Dear Parents,

This week we are featuring photos from the Senior level’s Literacy and Numeracy Week Maths activity. The Year 5/6’s worked with all teachers on literacy and maths, thinking and art pieces to celebrate the focus. In Maths they created the complicated trihexaflexagon. The tell me that trihexaflexagons are part of the flexagon family. Eighteen equilateral triangles are folded into a hexagon which reveal three different faces as it is ‘flexed’. I have learned something new today too!

Just a reminder of some upcoming events before the end of term. Forms for the Parent Teacher Interviews which will be held on Thursday, 17th September, were sent home last week. If you have not received a form yet, or, have not yet returned yours, please ensure that it is done as soon as possible, as we need these all back before the 4th of September. The Years 3 – 6 showcase of performing arts learning, Mythbusters, will be held on the 9th and 10th of September. Tickets are now being allocated. If you have not yet ordered your tickets, a form is included in this issue and will need to be returned A.S.A.P.

Congratulations to our Students of the Week for last week:

PB: Samuel S/Ned R
PF: Ruby R/Philip R
1/2F: Maya B
1/2U: Lucia M
1/2H:
1/2R: Jarawan L
3/4M: Alanah J
3/4C: Grace C
3/4T: Zelie Z
3/4N: Kelsey F/Beau W
5/6B: Alec G
5/6L: Ali H
5/6F: Lachlan R/Tamara C
5/6S: Lottie R

With my prayers and best wishes for the coming week,
Mrs Lynne O’Meara  Principal

You’ve had a monster of a week! Well done!
## This Week's Happenings

| Week Eight | Monday, 31st August | 3.30pm | • Staff Meeting  
| Wednesday, 2nd Sept | 11.40pm | • FATHERS DAY STALL  
| Thursday, 3rd Sept | 9.00am | • FATHERS DAY STALL  
| Friday, 4th Sept | 9.00am | • Ten Pin Bowling Excursion Grade 5/6  
| Saturday, 5th Sept | 9.00am | • School Assembly  
| | | • Working Bee for Production – All Welcome |

## Next Week's Happenings

| Week Nine | Monday, 7th Sept | 3.30pm | PRODUCTION WEEK  
| Tuesday, 8th Sept | 12.00pm | • Production Rehearsal  
| Wednesday, 9th Sept | 6.00pm | • Staff Meeting  
| Thursday, 10th Sept | 12.00pm | • Production Final Rehearsal  
| Friday, 11th Sept | 6.00pm | • Production Matinee – CAST 1  
| | 11.40am | • Production Evening – CAST 1  
| | | • Production Matinee – CAST 2  
| | | • District Athletics Grades 4,5,6  
| | | • School Assembly  
| | | • Production Evening – CAST 2 |

## School Closure Days

**Monday, 2nd November (Day before Cup Day) – Reporting**

## Recognising Christ

**Lord, when was it that we saw you hungry and gave you food,**

**or thirsty and gave you something to drink?**

**And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing?**

**And when was it that we saw you sick or in prison and visited you?**

And the king will answer them, ‘Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.’  

*Matt 25: 34–40*

**Lord, Jesus Christ, Give us the grace to recognise you in the poor and the little ones of our world. Give us the grace to reach out to you with love. Amen.**
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.*

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**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 __________

<table>
<thead>
<tr>
<th>Style A. (select quantity) ___</th>
<th>Style B. (select quantity) ___</th>
<th>Style C. (select quantity) ___</th>
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<tbody>
<tr>
<td>$ 5.00 each</td>
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Amount Enclosed $ __________ (Exact money only/Cash Only/No change given)
ST MARY’S MASS TIMES MOUNT EVELYN
Saturday 6.00 pm & Sunday 10.30am & 5.00 pm

ST MARY’S NEWS

CAR PARK RULES

PARKING IN THE DRIVEWAY BEFORE 3.15pm IS PROHIBITED UNLESS ALL CAR PARKING SPACES ARE TAKEN.....

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 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

ST MARY’S COFFEE MORNING
Every Monday Morning at the Church
All welcome.... Meet new friends, bring someone along......
An informal friendly get together.......

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.
SCHOOL PRODUCTION
Grades 3-6 Only

IMPORTANT

Rehearsals will be held Thursday afternoons.

**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

SEE TICKET ORDER FORM
Grades 3-6 only

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PRODUCTION TICKETS AVAILABLE FOR COLLECTION AT THE OFFICE FROM Thursday 4th SEPTEMBER
CASH ONLY

---

YEAR 3-6 SCHOOL PRODUCTION UPDATE!

Production is only two weeks away and the children are working very hard! Order forms for tickets have gone home and are also on the website. Tickets usually sell out very quickly so please place your order early!

A reminder with regards to performance times:
Students in years 5 & 6 perform on both Wednesday Sept 9th & Thursday Sept 10th at 12 noon and 6 pm.

Students in 3/4 M & 3/4 C perform on Wednesday Sept 9th at 12 noon & 6pm only.
Students in 3/4 T & 3/4 N perform on Thursday Sept 10th at 12 noon & 6pm only.

Costume notices went home last week; please make sure you have seen one of these for your child/ren. If you don’t have a costume note please contact Mrs Taranto in the office as she has spare copies (you will need to know which scene your child is in).

Also remember that the hall is open every day for you to borrow costume items should you wish. We have quite a substantial range of costume pieces so please don’t hesitate to come in and have a look.
**Ticket Order Form**

**MYTH BUSTERS**

Family Name: ____________________________
Contact Number: _______________________
Eldest Child's Year: ________________
Class: ________________________________

**MATINEE 12.00pm @ $6.00 per seat**
Number of tickets required at $6.00 per seat – No limit on matinee tickets.

<table>
<thead>
<tr>
<th>Wednesday 9th Sept (Cast 1)</th>
<th>Thursday 10th Sept (Cast 2)</th>
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**EVENING 6.00pm @ $10.00 per seat**
Number of tickets required at $10.00 per seat – Maximum 2 tickets per family

<table>
<thead>
<tr>
<th>Wednesday 9th Sept (Cast 1)</th>
<th>Thursday 10th Sept (Cast 2)</th>
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<tr>
<td>Maximum 2 Tickets</td>
<td>Maximum 2 Tickets</td>
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</table>

Maximum 2 tickets for evening only (toddlers can sit on parents lap…..)
Should extra tickets become available they will be advertised in the newsletter.

Total Number of Evening Tickets _________ at $10.00 each $ ___________
Total Number of Matinee Tickets _________ at $ 6.00 each $ ___________

Total Amount Payable on Collection: (Do not send any money) $_________

ORDER FORMS DUE IN BY FRIDAY 21st AUGUST
(PLEASE DO NOT SEND ANY MONEY WITH THIS ORDER. CASH PAYMENTS ONLY WILL BE ACCEPTED ON PICKUP OF TICKETS) **NB* No Credit Card facility available/No Cheques**
Notification in the newsletter when tickets are ready to be picked up from office

OFFICE USE ONLY

Name: ____________________________ Grade: __________________
Number of Matinee _____ Number of Evening _____ Total Number of Tickets ______

Total Cost $ ________________

Wednesday 12 / 6 and/or Thursday 12 / 6 – Seat Allocation Numbers
12.00pm ___________________________________________________________
6.00pm ___________________________________________________________
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: ________________

☐ 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 ________________________________________________________________

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

Expiry Date: [ ][ ][ ][ ]
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 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
Religious Education News

Sunday, 30 Aug 2015: Twenty-second Sunday in Ordinary Time - Year B

In the following gospel reading, Jesus warns us against confusing God’s law with merely man-made rules and practices. It is our hearts that govern our choices, Jesus says.

Gospel - Mark 7: 1-8, 14-15. 21-23

A reading from the holy Gospel according to Mark

You forget the commandments of God and hold on to human tradition.

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, ‘Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?’ He answered, ‘It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture:

This people honours me only with lip-service, while their hearts are far from me.

The worship they offer me is worthless, the doctrines they teach are only human regulations. You put aside the commandment of God to cling to human traditions.’

He called the people to him again and said, ‘Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men’s hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a man unclean.’

The Gospel of the Lord.

No Class Masses this week!

Mini Vinnies: The Mini Vinnies group are organising a “Footy Colours Day” for Monday the 14th September. Children can wear some footy clothing with their school uniform, e.g. footy socks or ribbons of your favourite team in your hair, or a footy scarf. Children are also asked to donate a coin on this day which will be used to support “Assist a Student”. Assist a Student is a program of the St Vincent de Paul Society. A $70 donation is enough to provide education funds for one student across partner countries in Asia and the Pacific for one year. The more we raise, the more students we can assist!
A social justice initiative from The Mini Vinnies Group

Footy Colours Day
Monday 14th September
Wear an item of footy clothing - Bring a gold coin!
Money raised goes to “Assist a student” program of the St. Vincent de Paul Society, for a child to have an education. Every $70 raised educates one student in Asia or the Pacific for a year.

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!

xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

Fathers Day Stall
Wednesday 2nd & Thursday 3rd
1.00pm-3.00pm
Nothing over $5.00
xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx
Each year the St Mary’s P & F Committee runs a food stall at the Wandin-Silvan Field Days. The Field Days are an opportunity for Horticultural and Farm Machinery exhibitors to showcase their products and services to the local community. This year the event will be held Friday October 16th and Saturday October 17th.

We are seeking volunteers to help us run our food tent. You might be taking food orders, flipping burgers on the bbq or making up orders. It’s a fun day out for the volunteers and a great way to meet some other parents from the school. We also need help loading and unloading our equipment at the start and end of the event.

Please consider putting your name down and helping out the school with this fantastic fundraiser. Just fill in the slip below and return to the office. We will contact you with more information the week prior to the event. Thank you!

Name: ____________________________________________

Eldest Child’s name: ___________________________ Class: ____________

Phone: Home: ___________________________ Mobile: ___________________________

*Please circle shift availability

**Wednesday (14th Oct):** Pack and Load truck after school, transport to Field Day venue, unload

**Thursday (15th Oct):** Food Preparation (at school, approx. 9:00am – 12:00pm)
09:30am – 12:00pm
12:00pm – 02:30pm

09:00am – 12:00pm

**Friday (16th Oct):**
07:15am – 10:30am
11:30am – 02:30pm
02:30pm – 06:00pm

09:00am – 12:00pm

**Saturday (17th Oct):**
07:15am – 10:30am
11:30am – 02:30pm
04:00pm – 06:00pm

approx (pack up)

ST. MARY’S TUCKSHOP
**ORDERING:** Please put your child’s Name, Grade, Order and Amount (and change) clearly on a paper bag. Correct change if possible (wrap money in paper) For Families paying together, please write on each bag name and grade of each child.

<table>
<thead>
<tr>
<th>HOT FOOD</th>
<th>DRINKS</th>
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<tbody>
<tr>
<td>Beef Pie</td>
<td>Nippies Milk</td>
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<tr>
<td>Party Pie</td>
<td>(Choc ,Strawberry)</td>
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<tr>
<td>Party Sausage Roll</td>
<td>Mineral Water</td>
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<tr>
<td>Hot Dog</td>
<td>Orange, Cola, Apple Rasberry or Blue Heaven</td>
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<tr>
<td>Dim Sims</td>
<td>Just Juice</td>
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<tr>
<td>Chicken tenders</td>
<td>Apple or Paradise Punch</td>
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<td>Party Quiche Bacon</td>
<td>Fruit Tingle Flavoured Water</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>Tomato Sauce</td>
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<td>Brown Paper Bags</td>
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<td>Tomato</td>
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| SNACKS             |                                             |
| Jam Doughnut       | Jam Doughnut                                |
| Ring Doughnut      | Ring Doughnut                               |
| Chocolate or Strawberry | Chocolate or Strawberry                     |
| Choc Chip Cookie   | Choc Chip Cookie                            |
| Low Salt Popcorn   | Low Salt Popcorn                            |
| Vegie Chips Salt & Vinegar | Vegie Chips Salt & Vinegar                 |
| Chips:             |                                             |
| Low salt plain     | Low salt plain                              |
| Honey and soy      | Honey and soy                               |

| **SPECIAL TREATS** |                                             |
| Red Skins          | Red Skins                                   |
| Milko Sticks       | Milko Sticks                                |
| Ovalteenies        | Ovalteenies                                 |
| Sunfruit Lollie Bag| Sunfruit Lollie Bag                         |
Thank you for your continued support....

Keep collecting the stickers....
‘earn and learn’ ends soon....
mt Evelyn Fire Brigade
Annual Garage Sale 2015
Saturday 10th October

• Toys
• Brics & Bracs
• Books
• Small electrical
• Plants
• Gardening
• Small household goods
• Working flat screen TV's
• Small items of furniture e.g. coffee tables etc.

PLEASE NOTE: We are unable to accept large furniture, mattresses, box television, clothing and shoes. Goods must be reusable items.

Where: Mt Evelyn Fire Station
York Road Mt Evelyn.
When: 7:00am till 3:00pm

For further details or to arrange a drop off or pick-up of items contact:
0419 135 426
Email: garageSale@mtmvelynca.org.au

Please donate your unwanted goods to support your local CFA and community.

The Mount Evelyn Fire Brigade is run by volunteers. Your donation helps the brigade to purchase new equipment to assist in protecting the community.

LEARNING MUSIC IMPROVES CONCENTRATION

Your Child Deserves This Chance

Enrol NOW in

Piano on Keyboard Lessons

$16.50 per half hour lesson

• Convenient – in school time
• Inexpensive
• Learn with Friends (max 3 per group)
• All equipment provided
• Individual tuition

One Free Lesson
If You Enrol Now
Phone 9761 9058
Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids’ emotions.

It’s official!

Emotions are now part of the parenting and educational mainstream!

For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, “Educating the mind without educating the heart is no education at all.”

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They often interrupt our well-organised schedules. “What do you mean you’re sad? We’re off to watch a movie. It’s a happy time!” Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it’s hard to figure out just what they are doing.

It’s a wonder parents haven’t smartened up to emotions earlier because ‘good parenting’ is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child) you’re doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out “I hate you!” because you’ve denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That’s one of the reasons its so draining.

Accepting kids’ emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We’ve built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial ‘To smack or not to smack’ question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

more on page 2
The limits of many parents’ emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children’s emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, “Who taught you how to recognise, manage and regulate your emotions?” If you answered your parents then lucky you. They’ve given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn’t identify anyone, so your emotional intelligence (if you’ve read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

**Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:**

1. **Listen first**
   - When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen.

2. **Contain rather than manage (let your kids do the managing)**
   - Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant**
   - We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. **Build a vocabulary around emotions**
   - Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions**
   - Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that?

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did! When you subscribe you’ll also get my fantastic Kid’s Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.

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*Note: I-messages are a type of communication developed by Marshall B. Rosenberg, PhD, an American psychologist. They are a way of expressing feelings while avoiding blame and other negative emotions.