Dear Parents,

On Remembrance Day last week we held a school ceremony in the hall for our students and our senior members of the Mt Evelyn Combined Schools Choir represented St Mary’s at the memorial service at the Mt Evelyn War Memorial.

Thank you to everyone who came along to our Art Show on Thursday. It was a great showcase of the children’s learning in Visual Arts and everyone who came along enjoyed the experience. Our classes are now using the display to develop art appreciation skills and gallery etiquette. Thank you and congratulations to all the children on their great work!

Congratulations to our Students of the Week:

PB: Zach D  PF: Isabella M
1/2F: Rebecca B  1/2U: Anna G
1/2H: Kayla B  1/2R: Aaylah C
3/4M: Rainer L  3/4C: Jessica H
3/4N: Taylah C  3/4T: Rory B
5/6B: Charlotte M  5/6L: Alex B
5/6F: Chloe P  5/6S: Natalie C

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

You certainly haven’t found yourselves lost this week! Congratulations!
Silence for God

Lord, you know our all innermost thoughts. May we learn to find moments of silence in our lives to experience you, and to hear what it is you want us to do. Help us to entrust our worries and stress to you, knowing that your way will be the right way for us all. We pray this through Christ our Lord, Amen.

Text copyright © Ateliers et Presses de Taizé, 71250 Taizé, France.”
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
- (no jeans, jean style or cargo pants)
- 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)

---

The **Naplan test results for Grades 3 & 5** are available for collection. We ask that when reading your children’s results that you remember that they are based on one test, on one occasion, back in May of this year. We monitor and assess your child’s progress on an ongoing basis to maintain a complete picture of their strengths and learning needs. If you have any questions, please do not hesitate to make a time to speak to the classroom teacher.

---

**PLEASE LABEL YOUR CHILDREN’S UNIFORMS.**

Any no name items will be resold as second hand uniform items at the uniform shop!
CAR PARK RULES...... CAR PARK RULES...... CAR PARK RULES......

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

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

REMEMINDER THAT SCHOOL FEES........ need to be paid in full by the 20th of November unless other arrangements have been made with the office.

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

2016 FEE INCREASE NOTICE
2016 annual family fee will stay the same at $990.00 the student levy will increase slightly to $245.00 per child.
School fees include course and subject levies, and the costs of all curriculum excursions and activities. School Fee Statements will be issued at the commencement of the school year on 3rd February 2016 with payment schedules and forms for direct debits. Reminder Statements will be issued at the beginning of each term for your information.

To pre pay fees or set up your own payment schedule through your internet banking, please include your eldest child’s name as the reference.
St Mary’s BSB/ACCOUNT Details
St Marys Primary School
BSB 083-347
Account Number 676054930
Dear Parents,
On behalf of Mt.Evelyn Primary School OSHC we would like to invite you to our Vacation Care Program open to your wonderful school. You can receive your Booking Form for January School Holidays from your school office. You may also email, phone or pop in and see Melissa at the School OSHC office at Mt.Evelyn Primary School 9736 2233 osh@mtevelynps.vic.edu.au Monday – Friday 7.00am – 3.00pm
Melissa will be very happy to assist you and organise an enrolment package for your child/children. It is a great opportunity for our local school community to support a wonderful program. Kind regards, Melissa Mc Donald

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>11th Jan</td>
<td>High Tea</td>
<td>Vacation Care Daily</td>
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<td>All Children</td>
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<td>12th Jan</td>
<td>Build a Bear</td>
<td>Incursion</td>
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<td>All Children</td>
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<td>13th Jan</td>
<td>Melbourne Zoo</td>
<td>Excursion</td>
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<td>Animal Craft Day</td>
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<td>Vacation Care Daily</td>
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<td>14th Jan</td>
<td>Multi Medi Day</td>
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<td>15th Jan</td>
<td>Time Zone</td>
<td>Excursion</td>
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<td>Game Zone Activities</td>
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<td>Vacation Care Daily</td>
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<td>18th Jan</td>
<td>ANZ Kids First Basketball Clinic</td>
<td>Excursion</td>
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<td>All Children</td>
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<td>19th Jan</td>
<td>Jump Deck</td>
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<td>Jumping Castles/ Carnival Day</td>
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<td>Vacation Care Daily</td>
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<td>20th Jan</td>
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<td>Vacation Care Daily</td>
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<td>All Children</td>
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<td>21st Jan</td>
<td>Bop to you drop Rockstar disco</td>
<td>Incursion</td>
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<td>All Children</td>
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<td>22nd Jan</td>
<td>Guide Dogs Victoria</td>
<td>Excursion</td>
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<td>(Max 50 Children)</td>
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<td>Use your senses</td>
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<td>Vacation Care Daily</td>
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<td>25th Jan</td>
<td>Reading Cinemas</td>
<td>Excursion</td>
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<td>(Max 50 Children)</td>
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<td>Aussie Craft Day</td>
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<td>Vacation Care Daily</td>
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<td>26th Jan</td>
<td>Closed Australia Day</td>
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<td>Mt. Evelyn Primary School OSHC Coordinator</td>
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ST MARY’S LOST PROPERTY
Lost property will be available for collection outside the hall until Tuesday and then on Thursday afternoons outside the office. All other times lost property is located in 5/6S.

CONGRATULATIONS to Brianna Moore for auditioning last Sunday at a competition organised by the Dandenong Ranges Music Council being awarded the first ever Chris Durand encouragement award.

Congratulations from all of us at St Mary’s on receiving this wonderful award and a part of the prize being given the opportunity to play a piece of music at the Youth Music Awards Concert....

FOR SALE MOUNT LILYDALE COLLEGE UNIFORM
- Medium Sports Spray Jacket $15.00
- Tie $10.00
- (M-14) Jumper $20.00
- 14-16 Winter Skirt $60.00
- 16-18 Blazer $80.00
- Woodwork Apron $10.00
- Size 12 Sports Shorts $10.00
- Size 14 Sports Shorts $10.00

Contact the office for details on 97362219

Karla’s Creative Cakes
All Occasion Cakes
Birthdays, Anniversary, Sacraments, Themed Cakes, Weddings, Engagements
Cupcakes and party food
GLUTEN FREE AVAILABLE
Check out my Facebook page for photos ‘Karla’s Creative Cakes’
A Cake list and price list will be in the office. Christmas list coming soon
Any type of Cake or decoration considered, call me to discuss,
On 59643291 or 0427 884 837 Or email karlazmegac@gmail.com
Sunday, 15 Nov 2015: Thirty-third Sunday in Ordinary Time - Year B

Gospel - Mark 13:24-32

A reading from the holy Gospel according to Mark

*He shall gather his elect from the four winds.*

Jesus said to his disciples: ‘In those days, after the time of distress, the sun will be darkened, the moon will lose its brightness, the stars will come falling from heaven and the powers in the heavens will be shaken. And then they will see the Son of Man coming in the clouds with great power and glory; then too he will send the angels to gather his chosen from the four winds, from the ends of the world to the ends of heaven.

‘Take the fig tree as a parable: as soon as its twigs grow supple and its leaves come out, you know that summer is near. So with you, when you see these things happening: know that he is near, at the very gates. I tell you solemnly, before this generation has passed away all these things will have taken place. Heaven and earth will pass away, but my words will not pass away.

‘But as for that day or hour, nobody knows it, neither the angels of heaven, nor the Son; no one but the Father.’ *The Gospel of the Lord*

Today’s Gospel talks about the end of the world and sounds frightening, but it also tells us that the word of God will last forever, even longer than the earth and the sky will last.

Have you ever felt God’s love? How did that feel?

God wants us to be ready to meet him at any time. How can you do that?

*When the fig tree starts to sprout new leaves,*
*we know that summer is near and it is ready to bear fruit.*

*Write down things you can do to make yourself ready for when Jesus returns.*

**Class Masses this week:** 5 / 6 S and 1 / 2 H will celebrate Mass in the church on Thursday at 9.00a.m. All welcome to attend.
St. Mary’s Christmas Eve Family Mass

Thursday 3rd Dec 2015
5pm - 7.30pm

MARKET STALLS
FACE PAINTING
JUMPING CASTLE
BBQ & REFRESHMENTS
CAROLS ON THE OVAL

So bring your picnic rug (no chairs) and come and enjoy a 3pm service!

Lookout at St Mary’s Primary School
25 Chief Rd, Mount Evelyn

Please note that St Mary’s will not be held on this date, while the Church will be performed in Assembly prior to the end of the school term.

If your child would like to participate in this special occasion, please fill out the form below and return to the office by the 29th November.

REHEARSALS FOR CHRISTMAS MASS START ON THURSDAY 19TH NOVEMBER AT 3.15PM….

for all queries contact Ronnie Pritchard

Please tick which part you would like to be considered for:

Gospel Play:
Talking Parts available
- Angel
- Mary
- Joseph
- 3 Inn Keepers
- 3 Wise Men
- Shepard

Readings:
- Prayers of the Faithful
- Offertory
- Collection
- Entrance Procession
- Choir

Childs Name: ____________________________Grade: ____________

Parent Contact Mobile: __________________ Email Address: _______________
FOOD BANK - DONATIONS REQUIRED

We are still asking for donations of, lasagne sheets, pasta sauce, tomato paste, cheese, stock and anything else we can use to make up trays of yummy lasagne and Bolognese sauce. We would also appreciate monetary donations or gift vouchers so we can purchase food stuffs to try some new recipes.

If you know of anyone from St Mary’s Primary school that may need some help with a meal for their family, please contact the office.

VOLUNTEERS NEEDED TO HELP OUT WITH MAJOR FUNDRAISER FOR ST MARY’S

ST MARY’S DRINKS STALL @ ‘THE WANDIN
CUSTOM CAR & BIKE SHOW

Wandin Recreation Reserve (Mel ref: 121 k9)

We need help on our St Mary’s drinks stall which is a massive annual fundraiser for our primary school......

Dates and times required are as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>(please tick availability)</th>
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<tbody>
<tr>
<td>January 20th</td>
<td>4.00pm - 6.30pm</td>
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<tr>
<td>February 17th</td>
<td>4.00pm - 6.30pm</td>
<td>(please tick availability)</td>
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<tr>
<td>March 16th</td>
<td>4.00pm - 6.30pm</td>
<td>(please tick availability)</td>
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Name: ___________________________ Contact Phone: ___________________________

Please contact Shelly on 0419 531 624 or Sam on 0408 562 282 for all enquiries or alternatively call the office on 9736 2219 to put your name on the roster or fill out the form above and return to the office.
WEEKLY ADVERTISEMENTS

LOST

1 x Brooklyn Nets Basketball
Black and White Stripes
Please return to the office or Jordan Vitale 1/2F

FOR SALE
Cubby House
Please call 0418353003 for details

LOST PROPERTY
Lost property will be available for collection on Thursday afternoons outside the office. All other times lost property is located in 5/6S.

Mt Evelyn Junior Girls Football Club

REGISTRATION DAY
Fri 27 Nov
at Club Rooms 6.00pm
New Players Welcome u/12 u/15 u/18
Contact 0409 413 886
Come & Join the Success

LEARNING MUSIC IMPROVES RESULTS IN OTHER SUBJECTS eg Mathematics

YOUR CHILD DESERVES THIS CHANCE!!
Enrol NOW in ............
PIANO ON KEYBOARD LESSONS
16:30 per half hour lesson
ONE FREE LESSON IF YOU ENROL NOW
Phone 9761 9058

EXTENSIVE RESEARCH SUGGESTS THAT ......

Encouraging kids to move and have fun. Our kids classes are 17 per session and go for 12 weeks. Monday 10:30am Boogie Beans Dance & Fitness
For the kids 6-12 years
Tuesday Fit Club 4pm (U11s) Lesson (U7s)
Fit Club will teach you the basics of being active, working in different environments. You will also be playing fun games.
Wednesday & Friday Rocky Beats 4pm (U11s) Lesson (U7s)
Rocky Beats is a colourful upbeat exercise program for kids that will boost their confidence, coordination and make their parents happy!
Beau&Becky are the owners of the school and are the instructor. They have 10 years experience in the area of health and fitness and a passion for teaching children.
No classes required for any age. Adults a kids.
TheSweatPlayground.com.au
**ST. MARY’S TUCKSHOP**  
Term 4, 2015

**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><strong>HOT FOOD</strong></th>
<th><strong>DRINKS</strong></th>
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<tbody>
<tr>
<td>Beef Pie</td>
<td>Nippies Milk</td>
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<td>(Choc, Strawberry)</td>
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<tr>
<td>Party Pie</td>
<td>Mineral Water</td>
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<tr>
<td>Party Sausage Roll</td>
<td>Orange, Cola, Apple Raspberry or Blue Heaven</td>
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<td>Hot Dog</td>
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<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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<tr>
<td>Party Pasties</td>
<td>Fruit Tingle Flavoured Water</td>
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<tr>
<td>Lasagne</td>
<td>Zooper Dooper</td>
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<tr>
<td>Mac n Cheese</td>
<td>Dixie Cup</td>
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**Extras**  
(Please write as a separate item)

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<td>Soya Sauce</td>
<td>.30</td>
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<tr>
<td>Tomato Sauce</td>
<td>.30</td>
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<td>Brown Paper Bags</td>
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**ROLLS**  
(white only)

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<td>Vegemite</td>
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<td>Cheese</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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**SNACKS**

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<td>Jam Doughnut</td>
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<td>Ring Doughnut</td>
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<td>Chocolate or Strawberry</td>
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<td>Choc Chip Cookie</td>
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<td>Low Salt Popcorn</td>
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<td>Chips:</td>
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<tr>
<td>Vegie Chips Salt &amp; Vinegar</td>
<td>1.20</td>
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<tr>
<td>Low salt plain</td>
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<tr>
<td>Honey and soy</td>
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**SPECIAL TREATS**  
Limit 1 per order

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<td>Red Skins</td>
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<td>Milko Sticks</td>
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<td>Ovalteenies</td>
<td>.90</td>
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<tr>
<td>Sunfruit Lolly Bag</td>
<td>.90</td>
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</table>
Ten year-old Elle liked to be active, but one weekend things got out of control. A jazz ballet concert, a game of netball, and a family visit to her cousin’s house meant no time to herself.

And she let her parents know it with constant moaning, as well as a tantrum or two.

Her father held his tongue for most of the weekend, but couldn’t help but give her some fatherly advice on Sunday night. “You’ve spent the whole weekend moaning about how busy you are. Maybe you need to drop one of your activities. If they are stressing you out so much!”

A tantrum followed…from Elle.

Elle’s mum took a different tack. She had a hunch that something was bothering her daughter. “You sound like something is bothering you big-time. What’s up?”

“I’ve got to give a talk at school on Monday in front of the whole school and I haven’t time to prepare. It’ll be awful and everyone will laugh.”

Her mum replied, “You sound like you might be pretty nervous. That makes sense. Giving a talk in front others can be nerve-wracking.”

Elle dropped her shoulders, smiled and said, “You bet!” She was relieved because her mum understood how she felt. In fact, her mum had unlocked the problem for her and reflected back how she felt.

Elle’s dad focused on her behaviour and responded in kind (with well-meaning advice about her future behaviour), while her mother focused on the feelings that acted as a possible driver to her daughter’s behaviour. She took an emotionally smart approach, which turned out to be the right one in this circumstance.

Emotionally intelligent parents don’t dismiss children’s behaviour and allow kids to do as they please. There are times that we need to focus on a child’s behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate.

However, there are times when smart parents need to look beyond the obvious behaviours to get an good understanding of what’s happening to their child, and to help a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?

Emotionally intelligent parents have the following five attributes in common.

They will usually:

1. **Listen more and judge less**
   There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

   IMPACT: Better, more open relationships.

2. **Accept strong emotions**
   Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after delivering a hateful tirade they can be cooing up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to be expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad that a child can’t give voice to in a family, however there are behaviours that are not unacceptable.

   IMPACT: A healthy expression of emotions.
... What it means to be an emotionally intelligent parent ...

3. **Focus on the present**
   Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That’s part of everyday life. Children generally focus on the here and now. That of course can be frustrating to a task-oriented, future-focused mother or father. However, when we lower our gaze we are more likely to pick up on how kids are feeling, and importantly help them understand and manage their moods and emotions.
   IMPACT: Happier families and less stress felt at home.

4. **Use rules rather than their moods to determine discipline**
   Some parents discipline according to their moods. If they feel good then they give children plenty of lenience. If they are feeling bad then they pick their kids up on every little thing. It’s better to stick to the family and house rules; that makes you more predictable, which kids really crave.
   IMPACT: More consistent parenting

5. **Develop a language around feelings**
   A family develops a vocabulary around the things that are important to them. Kids in a sport mad family will inevitably have a rich vocabulary around their chosen sport. The same holds for emotional intelligence. Families that truly value building emotional smarts will develop in kids a rich palette of words that will help them describe how they feel. This vocabulary will inevitably stay with them for life.
   IMPACT: Better relationships later in life at work and in their own families.

At a time when anger and anxiety has never been so high in families, there is a massive need for a parenting approach that includes emotional intelligence. Many parents struggle in the area of helping children understand and manage their emotions because we’ve never had any training in it. We didn’t learn it from our parents, and more than likely haven’t learned it at work. Emotional intelligent parenting can be learned. At Parenting Ideas emotional intelligence is central to the work we do with parents. We know first hand that kids who have parents versed in Emotional Intelligence are more likely to raise kids with the skills to be happier, enjoy better relationships and experience more success at school.