, on time and ready to make the most of the school day.

Of course, there will be times, such as illness or genuinely extenuating family circumstances, when kids should be away. But these need to be a rarity rather than the norm.

It's reassuring to know that you increase their chances of future success just by making sure they turn up to school every day. And of course regular school attendance also helps kids prepare for the workforce, where it will be expected that they turn up each day work-ready. The real world is unforgiving of those who stay away with NO EXCUSE.

### AS A PARENT:

- ✓ Commit to sending kids to school every day.
- ✓ Make sure kids arrive at school and class on time.
- ✓ Inform the school when they are away, sending medical certificates and other evidence of genuine absence.
- ✓ Consider catching-up on missed work.
- ✓ Make kids who are away stay in their bedroom – that is where ill kids should be.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.

