



Benalla P-12 College

Executive Principal - Tony Clark

Monday 22nd July, 2019

Edition #19

A MESSAGE FROM OUR PRINCIPAL

COLLEGE VISION

BENALLA P-12 COLLEGE ENSURES THAT EVERY CHILD LEARNS AND IS PREPARED FOR THE FUTURE THROUGH A COMMITMENT TO EXCELLENCE IN TEACHING, HIGH EXPECTATIONS AND POSITIVE RELATIONSHIPS IN A SAFE AND INCLUSIVE ENVIRONMENT.

Deb Ball

Congratulations to all our senior students who completed their Deb on Saturday night. The event was very successful, being held at the Helms Court Stadium for the first time and was incredibly well organised and run by Olivia from Precision Event Management. Thankyou to all the parents and relatives who came along to support the students and make the evening such a success. The students who were involved certainly proved that dedication, persistence and hard work can pay off as the dances they performed were all very entertaining.

Public Speaking

On Sunday afternoon, four students from Benalla P-12 took part in the local final of the Lions Club Public Speaking. The event was held at the CWA hall in Benalla and involved primary students from a range of local schools speaking on a predetermined topic. Grade 5/6 students also had to prepare and complete a 1 min impromptu topic. Erin Jenkins and Ben Green from Avon and Zara Arnold from Waller took part in the Grade 3/4 section, while Emily Hedt was in the 5/6 section. Congratulations to all four students who took time out of their weekends, turned up in full school uniform and gave their best to represent our College. Thankyou also to parents for supporting the students and the event. After the judging was complete.....Emily and Zara both won their respective sections and now progress to the next round.



A fantastic result for both girls who spoke very clearly and confidently and were up against some very strong competition from other students. Well done.

'Wow Work' Award

On Friday I had the pleasure of presenting a brand new weekly award at the Avon assembly, that recognises excellence in student classwork. The deserving student to receive this award was Ella Monaghan of Grade 4. Ella's handwriting is exemplary and demonstrates great care and attention to detail when writing. Congratulations Ella. I look forward to presenting these awards each week at Clarke, Waller and Avon assemblies.

Continued.....

TERM 3 DATES, MON 15TH JULY- FRI 20TH SEPTEMBER

DATES TO REMEMBER

TUES 23RD JULY

The Man Cave Production- Yr 7 Boys – Lake Nillahcootie.

The Man Cave- Parent Session
6.30pm Faithfull St, PAC

WED 24TH JULY

The Man Cave Production- Yr 9 Boys – Lake Nillahcootie.

North East Health Visit- Senior Students interested in pursuing a career in the health field.

FRI 26TH JULY

1.40pm -Whole School Assembly
Faithfull St, Stadium

MON 29TH-FRI 2ND AUG

Yr 11 & 12 VET Sport & Rec + VCE Outdoors Mt Hotham Ski Trip.

WED 31ST JULY

Yr 7 Headspace Program

9.30 Early Years School Tours
12.00pm Early Years School Tours

THURS 1ST AUG

Years 9 & 10 Defining Moments Filming Day

Our College Values

Respect
Responsibility
High Expectations
Integrity

PRINCIPALS MESSAGE CONTINUED.....

Parent Opinion Survey

This week the annual parent opinion survey opens. Approximately 30% of parents are randomly selected and those families will receive an email with the link to complete the survey. This survey covers a range of questions on topics including teaching and learning, student behaviour and engagement, communication and assessment and reporting. The information collected helps us plan for the improvement the following year. I encourage all people who receive the link to take the time to complete the survey as the more responses we receive the more valid the results are.

School Council

A casual parent vacancy has arisen on school council. This doesn't require an election, so if you are interested in taking on this role please get in touch with me. Being on council involves 2 x 90 min meetings per term, and possibly another shorter one on a sub-committee. It is a great way to get involved with the school and I would strongly encourage all parents to consider putting their hand up. The next meeting is on Monday July 29th at 5.30pm.

Tony Clark
Executive Principal

THE MAN CAVE- EMPOWERING BOYS TO BECOME GREAT MEN

PARENT TRAINING SESSION- TUES 23RD JULY, 6.30PM IN THE FAITHFULL ST PAC

Benalla P-12 College will be hosting a parent training session following the program being delivered to our Year 7 & 9 students.

This program is to empower boys to become great men by providing an impactful program. We believe this work can only be effective if the whole school community, specifically boys, teachers and parents, all have the same understanding and language.

The Parent Training is a 90-min keynote style presentation delivered by our most experienced and knowledgeable facilitators and leaders.

The presentation will cover:

- *Who The Man Cave is and why we exist
- *Our perspective on what's happening with our teenage boys
- *Discussion of the challenges parent's faced when they were teenagers
- *A clear explanation of how this program works

By the conclusion of the training, parents will:

- *Know who The Man Cave is and trust their ability to work with their boys
- *Understand why society is experiencing issues with men's mental health and how we can fix it
- *Know what their sons went through in The Man Cave program
- *Have tangible skills, language and principles they can use with their sons at home

ATTENDANCE

Why every day counts

Your chance for a brand new start for term 3. New goals!! What are your new goals? Maybe your goal could be your child having 100% attendance for term 3, attending every day from the first bell to the last bell? Whatever your goal, we wish you all the best and if you are needing help to achieve your goal with your child attending school every day, then please don't hesitate to contact one of our student wellbeing team members

All staff at Benalla P-12 College want your child/ren to get a great education, and the building blocks for a great education begins with your child/ren coming to school each and every day. If your child/ren miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

Help us to help you, please contact Scott, Bron, Lou or Craig to assist in achieving your new attendance goal.

- ☐ Avon St Campus -Scott Greig 5762 1646
- ☐ Waller St Campus -Bron Greig 5762 2600
- ☐ Faithfull St Campus -Lou McCloskey 5761 2777
- ☐ Senior Campus -Craig Carley 5761 2777

Email: benalla.p12@edumail.vic.gov.au
Web: www.benallap12.vic.edu.au

Avon St
Yrs F-4
P: 035762 1646

Attendance Hotline
035762 1646

Waller St
Yrs F-4
P: 035762 2600

Attendance Hotline
035762 2600

Faithfull St
Yrs 5-6 Hub
P: 035761 2752

Attendance hotline
035761 2747

Faithfull St
Yrs 7-12
P: 035761 2777

Attendance Hotline
035761 2747

AVON ST CAMPUS NEWS

STUDENTS OF THE TERM

A huge congratulations to our Term 2 Students of the Term. pictured with Mr Clark and Mrs Treacy are Leila, Mason, Emily, Kiarna, Xavier (absent) Azaala, Maddison, Hayley, Cash, Alarna, Jack, James, Erin, Dylan, Ben and Angus.



ATTENDANCE AWARDS

Congratulations to all of our students who attended school every day last Term.



STUDENTS OF THE WEEK

This week's students of the week are Myla, Amali, Charli, Lachlan and Rebecca



WOW AWARD

Mr Clark's WOW work award went to Ella Monaghan this week. Well done Ella!



RAY WHITE AWARD



Hayley Warnock was the worthy winner of this month's Ray White award. Well done Hayley!

PBS WINNERS



Congratulations to our PBS award winners Charli, Hayley and Mason.

ASSEMBLY

There will be no Assembly this Friday at the Avon St Campus, due to the Whole School Assembly.

SCHOLASTIC BOOK CLUB

Orders are due in by
9.00am Monday 29th July

Scholastic Book orders have been distributed to students. To order and pay for Scholastic Book Club by credit card visit

www.scholastic.com.au/LOOP

If paying by cash please ensure correct money and details are placed in a zip lock bag. Please make cheques payable to Scholastic Book Club and return to the office by the due date.

Please note that late orders cannot be accepted.

For more information contact
Scholastic Book Club
1800 021 233

WALLER ST CAMPUS NEWS

STUDENTS OF THE TERM

Foundation

Piper Carracher, Benjamin McHardy, Joshua McNair & Sophie Harrington.



YEAR 1 & 2

Lucy Kerr, Jai Collins, Maddex Bondin, Ryan Lindsay, Sophia Young, Dempsey Feldtmann, Harry Armstrong & Jakobi Williams



YEAR 3 & 4

Charli Button, Levi Walsh, Emily Milner, Christina Baboussouras, Evie Taylor, Jacinta Pennington, Thomas Still & Arni Lees



OTHER END OF TERM AWARD RECIPIENTS INCLUDED:



P.E: Arni Lees
Art: Amelia Feldtmann
Indonesian: Steele Adams
Library: Athena Baboussouras & Ryan Lindsay

Music: Evie Taylor

Ms. Brown's Literacy Award: Kaylee Clarke

Ray White Award: Ryan Lindsay



TERM 3 CAMPUS LEADERS

Congratulations to our Term 3 Campus Leaders: Amy, Ruby, Kobe & Zara.



PBS AWARDS



Congratulations PBS Winners: Zachary Fitzpatrick, Kobe Rawlings, Benjamin McHardy.

STUDENT LEADERSHIP GROUP



GOLDEN SHOVEL AWARDS



The **Golden Shovel Awardees** from the end of Term 2 (Weeks 8-10) were:

Back L-R: Paige, Hannah, Deakin, Thomas, Ruby and Maddy

Front L-R: Ethan, Kai, Lailah

TERM 2 CAMPUS LEADERS



The outgoing **Term 2 Campus Leaders** were thanked and presented with a certificate and school drink bottle.

L-R: Andrew, Mekayla, Ryder and Darcey

PRIMARY SPORTS NEWS

MELBOURNE VICTORY SOCCER CLINICS

The Year 3/4s from Avon and Waller campuses participated in a soccer clinic provided by Melbourne Victory. Daniel and Anna from Melbourne Victory showed the students some fun activities and games to improve their soccer skills. They finished off the session playing a game of soccer. Thank you to Melbourne Victory for providing this experience for our students.



5/6 HUB NEWS

STUDENTS OF THE TERM

Congratulations, Sam Gates, Max Harman, Tori Scanlon, Amber Armstrong & Alexia Squires.



6A MOON LANDING DISCOVERY

Students in 6A were given the opportunity to read the 1969 Herald Sun and Time magazine collection from Mr Paul Obrien. In this edition, it featured the historical launch of the rocket and moon landing. Students shared their thoughts about the event, the possibility of it happening again and if they could one day go to the moon.



ROTARY JUNIOR COMMUNITY PROGRAM



Mayor Scott Upston had an interview with Year 6A students from Benalla P12 College for their Rotary Junior Community Program on the role and function of the Benalla Council. He explained what his position as mayor was and how the council worked with the community to make Benalla a great community with plenty of opportunities.

WINTER SPORTS NETBALL



On Thursday the 27th of June, 8 netballers from 5/6 Hub competed at the Wangaratta Barr Reserve against other schools from our region. This team included; Nikita Hanson, Charlotte Quilliam, Koren Bonnitche, Eloise Armstrong, Rory Buntine, Chloe Ashton, Ella Brennan and Keely Williams, with Pip as our coach and Miss Carr as our team manager. Our first game started at 10:00 and our last game was at 2:00pm. Throughout the day we won 5 out of 6 games but sadly lost the preliminary/semi-finals. All of the girls played very brilliantly, did their absolute best and played as a team. We are super proud of everyone! Well done!

-Written by Charlotte Quilliam & Nikita Hanson

FAITHFULL ST CAMPUS NEWS

STUDENT OF THE TERM AWARDS

YEAR 7

Congratulations to all student of the term nominees and Student of the term winner Kaylah Devlin.



YEAR 8

Congratulations to all student of the term nominees and Student of the term winner Ebony Armstrong.



YEAR 9

Congratulations to all student of the term nominees and Student of the term winner Lachlan Hupe.



FAITHFULL ST CAMPUS NEWS

YEAR 8 OUTDOOR EDUCATION SURVIVAL CAMP



Students from the year 8 Outdoors class braved the cold and took on the Strathbogie Ranges for their overnight Survival Camp on Thursday the 13th of June. Students were only allowed to take minimal clothing, food and equipment, with them having to make their own shelter to sleep under. On arrival students gathered

essential firewood to last throughout the afternoon and evening. They then split into their tarp groups and the great task was underway to create the best, and most protective, shelter. Each group approached their shelter differently and it was brilliant to see some creative and genius ideas shine. In the afternoon the students went for a walk to a nearby waterfall, which allowed them to keep warm in the cold weather.

Overnight the rain picked up, with many students waking up to water dripping on their heads. With bleary eyes and hungry stomachs, the students warmed themselves up by the fire and cooked breakfast on Friday for all to enjoy and celebrate surviving the night.

Students learnt the importance of making sure you are prepared and organised when in the outdoors. Their survival tips are to ensure you have the correct equipment and clothing, as well as knowing how to make a fire and shelter with limited resources.

LIVE4LIFE- YEAR 8

All Year 8 students recently participated in the Live4Life program. We attended three sessions which were held in our classrooms and supervised by various instructors alongside our regular teachers. These sessions revolved around mental health and teaching us how to recognise various mental health issues, along with teaching us how to help those who may be suffering from mental health problems.

We learnt how to look after our friends, how to look after ourselves, and when to seek help for ourselves or others. We also discussed important subjects, such as mental illness, self-harm and suicide. In a world where one in seven young people will develop a mental health problem during their lives, learning about mental health and its importance in society is crucial for young people to live healthy and content lives. The Live 4 Life program helped open the eyes of many of us students to the very real reality of mental health, and helped us understand that there is help out there.

After completing the Live 4 Life sessions, we all have a deeper understanding of each other and how to deal with mental health in everyday life.

Thank-you to the instructors, teachers and organisers who helped bring this program to us. -Ebony Armstrong- Year 8



FREEDOM OF ENTRY CEREMONY

BENALLA P-12 College captains with Lieutenant Bryce Hammill of the HMAS Benalla. Students took part in the Freedom of Entry ceremony, acknowledging the right and privilege of the crew from the ship to enter the Rural City of Benalla.



COMMUNITY NEWS

Come and Try Free Squash & Racquetball

Monday 22nd July
Wednesday 24th July

6.30pm Start.
5 Thomas St, Benalla
Contact Kate: 0410 078 449
Bring your friends and have a go!



FAITHFULL ST CAMPUS

TOP MARKS FOR MOCK JOB INTERVIEWS

Congratulations to students who completed their Mock Job Interviews last week. Again, we had many students who presented to a very high standard. The panels gave outstanding scores on their criteria feedback sheets to Colby Mathieson, Emily Westbury and Mitchell Hooper. Thanks to Reno Lia, Sally Sykes, Molly Craig and Doris Arendt who assisted on panels.

Students are now reminded to complete all their work in their Achievement Portfolios ready for progress interviews and Year 10 course selection in Term 3.

Sue Oakley

Pathways to Retention Coordinator



Riley Fielding interviewed by Reno Lia and Doris Arendt.



Emily Westbury, Colby Mathieson and Mitchell Hooper – TOP MARKS!

"GREAT START TO WORK" GRADUATION

This program, previously known as the Paid Part Time Work course, builds on our **Year 9 Intensive Career and Portfolio Development program** as students learn more about employers' expectations and the importance of the employability skills of communication, teamwork and initiative in the workplace. Our students met with representatives from a variety of Benalla businesses and will now gain on-going help in searching for a job.

At a ceremony held at Benalla Library, students were asked questions about what they had gained from the program. Sally Matheson, Education Benalla Program Manager, asked Matt, Brad and Jake about opportunities for work in Benalla and what they knew about skills gained from having a part-time job. Deb Paez, program coordinator, also commended students on their achievements over several weeks of after-school sessions.

Thank you to the Tomorrow:Today Foundation for their ongoing support in career development of our students at Benalla P-12 College. A second **Great Start to Work program will be running in Term 3** and there are a few places still available. If you are interested please contact me or Deb Paez

(deborahpaez@tomorrowtoday.com.au) or visit the Tomorrow:Today Foundation office in Cecily Court.

It was a pleasure for me to attend this ceremony and know our graduating students participated enthusiastically in this program and were excellent ambassadors for Benalla P-12 College.

Sue Oakley

Pathways to Retention Coordinator

oakley.susan.e@edumail.vic.gov.au

Congratulations to our students, Brad Marsh, Matt Johnston, Jake Felmingham and Jack Gibson who graduated from the Tomorrow:Today Foundation's **Great Start to Work Program** in Term 2.



SENIOR SCHOOL NEWS

SENIOR SCHOOL TRANSITION TIMELINE/EVENTS 2020

SENIOR SCHOOL COURSE AND SUBJECT SELECTION 2020

Date		Details
Monday the 5 th of August	Senior School Information Evening	Prospectus distributed along with Course Selection forms Sign up for Course Counselling appointments – Wednesday August the 14 th (Student free day for Year 9, 10 and 11) Parent information session for students in Year 9 going into Year 10 2020 – 6:00pm start Parent information session for students in Year 10 going into Year 11 2020 – 6:30pm start Parent information session for students in Year 11 going into Year 12 2020 – 7:00pm start
Wednesday the 7 th of August	Tomorrow Today Careers Day – Year 10	All Year 10's in Benalla spend the day focussing on careers pathways and visiting workplaces in Benalla, listening to guest speakers and participating in workshops
Thursday the 8 th of August PERIOD 5 & 6	"What course is for me?" Year 10	Students hear from subject teachers what each subject is about.
Wednesday August 14	Course Counselling Day (Student free day for Years 9, 10 & 11 students)	Completion of the course selection sheet for all Year 9-11 students Course Counselling interviews The student's progress, attendance and Career Action Plan will be reviewed as well as recommendations from their current teachers. Fast tracking applications due VCAL applications due

HOW TO CHOOSE THE RIGHT COURSE/ SUBJECTS

We cannot emphasise enough the importance of attending all of these events as choosing the correct subjects and making informed decisions is crucial for being successful in Years 10, 11 and 12. Subject selection forms will begin to be processed during the course counselling day. Students who submit their subject forms late cannot be guaranteed places in subjects that may need to be capped.

When picking subjects, think about:

- what interests you
- What you're good at
- If the subject leads to a job you are interested in
- If the subject prepares you for training or tertiary courses you want to do.

The best way to pick subjects is to work backwards. Think about a job you'd like to do, then find out what skills or qualifications you need.

VTAC DATES – 2019 FOR 2020

Date	Event	Details
5 August	Applications Open	Create your VTAC Account
7 August - 6.00pm at Weary Dunlop Education Centre – Faithfull Street Campus	VTAC Briefing for parents and students	The session will cover information about applying to universities, TAFE institutes and independent tertiary colleges within Victoria; as well as information about the ATAR, scaling, special consideration, scholarships and offers.
30 September	VTAC applications close	
11 October	SEAS and Scholarship applications close	SEAS takes into consideration a range of circumstances that can affect your ability to achieve the ATAR score you deserve. Through SEAS, your aggregate score is adjusted and your ATAR recalculated, increasing your chances of receiving an offer.
12 December	ATAR release	
18 December	1 st round offers released	

VICTORIAN CERTIFICATE OF APPLIED LEARNING 2020

This year we have reviewed our VCAL program and modified it to prepare our VCAL students in the best way possible for their future.

The Victorian Certificate of Applied Learning (VCAL) provides an alternative to the VCE for students at senior secondary level, who now have the choice of two recognised certificates. Students who complete VCAL are likely to be interested in going on to training at TAFE (Technical and Further Education) institutes, doing an apprenticeship or traineeship or getting a job after finishing school.

WHAT ARE THE AIMS OF VCAL?

The VCAL aims to provide students with the skills, knowledge and attitudes to make informed decisions about pathways to work and further education.

The principles underpinning the VCAL are:

- Accredited pathway for secondary students.
- Personal development
- Tailoring a program to suit student interest.
- Development of work related skills

APPLYING FOR A VCAL COURSE IN 2020

Interested students will complete an application form in order to be considered for our VCAL Program. All applications will be assessed based on a range of school-based data including work habits (behaviour, effort, organisation), attendance data, exam data, literacy and numeracy data (NAPLAN) and teacher judgement. VCAL students must find an employer for a work placement **one day per week (every Friday)**

There are no timetabled classes on that day and therefore VCAL students will not attend school unless it is to seek assistance from the Pathways team or the VCAL Co-ordinator.

VCAL COURSE OVERVIEW 2020

- All students will complete the following core subjects: Literacy, Numeracy, Personal Development, Work Related Skills AND will choose at least one VET.
- Students need to find themselves a work placement or School Based Apprenticeship for Fridays (compulsory) and Wednesday's (optional).

2020 VCAL PROGRAM

DAY	CLASS / SUBJECT
Monday Tuesday Thursday	Foundation English (Yr 11) or VCAL Literacy (Yr 12)
	Foundation Maths (Yr 11) or VCAL Numeracy (Yr 12)
	VCAL Personal Development Skills (Yr 11 & 12)
	VCAL Work Related Skills (Yr 11 & 12)
	Selection of VET Subjects (Yr 11 & 12)
Wednesday	Students can choose from all day VET subjects, work placement or an SBA
Friday	Work Placement or SBA

VET (VOCATIONAL EDUCATION & TRAINING)

- VCAL students **MUST** study a VET subject that is timetabled on a Monday, Tuesday and Thursday.
- VCAL students have the option of selecting another VET subject on a Wednesday **OR** attending a second day of work placement.
- VET fees need to be paid by the end of term 3.
- Please contact our VCAL Co-ordinator, Mr Luke Elkington for further information.



BENALLA P-12 COLLEGE

Administration – 20 Faithfull Street Benalla 3672

PO Box 819, Benalla 3671

Email: benalla.p12@edumail.vic.gov.au

Web: www.benallap-12college.vic.edu.au

ABN 72 163 296 413

AVON ST CAMPUS (Prep-Gr 4)

Telephone (03) 5762 1646
Facsimile: (03) 5762 2740

WALLER ST CAMPUS (Prep-Gr 4)

Telephone (03) 5762 2600
Facsimile: (03) 5762 3863

FAITHFULL ST CAMPUS (Yrs 5 - 12)

Telephone (03) 5761 2777
Facsimile: (03) 5762 4076

15 July, 2019

Years 5 to Year 9 General Excellence Scholarships 2020

Dear Families,

I am very pleased to announce that once again we are offering General Excellence Scholarships to students entering Years 5, 6, 7, 8 and 9 in 2020.

Applications are now open for the Benalla P-12 College General Excellence Scholarships. The following scholarships are being offered:

- 2 x Year 4 Scholarships to the value of \$500 to students entering Year 5 in 2020
- 2 x Year 5 Scholarships to the value of \$600 to students entering Year 6 in 2020
- 2 x Year 6 Scholarships to the value of \$700 to students entering Year 7 in 2020
- 2 x Year 7 Scholarships to the value of \$800 to students entering Year 8 in 2020
- 2 x Year 8 Scholarships to the value of \$900 to students entering Year 9 in 2020

Students applying for these scholarships will be required to demonstrate strong academic outcomes, together with a capacity to excel in such areas as community service, leadership and participation in school life. Copies of the latest school reports must be included in the application.

This year we are also offering one encouragement scholarship to the value of \$200 at each year level from Years 5 to 9. This will be given to students who may not be achieving the required academic outcome but show strong commitment to school values and their learning.

Interested students must complete the Application Form attached to this letter and complete a written report describing what our College Values mean to them, how they will contribute positively to College Life and demonstrate their contribution to the wider to community. This must be attached to the application. Students will also be required to complete an academic assessment.

The dates to note are:

- Application forms returned to the College by Friday 16th August
- Academic assessment to be held in the week commencing 19th August
- Applicants will be shortlisted and invited to attend an interview in the week beginning 2 September.
- The scholarship winners will be notified via mail and telephone before the end of Term 3.

I would like to encourage all students in Years 4, 5, 6, 7 & 8 to apply for a scholarship in 2020. If you require any further information please contact your child's Campus Principal.

Please find attached to this letter an Application Form which must be completed and returned to school by Friday 16th August

Reno Lia

Assistant Principal

Respect

Responsibility

High Expectations

Integrity

insights



Encourage kids to be problem-solvers

by Michael Grose

When parents solve all children's problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness.

So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats? Here are six practical ideas to get you started.

1. TURN REQUESTS INTO PROBLEMS FOR KIDS TO SOLVE

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. 'Mum, my sister is annoying me!' 'Dad, can you ask my teacher to pick me for the team?' 'Hey, I can't find my socks!' It's tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. 'What can you do to make her stop annoying you?' 'What's the best approach to take with your teacher?' 'Socks, smocks! Where might they be?'

2. ASK GOOD QUESTIONS TO PROMPT PROBLEM-SOLVING

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

3. COACH THEM THROUGH PROBLEMS AND CONCERNS



So, your child feels she was unfairly left out of a school sports team by a teacher and asks you get involved. The easiest solution may be to meet with the teacher and find out what's going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

4. PREPARE KIDS FOR PROBLEMS AND CONTINGENCIES

You may coach your child to be independent – walk to school, spend some time alone at home (when old enough), catch a train with friends – but does he know what to do in an emergency? What happens if he comes home after school and the house is locked? Who should he go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won't fall apart when things don't go their way. Remember the Boy Scouts motto – be prepared!

5. SHOW A LITTLE FAITH

Sometimes you've got to show faith in children. We can easily trip them up with our negative expectations, such as by saying 'Don't spill it!' to a child who is carrying a glass filled with water. Of course, your child doesn't want to spill it but you've just conveyed your expectations with that statement. We need to be careful that we don't sabotage children's efforts to be independent problem-solvers with comments such as, 'Now don't stuff it up!' 'You'll be okay won't you?' 'You're not very good at looking after yourself!'

6. APPLAUD MISTAKES AND STUFF-UPS

Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a 'That's really annoying, you can be clumsy sometimes' response or an 'It doesn't matter, thanks for your help' type of response? Hopefully it won't be the first response, because nothing shuts a child's natural tendencies to extend themselves down quicker than an adult who can't abide mistakes. If you have a low-risk-taking, perfectionist, consider throwing a little party rather than making a fuss when they make errors so they can learn that mistakes don't reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or don't get a perfect examination score.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.