Catholic Life and Mission, Religious Education Coordinator, Jacqui Fletcher

Greetings,

**Lent**
Lent is the season of preparation for Easter. It starts on Ash Wednesday and ends on Easter Sunday, lasting for 40 days. We prepare for Easter by fasting, praying, asking for forgiveness and reaching out to others in need. We reflect on the sacrifices made by God and His only Son Jesus. Lent is a time for "spring cleaning" our lives while giving thanks to God and strengthening our relationship with Him.

Over this week talk to your child/children about their Lenten promise. In my own house we choose one thing to take up (to help someone else) and one thing to give up (fasting). We also strategize about the ways we can support each other throughout Lent so we have greater success keeping our Lenten promises.

During Lent our school community reaches out to others. We support Caritas Australia, a Catholic Organisation by raising money for the disadvantaged all across the world. Project Compassion boxes are placed within our classrooms and one will be in our Office foyer for donations.

Please read the flyer attached Families and Lent: Acts of Love and Sacrifice. It has 40 practical suggestions for putting Lent into practise at home. These suggestions are joyful ways to live the Gospels!

**Ash Wednesday**
We invite you to join us on Wednesday the 18th February 2015 as we celebrate Ash Wednesday. A liturgy will be held in the Church for our Kindergarten, Year 1 and Year 2 students at 10.30am. A Mass for Year 3 – 6 will be held in the Church at 11.30am. At the Liturgy and Mass Father Tadeusz and Father Dariusz will distribute ashes to our Catholic community. We receive a sign of the cross on our foreheads from ashes; the ashes from the blessed palms used on Palm Sunday.

The message of Ash Wednesday is, "Pray like no one is watching you. Fast like no one is watching you. Do good like no one is watching you. God knows!" Be the Face of God to everyone you meet!

**Dates to Remember:**

Shrove Tuesday, 17th February 2015 (Pancakes at recess)
Ash Wednesday Liturgy Kindergarten – Y2, 10.30am, 18th February 2015
Ash Wednesday Mass Y3-6, 11.30am, 18th February 2015
Stage 1 Parish Mass, 25th February 2015, 11.30am
Stage 3 Parish Marsh, 26th February 2015, 9.00am
Celebration of 50 Years, Parish Mass, Sunday, 1st March 2015
ST PATRICK’S PARISH MASS TIMES:

East Gosford
Vigil Saturday: 6.00pm
Sunday: 7.30am, 9.00am and 6.00pm
St Francis of Assisi Centre, Somersby
Saturday: 6.00pm
Holy Trinity Church, Spencer
1st Saturday of the month: 4.00pm

ASH WEDNESDAY MASS TIMES:
7.00am, followed by Stations of the Cross
7.30pm, followed by Stations of the Cross
Somersby, 6.30pm followed by Stations of the Cross

ST PATRICK’S PARISH NEWS

GREETINGS FROM FR TADEUSZ
I would like to remind parents that Lent commences next week with Ash Wednesday on February 18.
We welcome the school to the 11.30am Mass, and advise that for those who are unable to make that Mass, we will also celebrate Mass at 7am & 7.30pm at Gosford, & 6pm at St Francis of Assisi [all followed by Stations of the Cross].
All Catholics have a Lenten commitment to abstain from meat on Ash Wednesday & Good Friday, and to turn our hearts to God through prayer, self denial helping others.
To the Crotty & Starr families I would like to offer my sincere condolences on the loss of their grandpa [Fr] Warren Wade whose Requiem took place at St Patrick’s Church on Thursday. Fr Warren had a very strong presence both at the parish and school, and was loved by many.

THE FIRST FAMILY MASS FOR 2015
[Including Children’s Liturgy as well]
SUNDAY MARCH 1 @ 10AM
AND
IT’S ALSO THE CELEBRATION OF THE 50TH ANNIVERSARY OF ST PATRICK’S CHURCH!
Please join us on March 1 for this special Mass which will be celebrated by Bishop Peter Comensoli.
Morning Tea will follow at the Hall [Victoria St campus] after the Mass
AND!
We’re planning lots of fun for the kids as well, featuring ‘The Big Yellow Bus! Fun & Fitness Bus for Kids up to 8 Years Old!’

COME AND JOIN US AS WE CELEBRATE THE 50TH ANNIVERSARY OF ST PATRICK’S PARISH CHURCH
ON
SUNDAY MARCH 1.
Bishop Peter Comensoli and our own clergy will be celebrating Holy Mass at 10am and together with invited guests, will be joining parishioners at St Patrick’s Hall [Victoria Street school campus] for Morning Tea following the Mass.
This is such a landmark occasion for Gosford parish as we celebrate the anniversary of our church which was relocated from Gosford to East Gosford and renamed St Patrick’s in 1965!
We ask parishioners to please bring a plate to the morning tea and at the foyer today you will find a list on which you may place your name and phone number against the category you would like to contribute to, e.g., savoury or sweet. Tea & Coffee will be provided.
Fun activities for the kids as well!

PLEASE REMEMBER THERE IS NO 9AM MASS ON SUNDAY MARCH 1.
FROM OUR PRINCIPAL

Parent Information Evening
On Wednesday evening a healthy crowd of parents attended the parent information night. I hope those parents who attended found the evening worthwhile and gathered lots of information about their child’s learning. Those parents who were unable to make the evening should have received the handout from their class teacher.

School Fees
Just a reminder that every family should have received their school fees. The majority of school fee accounts are emailed. We are now able to email the statements to both parents which some families prefer, so please contact the office for this option. If you are paying by time payments, the first payment is due on 13th Feb (weekly & fortnightly) or 15th Feb (monthly).

Swimming Carnival
On Tuesday we held our school swimming carnival and it was a huge success. Thank you to all the parents who helped out, without your help the carnival would not have been as successful. With the teachers and parents together, led capably by Mrs Fiona Bolton a great day was had by all. All age champions and house colour captains will be awarded at next week's combined assembly. (Fri 20th Feb at 2pm)

Water Fun Day
The Kindergarten, Year One and Year Two children enjoyed a day of water, splashing and enjoyment. Thanks to Mrs McCallum, the teachers and parent volunteers who made sure we witnessed lots of smiles and laughter at the water fun day. I know all of the children thoroughly enjoyed themselves.

School Bags
In last week’s newsletter I reminded parents and children that the St Patrick’s school bag was expected to be used by all students. Ideally it would be great if all children could use a school bag. However, after consulting with several staff members and parents I have decided that the Year Six students do not need to use the school bag if they are unable to purchase one or borrow one. It is expected that all children from Kindergarten to Yr 5 use a St Patrick’s school bag. Ideally the children need to have a school bag by the beginning of term two. If this causes a problem please don’t hesitate to contact me.

Roosters Visit
Last Friday we had several Sydney Roosters players visit the school to chat with the children about a healthy lifestyle through good eating and regular exercise. Many of the children received gifts and certainly enjoyed the visit.

P & F Meeting
Our first P & F Meeting for this term will be held on Thursday, 12th March at 7.00pm in the LARC on the primary campus. Please come along! Sorry about the mix-up of times last week!!

Principal Morning Tea
Next Friday 20th Feb, all parents are invited to join me for morning tea to catch up and share any concerns, ask questions and celebrate the school. It will be held in the hall at 9.00am. Please come along to join in the conversation.

Thank You
Thank you to each of those parents who helped out and/or sent in a plate of afternoon tea to share at the funeral of Warren Wade, a grandfather of three boys and a girl here at St Patrick’s yesterday. It is times like this that remind me of the wonderful sense of community we have in Catholic Schools.

Coming Up

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>17th Feb</td>
<td>Pancake Tuesday</td>
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<tr>
<td>18th Feb</td>
<td>Ash Wednesday Mass &amp; Liturgy</td>
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<td>20th Feb</td>
<td>Morning Tea with the Principal, 9am</td>
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<td>Combined Assembly 2pm</td>
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<td>23rd Feb</td>
<td>CCC Swimming Carnival</td>
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<td>27th Feb</td>
<td>School Disco</td>
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<td>1st Mar</td>
<td>50 year Parish Mass Celebration</td>
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<td>12th Mar</td>
<td>7.00pm P &amp; F meeting in LARC</td>
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Regards

Paul Toomey, Principal
Yesterday was Water Fun Day on the Infants campus. We all joined in lots of fun activities such as sponge throwing, bucket filling and egg and balloon race just to name a few. It was great fun to get drenched at the disco and pop parachute balloons!

We would like to thank all the wet, weary and wonderful parent helpers who made our day!

We all had a great time and can’t wait to do it again!
FROM THE MUSIC ROOM with Mrs Suzie Morris

Year 6 were busting moves this week in the Music as we started our unit of rap music. Over the next few weeks we will try our hand at beatboxing, hip hop dancing, creating word and music loops. All these components will come together in our rap composition in a few weeks. Check out Year 6:

RECODER CLUB

As discussed at the Parent Information night this week we have a Recorder Club at St Pats open to students in Year 3 to 6. The recorder is a great instrument to develop music skills as it is an ideal size for growing hands, portable, inexpensive and relatively easy to use and manipulate. We practice at lunchtimes on Wednesday - if your child is keen please ask them to see Mrs Morris to get a note.

PRIMARY CHOIR

We also have the Primary Choir for students who enjoy singing. We sing at school Masses and other performances for the year will include school assemblies, local preschools and senior events and the Catholic Schools Choral Day in Term 3. We meet at lunchtime on Thursdays. If your child enjoys singing encourage them to be involved (see Mrs Morris) as it is wonderful to learn new songs and sing as a group.
Community News

Lost – sports uniform top with Hayhurst written in the label. Possibly left at a gala day last term. Please could you check. Thank you, Luke Hayhurst

School Backpacks

All students requiring a School Backpack need to put an order into the uniform Shop **By the 27th February**

Payment can be made at the time of the order or on collection of the bag.

Thank you

The family of Fr Warren Wade would like to thank Staff, Parents & Friends who donated food and helped at the wake. The support was very much appreciated.

Interested in learning the guitar or keyboard at St Patricks through private/group tuition?

We have a number of music tutors that visit St Patricks to hold one-on-one and group lessons for students.


For more information on guitar lessons call **Mr Steve Smiley** on: 0410 039 556

*Guitar* through **private tutor Greg Taylor**: call Greg on 0405 359 840 or at bbks@bigpond.com

JOIN THE COLTS IN 2014!

Kincumber Junior Rugby League Football Club will be fielding teams from U/6 to U/17’s in the 2015 season. If you would like to play Rugby League, come and join the best club on the Coast. Boys and girls turning 5 this year you can play in this season

It’s not too late to register. Contact Danielle 0402 882 560 or Stacey on 0427 683 548 for more information or check out our website www.kincumbercolts.com.au
The P&F of St Patrick’s is proud to host the

WELCOME BACK DISCO!

**WHEN:** Friday, 27 February

**WHERE:** School Hall, Primary Campus

**TIME:** Infants 5.30pm – 6.45pm
Primary 7.00pm – 8.30pm

**COST:** $2.00 per child

All monies collected will be donated to Minnie Vinnies

The disco is organised, run and supervised by the P&F (not the school) and relies on parent volunteers to go ahead. If you are available to assist with supervision or canteen on the night please fill in the slip below and return to school or contact Michelle on 0408 412 408 or email michellecormack@bigpond.com

Unfortunately, if we do not get enough parent volunteers the disco will not go ahead.

- I can assist with the Infants’ Disco 5.30 – 6.45pm
- I can assist with the Primary Disco 7.00 – 8.30pm
- I can assist with both Discos 5.30pm – 8.30pm

Name________________________________________ Contact No ____________________
**St. Patrick’s Term 1, WELCOME BACK Disco – Friday 27th February**

**DISCO ROSTER**

<table>
<thead>
<tr>
<th>INFANTS</th>
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<tr>
<td><strong>DUTIES</strong></td>
<td><strong>DUTIES</strong></td>
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<td>5.30 - 6.45pm</td>
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<td><strong>Music</strong></td>
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<tr>
<td>Scott McKinnon</td>
<td>Scott McKinnon</td>
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<td><strong>Supervisor</strong></td>
<td><strong>Supervisor</strong></td>
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<tr>
<td>Rachael Brady (ph: 0478 473 975)</td>
<td>Michelle Cormack (ph 0408 412 408)</td>
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<tr>
<td><strong>Canteen</strong></td>
<td><strong>Canteen</strong></td>
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<tr>
<td>Anna Rott</td>
<td>Sonia Costa</td>
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<tr>
<td>Sadie Mawad</td>
<td>Justine Collings</td>
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<tr>
<td>Sophie McCrone</td>
<td>Lenora Byrne-Bates</td>
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<td><strong>Supervising stairs going up to Y3 and basketball court area</strong></td>
<td><strong>Supervising stairs going up to Y3 and basketball court area</strong></td>
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<tr>
<td>Karen Stephenson</td>
<td>John Malicki</td>
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<td>HELP NEEDED!</td>
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<td><strong>Sign in and sign out table</strong></td>
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<tr>
<td>Jackie Forrester</td>
<td>Adrienne Prazauskas</td>
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<td>Marcus Hams</td>
<td>Lisa Haynes</td>
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<td>HELP NEEDED!</td>
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<td><strong>Supervising stairs going up to top playground</strong></td>
<td><strong>Supervising stairs going up to top playground</strong></td>
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<td>Ashleigh Magann</td>
<td>Karen Stephenson</td>
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<td>Katie Talbot</td>
<td>Annita McMenniniam</td>
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<td><strong>Supervising toilet area</strong></td>
<td><strong>Supervising toilet area</strong></td>
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<tr>
<td>Melissa Faunce</td>
<td>Aimee Sands</td>
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<tr>
<td>Jess Donnelly</td>
<td>HELP NEEDED!</td>
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<tr>
<td><strong>Supervising Hall and stage area</strong></td>
<td><strong>Supervising Hall and stage area</strong></td>
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<tr>
<td>Rachael Brady</td>
<td>Michelle Cormack</td>
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<tr>
<td>Mark Cockerton</td>
<td>HELP NEEDED!</td>
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<tr>
<td>Tom Sands</td>
<td>HELP NEEDED!</td>
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<tr>
<td><strong>Water Table</strong></td>
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<tr>
<td>Maddie &amp; Jack Conroy</td>
<td>Maddie &amp; Jack Conroy</td>
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*If you are unable to make it please contact the Infant or Primary Supervisor on the above numbers*

*Infant helpers needed at the school hall between 5.00 – 5.15pm please.*

*Primary helper can you please be at the school hall by 6.45pm for hand over.*
To celebrate Pancake Tuesday on the 17 February 2015, the P&F of St Patricks is inviting everyone to make a donation of pancake/pikelets or condiments to sell at recess.

We are kindly requesting the following:

YEAR – Kinder, 1, 3, 4 and 5 to bring in a **plate of pancakes/pikelets OR a pancake shaker mix** (we will make fresh pancakes on the morning!)

YEAR – 2 and 6 to bring in a jar of **strawberry jam OR a bottle of cream/whipped cream OR a bottle of maple syrup** (kids loved the added extras last year!)

Donations can be delivered to either the infants OR primary canteens from 8.15am on the day.

Pancakes will be available for the children to purchase at recess only for a coin donation and all money raised will be donated to the 2015 Project Compassion Launch.

Thank you to date to the following mums for volunteering to assist - 

Infants : Annabel C, Megan T, Rose W, Monique W, Belinda C

Primary – Julia C, Jane F, Michele G and Belynda V

More helpers welcome! Many hands make light work. So, if you are free to help from 9.00am – 11.30am please contact Michelle on 0408 412 408 or email michellecormack@bigpond.com

**We had a great morning last year and everyone embraced the celebration. We look forward to your support again this year.**

Thank you, The St Patrick’s P&F
Lent is the season of the Church year leading up to Easter. Lent is preceded by Shrove (Pancake) Tuesday, begins on Ash Wednesday and ends on Maundy (Holy) Thursday.

The purpose of Lent is to prepare for the death of Christ on Good Friday and his resurrection on Easter Sunday through 40 days of prayer, fasting, repentance, almsgiving and self-denial. The 40 days mirror Christ’s fasting in the desert before he began his public ministry.

During Lent, Christians ‘do penance’—that is, they make personal sacrifices. Doing penance helps us ‘make right’ our lives and relationships where we need to, so we become better persons and better reflections of God’s love.

The family home is the ‘domestic church’ and families grow in their awareness of what this means by participating in practices and devotions associated with the seasons of the Church.

Here are 40 suggestions for putting Lent into practice at home and deepen your family’s faith one day at a time (or as and when appropriate to your family life and situation):

**Day 1:** Start your day with 10 minutes in God’s presence through e.g. prayer, reflection or meditation. (Family prayer suggestions are downloadable from the diocesan website www.dbb.org.au/family)

**Day 2:** Tell family members you will be specially praying for them.

**Day 3:** Fast from TV, computer or other technical devices you would usually use as part of your leisure time.

**Day 4:** Decide as a family what good works you will support during Lent e.g. Catholic Mission, Project Compassion, St Vincent de Paul.

**Day 5:** After Mass, discuss the homily as a family. What lessons did you take from it that you are going to put into practice in the coming week?

**Day 6:** Give up a treat for a day or so, it might be one of your favourite foods.

**Day 7:** Read a book about your faith. Discuss what you learn with your children.

**Day 8:** Give your support to someone in need at home, at work, at school. Realize that siding with the vulnerable is a core belief of our faith.

**Day 9:** Take a walk with one of your family members one-on-one. Or work on a fun project together. Spend time connecting and sharing joy.

**Day 10:** Participate in The Stations of the Cross for Families and reflect as family on how each of the ‘The Stations’ can be applied to our daily lives. (Downloadable from diocesan website at www.dbb.org.au/family)

**Day 11:** Practice hospitality by welcoming a friend, relative, co-worker, or neighbour to your table for a simple meal today or a chat over tea or coffee.

**Day 12:** Pick out one snippet of scripture or part of the Mass and think about it through the week. Invite your children to do the same.

**Day 13:** Find ways to compliment/express gratitude for every one of your family members.

**Day 14:** Don’t answer the phone/messages during meals. Practice the spiritual discipline of “Be where you are, and do what you’re doing” throughout the meal.

**Day 15:** Talk to your children and point out how so many of the commercial messages they hear are full of empty promises that will not satisfy. Be aware of how you are susceptible to those empty promises, too.
Day 16: Read or discuss an uplifting story or news item with your family.

Day 17: Practice virtues such as patience, tolerance, compassion, forgiveness. Invite your children to choose one virtue to specially practice each day.

Day 18: Tell your child a favourite story about when he or she was younger.

Day 19: Take home a copy of your parish bulletin and read all the articles. Discuss with your children what lessons you have learned and how you see signs of God’s life and love in the activities of your parish.

Day 20: Start each meal with prayer, thanking God for all the gifts you receive.

Day 21: Make time to play a board game or card game popular with your family. Afterwards, thank God for the gift of family.

Day 22: Our world for many is full of pain and turmoil; pray as a family that others will experience the peace and contentment that your family enjoy.

Day 23: Read the gospel readings for next Sunday. Think about them and discuss them as a family.

Day 24: Don’t be a party to gossip today at school, at work, in the neighbourhood, at home. Don’t participate in malicious talk about others.

Day 25: Invite someone active in your parish to dinner and talk about their activities. Consider how your family can offer time and talent for the good of the community.

Day 26: Worship together as a family and have a favourite meal afterward at home, on a picnic or at a restaurant. Avoid distractions that separate you from each other, and spend the Sabbath day together.

Day 27: Email or write a letter to a family member you’ve been out of touch with, letting them know they are in your thoughts and prayers.


Day 29: Be aware of your call to be a Christian during the day at work, home, or school. Look for ways to exercise your faith right where you are and give witness to Christ.

Day 30: At some point during the day, put down what you’re doing and purposely spend quality time with your children.

Day 31: Review your child’s religious education books or homework and discuss it together. Share how these lessons tie into your own lives as persons of faith.

Day 32: Look through a family album together and tell stories of your children’s grandparents and other family members. Share what their faith has meant to them and reflect on the goodness of their lives.

Day 33: Perform a particular act of generosity in the neighbourhood, at work, at the parish or school.

Day 34: The media encourages consumerism. For every shopping trip, make a point to balance your life by spending time connecting with people you meet or come into regular contact with.

Day 35: Do a family member’s home task today without looking for credit. Offer this as a gift of time and a sign of care and connection.

Day 36: Make a conscious effort to fast from bad habits and practice good habits.

Day 37: Don’t rush away from the table after your family meal. Have everyone tell one thing they’re grateful for during the day, or one person they helped or were helped by.

Day 38: Forgive anyone in your family that you need to forgive. Ask forgiveness of those you have hurt. Attend a parish Reconciliation service.

Day 39: Watch a DVD that reflects Christian family values. Watch it together as a family.

Day 40: Have your children ask an older relative about their faith and what it has meant to them through the years.

Lent is a time for healing and spiritual growth in your family. It is a time to devote our hearts and minds to becoming better Christians. It is a time to take on an attitude of simplicity in our everyday lives, a time to move closer to God with our family.

May yours be a truly blessed Lenten season!

(40 suggestions adapted from a list developed by Tom McGrath)
“Dad, will you tell Tina not to come into my room?” Twelve-year-old Luke was complaining about his six-year-old sister. Luke’s Dad, Robert, had only just got home and was still hanging up his coat. “Dad! She’s bugging me!” called Luke as he led Tina by the hand into the lounge room. “A ‘hello’ would be nice,” said Robert. “Yeah, hi. I’m trying to do my science project. I need my space,” Luke replied. “Tina, how about you stay out here with me?” Robert suggested. Tina was not very keen on this idea. “But I want to play and you’ll be too busy,” she whined. “Here we go again”, thought Robert. “If only we all got on better.”

Managing family relationships so that everyone’s most important needs get met can be hard work. All families have times when tempers get frayed, feelings get hurt and misunderstandings occur. Maintaining positive connections when these things happen requires good communication and creative management.

Effective communication means that everyone has a say and is listened to. This can be a challenge in busy families. Pressure to get things done can mean there seems to be little ‘quality time’ for talking and listening to each other. Whether or not time is a problem, negative styles of communication often undermine relationships. This occurs, for example, when family members speak to each other disrespectfully or use put-downs.

Building positive family relationships does not mean having no conflict. Dealing with conflicts positively, as well as making time to relax and do fun things together, help to strengthen family relationships.

Set the tone for positive communication

Research on communication in families shows the importance of parents and carers communicating warmth and caring and also setting clear expectations for children’s behaviour. Making time for family members, communicating effectively and supporting each other are important ways of strengthening families and building positive relationships.

Parents and carers can set a positive tone for communication through their own example. The way you listen, and the attention and importance you give to what family members say, is as important as what you say to them and how you say it. This may not always be easy, especially when you are tired or busy and have to deal with complaining or conflict. However, listening and acknowledging others’ feelings and wants helps to reduce conflict and improves communication.
Working together as a family

Discussing things as a family is often very helpful for dealing with concerns and negotiating solutions to conflicts before they get bigger.

- Talking together provides an opportunity to clarify roles and expectations.
- Be sure to talk about what is working well in family relationships and not just the difficulties.
- Build trust in family discussions by respecting and listening to everyone’s views without judging or putting them down.
- Encourage children as well as adults to hear and understand each other’s views and needs.

Discussing things as a family can encourage children as well as adults to solve problems creatively. For example, once he understands that Tina just wants him to play with her, 12-year-old Luke might negotiate to spend a half-hour playing with her after dinner in exchange for her giving him uninterrupted time to get on with his homework. Having a chance to express needs in positive ways encourages healthy communication, support and cooperation.

Things to discuss

- Set up chores roster
- Tina wants to play more
- Luke wants space when he has to do schoolwork
- Dad (Robert) wants more hellos and hugs

Listening and talking

It is easier for others to listen and accept your point of view when the way you say it communicates respect and care. For example, Robert could say to Luke, “I know you had to get your science project done but I still want you to say ‘hello’ when I come home.” This shows that Robert understands Luke’s position, and wants Luke to understand his.

Small things, like saying, “How was your day?” and really listening to the answer, make a difference to the quality of communication in families. Saying sorry when you make a mistake or hurt someone’s feelings is also really important.

Ways to build caring family relationships

- Show affection (eg hugs and kisses)
- Offer help and support
- Do fun things and laugh together
- Make time to talk
- Really listen to each other

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au