Dear Parents,

A great day of learning was had by our staff when we attended the National Conference for School Leaders in Primary Mathematics Education at Australian Catholic University on Friday. Our professional development focus for this year is aimed at improving the outcomes for our children in Maths and this was a wonderful opportunity to hear leading speakers in this area. After the opening address we broke into groups to attend different workshops, so at tonight’s staff meeting we will be sharing our learnings from each of these.

Yesterday, sixteen of our children from our choir participated in the community choir at the dedication of the Avenue of Honour in the Mount Evelyn Memorial Garden, where the eighteen plaques honouring the service of eighteen World War 1 veterans, have been moved. Thank you very much to the children who attended this important community event, their parents for ensuring that they got there, and to Mrs Angela Glennie for her organisation. We also congratulate Mrs Glennie on the award that she was presented for her contribution to the community events through the Community Choir.

Today our children from our Student Action Team are attending the Yarra Valley Youth Forum. This is another important community event which results in a number of actions which the students decide are important to the community. I look forward to informing you of the outcomes in the coming weeks.

A BIG thank you to our wonderful families who braved the cold and wet today to attend our working bee. Thank you to the Hammond Smith, McSween, Cafarella, Rice, Keech and Bambury families for their great work!

With my prayers and best wishes for the coming week,

Mrs Lynne O’Meara
Principal
This Week's Happenings

<table>
<thead>
<tr>
<th>Week Three</th>
<th>Monday, 27th July</th>
<th>Working Bee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, 28th July</td>
<td>9.00am</td>
<td>Staff Meeting</td>
</tr>
<tr>
<td>Thursday 30th July</td>
<td>3.30pm</td>
<td>Spirit Day – Confirmation Candidates</td>
</tr>
<tr>
<td>Friday, 31st July</td>
<td>11.40am</td>
<td>Parliament Incursion 5/6F</td>
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<tr>
<td></td>
<td></td>
<td>Ten Pin Bowling Excursion Grade 5/6</td>
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<td></td>
<td></td>
<td>Assembly</td>
</tr>
</tbody>
</table>

Next Week's Happenings

<table>
<thead>
<tr>
<th>Week Four</th>
<th>Monday, 3rd August</th>
<th>Staff Meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, 7th August</td>
<td>3.30pm</td>
<td>Ten Pin Bowling Excursion Grade 5/6</td>
</tr>
<tr>
<td></td>
<td>11.40am</td>
<td>Assembly</td>
</tr>
<tr>
<td></td>
<td>8.00pm</td>
<td>Grade 6 Confirmation</td>
</tr>
</tbody>
</table>

School Closure Days
Monday, 2nd November (Day before Cup Day) – Reporting

The Good Shepherd

Gather together your sheep, Lord, in all the places where they have been scattered during the mist and darkness. Lead them to good pasturage; let them rest in good grazing ground. Those who are lost, search out. Those who have strayed, bring back. Those who are wounded, bind their wounds. Those who are sick, tend with care. Those bearing young, watch over them. All of your sheep, keep them safe in your flock.

Lord Jesus, because you are our Good Shepherd, guide us, your flock, in the ways of life and truth. Gather all people into the fold of your love so that there may be but one flock and one shepherd.

From Biblical Prayers by Fr Lucien Deiss
Uniforms

All St. Mary’s students are required to wear the full correct school uniform. We believe that the wearing of uniforms promotes the children’s pride in their school and self-discipline. Uniform items can be purchased or made at little cost. The uniform shop at St. Mary’s carries all uniform items, including school and library bags. There is a small amount of second hand uniforms available in the shop.

Children are expected to have a school bag with the St Mary’s School logo.

Please ensure that your children bring their correct school bag.

**Girls’ Winter Uniform**
- Navy tunic or tailored pants
- Length of dresses and tunics should not be above the knee
- St Mary’s polo shirt
- St Mary’s windcheater
- Navy socks or tights
- Black polished shoes (no sneakers/runners)
- Navy gloves and scarf (optional)

**Boys’ Winter Uniform**
- Navy Trousers
  - (no jeans, jean style or cargo pants)
- St Mary’s polo shirt
- St Mary’s windcheater
- Navy socks
- Black polished shoes (no sneakers/runners)
- Navy gloves and scarf (optional)

**Girls’ Winter Sports Uniform**
- Navy track suit pants
- St Mary’s windcheater
- Navy unisex sports shorts or navy skort.
- St Mary’s polo shirt
- White St. Mary’s sports socks or plain white socks and runners

**Boys’ Winter Sports Uniform**
- Navy track suit pants
- St Mary’s windcheater
- Navy unisex sports shorts
- St Mary’s polo shirt
- White St. Mary’s sports socks or plain white socks and runners

---

**HEADBANDS FOR SALE**

- 3 STYLES IN SCHOOL COLOUR
- SAMPLES AND ORDER FORMS AVAILABLE IN THE OFFICE.
- $5 EACH.

**HEADBAND ORDER FORM:**

- Name ________________________________ Class __________

- Style A. (select quantity) ___ Style B. (select quantity) ___ Style C. (select quantity) ___

  - $ 5.00 each

- Amount Enclosed $ ________(Exact money only/Cash Only/No change given)

---

**PLEASE LABEL YOUR CHILDRENS UNIFORMS.**

Any no name items will be resold as second hand uniform items at the uniform shop!
SAFETY ON THE ROUNDBOUT!

Please do not “overtake” another car on the roundabout. It is not safe for the children and it is unfair to the teacher on duty who is trying their best to keep the cars moving.

Please be patient!

CLEGG ROAD PARKING WARNING:

Parking Inspectors will be on Clegg Road next week at school drop off between 8.15am – 9.00am and pick – up from 3.00pm – 3.30pm

It is illegal to park on the nature strip and we have been warned that infringement notices will be issued.

ST MARY’S MASS TIMES MOUNT EVELYN
Saturday 6.00 pm & Sunday 10.30am & 5.00 pm

SCHOOL FEES

All families have been sent a statement for 2015 and fee agreement forms. If you have not received yours please check your child’s bag or contact the office.

Forms must be return signed by the fee payer/s

St Mary’s BSB/ACCOUNT Details

Please see below our BSB details for online transfers

St Marys Primary School
BSB 083-347
Account Number 676054930

Please clearly state your eldest child name and surname when processing your payment

Split Firewood Sale

For $120.00 delivered to your door a generous 1 cubic metre of split hardwood firewood and 2 large bags of kindling ready for your fireplace or slow combustion heater.

Contact Andrew on 5964 3291
or
0427 887 329
St. Mary’s Coffee Morning
Every Monday Morning at the Church
All welcome…. Meet new friends, bring someone along……
An informal friendly get together……

OPEN DAY
Wednesday 29 July 2015
Please join us from 11am and meet the Principal, staff and students to discover the opportunities a Mount Lilydale Mercy College education can provide your child.
Guided tours will depart from Centennial Hall from 11am to 5pm and normal classes will operate until 3.10pm.

YEAR 7 2017 INFORMATION SESSION
A Year 7 2017 Enrolment Information Session will be held in Centennial Hall at 7.30pm on Tuesday 11 August for parents/guardians who are unable to attend on Open Day.

College Musical
CATS
Friday 24, Saturday 25, Thursday 30, Friday 31 July and Saturday 1 August at 7.30pm
Adults $15, Concession $12, Student/Concession (18 years & under) $10
Family of 5 $50, Family of 7 $70

ST MARY’S
NEW WEBSITE
Check out our new website… The newsletter and other items are uploaded every week for your convenience. (Weekly newsletters will no longer be emailed)
Also including this week, Uniform Order Form
Tuckshop Menu & Car Park Rules
www.smmountevelyn.catholic.edu.au

UNIFORM SHOP - NEW OPENING TIMES
Opening hours
Tuesday Afternoon 3.00pm - 3.30pm &
Thursday Morning 8.30am - 9.00am
Order forms available at the office. Payment of cash or cheque MUST be included with your order.

ST MARY’S
NEW WEBSITE
Check out our new website… The newsletter and other items are uploaded every week for your convenience. (Weekly newsletters will no longer be emailed)
Also including this week, Uniform Order Form
Tuckshop Menu & Car Park Rules
www.smmountevelyn.catholic.edu.au

SCHOOL PRODUCTION
Cast for production will be announced this week and published in next week’s newsletter. Rehearsals will be held Thursday afternoons.
Please make sure your child is attending school these days.

Full Dress Rehearsal Dates
Monday 7th September
Tuesday 8th September

Production Dates
Wednesday 9th September
12.00pm and 6.00pm
&
Thursday 10th September
12.00pm and 6.00pm
Further updates will be available in the newsletter
St Mary’s Soccer Team
Futsal Indoor Soccer

Please let us know if your child is interested in playing for a St Mary’s Indoor Soccer Team at Futsal Oz, Hereford Road Mt Evelyn.

Season starts this Friday 31st July.

We are registering a team initially in Under 8’s (players can be eight years old or younger).

Coach: Paul Dorian
Manager: Ilona Dorian (0408 558 630)

Cost per game (first season): $25 per team
Games played on Friday evening at 5:00 pm or 5:35pm
Age: 8 years old and younger

- Other teams/age groups can be registered, we will need managers and coaches
- Uniforms will be arranged, costs to be determined

If your child is interested, please come along to Futsal Oz, 19 – 23 Hereford Road Mt. Evelyn, this Wednesday 29th July at 3:30 (after school) until 4:30 pm for an initial training session. Please wear runners (or non-marking shoes – not school shoes) and bring a drink bottle.

Please call Ilona Dorian for any further information or questions – 0408 558 630

Andrew Chinn Concert: On Friday 14th August, Australian religious songwriter and singer, Andrew Chinn, will be visiting our school to share his songs with our children. Andrew’s songs, such as “These Hands”, “Rainbow” and “An African Blessing” are used in classrooms and liturgies around Australia, New Zealand, USA and Canada. Parents/parishioners are warmly invited to be a part of the celebration of faith and fun. There is no charge for adults. The concert will take place in the hall at 2.05pm. We look forward to seeing you there.

Andrew Chinn: Biography
- Was a teacher for 20 years in Catholic schools in Sydney, taught all grades from kindergarten to Year 6 (was a kindergarten teacher for two years)
- Song writing since 1993
- His music is used in schools across Australia, New Zealand, USA and Canada
- His best-known songs are These Hands, Together As One, Rainbow, In the Beginning, Shine Among Them, An African Blessing and Gotta Sing Gotta Pray.
- Has his own website: www.butterfymusic.com.au, where you can listen to some songs, watch some video clips, and find out a bit more about his music.
Gospel
Jn 6:1-15
A reading from the holy Gospel according to John

He distributed to those who were seated as much as they wanted.

Jesus went off to the other side of the Sea of Galilee – or of Tiberias – and a large crowd followed him, impressed by the signs he gave by curing the sick. Jesus climbed the hillside, and sat down there with his disciples. It was shortly before the Jewish feast of Passover.

Looking up, Jesus saw the crowds approaching and said to Philip, ‘Where can we buy some bread for these people to eat?’ He only said this to test Philip; he himself knew exactly what he was going to do. Philip answered, ‘Two hundred denarii would only buy enough to give them a small piece each.’ One of his disciples, Andrew, Simon Peter’s brother, said, ‘There is a small boy here with five barley loaves and two fish; but what is that between so many?’ Jesus said to them, ‘Make the people sit down.’ There was plenty of grass there, and as many as five thousand men sat down. Then Jesus took the loaves, gave thanks and gave them out to all who were sitting ready; he then did the same with the fish, giving out as much as was wanted. When they had eaten enough he said to the disciples, ‘Pick up the pieces left over, so that nothing gets wasted.’ So they picked them up, and filled twelve hampers with scraps left over from the meal of five barley loaves. The people, seeing this sign that he had given, said, ‘This really is the prophet who is to come into the world.’ Jesus, who could see they were about to come and take him by force and make him king, escaped back to the hills by himself.

The Gospel of the Lord.

---

Class Masses this week
This week 5 / 6 L and 1 / 2 R will be attending the 9.00am Mass held in the Church on Thursday. All welcome!

Confirmation
Spirit Day, a day of reflection and final preparation, takes place this Wednesday 29th July at St. Joseph’s School, Yarra Junction.
Confirmation Mass will take place on Friday 7th August at 6.00pm.
Please keep the Confirmation students in your prayers during this very special time.

Feast Day On Friday 14th August, we celebrate our Feast Day, the Feast of the Assumption of Mary. We are very lucky to be having Andrew Chinn visit our school on this day. Andrew worked as a classroom teacher in Catholic Primary Schools in Sydney, Australia for nearly twenty years before moving into his full time music ministry. Andrew has visited nearly 1000 Catholic primary schools, performing in 2000 concerts across Australia, New Zealand, the USA and Canada sharing his music and his faith with children, teachers and parents.
See more at: http://www.butterflymusic.com.au
All the children will be a part of whole school Mass at 9.15 am where Andrew Chinn will lead the singing and music. All parents are invited. This will be followed by grade level workshops with Andrew Chinn in the hall, Mary related activities in classrooms, and a whole school concert at 2.05pm. You are also invited to come along to this.
**ST. MARY’S TUCKSHOP**  
Term 3, 2015

**ORDERING:** On a paper bag please clearly put your child’s –

- Name
- Grade
- Order
- Amount Due
- Change Due

Please provide correct money if possible (wrap money in paper).

For Families paying together, please write on each bag name and grade of each child.

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<thead>
<tr>
<th>HOT FOOD</th>
<th>DRINKS</th>
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<tr>
<td>Beef Pie</td>
<td>Nippines Milk - (Choc, Strawberry) 1.50</td>
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<tr>
<td>Party Pie</td>
<td>Mineral Water - (Orange, Cola, Apple Raspberry or Blue Heaven) 1.20</td>
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<tr>
<td>Party Sausage Roll</td>
<td>Just Juice - (Apple or Paradise Punch) 1.20</td>
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<tr>
<td>Hot Dog</td>
<td>Fruit Tingle Flavoured Water 1.20</td>
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<td>Dim Sims</td>
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<td>Chicken tenders</td>
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<td>Party Quiche Bacon</td>
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<td>Party Pasties</td>
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<td>Lasagne</td>
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<td>Mac’n’Cheese</td>
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<td><strong>Extras</strong></td>
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<td>Soya Sauce</td>
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<td>Tomato Sauce</td>
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<tr>
<td>Brown Paper Bags</td>
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<td><strong>ROLLS</strong></td>
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<td>Vegemite</td>
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<td>Mayo</td>
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<td>Lettuce</td>
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<td>Tomato</td>
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| **SPECIAL TREATS**           |                                          |
| Limit 1 per order            |                                          |
| Red Skins                    | .30                                       |
| Milko Sticks                 | .30                                       |
| Ovalteenies                  | .90                                       |
| Sun fruit Lolly Bag          | .90                                       |

**FACEBOOK**  
A reminder that there is a St Mary’s PARENT Facebook group (St Marys Mt Evelyn - parents). This group is run by the parents for the parents not by the school. It’s very handy if you need to ask for lost spelling words or find out which days uniform shop is open if you forget!
Dear Sir/Madam/Business Owner

On the 15th of June 2015, our beloved Father Kyoshi Andrew Roberts was told he had a large tumour on the left hand side of his brain. After a successful surgery removing majority of the tumour, he now faces further treatment involving radiation and chemotherapy. In honour of Kyoshi’s bravery and many others faced with the long journey of Brain Cancer, we will be holding a Push-up-a-thon CureBrainCancer Fundraiser on the 30th of August 2015.

In order to make this CureBrainCancer Fundraiser a success, we will be relying on the generosity of our friends, family, the community coming together or anyone who has been affected by Brain Cancer and wanting to make a difference. We are seeking for donations/services for our silent auctions and raffles. Donations from businesses will be thanked and any advertising will be welcomed on the day, or you may wish to hold a stall. 100% of profits will be donated to curebraincancer.

**Did you know?** Brain cancer kills more children than any other disease in Australia. It kills more people under 40 in Australia than any other cancer. Yet very little is known about brain cancer, what causes it or how to treat it. Brain cancer survival rates are low and have hardly changed for 30 years, despite significant increases of survival for Australians diagnosed with other types of cancer, such as prostate and breast cancer. Treatment is challenging because it affects our most vital organ. Brain cancer costs more per person than any other cancer, yet only receives a small fraction of federal government cancer research funding. Only two in ten people diagnosed with brain cancer will survive for at least five years.

The mission is to increase five year survival to 50% within 10 years. Together we will succeed.

For more information visit curebraincancer.org.au

Please, if you are able to or know someone who can help out or donate, contact Sensei Amy Gardam, Katharine Anderson or Jennifer Mifsud. His three loving daughters who are praying for a miracle.

We thank you for your time and look forward to hearing from you.

Sensei Amy Gardam 0403 898 896 sensei@edgemartialarts.com.au
Katharine Anderson 0417 111 270 kat.ben@bigpond.com
Jennifer Mifsud 0403 040 754 rjmifsud@bigpond.com

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**‘Fight for a Cure’ Beanie Order Form**

100% of profits go to the Cure Brain Cancer Foundation.

<table>
<thead>
<tr>
<th>Colour</th>
<th>Cost</th>
<th>QTY</th>
<th>Total Price</th>
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</thead>
<tbody>
<tr>
<td>Pink</td>
<td>$15.00</td>
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<tr>
<td>Blue</td>
<td>$15.00</td>
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</tr>
<tr>
<td>White</td>
<td>$15.00</td>
<td>x</td>
<td>$</td>
</tr>
</tbody>
</table>

Total Amount Included $ 

Please include correct money with your order. NO CHANGE WILL BE GIVEN.
Contact Katharine Anderson ph: 0417 111 270 or at kat.ben@bigpond.com for any further details or questions.
Responsible decision making
Making good choices about personal and social behaviour

- I can identify what will happen if I behave in a certain way
- I know how to behave safely for myself and others
- I learn how to behave differently next time if I don't make a good decision
- I know the difference between good and bad decisions

Start collecting for your school now

The Woolworths Earn & Learn program gives Schools and Early Learning Centres around Australia the chance to earn new educational resources.

Make a difference for your local school

- Simply shop at Woolworths and you will receive one Woolworths Earn & Learn Sticker for every $10 spent.

- Stick the Woolworths Sticker onto the Woolworths Earn & Learn Sticker Sheet inside.

- Once it's complete, pop it into a Collection Box at your school or local store. You can download more Woolworths Earn & Learn Sticker Sheets from our website woolworths.com.au/earnandlearn.

Last year more than 14,500 schools and Early Learning Centres benefited from the program, boosting supplies in classrooms, libraries, music rooms, gymnasiums and science labs.

It's easy to earn valuable rewards to help your local school, so start collecting your Woolworths Earn & Learn Stickers today.

Go to woolworths.com.au/earnandlearn for more information, terms and conditions and answers to frequently asked questions.
WORKING BEES 2015.

We believe that having a safe and pleasant school environment is important. Thank you to all families who have helped with school maintenance during last year.

To assist planning for this year we are asking each family to attend ONE Working Bee and to indicate which session,(listed below) suits best.

In an effort to cater for everyone, we will hold Working Bees across a range of days and times.

The alternative to attending a Working Bee is to complete the payment details below which are for a $60.00 contribution toward hiring maintenance help as required.

Please complete and return the form below as soon as possible (families who have not replied by Feb 16th will be contacted).

Yours faithfully,

THE MAINTENANCE COMMITTEE.
EDUCATION BOARD.

NAME: ___________________________ ELDEST CHILD’S GRADE: ____________.

☐ Saturday Sept 5th (Production set up) (9:00-11:30am)  
☐ Wednesday Oct 21st (Twilight 3.30pm-6.00pm)  
☐ Wednesday Dec 2nd (8:45-10:45am) 

Or

Please indicate another date that is more convenient to you __________________________________

Or

Please debit my credit card for $60.00: ____________________________

Name on the card ____________________________  (Please circle) Visa / Mastercard

Credit Card Number: [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Expiry Date: [ ] [ ] [ ] [ ]
Are you interested in playing After School Basketball in Season 2 – 2015?

Name_________________________ Age _______ Grade ________

Are you currently playing After School Basketball?   Yes No (please circle)

Have you played competition basketball before? Yes No (please circle)

Parents Name________________________________________________

Home No_________________________ Mobile________________________

Email Address____________________________________________________

Are you able to help as:   Coach Yes/No   Team Manager Yes/No

NOTE: If you are currently playing After School Basketball and do not want to continue in 2015, could you please return your washed basketball singlet top to the office in a bag, clearly marked with your name and class on it. You will then be eligible for your refund.

If you have any queries please don’t hesitate to call Liz Rhodes on 0414 761 088

St Mary's Basketball Singlet Tops

Children playing in the after school basketball competition are to wear navy blue shorts (the shorts you wear for PE at school are perfect), runners and the St Mary's Basketball Singlet Top. Tops are $25.00 to hire, however, once your child returns the top back to school they will receive a $20.00 refund. Payment can be made by cash or cheque. Cheques need to be made out to “St Mary's Parents and Friends Committee”

Could all payments for the singlet tops and this form please be given to the office ASAP, in an envelope, clearly marked "Basketball Singlet Top Money". If you still have your top from last season, you DO NOT need to pay any more money, just hang onto the one you have and use that again. If you have any queries about the tops please call Liz Rhodes 0414 761 088

St Mary's Basketball Singlet Tops

Players name: ___________________________ Year Level: ___________ Class:__________

Mum’s name: ___________________________ Dad’s name: ___________________________

Mum’s mobile: ___________________________ Dad’s mobile: ___________________________

Amount enclosed: ___________________________

Office use:
Top number given: _______ Amount enclosed: ________ Cash/Cheque

Date top given: _____ Date top returned: _____ Date refund of $20.00_____
WEEKLY ADVERTISEMENTS

Relax
With the promise that all your holiday plans are in the safest possible hands.

Call Ma
Olivia Glover
0433 877 086
TRAVEL COUNSELLOR

Your personal Travel Agent might just be around the corner.

Weekend Getaways
Travel Counsellor

The Sweat Playground
Fitness Studio

Kids Fitness Classes

Encouraging kids to move and have fun. Our kids classes are $15 per session and go for 30min.

Monday 10:30am Boogy Beats for the little ones.
10:30AM Boogy Beats—A fun class to get pre-school aged kids moving & dancing.

Tuesday: Fit Club
4PM (Adults) 6:30PM (Boogies)
Fit club will teach your kids the benefit of being active, whilst learning different exercises they will also be playing fun games.

Wednesday & Friday: Boogies
4PM (Adults) 6:30PM (Boogies)
A classic version of the adult classes.
Boogie Beats is a fun and active class that teaches coordination and gets their cheeks and red while dancing to their favourite songs.

www.thesweatplayground.com

Don’t Lose This Notice

Term 3
Enrol Now
Keyboard Lessons at School
In-School Time

Your Child Deserves This Chance
This Is Your Opportunity

Enrol Now In

Piano on Keyboard Lessons

$16.50 Half Hour Lessons

One Free Lesson
If You Enrol Now
Phone 9761 9058

Book Today

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www.edgemartialarts.com.au
Classes are now forming for 2013
Edge Mt Evelyn, Chirnside Park, Woori Yallock, Mount Waverley

Winner of the 2013 Youth Development Award and 2014 Outstanding Achievement Award
7 ways to help you be on top of your parenting game

Effective parents equip their children with the skills, know-how and values they need to stay safe and be successful. These seven ideas will help make sure your parenting reflects the times in which we live.

Everyone wants to be the best parent they can be, yet it can be confusing knowing just what to focus on. Here are seven ideas that reflect current trends and needs and will help you be on top of your parenting game:

1. **Give the gift of restraint**

   At a time when kids receive so much it’s easy to forget that restraint is a virtue. Just because you can afford to give children and young people what they want, doesn’t mean you should. Differentiate between a want and a need, and encourage restraint, goal setting and saving.

2. **Build your developmental knowledge**

   Lucky you have two eyes, as you need to keep one parenting eye on meeting kids’ current needs and the other on preparing them for the next stage of development. If starting or leaving secondary school is a year away then start thinking now about how you can make sure your child or young person is ready for the next phase of their life.

3. **Reinforce self-regulation**

   “You waited your turn! Great stuff!”

   “Thanks for packing away the toys without being told.” “Good on you for staying in bed when you woke up rather than coming to our bedroom and waking us up.”

   A child’s ability to self-regulate behaviour (like the ability to self-soothe and self-occupy) is highly underrated, and doesn’t come naturally to all kids. That’s where consistent parenting using visual management and behavioural consequences comes in.

4. **Practise digital parenting**

   The most tech-savvy generation ever raised needs digitally-aware parents. The internet is fun and it’s here to stay, but it can pose risks for some kids. Digital parenting means providing guidelines for safety without limiting children’s opportunity to learn and communicate in the online world. It also requires you to understand the digital world that your kids inhabit.

5. **Develop character strengths in kids**

   Recent studies (most notably the work of US-based Angela Duckworth) have found that character, not cognitive ability, is the single most reliable determinant of how a person’s life will turn out. The traits associated with success include the inclination to persist at boring or difficult tasks (grit), the ability to delay gratification (self-control) and the ability to follow through with a plan (conscientiousness).

6. **Practise reciprocity**

   The best families, like the most meaningful communities, are built around the principle of reciprocity. “We help each other out and we treat each other fairly” builds belonging and forges greater kinship between siblings. Start by getting kids of all ages to help out at home without being paid.

7. **Encourage social risktaking**

   One in three children are risk-adverse when it comes to meeting new people and entering new social situations. Social media removes risk for these kids, yet it’s not the answer. Use a variety of strategies ranging from scaffolding (baby steps), practising meeting and speaking to new friends and modelling social risk taking yourself to encourage kids to continually refresh their social networks.

Pick one or two of these ideas, or your own parenting idea, to focus on over a month. Once you’ve mastered one idea then move on to another, so that you are constantly improving and being up-to-date as a parent.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NEW Parenting ideas Club today at parentingideasclub.com.au. You’ll be so glad you did.