



From the Principal

John M Freeman

Phased Return to Face-to-Face Teaching

Next week all students return to face-to-face teaching. We look forward to welcoming back to the campuses our Years 7 to 9 students and the Years 10s who have not had VCE or VET classes to attend for the last two weeks.

This will no doubt be an exciting time for all, but I ask families to discuss with their children the need to exercise good hygiene and maintain appropriate social distancing.

I remind all parents, guardians and carers to keep their child at home if unwell. Upon arrival to school or during the school day, if your child becomes ill or is unwell, you will be contacted and required to come and collect your child.

If your child is experiencing signs or symptoms of COVID-19 (fever, cough or sore throat), it is recommended that appropriate medical advice is sought. Your child should not be sent to school.

I would also like to reiterate that the school will not be conducting temperature checks of students, staff or visitors to the school. Instead, the school will be implementing known controls, such as good hygiene measures.

While medical advice states that physical distancing is not required for students during classroom activities, Lavalla Catholic College has already implemented control measures including:

- extending school cleaning programs during the school day
- limiting the number of visitors attending the school, including parents.

I wish to reassure you that the safety and wellbeing of our school community will remain our highest priority with these and other provisions being made for the safety of students and staff.

Again I thank all our parents, guardians, carers and the wider school community for their hard work and support.

Furthermore, I am sure our community would like to join me in thanking the staff of Lavalla Catholic College for their ongoing dedication and support of our students

National Reconciliation Week

National Reconciliation Week started as the Week of Prayer for Reconciliation in 1993 and was supported by Australia's major religious groups. Under the guidance of the Council for Aboriginal Reconciliation (now Reconciliation Australia), it evolved into the week-long celebration that it is today.

Every year, it is held between two significant milestones in Australia's history, May 27 and June 3. May 27 is the anniversary of the 1967 referendum in which more than 90 per cent of Australians voted 'Yes' to count Aboriginal and Torres Strait Islander peoples in the census and give the Australian Government the power to make laws for Aboriginal and Torres Strait Islander peoples. The day before National Reconciliation Week, 26 May, is National Sorry Day, which was first held in Sydney in 1998 and is now commemorated nationally to remember and honour the Stolen Generations. June 3 marks the historic 1992 Mabo decision in which the High Court of Australia recognised native title – the recognition that Aboriginal and Torres Strait Islander peoples' rights over their lands did survive British colonisation.

*one wild and
precious life*

This year we recognised Reconciliation Week in a small but meaningful way with student leaders organising a poster for each LA group at the Kildare campus. The goal was for the students in the LAs to share their ideas and write down thoughts about what reconciliation means to them and display the poster in the window of their classrooms. The students organising activity did so on the premise that reconciliation involves building positive, respectful relationships between all peoples and to create positive change we need more people talking about the issues and getting involved.

Champagnat Feast Day 6 June 2020

The Feast Day of Marcellin Champagnat officially takes place tomorrow. Our usual celebrations would have involved the whole school coming together yesterday to celebrate Mass, gather afterwards to share some food and time together. Clearly, that was not possible this year, at least for now. However, we will recognise this significant day next Thursday, 11 June with a prepared liturgy that can be celebrated in class groups. The students will also be able to watch a short video from Br Peter Carroll, Marist Brothers Provincial. Thanks in advance to Robyn Rebbechi for her organisation.

Many of you would know that we would usually announce our Champagnat Medal winners at the Feast Day Mass. The process of selection is best undertaken when we are present to each other. Accordingly, we will look to select medallists for 2020 next term.

Staff News

Many families would know that Gloria Zahra took time for the last 12 months to expand and deepen her capacity as a teacher by working at The Berry Street School in Morwell. It would be no surprise that Gloria thrived in this environment and has now commenced an ongoing position at the school as a Lead Teacher. We wish her all the best in the future.

We wish Domenic De Van Der Schueren a restful and productive time as he takes Long Service Leave commencing on Tuesday next week until the end of Term 3.

Student News

Well done to Chloe Lyon and Ben Gafa from year eleven on competing in the VCE Plain English Speaking Awards recently. Thank you to Amy McCormack and Shane Reid on their support and organisation.

Even though we are working differently, it is great to see that the opportunity for our students to connect with peers in other Marist schools can continue. Last Thursday we had six students participate online with another six Marist schools at a Marist Youth Ministry gathering. Thank you to Robyn Rebbechi for facilitating the students' participation in this opportunity.

Well done to the Unit 1 and 3 Music Performance students who held an afternoon of solo recitals recently

Condolences

Finally, can I please ask that you keep the following people who have passed away as well as their family and friends in your prayers:

Darren Drava, the father of Andrew Drava (12) and Michael (2018).

Megan Agostino, the mother of Isabella (10).

Prayer

God of justice and forgiveness,
Guide us as we continue on our pathway
to Reconciliation.
Grant us the courage to speak out against
the injustices that Indigenous Australians
continue to suffer.
Help us to see with new eyes, to listen
to the stories of our Indigenous brothers
and sisters and to feel with a heart of
compassion.
Help us to build right relations with each
other based on
Truth and justice.
We ask this prayer through Christ our
Lord.

Amen.

***Eternal rest grant unto
them, O Lord, and let
perpetual light shine
upon them. May the
souls of the faithful
departed, through the
mercy of God, rest in
peace. Amen.***



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God, we thank you for the inspiration of Jesus. Grant that we will love you with all our hearts, souls, and minds, and love our neighbors as we love ourselves, even our enemy neighbors. And we ask you, God, in these days of emotional tension, when the problems of the world are gigantic in extent and chaotic in detail, to be with us in our going out and our coming in, in our rising up and in our lying down, in our moments of joy and in our moments of sorrow, until the day when there shall be no sunset and no dawn.

Amen.

Dr Martin Luther King Jr



STUDENT WELLBEING



Doug Doherty
Deputy Principal
Student Well-Being & Operations

Student Return

Students will resume classroom learning on **Tuesday 9 June 2020**, and will be expected to attend Lavalla Catholic College as normal.

Students staying at home

If your parents, guardians or carers choose to keep you at home instead of returning to classroom learning, we as a College will continue to provide the weekly outlines via SIMON Class Notices page but you will be marked as absent from College.

Keeping Everyone Safe

Do not come to school if you are unwell!

If you become unwell whilst at school, you will be returned home or isolated within the College, until a responsible adult can collect you.

We have lots of ways to promote good hygiene, which will be illustrated around the College, so please read and follow instructions shown on campus.

These include – social distancing, hand hygiene, do not share food or drinks, bring your own drink bottle.

Lockers

To assist with social distancing, we have decided that lockers should not be used and students can carry their bags with them.

Please ensure that all bags are stowed under your seat or desk or on the back of your chair, to prevent any trip hazards.

Cleaning

The College has employed cleaners throughout the day to keep you safe by ensuring high touch areas are regularly cleaned. It is now up to us to ensure that we keep ourselves and our College community safe with our actions.

Classrooms

Classrooms may look different due to how we have set up the rooms. These are not to be changed and will mean that until further notice group tasks will not take place.

Students will not be expected to line up in corridor areas, but should enter the room respectfully and keeping social distancing.

RETURN TO THE CLASSROOM

Bell Times

Bell Times will revert back to normal lesson times when you return to College.

Lunch

Canteen on both campuses will be open. Priority of service will be for lunch orders. Any other service of food will not take place until the orders are collected.

At Kildare, the Canteen will be open throughout the day and if a Year 12 student can have lunch during period four, they should do so.

Hydration

Taps have now replaced all drink bubblers in the College. This means that YOU must bring a water bottle to school.

Under no circumstance should a student drink directly from the taps.

IT Support

Students will no longer go to IT for support. If you need IT support you need to notify the teacher and then log a Help Desk ticket by emailing helpdesk@lavalla.vic.edu.au

One of the IT staff will remotely connect with the student's device and resolve the problem.

Study Spaces after School

These spaces will not be open until further notice.

Further Information

We are still receiving information from a range of places such as the government, Marist Schools Australia and the Catholic Education Office regarding resuming different practices at our College. As we learn about these, we will share this news with you by the Well-Being and Operations Team as well as our Student Leaders.

Thanks

I hope you would take this opportunity to thank your parent, guardian or carer for their hard work, love and support of you during remote learning.

I hope you take the opportunity to thank the wonderful staff at Lavalla Catholic College for their dedication and support of you students.

If you require assistance or additional support, please contact us.



REMOTE LEARNING



BRETT VAN BERKEL
Deputy Principal
Learning & Teaching

Welcome Back!

A return to onsite learning

It was wonderful to see our Year 11 and 12 students and staff return to onsite learning at the Kildare Campus. Even with appropriate social distancing in place and COVID-19 protocols highly visible across the school, you could see the joy on people's faces as they were back amongst friends. The very essence of our Marist story is one of relationship, connectedness and love. I hope our students and families have felt this during the past couple of months when we have engaged in Remote Learning Lavalla Catholic College.

I wish to acknowledge the enormous amount of work our staff have put in during the Remote Learning program. The professionalism and work ethic displayed has been amazing. Our teachers have done an incredible job in changing their pedagogy in support of remote learning. Their focus was firmly on how to support the students in their classes. From early mornings to taking questions into the evening, they were there ensuring learning was happening.

It was not only the teachers who helped Remote Learning to be such a success, but the many educational support offices, and school administration officers who go about their work with pride and generosity to ensure all runs smoothly.

Parents and guardians we also wish to thank you for your support and work throughout this period. Without you engaging in the learning process and supporting your child at home, such success would not have been possible. We hope introducing PAM has allowed you to be more informed and involved in your child's educational journey.



Education is not the filling of a pail, but the
lighting of a fire.

(William Butler Yeats)

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CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

Creativity, connection and Marist Spirit

This year has seen a whole range of new experiences for our community, as a response to the restrictions on gatherings due to COVID-19. It seems true that out of adversity comes creativity, and we are having plenty of opportunities to test our creativity, particularly in the Catholic Identity and Mission world. This year the Feast of St Marcellin Champagnat, normally celebrated with a College Mass, will have a different shape due to restrictions, however this has given us a great opportunity to involve students in producing a 'liturgy on film' in which the whole school can participate. This liturgy will be celebrated on Thursday 11 June, during LA and Homeroom.

As a way of building our shared community understanding of the life of St Marcellin and the work which he has inspired, you may like to watch a film made available to us by Marist Brother, Br Tony Leon, which explores stories of Marist life and spirit and showcases how the Marist vision is still being lived around the world today. Some of our students may watch this film in their RE class, so in watching it you can be a part of their learning, and give you some great pointers for dinner table conversations with your family.

The video and article can be found [HERE](#).

We also had a chance recently to experience creative solutions to ministry with a Marist Youth Ministry online gathering. These gatherings have taken place over the past few years, but this was the first one to be held online, and had the added benefit of allowing participation for students from Victoria and South Australia. Distance is no limit, when you are connecting via a computer screen! There were 49 participants from seven Marist schools, including a strong group of six from Lavalla, along with staff and the MYM team, Edwin, Lachy and Ella, who provided a great evening of reflection, discussion and even games. We were very proud of the way our students engaged in the event, and the way in which they contributed so thoughtfully to the discussion. Below are reflections on the experience from some of our students. We hope that many other students will take advantage of opportunities such as this in the future.

"Like each other MYM event I have participated in, the very first MYM Online Connect Night was extremely beneficial, and a great opportunity to refresh and refocus. It was a chance to reflect on events currently happening in our lives and in the world, educate ourselves on some of the values and virtues of the leaders we look up to, and most importantly to connect as a Marist family & community. The really special part about this Connect night being online, was that we were able to contact friendly faces from Melbourne and also interstate, which we would not normally have to opportunity to do in the normal face-to-face format of the event."

- **Natasha Richards, Champagnat 1**

"The Marist connect evening was a great way to meet new people with the same values as myself, as well as see some familiar faces. Whilst a virtual meeting is never as valuable as face to face, the connect night allowed us to feel like we're still connected and a part of the Marist community. And not to mention offered much needed company in this time of need."

-**Alexa Stewart, Nagle 2**

"It was a great evening spent attending the Marist Online Connect Event. Listening to the students' stories on how they have shown solidarity or experienced solidarity in their lives was both moving and heartwarming."

- **Angela Francolino, Nagle 6**

"The Marist connect was a great way to escape from what is going on in the world right now, while still being able to see old friends who live elsewhere in Australia and also meet some new people. We concentrated on talking about the struggles that Mary and Marcellin went through and related this to ways that we have used our own struggles to help others in our community. It was a great experience that I would love to be involved in again."

- **Niamh Williams, Delany 4**

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FAITH FORMATION



CHRIS ROGA
Faith Formator

The Letter 1823

Every year we celebrate the Feast of St Marcellin Champagnat with the College Mass, the Champagnat Awards and activities. This year we have an opportunity to do so very differently. We know the myths surrounding the man, but do we understand the man himself? Br Michael Green fms refers to this letter as a 'precious gem'. It reveals aspects of Marcellin that we often gloss over.

Written over two and a half pages in an ordinary notebook, it shows the value Marcellin attached to relationships and how he treated everyone equally. It sheds light on the early Marist schools and teachers. It seems they had similar challenges to ours! Note the lack of titles, the open sharing of information and the warm tone.



What sense of the man do you get from this letter?

My dear children in Jesus and Mary,

I waited until today to write you, so that I could give you news of the other establishments I visited last week. Everyone there is in good health and they were very happy to have news about you.

Brother Michel is doing very well in Bourg-Argental; their school isn't doing badly at all. However, they still have only 90 children, although more come every day. They are still very poorly housed; they are still forbidden to use the garden, which would be extremely useful to them. But I'm really not angry about the situation. I spoke to Mr. De Pleyné and Mr. De Sablon, and made it clear to them that the present building was not suitable for a school, and that we were counting on something better for the future. They gave me their promise, but I don't know what they will do. They're in no hurry to settle the matter.

Things are going wonderfully in Boulieu. They already have more than a hundred children. They keep urging me to send a third brother. I don't know yet whom I shall send. The parish priest is very pleased. He told me that he dreamed about us every night, he was so eager to attract us to his department and his diocese; he told me to expect that the Duke de Vogüé would give us all sorts of help, and said that he is only the latter's spokesman. Let us pray that God will show us His holy will, and let us always say that we are His useless servants.

Brother Laurent seems happy in Vanosc, but his resources there are still minimal.

The school in St-Sauveur is still growing, although Brother Jean-François is no longer teaching there; his mood seems to be improving slowly, and he is more resigned. I was a bit annoyed that you had told him in advance about that decision. When Mr. Colomb saw three brothers arriving in town, he saw what was coming and wrote me about it. In spite of opposition from several quarters, I think I'll win my case. During my visit, I explained my reasons for acting this way to his family, in the absence of the mayor. I think they agreed with me.

Things are also going very well in Tarentaise. The children say that Brother Laurent was a nice guy, but the new teacher is even more so. As for La Valla, it looks like we shall have plenty of children, and plenty of poor people. Thank God! We will do what we can to feed them.

Many novices are also coming, but nearly all of them are very poor and very young. Still, three of them have reached the age of reason, since they are over thirty. One is a business-man, one is a shoemaker, and the third is a nobody. Still, God does great things with nothing.

If you need a third [brother] I can send him to you, provided your parish priest sends me a request.

Since I intend to write you again, I will stop here, assuring you that it will always give me pleasure and satisfaction to be your very devoted father in Jesus and Mary.

My respects to your parish priest, to whom I will be writing soon.

A handwritten signature in cursive script that reads 'Champagnat'.

VCE PLAIN ENGLISH SPEAKING

Awards

I have had the great privilege of working with the wonderful Chloe Lyon and Ben Gafa, both from year eleven, who competed today in the VCE PESA awards. This year, the whole competition moved to an online platform which meant that instead of being allocated into geographical regions the sessions were organised with a random allocation model.

There are two sections each student must present a prepared speech on an issue of current interest and they are then given three minutes to prepare an impromptu speech on an unknown topic. Chloe's prepared speech was titled – **'His name doesn't matter; her name was Hannah Clarke'** and Ben's, **'Dean Laidley and what he was wearing.'** Both speeches were similar in origin as Chloe and Ben expanded and adapted work that they had presented as persuasive speeches on the topic of victim blaming in the Australian media as part of their English studies this year.

We have a lot to be proud of with the hard work Chloe and Ben have done in recent weeks, they each put up their hands for this extra workload whilst we working remotely and ended up delivering quite thought provoking and nuanced works. They also did a wonderful job with the impromptu speech on the topic that 'rules are made to be broken.'

Thanks not just to Chloe and Ben for representing us so magnificently, but to Ms Amy McCormack who was on hand to help with their coaching during the remote learning period and also to Jaida Delicato who was on hand in the final stages to share her wisdom and experience from her participation in 2019. It is really wonderful to see a burgeoning culture around this event starting to develop at our College.

Shane Reid



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STUDENT NEWS

Gippsland Interschool Chess Online

This year the Gippsland Interschool Chess Tournament went online for the very first time ever. During this remote time, we know students are missing the community, teamwork and friendly competition that interschool team sports provide. Interschool Chess was one opportunity to try and fill that gap for our students who were keen to challenge themselves with something new, and who love playing chess.

Last Wednesday 27th May, five Lavalla students from a variety of year levels, competed in the online Chess tournament from their homes. Angus Pollard, Matthew Reddick, Emma Monk, Jayden Stephens and Malachi Sanders all played a number of different games throughout the day against students from different schools in the Gippsland region. The day started off with a Zoom meeting, explaining all of the rules and guidelines, and then players rotated through online games.

The students represented the College proudly and came 3rd overall on the day, with Angus Pollard finishing the day as our highest seeded player. Congratulations to all five students on an amazing effort, and we encourage them to keep honing their skills in preparation for the next tournament.

Katie Lee
Cultural Co-ordinator



VCE Music Performance

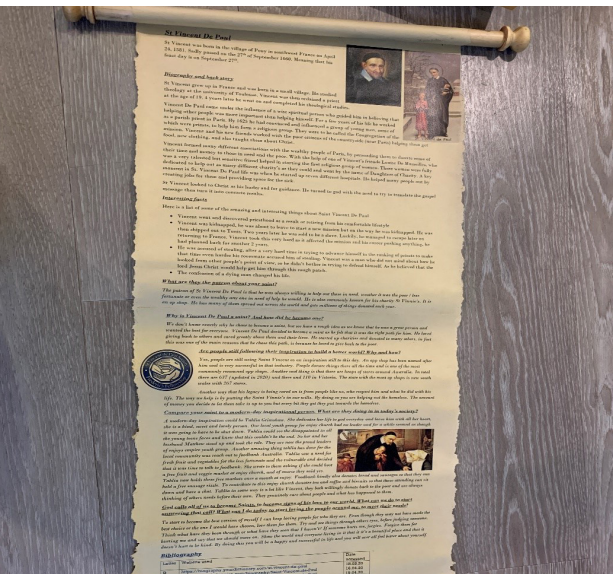


On Tuesday the 2nd of June our VCE Music Performance students gathered- at a socially acceptable distance – to present an afternoon of solo recitals. The soiree took us on a musical journey through the Baroque music of Handel and Pergolesi, the Romantic style of Weber, the folk tunes of Grainger and contemporary hits by Streisand and Winehouse.

Congratulations to all of the students on their performances! It was wonderful to hear their hard work and dedication play off with our own ears and we are looking forward to hearing their next recitals in Semester 2.

Shane Lebbe
Director of Music

Year 9 Religious Education



This term the students in Year 9 Religious Education have been learning about inspirational people in the world and how they show the qualities and discipleship of Jesus.

Their assessment task was to research a Saint that they were interested in and present their work in a creative way. I was very impressed with the creativity of many of our students in how they presented their work to teach others about their Saint.

Sue Pickett
Learning Area Leader of Religious Education.

2nd HAND UNIFORM SHOP

The Lavalla Catholic College Second hand Uniform Shop will be open by appointment only for the remainder of Term 2.

Appointments are available between 10.00am-4.30pm every Thursday and Friday for ½ hour. If you think you will need extra time please advise when requesting an appointment. Please be aware we will need time between each appointment to clean the shop so spaces are limited.

To make an appointment please phone the St Paul's Campus 5174 7355.

The following rules will apply:

- Customers must present to Reception upon arrival to sign a Covid-19 form.
- The Shop will be limited to 1 family.
- Hand sanitiser will be available and must be used upon entering the Shop.
- Government Social distancing and Hygiene requirements must be adhered to at all times.
- EFTPOS will be the only acceptable payment method. Contactless payments are preferred.
- If you or anyone in your household is unwell you must reschedule your appointment for another day.

Before making an appointment please check our current listing [HERE](#) to ensure we have your required item/s in stock. We are usually low on stock in sizes 6-12 in some items.

May I also take this opportunity to request that any parent or guardian with clothing currently for sale in the Second hand Uniform Shop please fill in the attached fillable PDF and return to me by 30th June 2020 at groucat1@lavalla.vic.edu.au

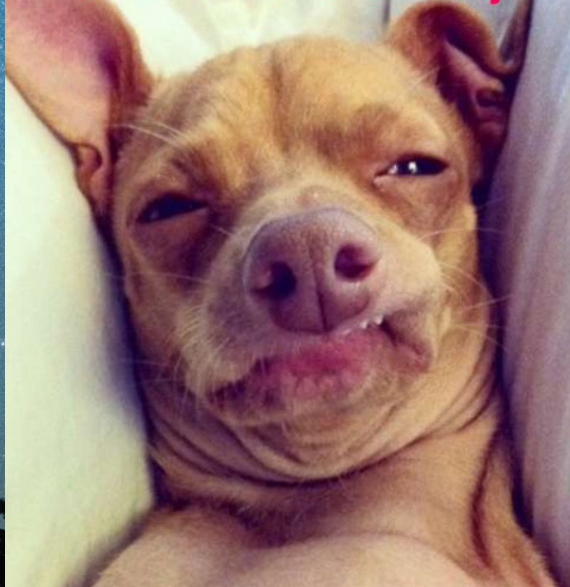
We have some Uniform items being phased out over the next few years and need to know what your preference is for your items for now and in the future.

Please note, if I have not received your preference by the due date it will be assumed that The College can decide what to do with your items being phased out.

SCHOOL CALENDAR

The school Calendar can be viewed [HERE](#) to keep up to date with activites happening at the College.

**When you remember you go
back to school in 4 days:**





I, (Name)

of

Postal Address

Authorise the Lavalla Catholic College Second-Hand Uniform Shop to:

Dispose of or donate my uniform that has been phased out.

Put aside my uniform items that have been phased out for me to collect from the
Second-Hand Uniform Shop

****You will be contacted as your items become available for collection****

Email form to groucatl@lavalla.vic.edu.au

LVBL Guidelines for COVID-19 Safe School Bus Passenger Travel

Attention: School Principal and School Bus Coordinator

Date: 26th May 2020

Purpose: Safety is our priority. Below is a guideline for the safe travel of students during the Coronavirus pandemic.

Student presents as symptomatic on the bus:

- LVBL driver is required to report the name of the student to the LVBL Supervisor on duty as soon as possible.
- LVBL Supervisor is required to report the students name and bus the student was traveling on, to the school bus coordinator as soon as possible.
- The bus will be isolated, disinfected and fumigated upon return to the depot.
- The LVBL driver will be isolated until confirmation regarding the situation and infection can be confirmed.

Student reports as symptomatic at school:

- If the student has caught an LVBL school bus, we request the school report, as soon as possible, the day/s the student travelled, and the school bus travelled on.

Details to be reported to:

General Manager Anna Tyben 0351 354700 / 0421 343 849

Operations Manager Tom Scott 0351 354700 / 0418 550 629

LVBL driver reports as symptomatic:

- Our driver (primary driver) will be isolated until confirmation regarding infection.
- LVBL staff (secondary driver) that have had contact with the driver will be isolated.
- Schools will be informed of the runs the primary driver has performed in the prior 5 days.
- Schools will be informed of any secondary drivers that have driven across that day.
- DHHS and DOT will be informed.
- Buses will be isolated, disinfected and fumigated.

Service disruption through unavailability of staff:

- DOT and the school will be immediately informed of the level and potential length of service disruption.

Physical distancing on board buses and at terminals is the responsibility of students. Drivers will not be monitoring physical distancing on board buses.

We are recommending students and drivers limit their face to face contact and follow the DHHS recommended physical distancing guidelines.

In all cases, early communication between the school and LVBL is the key to minimising risk of infection and mass quarantine.

Further information, please contact

LVBL General Manager; Anna Tyben 5135 4700 or 0421 343 849.

INSIGHTS

Successfully transitioning students back to school



The recent home-schooling experience of Australian students is about to end with most states and territories transitioning kids back to school. For parents, many of whom have discovered just how complex teaching can be, the return to school will be a welcome relief. For children, going back to school may bring a mixed bag of feelings. Eager anticipation about reconnecting with friends and teachers will probably be accompanied by a level of anxiety about what school may be like upon return.

School undoubtedly will be a different experience for students post COVID-19. For a start they've just experienced a prolonged period of remote learning and an absence from their friends, which will take time to process when they return to school.

With organised extra-curricular activities put on hold most children have had a great deal of free time, which has placed the locus of control firmly in their hands. I suspect many kids will grieve their lack of freedom, as they've had a glorious glimpse of what an unstructured life is like. It may take some time for them to get back into the swing of school life.

With the return to school imminent here are some sensible strategies to make adjustment easier for students.

Get ready for a return

Worriers and anxious types in particular like to know what's ahead so your approach will make a difference. Prepare your child for a return by discussing the safety procedures the school will be implementing. Let young children know that an adult won't be accompanying them past the school gate. Ask your child what they are looking forward to and check in with how they are feeling about a return. Validate any fears and apprehensions and correct any misconceptions.

Go slowly

This period will mirror the start of the school year when your child had to adjust to new teachers, different classmates and a new year level. Adjusting to change takes a great deal of personal energy, so your child or young person may become tired, grumpy, even moody at home. Make allowances for these personal changes and make sure they have plenty of free time to unwind after school.

Focus on reconnection

Make reconnection the theme for your child's return to school. He or she will have to reconnect with friends, teachers and learning, which takes time. In all likelihood, your child's teachers will use many strategies to help your child connect with their friends, reflect on their time at home and move them back into full-time learning mode. Support these activities and keep your learning expectations for your child in check.

It may take the rest of the term for some children to adjust to their life back at school.

Stay calm

Anxiety is very contagious, so it's easy for us as parents to take on our children's worries and fears. The reverse is true, and kids can pick up our worries, taking them on as their own. As a buffer against anxiety ensure you do something each day that brings you some joy, whether it's listening to music, going for a walk or having a coffee with a friend.

Look after yourself

In recent months parents and teachers have been doing significant emotional labour. The learning and adjustment curves have been massive, with little time to relax and take a break. Consider your own emotional resources and make your wellbeing a priority, which will make it easier for you to stay calm if your child experiences difficulties.

Communicate confidence

It's a fine line that many parents walk between being flippant ('you'll be right') and showing confidence ('you'll do okay') when kids struggle to adjust to change. My research into childhood anxiety reveals that children and young people want parents and teachers to understand their fears and anxieties, and to coach them to negotiate difficulties including adjusting to change. You can support your child through sharing stories of resilience, focusing on the positives and letting them know that will eventually adjust.

The COVID-19 pandemic has thrown up many difficulties requiring us all to quickly adapt to new situations. Flexibility is a prime characteristic of resilient people, so if nothing else, getting through these challenging times will make us all more resilient.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Upcoming Webinar for Parents

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend some fantastic webinars in 2020 at no cost. We're pleased to let you know about an upcoming webinar.

Understanding techno tantrums: 17 June 8-9pm AEST



Watch from any device, any location



See the expert as they speak



Catch up recording available

**Valued at
\$37 per person**

Webinar Overview

In this digital era, chances are we've all experienced our children throwing a techno-tantrum. Techno-tantrums are completely normal and often a result of the neurobiological changes that occur when kids use technology. But this doesn't mean that we have to simply accept that they're part of our modern parenting reality. In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits. Key learning and discussion points include:

- The science behind why kids and teens have techno tantrums and find it challenging to switch off screens
- How to establish and enforce firm guidelines and boundaries
- How to be the pilot of the digital plane
- Researched based, realistic strategies to help develop healthy digital behaviours so that screen time doesn't end in 'scream time'



[View video overview](#)

parenting*ideas

Presenter Overview

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher, and a mum who also deals with her kids' techno-tantrums! She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console – she believes digital abstinence isn't the solution.



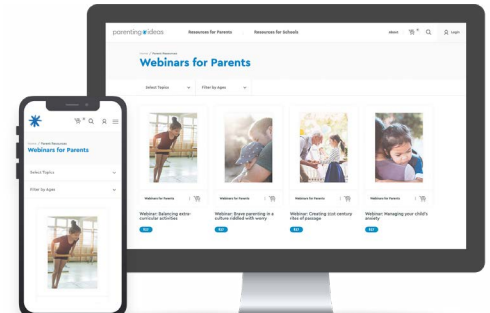
Kristy worked as an educator for fourteen years before becoming an academic and speaker who's on a mission to help children, teens and adults tame their technology habits so they're not a slave to the screen.

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