REFLECTION
Mary, mother of Jesus, we entrust our lives to you. Shelter us from all that may cause us harm. Teach us to live in peace, to be compassionate and generous people. Inspire us to act justly, to raise up the lowly and to support all those in need. We ask this prayer in Jesus’ name. Amen.

Dear Parents,

This week we celebrated the feast of the Assumption of Mary. Years 3-6 attended Mass at St Michael’s Church. This feast day is an opportunity to reflect and recognise that Mary, chosen to be the mother of Jesus, was graced with qualities such as faithfulness, trust in God, humility, strength, perseverance, love and compassion. It is also a time when we can think about how we can live out these qualities in our own lives.

Congratulations to our Year 6 students who will be receiving the sacrament of Confirmation over the coming weekend. Thanks to everyone who has been involved in the preparation for this. We wish all the students and their families well on this memorable occasion and hope they have a wonderful day.

I would like to remind any parents that come into the school to assist in the classrooms to sign in at the office. It is important that we have a record of who is in the school at any given moment in case of emergency evacuation amongst other things. It is also a mandatory requirement that the school has a copy of a current Working with Children’s Check from any person assisting at school or on excursions. I would like to thank all of you who do assist in many ways. It is greatly appreciated. Naplan reports will be sent home tomorrow. If you have any concerns about these please contact your child’s teacher to discuss.

Best wishes,

Roslyn Joyner

CLASS GROUPINGS 2017
A reminder that parents who have strong reasons for student placements may explain their requests for grades, but these requests must be in writing on an annual basis and they must also adhere to the school’s grade selection policy. Please note that there are never any guarantees with requests. Once grades have been announced with teachers, there will be no changes made. These letters are due by the end of Term 3 (as per the policy). A copy of the Class Selection Policy was sent home last week. We are always happy to discuss any concerns you may have and appointments can be made via the office.

LETTER OF INTENTION
Parents of children (other than Year 6 students) who will not be returning to St. Gabriel’s in 2017, are asked to please advise the school of this in writing. This information is required in order for us to make important decisions about grade structure. We thank you for your support in this matter.

TERM 3 DATES TO REMEMBER

<table>
<thead>
<tr>
<th>AUGUST</th>
<th>SEPTEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 20th</td>
<td>Confirmation Masses</td>
</tr>
<tr>
<td>Tuesday 23rd</td>
<td><strong>Book Week</strong> through to 30th August</td>
</tr>
<tr>
<td>Thursday 1st</td>
<td>Division Summer Sports</td>
</tr>
<tr>
<td>Friday 2nd</td>
<td>Father’s Day Stall</td>
</tr>
<tr>
<td>Tuesday 6th</td>
<td>Division Athletics</td>
</tr>
<tr>
<td>Wednesday 7th</td>
<td><strong>School Concert</strong></td>
</tr>
<tr>
<td>Thursday 8th</td>
<td><strong>School Concert</strong></td>
</tr>
<tr>
<td>Tuesday 13th</td>
<td>Parents and Friends Meeting</td>
</tr>
<tr>
<td>Friday 16th</td>
<td>Term 3 concludes 12.30pm</td>
</tr>
</tbody>
</table>
LITERACY NUMERACY WEEK OPEN MORNING

Week 8 marks the beginning of National Literacy Numeracy Week. We have always endeavoured to highlight our work in this area during this week by providing some exciting opportunities for students and parents alike. This year we will be opening our classrooms for families to come in and visit from 9.15 until 10.30am on Monday 29th August.

During this session, classes will be involved in a variety of literacy and numeracy games and activities and we’d love to see all parents and extended family pop into the classrooms to see what’s happening.

Perhaps you could even be tempted to read a much loved story or play a card or dice game and join in the learning! Please do mark this time in your diary—the children really love it when families visit their rooms and it reinforces to them (and us) that you value what happens here at school.

Come and see what is happening here at school!
The Australian Countdown Spectacular

St. Gabriel’s Primary School presents the 2016 Production:
“The Australian Countdown Spectacular”

**Dates:**  
Wednesday September 7  
Thursday September 8

**Time:**  
7:00pm

**Where:**  
Champagnat Centre, Lavalla College, Grubb Avenue

**Cost:**  
All tickets $10.  
St Gabriel’s children – no cost  
Each family is allocated only 4 tickets, however, if there are extra tickets available, these will be offered to families on a waiting list.

**How to purchase tickets:**  
Tickets are on sale online through Trybooking. You will require a credit card to complete this purchase. Go to [https://www.trybooking.com/181368](https://www.trybooking.com/181368) to purchase up to 4 tickets for one performance.

All tickets must be purchased by Monday, August 29 so extras may be allocated to those on the waiting list.

The children are working hard and we look forward to sharing their talents with you!!
We rolled a dice to make 100 and estimated how many rolls it would take.

We made fairy bread with 100’s and 1000’s.

We celebrated being 100 days smarter with lots of fun activities!!

Preps Celebrate 100 Days Of School

We made crazy hats with 100 dots and stickers.

We dressed up like we were 100 years old!
Father’s Day Stall
Friday 2nd September

Please donate two gifts to the value of $5.00 each or alternatively you can donate $10.00 in cash. If you are able to help with either wrapping for an hour first thing in the morning or at 2.20pm in the afternoon for the 2 weeks prior to the day or help out on the day, please leave your name at the school office or contact Anne Answerth on 0427 750 088.

Ideas include Magazines, Chocolates, socks, gardening gloves or tools, car wash etc, torches, soap and sponge, playing cards or footy merchandise. Just a few ideas to start families off. On the day of the Father’s Day stall students need to bring $3.00 to purchase a gift and they will also receive two raffle tickets. Extra tickets are 50 cents. Looking forward to another successful Father’s Day Stall!
DO YOU TRAVEL ON A BUS?
SBP Information for School Newsletters

Public Transport Victoria (PTV) and the Department of Education and Training (DET) have reviewed the administrative system of the School Bus Program in order to streamline and improve the process for parents and students.

A new online School Bus Management System for school bus applications, centralised and undertaken by PTV, will soon be introduced to support these improvements. The changes will mean that the eligibility assessment, application processing and fare collection (where required) currently undertaken by your school will be looked after by PTV.

Traralgon school bus network has volunteered to be part of the pilot program for the new arrangements, commencing 23 August 2016. Between now and then PTV will work with your school and DET to ensure a smooth transition to the new system.

Existing Bus Travellers
Once these changes have been introduced, all existing school bus travellers that had already applied through their school prior to 23 August 2016 will be automatically transferred to the new system and will not need to do anything to access their school bus in Term 3. Each family will receive notification from PTV informing them of their username, password and next steps.

New Bus Travellers
Any new student who would like to access a school bus from 23 August 2016 will need to apply online directly to PTV, rather than through their school.

PTV will issue a bus passes to all new and existing students approved to travel.

Schools will retain a key role in managing school buses, particularly with regards to emergency management and student behaviour, and will continue to provide PTV with on the ground information. Until the changes formally commence on 23 August 2016, all current arrangements regarding school bus travel will continue to be handled by your school.

Further information will be available as the transition to this new system progresses. If you have any questions in relation to the upcoming changes please contact your school in the first instance, Public Transport Victoria’s School Bus Reform team on (03) 5172 2668 (business hours only) or alternatively email SBMS-admin@ptv.vic.gov.au.
Mass Schedule

AN INVITATION TO OUR SCHOOL MASSES

Each week a Mass is celebrated in St. Gabriel’s school Chapel which is prepared and attended by two to three classes of children. Sometimes the “Mass of the Day” is used and sometimes a theme being discussed in the classroom is celebrated. Parents and parishioners are always welcome and encouraged to attend these school Masses and celebrate with the children. It would be wonderful for your children to see that you value and enjoy this aspect of their Catholic education. Masses will be held at 9.30am in the chapel located off the main foyer at St. Gabriel’s.

<table>
<thead>
<tr>
<th>Week</th>
<th>Grade Masses</th>
</tr>
</thead>
<tbody>
<tr>
<td>25/8</td>
<td>Year Prep</td>
</tr>
<tr>
<td>1/9</td>
<td>Whole School ~Gymnasium</td>
</tr>
<tr>
<td>8/9</td>
<td>No Mass (School Production)</td>
</tr>
<tr>
<td>15/9</td>
<td>1/2 Mass—(gymnasium)</td>
</tr>
</tbody>
</table>

Hey Dad! We Love you!

Father’s Day is celebrated on Sunday September 4 this year. On Thursday, September 1, we invite Dad’s, Granddads, and Special Friends to join us for a Father’s Day liturgy/celebration at 10:15am. In our celebration we will thank God for our Dads and celebrate all that they add to the lives of children. After the Father’s Day Celebration Dads are invited to accompany their children back to their classrooms where they can share their child’s morning tea (might like to pack some extra!) and see their classroom before recess begins at 11:05am.

ST MICHAEL’S PARISH

We’ve a few members of our Children’s Liturgy Team who are moving on. Children’s Liturgy takes place at 9.30am Mass on Sunday mornings. It’s not difficult work, it’s quite joyous, sharing the Gospel with the children at their level. If you feel you are able to help out in this worthwhile ministry, please contact the Parish Office on 5174 2060. If you have need of more information, please call Carol on 5174 7712.

ST MICHAEL’S PARISH 1916-2016
Celebrating 100 years in the Community
Calendar of Events

28 AUG, Sunday 9:30am Cultural Diversity Mass will be followed by a brunch in the hall with foods, music and costumes of the many cultural backgrounds that make up our parish. This will be a great chance for people to share a quick glimpse of their different backgrounds and lives.

We are looking for a leader from each Cultural group to help with the celebration of this gathering. Please contact Lyn Burns on 0448 313 040 or Fr Bernard through the Parish Office.

SEPTEMBER

14 SEP, Wednesday 7:00-8:30PM, SESSION 4 with Fr Elio Capra
Venue: St Mary Mackillop Hall at St Michael’s school.
TOPIC: THE JOY OF LOVE (SYNOD ON THE FAMILY): FROM THE IDEAL FAMILY TO STRUGGLING FAMILIES LIVING TOGETHER IN LOVING, COMPASSIONATE AND FORGIVING WAYS.
29 SEP, Thursday, Time TBA
Evening Prayer to celebrate the Feast of St Michael

St. Michael’s Parish Mum’s & Dad’s Group
A great place to meet other mums and have some fun with the kids. Come and enjoy fellowship, friendship and food! We meet every Wednesday during school terms at St. Michael’s, Mary Mackillop Hall.
Time 10am – 12noon.
Any inquiries to Jen Hanratty 51761178 or Lou Varsaci 0414540296. All welcome!
Congratulations to 27 of our Year 6 students who will receive the Sacrament of Confirmation on the weekend of August 20th and 21st. Bishop Patrick O’Regan and Father Bernard will lead our celebrations and confirm these children:

William Alkemade
Jordan Answerth
Cassidy Bartley
Ellie Beechy-Danvers
Amity Blair
Ryan Bosch
Lucy Chilver
Julian Colontuano
Alicia Connolly
Kayla Francolino
Joshua Hanratty
Rieley Henderson
Harvey Howe

Brodie Leyshan
Jackson Ludlow
Ashleigh Mihaly
Billie Mudita
Joseph Nobile
Millicent Passalaqua
Abbey Pianta
Makaila Powlesland-Hamilton
Zane Pyle
Thomas Riddle
Kody Tibballs
Darcy Whitty
Brianna Wilson
Anastasia Winnell

We thank our families for the commitment to the Sacrament program and for the support they have given to their children during this time.

Please pray for these students as they continue along their faith journeys.
IMPORTANT: Medication

Parents of children who need to have medication at school including asthma, diabetes, and anaphylaxis, must complete a medical consent form which can be obtained from the office or the classroom teacher. A written note is not adequate as this does not comply to our school medication policy. In regards to medication that is required to be taken at specific times of the day, it must be clearly stated on the medication form time and dosage and must have a doctor or pharmacists' label also explaining this. Any medication that is specifically prescribed for your child will be stored in the staff room and administered by an aide or classroom tea, not self-administered. If your child does have asthma, diabetes, anaphylaxis or allergies it is your responsibility as parents to inform the classroom teacher or school of any changes to medication and the process of administration.

National Science Week

This week we celebrate National Science Week! The 2016 theme is Droids, Drones and Robots and our Year 3—6 students took up the challenge of the theme here at school in a session with Bricks4Kidz. The students were able to see some drones that operate in the local farming community and to learn how they are operated. Students then all engaged in a collaborative partnership to build a model robot. Lots of great learning about robotics!

Jump Rope for Heart

This year our school has participated in Jump Rope for Heart – a fantastic physical activity and fundraising program by the Heart Foundation. We were extremely lucky on Monday with beautiful weather. Students made a great effort. We have some great skippers amongst our students. Jump Rope for Heart is a great way for your child to keep fit and learn new skills but it also helps raise funds for vital heart research and education programs. Please drop donations to your classroom teacher or school office.

National Science Week

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**CLASS AWARDS**

Congratulations to the following students on achieving a Class Awards in Week 4 & 5 of Term 3

<table>
<thead>
<tr>
<th>Class</th>
<th>Student 1</th>
<th>Student 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep A</td>
<td>Chaz Davey</td>
<td>Taj Lawn</td>
</tr>
<tr>
<td>Prep C</td>
<td>Isabelle Vitale</td>
<td>Grace Marsham</td>
</tr>
<tr>
<td>Prep HE</td>
<td>Orla Phillips</td>
<td>Mason Attfield</td>
</tr>
<tr>
<td>Prep S</td>
<td>Tyson Leitner</td>
<td>Mikayla Mastwyk</td>
</tr>
<tr>
<td>1/2F</td>
<td>Sienna Belle Pivato</td>
<td>Morgan Adams</td>
</tr>
<tr>
<td>1/2J</td>
<td>Lachlan Walker</td>
<td>Maeve Knowles</td>
</tr>
<tr>
<td>1/2P</td>
<td>Luca Vitale</td>
<td>Ava Pigdon</td>
</tr>
<tr>
<td>1/2Q</td>
<td>Sienna Vivian</td>
<td>Charlee Barnes-Stephens</td>
</tr>
<tr>
<td>1/2R</td>
<td>Alexandra Di Grazia</td>
<td>Emme Burgess</td>
</tr>
<tr>
<td>1/2W</td>
<td>Emily Reddick</td>
<td>Dylan Mbulawa</td>
</tr>
<tr>
<td>3/4B</td>
<td>Tyler Lapenta</td>
<td>Jeb Plunkett</td>
</tr>
<tr>
<td>3/4D</td>
<td>Reilly Jean</td>
<td>Sam Moon</td>
</tr>
<tr>
<td>3/4G</td>
<td>Angus Hill</td>
<td>Emily Carney</td>
</tr>
<tr>
<td>3/4I</td>
<td>Blake Felmingham</td>
<td>Ruby Price</td>
</tr>
<tr>
<td>3/4M</td>
<td>Jorja Owler</td>
<td>Sienna Doig</td>
</tr>
<tr>
<td>5/6A</td>
<td>Taylor Williamson</td>
<td>Nathan Thomson</td>
</tr>
<tr>
<td>5/6H</td>
<td>Athena Kavaddias</td>
<td>Leon Kamanyi</td>
</tr>
<tr>
<td>5/6HA</td>
<td>Jamieson Peters</td>
<td>Lexi Jones-Sullivan</td>
</tr>
<tr>
<td>5/6P</td>
<td>Darcy Whitty</td>
<td>Thomas Carney</td>
</tr>
<tr>
<td>5/6R</td>
<td>Matthew Reddick</td>
<td>Stella Saliba Molly Cargill</td>
</tr>
<tr>
<td>5/6S</td>
<td>Kody Tibballs</td>
<td>Stephanie Dukes</td>
</tr>
</tbody>
</table>

As a way of promoting our work in CASSE, each week we draw a raffle at assembly. The CASSE award recognises the efforts by a student to help build a caring, safe and supportive school environment. Well done to Sienna Hill 3/4M and Lacey Carubia 3/4B.

**THANK YOU** to all the students, staff, parents and guardians for your help and support during the 2 weeks of junior swimming program!
Term 3, Week 7

Tuesday 23rd until Tuesday 30th August

BOOK WEEK—
AUSTRALIA:
STORY COUNTRY

Term 3 is a very exciting time in Library as we read all the shortlisted books that have been judged as the best stories written in 2015 and then we anxiously await to find out the winners during BOOK WEEK!
The Children’s Book Council Awards (CBCA) began after WWII in 1945 to encourage Australian authors to produce and so expose our children to the best literature possible. Every year books are submitted to a panel of judges who decide which books will be shortlisted and then winners are chosen as a highlight of Book Week.

During library sessions we discuss why we think the judges have chosen these particular books and what is outstanding about them. We then wait for the decision of the judges to see if we agree because we all have our personal favourites!

During BOOK WEEK we have our annual BOOK Fair which the children enjoy very much. This is also a way of increasing our library book collection, as we receive a percentage of our sales in books.

I look forward to the support of the St Gabriel’s school community with our BOOK FAIR as we have had over the past years.

Date for the BOOK FAIR are Tuesday August 23rd until Tuesday August 30. The BOOK FAIR WILL BE CLOSED MONDAYS. There will be no dress up day this year as we do this every alternate year.
On Friday August the 5th, both the boy’s and girls’ basketball teams participated in the Hoop Time District Basketball competition. Both teams were very competitive winning most games and making it through to the grand finals. Unfortunately, St. Michael’s were just too good for the St Gabriel’s boys. After a big day, the boys ended up placing second after their 14 point loss in the grand final. The girls had a close encounter with Grey St, who they had beaten earlier in the day, but lost by 3 points in the big match. They fought hard all game and because of the small margin, have still qualified for the next Hoop Time competition to be held in Traralgon, in October! Congratulations to both teams on their excellent efforts and good luck to the girls team at the Regional Hoop Time competition. A very big thank you to Corey Thomson for coaching the boy’s team and Tess Styles for helping Miss Albanese coach the girls on the day. The children and teachers really appreciate your time and support!
We are eSmart

Our school is proud to announce we are now officially an eSmart school.

Since we first registered with the program, we have introduced many new policies and activities to improve the way our school manages cybersafety, bullying and cyberbullying.

We feel confident our students, staff and the wider school community are now well supported to be smart, safe and responsible users of digital technology.

We encourage everyone in the school community to continue to uphold and promote eSmart behaviours, at school and at home. If you are aware of any incidents of bullying, cyberbullying or risky online behaviour, please contact the Principal or our eSmart coordinator.

The Alannah and Madeline Foundation
Keeping children safe from violence

We are on Twitter

Request to follow your child’s classroom or department. Simply follow one of the handles below and see what exciting learning is happening in the classroom.

<table>
<thead>
<tr>
<th>Prep Department</th>
<th>St.GabrielsPrep</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2QW</td>
<td>St.Gabriels1/2QW</td>
</tr>
<tr>
<td>1/2FP</td>
<td>St.Gabriels1/2FP</td>
</tr>
<tr>
<td>1/2JR</td>
<td>St.Gabriels1/2JR</td>
</tr>
<tr>
<td>Year 3/4 Department</td>
<td>St.Gabriels3/4</td>
</tr>
<tr>
<td>5/6AR</td>
<td>St.Gabriels5/6AR</td>
</tr>
<tr>
<td>5/6HAS</td>
<td>St.Gabriels5/6HAS</td>
</tr>
<tr>
<td>5/6HP</td>
<td>St.Gabriels5/6HP</td>
</tr>
</tbody>
</table>

Not sure how to use Twitter?
Download the twitter app via the App Store (Apple) or the Google Play Store (Android), sign up for a free account, then search the above names to start following what’s happening in the classroom. Feel free to pop into school and talk to the teachers if you need Twitter support.
Safety and Environmental Team

We are now one day away from the launch of our Active Paths Program and The Safety and Environmental Team would like to invite both children and parents to come and join us on the Friday 19th of August and walk to school on one of the paths. There will be teachers at the start of the four paths to walk with the children to school at 8.30 on the 19th of August. Parents are very welcome to park cars near and around the start of the paths and walk with their children. The map for each of the paths is located at the bottom of this page. When we arrive back at school there will be a short assembly to officially launch our Active Paths. So come along and join the fun walk on the day.

Timetable for Next Friday’s Launch of Active Paths

The launch will be comprised of a walk on your selected path and assembly afterward. Below is the suggested timeline for the morning.

- 8:15am—Students & parents begin to arrive at starting point
- 8:30 - 8:50am (Walk) - Everyone walk and ride to school along designated path; teachers will meet and greet students at all entrances to St. Gabriel’s and hand out stickers for those who
- 9:00 - 9:30am (Assembly) - Introduction and speech from principal; Speech from VIP (i.e. Councillor, local MP, etc) and Ride2School representative; School Leaders to accept Award sign; Photo opportunity.

In the lead up to the launch of our ACTIVE paths, now is a great time to talk to your children about road safety. Road safety is a vital skill for everyone and is not something children just “get” automatically, and is not something children learn from the backseat of a car. Walking, scooting, riding or skating to and from school helps children to learn important road safety skills which will help keep them safe when they start to travel independently.

- Ask your children what should they do when they reach a kerb?
- Make sure your children are aware of cars reversing out of driveways, and give way to them.
- Teach your children to be aware of their surroundings, and the noises they hear. Keeping alert will keep them safe.

The Safety and Environmental Team have worked hard to promote this initiative throughout the school, so keep an eye out for the marking on the paths as these will be placed this week and come along on the day to support them.
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 so 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 it’s 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 than 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 fusses 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 been 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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Michael Grose

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parentingideas.com.au
Enrolment Applications for Prep 2017 are now being taken. Enrolment forms are available at the school office.

PREP 2017—ENROL NOW!

THANK YOU!
On behalf of Latrobe Valley All ability sports, Basketball Victoria Country and Gippsport, we would like to thank St.Gabriel’s school for allowing us to host our first ever All ability Basketball program in the school hall recently. We had 23 participants, varying in ages, and all enjoyed the program. Thank you for your support St.Gabriel’s school!
From the team and kids at Latrobe Valley All Ability sports

NOTICEBOARD

Swim Meet for Everyone
The Traralgon Swimming Club is soon running an 11 & Under Novice Swim Meet. This meet if for new swimmers who are unfamiliar with competitive swimming, but would like to have a go. All are welcome to enter and compete in the races that are swum over 25m. Ribbons are awarded up to 6th place. This event is held at the Churchill pool and will take place on Saturday August 27 at 5pm. It will cost $15 to enter. Information can be found at http://traralgonswimming.org.au/oconnor-transport-11-under-encouragement-meet/ If you are interested in trying out the sport of swimming.

Brick 4 Kidz
BRICKS 4 KIDZ
we learn, we build, we play with LEGO* Bricks

BUILD WITH DAD/Mentor
This workshop puts kids and adults on the same playing field. Both the model builds and games are challenging enough for the older kids and adults, but still simple enough that the younger children can play as well. Technic kits, Motors & Powerpacks supplied.
So if you’re looking for new ideas to Build creative bonds with your kids, you’ll nail it with this workshop!
Time to show off your creativity and modification skills!
Traralgon Library Sept 2nd.
6:30pm – 8pm
$15 per kit for Dad + up to 2 kids 5-95 yrs. Full detail & Enrol online bricks4kidz.com.au/gippsland

Bookclub orders need to be returned by Wednesday 24th August.

$1000 WORTH OF DENTAL CARE FOR ELIGIBLE KIDS

BOOK NOW

☑️ Do you have kids aged 17 years or under?
☑️ Do you receive Family Tax Benefit A?
Latrobe Community Health Service can provide $1000 in dental treatment over 2 years for each of your children. The government will cover the cost.

CALL 1800 242 696
● Morwell ● Moe ● Warragul

Every Child Deserves a Good Book
Bookclub orders need to be returned by Wednesday 24th August.