**St Patrick’s Catholic Primary School**  
Cnr Melbourne & York Street (PO Box 4085) East Gosford NSW 2250  
T: 4325 1159  E: speg@dbb.catholic.edu.au  W: www.spegdbb.catholic.edu.au

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**Family Mass**  
31 August 2014  
Children’s Liturgy every 9am Mass except in school holidays

**P & F Meetings**  
Next meeting at:  
23 October 2014 in the LARC  
E: SPEGparents@dbb.edu.au  
Please find minutes of meetings on the school website

**St Patrick’s Hall**  
Enquires and bookings please call the school office

**Outside School Hours Care**  
E: eastgosford.oshc@dbb.org.au  
or phone 0408 165 671  
or visit the school website

**The Uniform Shop**  
phone 02 4323 4671  
opening hours during school terms  
**Tuesday**  
8.30am – 10.30am  
**Also 1st Friday of every month**  
2.30pm – 4.00pm  
The uniform shop can be contacted outside of business hours by email stpatricksprimary@alinta.com.au  
payments can be made direct to Alinta Apparel in the form of cash, credit card, or debit credit card  
NO CHEQUES  
uniform price list & online shopping available at  
www.alintaapparel.com.au

**2nd Hand Uniform Shop**  
2nd Tuesday of every month  
8.30am – 9.30am  
next to the clothing shop  
CASH ONLY

**Canteen**  
Infants: Wednesday & Friday  
Primary: Wednesday & Friday  
Contact Michelle on 0408 412 408  
Rostered volunteers please give 24 hours’ notice if you are unable to attend

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**Catholic Life and Mission, Religious Education Coordinator, Kev Coote**  
**Sunday, 24 Aug 2014: Twenty-first Sunday in Ordinary Time - Year A**  
**Mt 16:13-20**  
*You are Peter, to you I will give the keys of the kingdom of heaven.*

**Reflection on Sunday’s Gospel:**

A furore broke out in a country diocese some years ago about the retreat style of priest who was taking Catholic students in their last year of high school or who were attending university away for weekend retreats. On the Friday night of the retreat this priest would tell the young people that by the end of the weekend they should make a decision about their Christian faith.

Some parents were shocked that their young people were given an ultimatum that included the possibility of rejecting their faith. The priest replied that Catholic youth have to make all sorts of decisions regarding career, lifestyle, residence, studies and relationships. Religion, he contended, often fell by the wayside, either not important enough on which to make a decision, or relegated to the personal shelf of neglect to be possibly taken down and dusted off years later for a hatching, matching or dispatching.

The priest argued that this wasn’t good enough. After 12 years of Catholic education or many years of catechetics the Church had to take the risk of calling for a personal decision for faith. Some of the young people consciously chose membership in the Church. In making such a profession of faith many reported having a deep encounter with God and an experience of their faith in Christ. Other students made decisions against belonging to the Church, which is, of course, never irrevocable.

The entire retreat process was based on the question in today’s Gospel: ‘Who do you say that I am?’

The disciples, reflecting on their experiences with Jesus, offer various possibilities, but it is Peter who says that Jesus is the revelation of God for the world. This is the great profession of faith and the basis on which the Church comes into being.

And what was true then, is true now. At some point, if we want our faith to move from being a code of law, a concept, or some excellent ideas to something we can experience, we must take the faith of the Church, which has nurtured us up to now, and make it our own. In doing so, when we encounter Christ, we contribute to the re-founding of the Church in our generation.

Just being part of the ‘Catholic crowd’ is hardly the challenge Jesus presents to the disciples in today’s Gospel. We are commissioned like the disciples to bear witness to Christ’s personal love in the workplace, with our friends and in our families.

It’s always helpful to be reminded that we might be the only face of Catholicism, or even Christianity, that another person may encounter. The way in which we bind them up or set them free might be the measure by which they judge if the Church is the face of Christ in today’s world and whether they could find a home with us.

And it all hinges on that great question which is asked of each of us today: ‘Who do you say that I am?’ How we answer this question reveals so much, including whether Christ is an idea we like, or the object of our passion.

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**The Fathers’ Day Mass is also approaching (5th September) and I would like any photographs of dads with their children emailed to me by the 29th August. The email address is kevin.coote@dbb.org.au. Thank you for those that have sent them in already.**

**We also wish the best for our students that are currently working through the Confirmation program over the next four weeks.**

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FROM OUR PRINCIPAL…….

P & F AGM
Thank you to the parents who braved the weather last night to attend the P & F meeting. The executive remains largely unchanged, as below:

President          Rachael Brady
Vice President     Patti Cox
Secretary          Michelle Cormack
Treasurer          Annabel Cockerton

A huge thank you to these ladies for continuing on the P & F executive and giving so much time, effort and positive energy to our school. Your generosity is greatly appreciated.

Pupil Free Day
A reminder that next **Friday, 29th August, is a pupil free day**. On this day the staff will spend time engaging with Pope Francis’ *Evangelii Gaudium (The Joy of the Gospel)*. There are no other pupil free days this year.

Maths Evening...please note change of date
The teaching of, and understanding around, Maths has changed significantly over recent years. Therefore, we are offering on **Thursday, 16th October**, an information evening for parents on the current practices in teaching maths. Please note this date has changed due to an unforeseen clash.

Public Speaking
This week we hosted the Southern CC Y6 Public Speaking Finals. I am thrilled to announce that one of our school captain’s, Phoebe Seymour, won and will now continue onto the next level in Sydney next week. We wish her the best of luck.

The Students from Years 3-6 had the opportunity to watch these finals and were an exemplary audience. Well done students!

**Kinder Liturgy**
Kindergarten enjoyed a lovely liturgy this week on Creation.
Expression of Interest – Landscape Gardener
We are calling for EOI from any parent who may be a landscape gardener to assist us with our Garden of Tranquillity. Please contact the school if you are interested speg@dbb.edu.au

Safety – Pedestrian Barrier
We have made contact with the RMS about getting a pedestrian barrier erected along York Street on the primary side where the children walk, in great numbers of an afternoon, from the steps near the corner to the lift at the base of the bridge. The Site Investigation Program Committee are meeting on the 3rd September and I’m asking parents to contact them before they meet to express their concern for the safety of the children as they walk along there and the subsequent need for a barrier to keep them safe from the traffic. Letters of support should be addressed to:

SIP Committee (Site Investigation Program)
RMS
Central Coast Office
Level 1/29-37 George Street
Woy Woy NSW 2257

Peter McLean Retiring
Peter McLean, our much loved and valued cleaner and maintenance man, is retiring at the end of this term. He will be farewelled at our Dads’ Day mass on September, 5th.

End of Year Dates for your Diary
Y6 Graduation 4th Dec
Concert 9th Dec
Last Day 17th Dec

Pyjama Day
We raised $420 for Minnie Vinnies, THANK YOU.

Coming Up
23rd  School Trivia Night
26th  Diocesan Y6 Public speaking Final
27th  Diocesan Athletics Carnival
29th  Pupil Free Day
31st  9am Family Mass
2nd  Oz Tag Gala Day Yrs 2-4
3rd  Fathers’ Day stall
5th  Dads’ Day: breakfast, open classrooms, mass and Book Fair
6th  Sacrament of Confirmation
9th  Y4 Excursion to Sydney
10th  Oz Tag Gala Day Yrs 5-6
16th  Netball Gala Day Yrs 3-6
18th  Cultural Day
19th  Last day Term 3
7th  Oct First day Term 4
23  P&F meeting 7.30pm

Let us remain open to the work of the Holy Spirit in our lives and show one another the face of God through our words and actions.

Nic
GREETINGS FROM FR TADEUSZ

We have had two great school Masses in August and I would like to thank everyone involved in the planning and the services.

Please read our upcoming events and perhaps you may find the time to join us! May God bless you.

Mind Mup- Google App Mrs. Lauren Lewis

Year 4 used the Chrome books during a shared reading session last Monday. The task was to read the text as a class, then move to individual chrome books at their desks and work collaboratively to form a mind map, identifying adverbs and adverbial phrases.

As individuals added segments to the mind map, their responses were displayed on the data projector for the rest of the class to see. It was great to track students’ knowledge and to check if they had understood the lesson. A very exciting classroom tool!

PARISH RETREAT – Facilitated by Fr Michael Payyapilly VC
Tuesday Sept 16 to Thursday Sept 18
Theme: ‘Called to His Kingdom’ John 14:3
‘I prepare a place for you… Where I am there you may also be.
Daily: Mass at 9am, followed by a talk. [Repeated at 7pm]
Holy Hour: 2.30 to 3.30pm. Reconciliation available.

ST PATRICK’S SALVATORIAN GROUP ANNUAL MOVIE & LUNCH EVENT
Thursday September 4. 12.30 lunch;
2pm screening of
The ONE HUNDRED FOOT JOURNEY
starring Helen Mirren.
Tickets available via the Parish Office.
Only $25 p/p. All funds raised go to

PETER, THE KEYS & THE PAPACY
The Scriptural Roots of the Catholic Papacy
Come and join us at 10.30am at the LARC on Sunday August 31
for this talk by Andrew Woods from the St John Centre for Biblical Studies.

“By going back into the Old Testament roots of the Papacy you will see why Jesus instituted Saint Peter as the ‘Rock’ upon which he would build his church [Mt 16:18] and why this office is indispensable for our personal relationship with Jesus”

FAMILY MASS
Sunday August 31 9am
What a great way for the family to start the day together!
See you there!

PINT SIZED PADDIES for kids - Yrs 5-8
Fri Aug 29
7pm at the Hall
$2 only!

CHILDREN’S LITURGY [For Age 4 +]
Each Sunday of School Term at 9am Mass

MIND MAP - GOOGLE APP
NEWS FROM THE MUSIC ROOM with Mrs Suzie Morris

Lego in the Music Room? Yes! Kindergarten were using Lego in Music as we played patterns on our glockenspiels (metal xylophones). The coloured Lego blocks represented different notes and the students played displayed patterns in different combinations. They managed to keep up as Mrs Morris tried to trick them with challenging combinations and arrangements. Well done Kindergarten! Next week we will be composing our own music using Lego blocks.

Students set up a restaurant at the play pod today - anyone for pizza??
Carmen Hartz, Teacher Librarian

ICAS Writing Test

Some primary students from St Patrick’s participated in the ICAS (International Competitions and assessments for Schools) Writing Test. Maeve Godwin, Emma Cormack and Isabella Gooley were awarded a Distinction. Credits were awarded to Dakota Xuereb, Jerrica Tony, Sophie Holliday, Gemma Lavings, Sophia Starr and Abby Brady. Merits were awarded to Harry Meggs and Charlotte French. Congratulations to all these children.

Premier’s Reading Challenge.....Going.........Going ..........ALMOST GONE!

The Premier’s Reading Challenge for 2014 is just about closed. Congratulations to Lachlan Kemp, Hannah Biju, Madeline Greenwood, Joey Stitt, Emily Quinn and Katie Lovegrove who just made the closing. If you have a Premier’s Reading Challenge Reading Log at home with just a few books missing bring it in and I can add what we have read at school. LAST CHANCE!

Book Week

We are holding our annual Book Fair in the LARC from Monday 1st September to Friday 5th September. A great a selection of books from Scholastic will be for sale and every book sold helps us buy new books for our library and LARC. So please come and support our school by buying a book, or 2, or 3 or........?

LOOKING FORWARD TO A GREAT TRIVIA NIGHT

Thank you to the following contributors:
Magnolia - East Gosford - gift box
Heirloom on Victoria - gift box
IGA East Gosford - $100 worth of vouchers
Base Warehouse - donation
Piccalo Pear East Gosford - gift box
Masterfoods - hamper
GPK Erina—Dinner vouchers
Roses to Go
Tree Top Adventure Park
The Woodport Inn—$50 food/drink voucher
Blue Illusion - gift bags
Country View Swim Centre—Pickets Valley
Fleur de Lys (east Gosford) - L’Occitane Pack
Eve’s Soy Candles—Diffuser Gift Set
Majestic Cinemas—Movie Vouchers
The Chiro Barn—A free adjustment
Don’t have time—Cleaning voucher
Five Star Day Spa—Voucher
Pure Beauty & Tanning—Voucher
Courtney Suzannes Beauty Salon—Voucher
Gaffers Hair—Voucher
Impact Centre—Passes
Erina Ice Arena - Family Pass
Sydney Living Museums—2 x family passes
Powerhouse Museum—Family Pass
Taronga Zoo—2 adult passes
Billabong Patisserie—Voucher
Smart Fundraiser—gifts
East Gosford Butchers—Meat Tray
Green Point Butchers—Meat Tray
Flip Out—Family Pass
Australian Wildlife Park—Family Pass
Stitt, Peters & Sands families—wine
Cheeky Charlie—Voucher
Big Yellow Bus—Vouchers
Bliss Salon—Vouchers
Taste Pantry & Café—Voucher
Shark & Ray Centre—Family Pass
Featherdale Wildlife Park—Adult passes
@ St Patricks!

Week 7 @ Playground @ Lunchtime

PRIMARY: Wednesday 27 August
- make a ‘groovy’ lava lamp
- fly a rocket

INFANTS: Thursday 28 August
- make elephant toothpaste!
- can we send a rocket into space?
Piano Place

The friendliest studio in town!

Affordable Piano and Keyboard Programs
For Children and Parents
First lesson FREE!

ANNA ROTT
Dipl. Teacher of Fortepiano
(Also KT and KM MomJ)

Please Call: 0412 046 246
Anna.Rott@bigpond.com

LOST
Glen from 2KO has lost his Sports hat if you see it please return to him.

Come and play Cricket!
Tarragindi Matcham Junior Cricket Club would love you to join us for a fantastic summer of cricket.

REGISTRATION DATES:
Saturday 16th August: 3pm to 5pm; Bexley Park Reserve, Cnr Flathead Rd & Parri Crv
Thursday 21st August: 5pm to 7pm; Calistoga Oval, Tweedell

For more information visit: www.ctfc.cric.com or click on the juniors tab
For further enquiries phone martyr Paul Fother on 0412046721 or email paul.Jnr@centralcoasttouch.com
SHOES
School Shoes – to be black lace-up, able to be polished leather school shoes which do not extend over the ankle or have a platform. The leather should cover the whole upper foot for safety. **Boots, joggers and sneakers are not permitted.**

Sports Shoes/PE Practical – to be predominantly white, and should have laces or velcro straps, and be supportive of the feet during exercise.

PLEASE NOTE
- Sizes available: Boys J8 – 3XL & Girls J8 – L20.
- For sizes 4XL and L22 and over, a $10 surcharge will apply.
- Sizes not carried are available by order, however, production time (usually 90 days) must be allowed, and a 50% non-refundable deposit made upon order.

Payments can be made with Cash, Credit Card or Debit Credit Cards only. Please contact your bank regarding individual access and availability of these facilities.

Prices subject to change without notice
**TERM 3, 2014**

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<th>DATE</th>
<th>INFANTS</th>
<th>PRIMARY</th>
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<tr>
<td><strong>WEDNESDAY 27th August</strong></td>
<td>Chris Bevan</td>
<td><strong>HELP NEEDED</strong></td>
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<td>(Recess only – 9.30am –</td>
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<td><strong>FRIDAY 29th August</strong></td>
<td><strong>PUPIL FREE DAY</strong></td>
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<td><strong>WEDNESDAY 3rd Sept</strong></td>
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<td><strong>FRIDAY 12th September</strong></td>
<td><strong>HELP NEEDED</strong></td>
<td>Adrienne Prazauskas</td>
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<td>(All Day 8.15am – 2.00pm)</td>
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*Please contact Michelle on 0408 412 408 if you are available to assist this month & next.*

*Mums, Dads, Grandparents – all volunteers greatly appreciated.*
FATHER’S DAY STALL
WEDNESDAY 3 SEPTEMBER
$5.00 PER GIFT

NO PRE-ORDERING NECESSARY.
JUST BRING YOUR MONEY ON THE DAY TO SELECT A GIFT OR TWO FOR THAT SPECIAL DAD, GRANDAD, POP OR PA IN YOUR FAMILY.

****

VOLUNTEERS NEEDED TO RUN TWO STALLS (PRIMARY & INFANTS) FROM 9.00AM – 11.00AM. PLEASE CONTACT MICHELLE ON 0408 412 408 OR michellecormack@bigpond.com if you are able to lend a hand.
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<th>Monday 22\textsuperscript{nd} Sept 2014</th>
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<th>Thursday 25\textsuperscript{th} Sept 2014</th>
<th>Friday 26\textsuperscript{th} Sept 2014</th>
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<tr>
<td>Mic Conway</td>
<td>Gardening with Maaike</td>
<td>Sports Day at the oval</td>
<td>My Kids Kitchen Rules 10 am</td>
<td>Excursion to the park And Puppet theatre</td>
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<td>Almost Anything with Instruments</td>
<td>Creating our new Garden</td>
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<td>Thursday 2\textsuperscript{nd} Oct 2014</td>
<td>Friday 3\textsuperscript{rd} Oct 2014</td>
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<td>Movies at Ettalong</td>
<td>Creepy Crawly Bug Show</td>
<td>Jumping Castle All day jumping</td>
<td>Science Experiment Day With Margaret</td>
<td>Budgewoi Park</td>
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<td>-Must be at Service by 8am</td>
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<td>LIMITED NUMBERS BOOK EARLY</td>
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* Please ensure all children have “SUN SMART” clothing and protective footwear during Vacation Care period.

Thank you!
What to Provide for the Day

<table>
<thead>
<tr>
<th>Sun Safe Hat</th>
<th>Clothes that cover shoulders</th>
<th>Water bottle containing only water</th>
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<tbody>
<tr>
<td>Closed in shoes suitable for running</td>
<td>Backpack for storing belongings</td>
<td>Food for the day (see Nutrition and Food Policy below)</td>
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Food and Nutrition

Families must supply all of the food that children require in a day at vacation care. This includes lunch and snacks. The food provided must:

- Be adequate to cover all of the child's food needs while they are in care. They should represent the amounts a child would eat while at home.
- Not contain nuts as we are a nut free service
- Be nutritionally balanced
- Support good dental care
- Contain minimal levels of added fats and refined sugars. Foods such as biscuits, muffins, cakes and processed fruit bars are discouraged.

From time to time lunch or a snack may be provided for children during Vacation Care as part of a programmed activity. When this is the case parents will be given details of the food provided.

Special diets

If your child requires a special diet or is allergic to any food product, you must provide as much information as possible. The enrolment form contains questions related to diet and foods to be excluded. Parents must supply written instructions related to their child's allergy, including a medical action plan. Educators will work with you to support your child's needs.

Please ask to see our Managing Asthma, Allergies, Anaphylaxis, Diabetes and Other Medical Conditions Policy for more information.
## Vacation Care Booking Form

This form must be returned by: Monday 15th Sept 2014

### Week One

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<th>Children's Names</th>
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### Week Four

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Dates: Sept 22nd - 26th 2014

Dates: Sept 29th - Oct 3rd 2014

Dates: (enter dates)

Dates: (enter dates)
Fees and Payment

Fees
Amount: $50.00 per day

Fees must be paid before the booking can be finalised (see Fee Policy and Procedures)

Payment Method
☐ Credit Card:
I will be paying by:

Bankcard ☐ Mastercard ☐ Visa ☐


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<th>Amount: $</th>
<th>Expiry Date on card:</th>
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<tr>
<td>Name on card:</td>
<td>CVV number (4 digit number on back of card:</td>
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<td>Cardholder Signature:</td>
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☐ Direct Fund Transfer:
You can pay using internet banking and making a direct bank transfer of funds into our Catholic Development Fund account. The details you will need to enter are as follows:

BSB: 062 784
A/N: 1425 7200
Acc Name: CatholicCare Diocese of Broken Bay
Reference: Parent Surname Parent Initial Program Initials

Reference examples for each program are:
Smith L Wai Vac (Our Lady of the Rosary, Waitara)
Smith L Sacred Heart Vac (Sacred Heart, Pymble)
Smith L OLGC Vac (Our Lady of Good Counsel, Forestville)
Smith L St Pat Vac (St Patrick’s, East Gosford)
Smith L St Brendan Vac (St Brendan’s, Lake Munmorah)
Smith L St Gerard Vac (St Gerard’s, Carlingford)

It is important that you enter your name and program initials for the reference so that we can identify who has made the payment and for which program – we have a number of programs depositing money into the same account

Parent Details
Parent Name: Parent Email: Parent Phone:
Parent Signature: Parent Mobile:
The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised ‘feel-good’ or ‘get-on-with-it’ platitudes.

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

1. “Come on, laugh it off.” **Strategy:** humour **Good for:** kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. “Don’t let this spoil everything.” **Strategy:** containing thinking **Good for:** kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. “Let’s take a break.” **Strategy:** distraction **Good for:** kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. “Who have you spoken to about this?” **Strategy:** seeking help **Good for:** kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this.” **Strategy:** offering hope **Good for:** kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children's
chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. “What can you learn from this so it doesn’t happen next time?”

**Strategy:** positive reframing

**Good for:** kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. “Don’t worry – relax and see what happens!”

**Strategy:** acceptance

**Good for:** kids who worry about exams or performing poorly in any endeavour; pessimists.

If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world”

**Strategy:** maintaining perspective

**Good for:** kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

9. “You could be right. But have you thought about …”

**Strategy:** flexible thinking

**Good for:** kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”.

“I can’t stand it” with “I don’t like it”. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. “What can we do about this?”

**Strategy:** taking action

**Good for:** kids who mope; who experience disappointment; who feel inadequate.

Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

**Bring resilience into your every day language**

Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.

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**Michael will talk more about Resilience and other vital parenting matters in the Very Important Parenting Saturday seminars conducted in 5 Australian capital cities in term 3 this year. Find out more about what's been called the Parenting Event of the year at parentingideas.com.au**

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