



Christ the King, North Rocks

Term 2, Week 10
30th June, 2016

2 Statham Avenue, North Rocks 2151
Email—northrocks@parra.catholic.edu.au

Phone 9871 7438
Website—http://www.ctknorthrocks.catholic.edu.au

Term 2, Week 10

Friday 1st July

- * **OFFICE ONLY OPEN UNTIL 9.00AM**
Office staff attending Athletics Carnival
- * **NO BAND**
- * **NO LUNCH ORDERS**
- * **ATHLETICS CARNIVAL**
*Sydney Olympic Park Warm-Up
Arena Homebush*
- * **LAST DAY OF TERM 2**



School Holidays

Term 3, Week 1

Monday 18th July

- * **SPORT PROGRAM**
All students in sport uniform
- * **Lunch Orders**
- * **Cool Kids Music 3.00-4.30pm**

Tuesday 19th July

- * **Uniform Shop** 8.30-11.30am
1.30-3.30pm
- * **PE: Yr 1, 2/5, 3/7, 4/9**
- * **Life Education Van visiting CTK**

Wednesday 20th July

- * **LUNCH ORDERS**
- * **PE: Kindy, 2/6, Year 6**
- * **Life Education Van visiting CTK**
- * **Chess** 3-4pm
- * **Sacrament of Confirmation—1st student session in the Hall. Time to be confirmed**

Thursday 21st July

- * **PE: 3/8, 4/10, Year 5**
- * **Life Education Van visiting CTK**
- * **DanceClub** 3.15-4.15pm

Friday 22nd July

- * **BAND 7.45am (all students)**
- * **LUNCH ORDERS**
- * **Life Education Van visiting CTK**

Dear Parents

The commissioning account of the seventy-two in St Luke's Gospel this Sunday focuses on the theme of "mission". In this piece of scripture Jesus in very simple terms is outlining the future roles of the Apostles as disciples of Christ. Their role was to go out in pairs into the communities in which they lived and worked to proclaim the Good News one and all irrespective of creed or social standing. As a parish community we too are called by Christ to answer the call to continue the mission our Lord and his early evangelists commenced some two thousand years ago. Their mission was to open the people's hearts and minds to the gift of God's grace and love and to share these gifts with others. This is our mission also, to share God's love with our fellow brothers and sisters in Christ.

As the term draws to a close, I would like to thank our CTK parent community for their support and contributions to the school community over the last three months. Your assistance in the classroom supporting teachers, organising morning teas and special events or just simply attending school functions are all greatly appreciated by all concerned. Thank you to all parents who attended the parent teacher interviews over the last two weeks. I trust these meetings have assisted in your understanding of your child's progress throughout the first semester. Have a great break with your families and friends.

As we reach the midpoint of the scholastic year I would like to take the opportunity to thank on behalf of the school community, the CTK staff, for the commitment, professionalism and initiative they provide in caring for and educating our students on a daily basis. From the office ladies through to the teaching staff, teacher aides and leadership team thank you for contributing to the growth and development of all our children throughout the first semester.

Our annual athletics carnival will be held tomorrow Friday the 1st July. This is a great event which will bring term two to a close. All children will travel to the Homebush Bay venue by bus. Children can be picked up by parents from the venue at the conclusion of the carnival from 2pm after they have had their name marked off by the teacher in charge of their age group. No child will be allowed to leave prior to 2pm and must be signed out by a parent. Thank you to those parents who have volunteered to act as officials on the day. Please note that all spectators and parents are to remain in the designated spectator areas throughout the day. Only sanctioned [vested] officials are allowed on the track or field area at any stage during the day. We look forward to a great day of competition and participation.

The staff and I look forward to continuing the great work that is being done with your children next semester. May all our families enjoy a safe and restful holiday!

Happy Holidays!

Tony Hughes
Principal

SPORT NEWS

Athletics Carnival **TOMORROW, FRIDAY 1ST JULY**

This note contains some important last minute information for our **Athletics Carnival** which will be held **tomorrow, FRIDAY 1ST JULY** at **Sydney Olympic Park Warm-Up Arena, Edwin Flack Avenue Homebush Bay**.

PLEASE NOTE: All students (except 12 year olds) participating in the 800m must be at school by 7.45am to meet Mrs. Walsh & Mrs. Ritchie on the basketball court on Friday for early transportation to the Athletics Carnival. **The bus will not be waiting for any late comers.**

At Christ the King we believe that all students, their families and staff have the right to be a part of a safe and supportive athletic environment. Therefore all staff share the responsibility of our school athletics carnival to foster participation, enjoyment and encourage positive involvement.

Our School Athletics Carnival takes into account the NSW Board of Studies syllabus as well as in accordance with the requirements set down by the Combined Schools Athletics Committee. This is to make sure our selections for the Combined Carnival are accurate.

To maximize participation students will also participate in tabloid activities continuously throughout the day. The aim of the day is to hold a carnival with a race meet embedded in to this.

Parking is available in the P1 & P2 areas (P2 is the best area), just follow the signs to Athletics parking. Parking fees are as follows: First 4 hours free and then \$5 per hour thereafter (max \$25).

All children will be travelling to the venue by bus and must be at school by 8.45am, as we would like to have all buses boarded immediately after the school bell. Buses will be leaving at 9.00am.

The children need to dress in their school sports uniform. They may also wear a t-shirt in their house colour and may add some item of coloured clothing, e.g. a ribbon (please dress children in appropriate clothing for the weather). No paper streamers and/or coloured zinc are to be brought along and children are not permitted to spray their hair or use any paint.

Each child needs to bring enough healthy food and fluids to last the day. ***The children will not be permitted to use the canteen facilities. Neither will parents be permitted to purchase food from the canteen for their children.*** Please pack healthy snacks and water.

All parent helpers need to report to the officials table at 8.45am (Mrs. Ritchie & Miss Boules). All helpers will be given a fluoro vest and visitors badge. **To ensure smooth running of our carnival we request that only those parents with a vest be on the field during the day.**

Please note that all events taking place on the sports field will be in full view of the parents seated in the grandstand.

At the completion of the day (approx. 2pm) you may take your child home with you. It is essential that you see your child's age group teacher in order to sign your child out before taking your child home. Any children who have not been collected by a parent at this time will return to school by bus with their class teacher. We will return to school in time for the children to return home in their usual manner.

RUNNING ORDER OF EVENTS

To maximize participation students will also participate in tabloid activities continuously throughout the day. The aim of the day is to hold a carnival with a race meet embedded in to this.

Please find below the running order of sprint events and a schedule of activities throughout the day for each age group. *Please keep in mind unforeseen circumstances may occur so no exact times can be provided.*

Running Order of Sprint Events

****800m events held prior to Core Carnival beginning**

100m Sprint
12 Year Olds
11 Year Olds
10 Year Olds
9 Year Olds
8 Year Olds

70m Sprint (held at the back of running track)

7 Year Olds
5/6 Year Olds

200m Sprint
12 Year Olds
11 Year Olds
10 Year Olds
9 Year Olds
8 Year Olds



Congratulations to Hunter Hosking (yr 6) and Jonathan Wehbe (yr 6) who have been selected to represent the Mackillop Rugby team in August at the NSW CCC rugby carnival in Mudgee.

On Sunday and Monday these two boys represented Parramatta Diocese at the Mackillop rugby trials at Forbes NSW.

In freezing, wet and muddy conditions these two boys played out of their skin against dioceses from all over NSW.

After 4 huge games the boys were named in the starting side in their respective positions.

Good luck boys.



The following reflection speaks volumes to children and adults alike when looking at how happiness and love have nothing to do with what we have, or don't have and everything to do with how we think and how we treat each other.

Who You Are Inside

When you can see beauty, you become beautiful.

When you can appreciate and value achievement, you become successful.

What you build and treasure within you flows into every corner of your life.

What you have within you is what you truly have.

Fill your heart with love, and love will soon surround you.

Fill your thoughts with gratitude, and abundance will be yours.

The priorities you hold will determine the realities you come to know.

Those things you treasure deeply will grow to fill your world.

The person you appear to be on the outside is only a reflection.

It's who you are on the inside that really matters.

Fill yourself inside with love, with authentic purpose, and joy and hope and faith and goodness.



NOTICE - OFFICE TRANSACTIONS

The Office will close at 9am TOMORROW MORNING. FRIDAY 1ST JULY. Office staff will be attending the Athletics Carnival.

BAND NEWS

Please note that there will be *no band or lessons* on Friday July 1 (Athletics Carnival). This time will be made up with additional rehearsal and tuition (and/or performance) time next term.

Steve Lavis, Bandmaster

RELIGIOUS EDUCATION NEWS

Gospel of Luke—daily prayer and reflection

At Christ the King School we greatly value daily prayerful reading of Holy Scripture.

We acknowledge the significance that reading the narrative of Jesus Christ sequentially has in developing a deep faith and love of Jesus. This is also an opportunity to be revealed the true mission and message of Jesus Christ, assisting each of us to recognise and accept our call to live and spread the Gospel values within a contemporary world.

The students at Christ the King School will be reading an online Bible, Bible Gateway at www.biblegateway.com and using the Contemporary English Version. This online version has been approved by the Bishop's office, which has been chosen as it uses appropriate language for Primary aged students. You are welcome to use the online Bible or your own Bible at home. Each week in the Christ the King School Newsletter and the Christ the King Parish Bulletin, the weekly readings will be published.

This week the school community read these readings from the Gospel of Luke.

	June 27, 2016	June 28, 2016	June 29, 2016	June 30, 2016	June 31, 2016
10	Luke 8: 16-18 Light	Luke 8: 19-21 Jesus' Mother and Brothers	Luke 8: 22-25 A Storm	Luke 8: 26-39 A Man with Demons in Him	Luke 8: 40-56 A Dying Girl and a Sick Woman

We hope you all take this opportunity to join us as a Catholic community in prayer and reflection of the Gospel of Luke.

Monica Burley, Religious Education Coordinator

TERM DATES FOR 2016

Term 2	LAST DAY Friday, 1st July	
Term 3	Monday, 18th July	to
	Friday, 23rd September	
Term 4	Monday, 10th October	to
	Tuesday, 20th December	

Happy Birthday for the month of July to



Kinder Jeremy D

*Year 1 Paula E
Talia R
Fredrick P*

*Year 2 Joshua B
Jack T
Maria S
Ameliah L
Nicholas C
Liliana M*

*Year 3 Olivia S
Marcus I
Jayda I*

*Year 4 Sophie S
Luca T
James Y
Michael A
Andre C
Alexander D*

*Year 5 Marcus Y
Sophie K
Isabelle B
Stephanie T
Ciara M
Raphaella P*

*Year 6 Christian Y
Karl E
Samantha E
Elianna F
Georgia S
Anthony E*

MARK IN YOUR DIARY

Friday 29th July

• **Grandparents Day**

Tuesday 2nd August

• **ICAS English**

Thursday 4th August

• **Wakakirri heat NIDA**

Friday 12th August

• **Winter Disco**

Tuesday 16th August

• **ICAS Mathematics**

Wednesday 24th August

Sacrament of Confirmation

Friday 2nd September

• **Father's Day Liturgy**

Friday 16th December

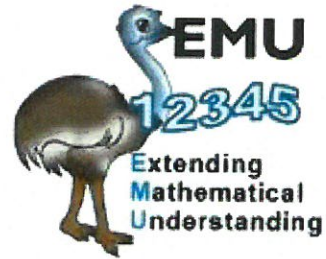
• **Yr 6 End-of-Year Parent /
Child dinner**



**The School
Office is open
from
8.30am to
3.30pm.**

A Snapshot of EMU Learning

As part of student learning in EMU (Extending Mathematical Understanding) this term, students have been learning basic strategies to use when adding and subtracting numbers. One of their favourite strategies has been Friends of Ten and they have created some songs to help you remember too!



Friends of 10 - Jayda Isaia

So here we go kids

Here we go

Let's learn the Friends of 10!

$$1+9 = 10$$

$$2+8 = 10$$

$$3+7 = 10$$

$$4+6 = 10$$

$$5+5 = 10$$

Now you have the trick fill in the blanks!

$$9+ \underline{\quad} = 10$$

$$8+ \underline{\quad} = 10$$

$$7+ \underline{\quad} = 10$$

$$6+ \underline{\quad} = 10$$

$$5+ \underline{\quad} = 10$$

So now you know your Friends of 10!

Bye Bye Kids!

My Friend 10 – Emily Horne

I have a friend and his name is 10

He had a party and invited all his friends

1 and 9 came together

2 and 8 laughed and cheered

3 and 7 danced together

4 and 6 walked and talked

5 and 5 ate party food

6 and 4 yelled yay!

7 and 3 never left

8 and 2 ate and ate

9 and 1 loved the party

10 and 0 had such a fun party!

10 and his friends – Hamish Murphy

Friends of 10, Friends of 10, Friends of 10

1 +9, 2+8, 3+7, 4+6, 5+5, 10+0

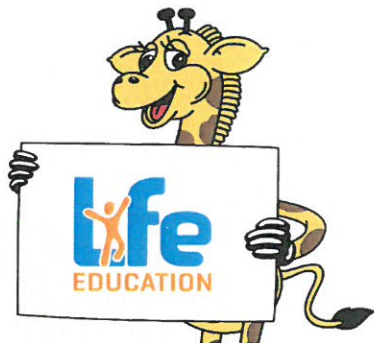
These are all the friends of 10

And they're 10's best friends!

They all equal 10!

They all equal 10!

LIBRARY NEWS



Healthy Harold - Life Education Visit 2016

Once again this year the Life Education Unit with Healthy Harold will be visiting CTK. Life Education aims to 'empower our children and young people to make safer and healthier choices through education'. Infant classes will have one hour sessions while our Primary grades visit for 1 1/2 hours. The van will be here in Week 1 Term 3 Tuesday 19th July through to Monday 25th July. There will be a parent session on Monday 25th July at 2.00 pm for anyone interested in finding out more about the Life Education program. Below is a brief outline of the focus for each year group.

Kindergarten - Harold's Surprise. Healthy food choices, importance of physical activity, safety.

Year 1 - Harold's Mystery Tour. Body workings, safe use and storage of medicines, peer pressure and coping strategies, safety, decision making.

Year 2 - Harold's Heroes. Environmental health issues, emergency procedures, individual needs for medicines and safe use and storage.

Year 3 - Harold's Diary. Friendship, resilience, expressing emotions, coping strategies, healthy food choices, active lifestyles.

Year 4 - bCyberwise. Explores cybersafety through animation, vox pops of children relevant scenarios, discussion and problem solving.

Year 5 - It's Your Call. Definition of legal drugs, decision making, emotions, peer pressure, risk taking, problem solving, safe and appropriate use of communication technologies.

Year 6 - Think Twice. Consequences of alcohol use and misuse, stay safe situations and refusal skills, laws controlling purchase and use.

Please visit the Life Education website to find out more. <http://www.lifeeducation.org.au/>

Mrs Cook, Teacher/Librarian

Premier's Reading Challenge 2016

The PRC closes on the 12th August. Student login details will be issued early in Term 3. The colder holiday period is the perfect time to complete the challenge. Local libraries allow up to 10 books per child each visit and they support the PRC by using the sticker on the spine, so if your child still needs to read a few books, visit your library. Children who need some quick reads to complete the challenge should see me early in Term 3. Remember, reading for pleasure will set your child up for success all through their life.

UNIFORM SHOP 2016

**TUESDAYS 8.30AM—11.30AM
1.30PM—3.30PM**

The Uniform Shop WILL REOPEN on TUESDAY 19TH JULY

The Uniform Shop is open on TUESDAYS each week with morning and afternoon opening hours for your convenience.

Parents are most welcome to place an order through the office.

FULL PAYMENT must accompany all orders.

The Uniform Shop can accept cash or cheque (made payable to Christ the King). Eftpos facilities are able to be accessed through the School office for Uniform orders.

The Uniform Shop Price List is now available on the Christ the King School web site.

Go to ctknorthrocks.catholic.edu.au and click on the 'Parents' tab then click on Handbook, School Office and then Uniform Shop / Clothing Pool. On this page you will find the price list to download.

PARENT VOLUNTEERS WITHIN THE DIOCESE OF PARRAMATTA

New directive from the Diocesan Office 25th May 2016

BUILDING CHILD SAFE COMMUNITIES – NEW FORMS FOR ALL VOLUNTEERS

THIS FORM MUST BE COMPLETED BY ALL PARENT VOLUNTEERS INCLUDING THOSE WHO ALREADY HAVE A CURRENT NSW WORKING WITH CHILDREN CHECK.

This new form must be completed online by the end of Term 2.

From Term 3, parents who have not completed this form (regardless of if they have a current Working With Children Check) will not be able to assist in any capacity as a volunteer within the school.

'Building Child Safe Communities' is a new initiative developed by Catholic Education Diocese of Parramatta that enhances our commitment to ensuring the safety and wellbeing of all students in our care. **It is now a requirement that all volunteers and contractors complete an online undertaking form** that confirms expectations in relation to behaviour whilst volunteering or contracting at schools, Catholic Out of Schools Hours Care and Catholic Early Learning Centres. This undertaking form also seeks to determine the suitability of volunteers and contractors by requiring them to declare that they do not have a criminal history involving children.

Volunteers – please click on '[Building Child Safe Communities – Undertaking for Volunteers](#)' by accessing the form via the Catholic Education Diocese of Parramatta public webpage <http://www.parra.catholic.edu.au>, then click on 'Child Protection Training Forms' (halfway down page on the right hand side).

Then click on '[Volunteer Form](#)' (halfway down page).



You will receive a confirmation email once the form has been submitted.

- Your details will be maintained confidentially in a central database
- A copy of your confirmation will then be emailed to the location where you are volunteering to be kept on file.

A new form is required:

- For each location that you are a volunteer or contractor
- If any of the details you have provided on the form change

A reminder that you once you receive your confirmation email, you will need to complete the Child Protection Module which can be found at this link.

<http://ceo-web.parra.catholic.edu.au/asp/volunteerscpmodule/module1/index.htm>

This information was advised in your confirmation email towards the bottom of the page and can be easily missed. The link provided in your confirmation email from the Child Protection Team Catholic Education Office Parramatta was incorrect. Please use the abovementioned link.

Once you complete this online module the school will receive notification that it has been completed and you will be cleared to volunteer.

Therefore in brief :

1. To complete form go to: <http://www.parra.catholic.edu.au>
2. Wait for confirmation email
3. On receipt of the confirmation email go to the link above to complete Child Protection Online Module
4. Wait for confirmation email
5. The School will receive an email confirming that you have completed both steps and are now cleared to volunteer.

We thank all volunteers for their continued support of Catholic Education.



Dancefever Multisport School Holiday Fun!

Do your kids need entertaining in the school holidays? Our school holiday programs will not only entertain your children, but teach them a range of skills too! Programs such as: Circus Skills, Kids Commando, Skip2Bfit, Parkour, Dance, Gymnastics and Ultimate Obstacle Course are available for children K-6. Our qualified and experienced staff will provide all programs in a safe, fun-filled environment, regardless of individual skill level. Dancefever Multisport is excited to offer a new service to children in your area, School Holiday Fun! We have recently opened our Sydney head office, in Auburn, and are launching an action packed program these holidays. Our Holiday Fun program is a mix of many different sports and movements, including: dance, skipping, ball sports, gymnastics, parkour, fitness and circus. Each session is run by Dancefever Instructors, and places are limited to ensure maximum participation for each child. As an existing client of Dancefever, we would like to offer your students preferential session bookings, ensuring they can continue their favourite Dancefever activities these holidays. For more information and bookings, log onto www.dancefevermultisport.com/holidayfun

Science for Real, microbiology workshops created by the microbiologists at Quantal Bioscience. Our workshops are taught by **real microbiologists** currently engaged in scientific research across the health and medical, environment and agriculture and food sectors. This year, we've launched a series of school holiday science workshops that offer unique science engagement experiences for students in years 3-10.

We conduct our holiday workshops at the Science Centre at The King's School at North Parramatta, where Quantal Bioscience is co-located as part of The Future Project.

Our next course dates:

Monday 11th July 2016: Microbe Planet @ The King's School, North Parramatta
Tuesday 12th July 2016: Microbial Me @ The King's School, North Parramatta
Wednesday 13th July 2016: Microbe Kitchen Rules @ The King's School, North Parramatta
Thursday 14th July 2016: CSI: Microbiology @ The King's School, North Parramatta

For more information on 'Science for Real', please visit our website at www.quantalbioscience.com



SCHOOL HOLIDAYS! REGISTER NOW! nextlevelsports@live.com.au

Why Choose Us?

Next Level Sports Clinic is an active school holiday experience for primary school students (5-13 years), run by Mr David Younis.

We will be running a clinic in the second week of the upcoming July school holidays. Join us for a week of fun with plenty of activities, games exercises & a free lunch on Friday!

DATES **Monday 11th – Friday 15th July.**

Students are welcome to attend all week or selected days.

Act now, as spots are limited!

For more information (dates, location and other enquiries)

Contact David Younis at: nextlevelsports@live.com.au

(Emails returned promptly)

Like us on Facebook! Search for "Next Level Sports Clinic"

School Holiday Art Classes

11 – 15 July

Art classes are being offered at

1st North Rocks Scout Hall

in the last week of the school holidays.

Full day or half days are available and each day will feature different projects and art works

all materials will be provided – students will need to bring a painting shirt, morning/afternoon tea and lunch

Full Day \$80

Half Day \$40

Discounts are available for students attending more than one full day

CONTACT

Jennifer Burns on:

0488 446 657 or:

seraphiccreations@gmail.com



CTK COMMUNITY NEWS

UTS Bright Futures Holiday Workshop 11-15 July

Bright Futures Week is for primary and early secondary students who are curious about the world, passionate about learning and starting to think about the paths they will take in the years ahead. The week offers a unique combination of eye-opening experiences based around subjects studied at UTS.

Workshops available

Monday 11 July—Coding—Introductory Arduino for girls
Tuesday 12 & Wed 13 July—Advanced Arduino
Wednesday 13 July—Speaking and Debating
Thursday 14 July—Creative Writing
Friday 15 July—Coding—Create your own E.Book

To view the full program and register, please go to the link below for further details.

<http://www.uts.edu.au?research-and-teaching/our-research/international-research-centre-youth-futures/what-we-do/programs-1>

Registration available until Friday 1st July.

Out of the box Spiritual Retreats

St Joseph's Baulkham Hills is now offering retreats called **Out of the box Spiritual Retreats**. Time for you-A spiritual retreat weekend for individuals. The first retreat we are offering is a weekend retreat for individuals called "Time for You". This retreat will be self-directed yet include one hour of spiritual direction, yoga, labyrinth walk and optional massage.

Dates: There are two dates planned. 13-14th August and 5-6 November 2016.

Event website To share details about this program and to allow for the greatest flexibility in delivering details we are using a website. www.outoftheboxretreats.org.au

Seminar – Understanding Family Law – Two Sessions

CCSS Solo Parent Services are holding two sessions for our Seminar on "Understanding Family Law". The seminars on the following dates will cover the topics below:

Wednesday 20th July – Understanding the Family Law

Act – Focus on Divorce/Separation and Children's needs.

Wednesday 27th July – Understanding the Family Law

Act – Focus on Property /Settlements.

Venue for both Seminars: DAC, 1-5 Marion St Blacktown **Time:** 7.30pm – 9.30pm **Cost:** \$7.00 per session. **Registration**

Essential: Solo Parent Services - Rita - PH: 8822 2222 or email: soloparentservices@ccss.org.au



Is your child safe?

1 Have you got the correct car seat for your child?

By law, all children under 7 years of age must be secured in the correct child car seat for their age and size. It is also strongly recommended that children 7 years and over stay in their booster seat until they are too tall for them, or until they fit well in a normal seatbelt.

2 Have you got the safest car seat for your child?

At childcarseats.com.au you will find car seats that have been scientifically tested and rated for crash safety by the Child Restraint Evaluation Program.

3 Have you fitted and adjusted the seat correctly?

Child car seats are also scientifically tested and rated for ease of use. A child car seat that is easier to use is more likely to be used correctly, which improves safety. A seat that is professionally fitted will also improve safety.

Visit childcarseats.com.au



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Mount St Benedict College P&F
Ladies and Gents
GOLF DAY
MUIRFIELD GOLF CLUB
Barclay Road, North Rocks

Friday 9 September
18 holes - 7.30am tee off
9 holes - 9.30am tee off

GOLF Luncheon*
\$60 - 9 holes
\$80 - 18 holes
*cost to be confirmed

For parents and friends of local catholic schools to enjoy a social day with other parents while enjoying 18 or 9 holes of golf followed by lunch.

RSVP by Friday 26 August
at www.msb.nsw.edu.au/calendar/golfdays

For further information:
P&F pandf@msben.nsw.edu.au
Greg Smith greg@smithandcoaccountants.com.au / T: 9659 1111

EVERYONE'S A WINNER
a bottle of wine for all



Parent Line
NSW

is a unique telephone and online counselling and support service for parents and carers. We cover issues with babies, children and young people up to 18 years of age, all over NSW. Our counsellors are professionally trained and specialise in working with families.



concerns in 2015

Last year we were most often asked about:

- 1 Child anxiety
- 2 Reducing parent/child conflict
- 3 Managing challenging behaviour
- 4 Managing parents' stress
- 5 Impact of parental conflict and separation on kids

Child development and learning

Many parents have concerns at times during the primary school years about their child's social development or learning skills. **Talking over concerns with a parenting counsellor can identify where problems might be occurring and we can offer referrals and/or parenting strategies to assist.** We can also talk about changes in a child's behaviour or character to help parents understand what may be happening for their child.

Tough conversations

The primary school years are filled with tough conversations parents need to have with kids. Some of these include:

- * Strangers and safety
- * Using technology
- * Sex education
- * Bullying
- * Grief

Parent Line counsellors are very familiar with these conversations and can help parents find the best ways to communicate concerns without making kids distressed or defensive. **Call us or jump online at www.parentline.org.au to chat to a counsellor.**

signs of a healthy family

Whilst every family is unique, researchers find there are common signs of healthy families:

- * Members are committed to one another
- * Families engage in positive communication
- * The family spends significant time together
- * Members show affection to one another
- * The family actively engages together to resolve crises (DeFraim 1999).

Our counsellors can help families develop these ways of being together.



"I just DON'T want to go!"

Our counsellors receive many calls from parents with this issue, and there are many reasons why children may not want to go to school. Our counsellors can discuss your family situation and what your child may be experiencing so that we can help you find some strategies that work.

1300 1300 52

7 days a week

info@parentline.org.au

www.parentline.org.au