

31st July 2015

## 90 Seconds with the Principal

WATCH VIDEO



*"I never will understand all the good that a simple smile can accomplish."*

*Mother Teresa*

### Important Dates:

Monday, 3rd August—NO CANTEEN

Wednesday, 5th August—Kindy Calmsley Hill City Farm Excursion

Friday, 7th August—School Census

Friday, 7th August—School Bingo/Disco Night



### WINTER SLEEP OUT- Social Justice in Action

This Friday, 18 Year 6 students along with Mrs Boyd and Mr Maguire will be spending the night out in the open. The evening will be one of learning about the injustice and shame of homelessness; its causes and impact on thousands of Australian families. Students and teachers are seeking sponsorship to raise money for this great cause. Please donate to the school office if you would like to help.



**PILGRIMAGE:** A pilgrimage is defined as a long *journey* or search of great *moral* significance. Earlier in the year, I travelled as a pilgrim to the Holy Land, Rome and Assisi walking in the steps of Jesus Christ and his apostles, and the prophets of old. I travelled to the place where Peter and Paul are buried, and walked the same streets as St Francis. Mr Borg is currently walking the way of St Mary of the Cross MacKillop. These are significant times in the life of a believer. Yet we should not overlook the fact that all of life is in fact a pilgrimage; a long journey to find who we are, what we believe. What do our lives demonstrate to others about that which we hold sacred?

Daily Christian Meditation is part of that inward journey to our own heart resting in the heart of God. Prayer is not a list of needs and requests, but a searching for direction in this amazing life journey. What do others know of our spiritual life when they see us act, or hear us speak? We are called to be the visible evidence of our invisible God. God bless you on your pilgrimage to find your true self in the light of God's limitless love.

Maria Boyd REC

### School Census

August Census will be occurring on Friday, 7th August 2015. During Census, statistical data is collected by the Catholic Education Commission, Department of Education and the Catholic Education Office to obtain recurrent funding, and for research and planning.

If it is necessary for your child to be absent on this day, could you please advise the school via the Skoolbag App (eforms) or via email by 10.00am.

The Australian Curriculum, Assessment and Reporting Authority (ACARA) collects data from schools to determine the Index of Community Socio-educational Advantage (ICSEA). CEDP is currently working to provide relevant details to the Catholic Education Commission of NSW.

ACARA is required to provide the attached **Privacy notice** for distribution to students' families. The notice explains what kind of data ACARA requests from non-government schools directly and how the data are managed. The privacy notice has also been translated into 21 community languages (these versions are available [here](#)).

### Family Bingo / Disco Night

Thank you to all the families who have donated items for our Bingo Raffle. We have some great prizes in our raffle. Tickets will be sold and drawn on the night. To all families attending, a kindly reminder that this is an eco friendly event. All rubbish will need to go home with families at the end of the evening. Thank you for your consideration.



# Parenting *ideas*

## INSIGHTS



### Building parent-school partnerships

WORDS Michael Grose

## Do you let your kids amaze you?

"I'm amazed at what children CAN do when given the opportunity and encouragement. I love the pride, confidence and sense of purpose/ pleasure in contributing, each new skill achieved brings. The smiles are awesome too."

A mother left this comment on our Facebook page recently in response to our post: "What would be the impact if you did less, not more for your children?"

Lovely answer!

It got me thinking that the joy that this mother took from watching her children develop independence was no accident. Her parenting style played a large role in her children's independence. All power to her and her parenting style!

I've long believed that *adults are the gatekeepers for children's independence.*

We open the gate to independence when we give children opportunities to develop **self-help skills** (carry their own schoolbags, get themselves up in the morning, tidy their own rooms); provide them with **real responsibility** (feeding pets, setting the meal table and preparing meals) and give them **autonomy** to make some of their own decisions (choosing clothes within limits, following own interests, making choices about pocket-money spending).

We close the independence gate when we **do too much** for children (tidy their toys away, pack their schoolbags, make simple snacks); **rescue** them from learning opportunities (take forgotten lunches to

school, sort out their friendship problems, pay their library fines) and **neglect** to build scaffolds to independence (such as help them make their bed, walk half way to school, teach them to ride public transport).

It's a quirk of parenting that many children think they are older than they are, and parents think their children are younger than they are. We underestimate children's abilities to the detriment of their development.

#### Are you an opener or closer of the gate to children's independence?

Think of independence as a continuum with opening the gate and closing the gate at either end. If your parenting is more at the closing end then look for ways to move down the continuum towards independence building. My advice is to make small adaptations to your parenting. For instance, start with a child making their own snacks before moving to helping you to prepare a meal. But first you need to develop a mindset for independence building. That means, be on the lookout for opportunities for children to do things for themselves.

As many readers will know I firmly believe that the job of parents is to make ourselves

**redundant** from the earliest possible age of a child's life. That means, that our interactions with kids have an endgame in mind – we want our kids to be able to stand on their own two feet **physically** (Don't we get a kick out of them walking for the first time!), **emotionally** (with support, of course) and to **navigate their world** without being reliant on others.

There is no better feeling as a parent than watching your child beam with joy and pride when they've mastered a new skill, overcome a challenge or conquered a fear. It's those times that make parenting so worthwhile. Those awesome smiles won't happen by accident. They require a parenting style that gives kids a chance to be independent; that encourages them to be brave and offers them the safety net of emotional support when life throws them curve balls. Why not try it? Give your kids a chance to amaze you.

*If the idea of promoting real independence in kids enthuses you then join me at ParentingIdeas Club where week in and week out I'll show you how to raise kids that will amaze you. Find out more.*

Michael Grose



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.



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