



From the Principal

John M Freeman

Campus Assemblies

Today we held an online assembly for the Kildare Campus, The focus of the assembly was to recognise the recipients of the Three Violets Award that was instituted last year by the Heads of House and presented by them today. Thank you to Meaghan Ambrose, Pierina Fenech, Alex Rathbone and Vashon Weaver for their work with this project.

The introduction to the assembly explained the purpose of the Three Violets Awards as follows:

The three violets is a special symbol of the Marist community. They represent the little virtues of **Modesty, Humility and Simplicity**. St Marcellin urged his followers to **"do good quietly"**. So any inclination to boasting or big-noting oneself is alien to the Marist spirit. These small violets grow in the grass around "Champagnat country" in France. These small flowers often go unnoticed, until they are pointed out and then, they can no longer remain unseen.

The Three Violets affirmation award is a way to recognise and affirm positive behaviour. We see this award as a symbolic, visual way of applauding gentle, respectful behaviours that can sometimes go unnoticed. This award will become a vehicle to deepen the community's understanding of both our Marist charism and Catholic identity

Nominations were made by staff and Heads of House determined the recipients..

Simplicity

Students receiving this award are: **genuine** and **authentic** in their relationships; **truthful** to those around them and are without deceit; **trusted** and **relied** upon no matter the circumstance; and true to themselves- living with integrity- openness and honesty and do not try to be someone they are not.

Congratulations to: **Isobel McLennan (11), Jaslynn Salerno (11), Sarah Little (12), Meg Hutchinson (12) and Tom Caile (12).**

MASK PRAYER.

Lord,

May your love and light shine in
and through me today
In a way that no mask can hide.
May my eyes dance with the
laughter and joy
Replacing my hidden smile.
May my actions of care and
concern
Speak louder than my muffled
voice ever could.
And may the generosity of my
heart
Radiate out through who I am
And how I respond to the world
around me
So that others may not see my
mask
But your image shining out
Moving in and through me today.
Amen

Modesty

Students receiving this award are: examples of the Marist expression **“doing good quietly”**; exercise control and are calm in everything they do; are not vain, egotistical or boastful; allow their talents to shine, but they do not **“blow their own trumpet”**; and accept success with dignity and do not necessarily seek the limelight or acknowledgment.

Congratulations to: **Brittney Paulett (11), Latoya Martines-Dasilva (11), Jane Dinnie (12) and Isabel Storm (12).**

Humility

Students receiving this award are: **humble** and remain **grounded** at all times; not arrogant and they hold a reasonable opinion of themselves; unassuming and **working in the aid of others**, they will generally think of others before themselves; and people who do not look down at anybody and **treat others** as they would like to be treated.

Congratulations to: **Lakoda Scopel (11), Lachlan Mayer (12), Alexa Stewart (12) Meg Dunn (12) and Colby Kennedy (12).**

Last Friday we presented an assembly to the students of the St Paul's Campus. A number of staff spoke to the students and our key messages were summarised and sent last week. However, in case you did not receive them they are attached to this Newsletter.

Year 12 College Captains for 2021

Thank you to Doug Doherty, Robyn Rebbechi our Heads of House, Megan Stewart-North and our current School Captains for their work so far in the process for determining the 2021 Senior Captains. So far they have received nominations and interviewed each candidate. The next step for students continuing in the process, will be to give a speech to the Kildare campus body. Voting will then take place after.

Well done to all the nominees for putting themselves forward for this responsibility and best of success for the next stage.

COVID-19

This morning you should have received a letter from me regarding matters relating to decisions and actions taken in relation to: camps and retreats not able to be undertaken; additional assistance to families; fee assistance; and I addressed some other matters as well. This communication is available on our [WEBSITE](#).

Online Wellbeing Support for Families

The Victorian Government is helping parents, guardians and carers manage Remote Schooling and to stay resilient during the coronavirus pandemic by providing a range of free online webinars.

These webinars are aimed at providing parents, guardians and carers with practical skills, knowledge and strategies for managing the lockdown period and Remote Schooling, and will focus on strategies and tools to help families manage their wellbeing, including establishing a supportive parental role and dealing with uncertainty and disappointment.

Places are still available for Managing the Coronacoaster – Tips for building resilient families webinar on Tuesday 15 September at 7:30 pm. For more information and to register, visit the [EVENTBRITE](#) website.

one wild and
precious life

The government has also partnered with Raising Children Network and funded a 10-episode podcast called Raising Learners featuring parenting experts from organisations including the Murdoch Children's Research Institute, Career Education Association Victoria and the eSafety Commissioner, Julie Inman-Grant.

Raising Learners will provide parents with practical advice, tips and ideas for supporting children's health, wellbeing and engagement at school. Topics will include connecting with your child's school community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online.

These themes were drawn from common parent questions received by the Department of Education and Training's coronavirus hotline and parentline. The first three episodes will be launched on Tuesday 1 September 2020 with the remaining episodes available throughout Terms 3 and 4, 2020. Raising Learners will be available via the Raising Children Network and podcast Apps.

Vaccinations

The Victorian Government is encouraging all parents to ensure their children's vaccinations are up to date, with health services finding new and safe ways to immunise children during COVID-19.

Recent research has shown that families are delaying vaccinations during the pandemic as parents are concerned that they or their child would catch COVID-19.

Public health advice shows that disruptions to routine childhood immunisations put individual children at increased risk of getting an infectious disease that is vaccine-preventable.

Families can feel confident in visiting hospitals and clinics and are encouraged to keep medical appointments when needed even during restrictions.

Families are encouraged to contact their registered medical practitioner to discuss immunisations and to book an immunisation appointment.

Year 7 2021

We are continuing to accept applications, but these applications will be placed on a waiting list.

Student News

Congratulations to Josh Wong Class of 2019, on his final Media film, which went on to win People's Choice at Top Screens this year has now been selected as a finalist in the ATOM Awards this year. This is an international film competition open to students and industry professionals from across Australia and New Zealand. Winners will be announced in November at the Virtual Awards Ceremony.

If you haven't had a chance yet to see his film Three in the Night, you can see it now on the ATOM website. [HERE](#)

SCHOOL CALENDAR

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

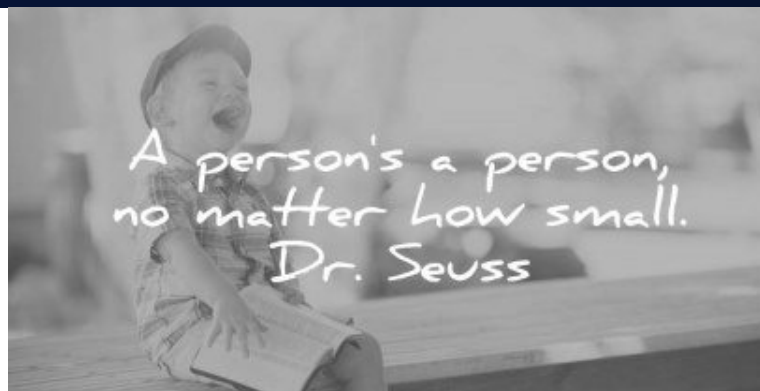
*one wild and
precious life*

STUDENT WELLBEING



Doug Doherty
Deputy Principal
Student Well-Being & Operations

Child Protection Week:
6th-12th September 2020



This coming week is a focus on the key focus of our College – Safety for our students.

At Lavalla Catholic College we expect that every person that comes to our community be safe, happy and have opportunities to be successful. The focus on successful Child Protection, from policy writing to procedural practice and the key focus on building relationships based on our Gospel values is imperative in achieving this goal. I would strongly advise all parents/guardians to read over our Child Protection Policies, especially the one created by the students in 2018 and ratified by the Child Protection Committee each year since.

I have also sent a summary via email, of the key events to raise awareness for Child Protection Week for students, parents/guardians and staff. These are great webinars that can assist parents/guardians and teachers in continuing to develop child protection strategies as well as becoming more aware of threats and issues that exist for our children. I have included direct links to join or register. It is recommended that you register asap due to the availability on some of the events.

We will begin our events from Friday 4th September for Yr7 & 8 to join The Biggest Assembly, delivered by Project Rockit – focusing on Cyber Safety and Intelligence as well as respectful relationships.

These events are additions to the wide range of activities offered at Lavalla Catholic College to support the safety and well-being of our students. Please always remember that support can be accessed by emailing the WellBeing Team – wellbeingteam@lavalla.vic.edu.au

Homeroom and LA

This is continuing to happen each Wednesday and Friday mornings – 8:40am and attendance is compulsory. This is essential to ensuring that our students are upholding their relationships with their Homeroom/LA classmates, making a return to College less stressful and resulting in less anxiety for them.



Champagnat Medals

All students and staff have been sent nomination forms for our Champagnat Medals for 2020. If you believe there is a student or staff member that deserves the coveted award, please encourage your son/daughter to complete the nomination form and return it asap. We intend presenting the medals on the first week of our return to campus. Due to COVID-19 restrictions we have yet to determine on the process.

Year 12

A number of Well-Being and Operations staff as well as our College Captains met on Thursday 3rd September to discuss the upcoming calendared events for Year 12 Celebration and Graduation. However, due to the expected announcement of the Premier regarding COVID-19 restrictions, this Sunday 6th September; we will continue this discussion and planning next week. Hopefully, by next newsletter we should have a plan of action that is compliant with COVID restrictions.

Stay safe and God Bless
Doug Doherty

CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

Spiritual wellbeing in a time of crisis

Despite the fact that we are all learning and working from our own homes, the past couple of weeks have seen several opportunities for our college community to share some special moments to support our spiritual wellbeing.

Last week we held an online assembly for the St Paul's campus and students were given lots of great information about getting things done in our remote learning world. One of the messages I passed on was about taking time to be grateful, as a way of looking after ourselves spiritually in times like these. Despite the fact that this year is not what we expected, taking time to focus on gratitude for little things can help us to stay positive and keep things in perspective. Not an easy thing to do, but we can begin by just thinking about five things we are grateful for each day.

Another important message was that, in a time of crisis like this, it is important to allow ourselves some space. Don't fill up the day with busyness and noise: take time to sit, to think, to be still. No matter how old you are, or how often you've prayed in the past, you might like to try a quiet prayer or meditation. Somewhere in that silence you might know that God is with you. You also might come to a greater understanding about what you value in life.

Student Meditation

In pursuit of this 'stillness', over the past two weeks our students have had access to two Meditation sessions facilitated by College Captain Nathanael Duffy and Liturgy Captain Sarah Little. The College Captains decided that it would be helpful to give our Year 12 students an opportunity for some 'de stressing' to support their wellbeing in this very tricky year. Nathanael and Sarah ran the meditation session online via Teams, and it was a great success, with more than 15 participants. The first session was such a benefit to students that it was repeated the following week, and once again, had a good attendance. Nathanael reminded everyone of the need to just take time out, to spend time in stillness, to breathe and to relax. Thanks to Nathanael, and Sarah for their work in getting this great initiative off the ground, and to Mr Roga for his support.

PRAYER

We're still here:

Just as families exist beyond houses, school communities are not confined to buildings.

We're still here.

Help us Lord to remember that our teachers are still here, working to help us learn, even if they look like they are bound by the screen of the computer

Our friends are still here, even if they are on the end of the phone or a text

Our families are still here, loving us even when we are all finding things difficult

Learning has not been cancelled

Love has not been cancelled

Kindness has not been cancelled

We remember those who are sick, and pray that they will be comforted by the care of others,

And we pray for everyone in our community, that we will be love and strength for each other.

Amen.

St Marcellin Champagnat...pray for us

Mary our good mother...pray for us

St Mary of the Cross MacKillop...pray for us

And let us always remember, especially now....to pray for one another.

CATHOLIC IDENTITY & MISSION

Marist Connect Night

Students from Lavalla joined with students from 8 other Marist schools to have a night of fun and frivolity, even in the COVID-19 restricted zone. Forty students participated in a night of online trivia, crazy hat competitions and reflection. The evening was about finding joy in our lives: a really important message to remember when all around us life seems difficult and challenging. The student participants valued the chance to focus on joyful moments, and to have a bit of fun with their peers from Marist schools across Victoria. One benefit of managing events such as these via Zoom is that it doesn't matter where you live, you can connect to others in the community. Congratulations to those students who participated for taking up this great opportunity.

Some quotes from the student participants are included, demonstrating what a great opportunity events like this one provide to keep our students 'connected'.

"The connect experience was such a blast, it was a great opportunity to connect with other students and do some reflection amid the current situation."

"It felt really refreshing to be able to see other people, as I've been feeling isolated."

"The connect experience was awesome! It was filled with so much joy and happiness. I don't usually reflect on the joys in my life as I am always so focused on the negatives. That night, I had the chance to reflect on the happier times in my life. It really made me feel so great inside and just happy."

"My connect experience for a while it didn't feel like we were in lockdown."

"I hoped to connect to a community and have fun and meaningful discussions to take my mind off all the troubles occurring currently in the world, and definitely experienced it."

FAITH FORMATION



CHRIS ROGA
Faith Formator

The Irish poet William Butler Yeats wrote these lines in 1919. But they could easily describe our era with uncanny accuracy. **Is our centre falling apart? Do we hear the falconer?**

Turning and turning in the widening gyre
The Falcon cannot hear the falconer;
Things fall apart; the centre cannot hold;
Mere anarchy is loosed upon the world,
The blood-dimmed tide is loosed, and everywhere
The ceremony of innocence is drowned;
The best lack all conviction, while the worst
Are full of passionate intensity.

Surely some revelation is at hand;



Mother Teresa and Princess Diana: An Unlikely Friendship

I remember exactly where I was and what I was doing when I heard the news of the deaths of these two women. These two women faced anarchy, and they also heard the voice of the falconer.

Amanda Evinger writes in 2019.

When I first arrived at the shelter for unmarried, pregnant women in Washington, D.C., to start my position as a live-in housemother for the Missionaries of Charity (Mother Teresa's Sisters), I wasn't quite sure what to think. The home was a lovely house located in a ritzy upper class neighbourhood, complete with a white picket fence and a classy front door. I was only 21 and I had only been Catholic for a few months, but I knew enough to wonder how a house like this wound up as a shelter for one of the most austere religious orders in the world.

Soon after I settled in, I found out that the house had been given to the Missionaries of Charity by Princess Diana — or something of the sort. She had worked with Mother Teresa to found the shelter, a pro-life home for

pregnant women seeking to adopt their children rather than abort them. Princess Diana? I remember thinking. Isn't she over in Wales? What would royalty have to do with a tiny, wrinkly, homey nun that owns ten things to her name — at best?

The short of it is that Mother Teresa cherished a profound and touching relationship with Princess Diana. Fascinatingly, Mother Teresa died only six days after Princess Diana had been killed in a car accident in 1997. Immediately after Diana's death, Mother sent a condolence message that said, "She was very concerned for the poor. She was very anxious to do something for them, and it was beautiful. That is why she was close to me."

FAITH FORMATION

Over the years, the two iconic women met with each other from time to time. They once held a meeting at a convent in New York. Mother Teresa left the meeting embracing the hands of Diana, who helped the frail nun down the steps onto the sidewalk. In February 1992, at a Missionary of Charity convent in a working-class district in Rome, they prayed together. In fact, Princess Diana was buried with a rosary given to her by Mother Teresa. They were, apparently, dear friends, despite the fact that their lifestyles sharply contrasted one another.

The Princess of Wales lived a fairy tale life of luxury and fame that turned grim in the end, and then ended suddenly. She suffered through an unhappy marriage and bore the pain of public humiliation, yet strove to be charitable to others when she could and was known for her acts of kindness. Mother Teresa lived a life based on the solemn vows of Poverty, Chastity, Obedience and Charity, in imitation of the most humble Virgin of Nazareth and her Son, who had “nowhere to rest His head.” Mother Teresa became one of the most admired persons of the modern world – even winning a Nobel Peace Prize – by renouncing what the modern world idolizes, such as material things, comforts, and public acclaim.

Their relationship reveals not only the compassion for the poor that Princess Diana held in the recesses of her heart, but also, I believe, the openness to authentic evangelization that Mother carried with her wherever she went. Mother Teresa was not only passionate about helping the poorest of the poor and tending to the intimate spiritual needs of her Sisters, but she was also willing to befriend anyone that Almighty God placed on her arduous path. She was firmly orthodox, and her very faithfulness to the truths of Catholicism made her open her heart to a great variety of people from different cultures and religions.

After spending nearly three die-hard, beautiful years living with the Missionaries of Charity, I am not surprised at all by Mother’s friendship with someone like Princess Diana. Mother was open as they come to whatever Jesus asked of her, whether it be making friends with high government officials, spending hour upon hour in Eucharistic Adoration, rocking an orphan to sleep, or picking up over 60,000 dying people off of the streets of Calcutta. During my time with her Sisters, I witnessed saints-in-the-making who treasured the Will of God like a starving man before food — they truly saw His will as their daily bread. The women they housed in the shelter often brought with them tremendous pain, and the Sisters bore it on their shoulders with a joy that necessarily came from on high. In those years, I saw the Sisters act as angels of peace to all kinds of people from all walks of life; pregnant women with AIDS to babies with prostitutes for mothers to innocent, lonely souls deserted by nearly everyone they knew. They were not strangers to sin or the struggle against faults; but they were striving to embrace the spirit of Mother Teresa, as they sought to be “only, all for Jesus,” as she taught them.



STUDENT LEADERSHIP



MEGAN STEWART-NORTH
Student Leadership Coordinator

Student Leadership

It is that point in the year already when we are starting to consider what the school will look like in 2021. What is the legacy that our current student leaders will leave behind and who will take on the challenge of being a college captain for the New Year?

The election process for 2021 college captains is currently under way and is slightly different to how it has occurred in recent years. With 19 expressions of interest we had to be a little creative. But the exciting news is that 19 year 12 students are carefully considering how they can benefit and support our college community in a big way.

From here, the students that expressed interest were asked to submit an application form and were then scheduled to attend an interview. These interviews have occurred this week in front of 2 panels consisting of Mr Doherty, Ms Rebbechi, Mr Weaver, Ms Ambrose, Mr Rathbone and Ms Fenech. I would personally like to pass on my thanks to the panel members for their time and careful consideration of the candidates.

Next week the endorsed candidates will prepare a pre-recorded speech to share with the school community, and staff and students will be able to vote for their favourite candidate between the 16th and 18th of September. More information about how to vote will be available soon.

But it doesn't end there. So many student leadership roles for 2021 are waiting to be filled by passionate and eager individuals across both campuses and the process for these will begin early in term 4.

Good luck to all of the candidates and congratulations to our current leaders for their resilience and creativity in a very strange and unprecedented time.



*one wild and
precious life*

2021 College Captain Election Process



HOUSE CHALLENGES



KARINA TAYLOR
Camps & Events Coordinator

Remote learning has proven to be a challenging time for the college community and understandably, students and teachers are missing the chance to interact with their peers. So, the student leaders and a small team of teachers have been working on ways to bring people together... And what better way than through a little healthy competition.

During Remote Learning 2.0, Staff and students have been given the opportunity to participate in a range of House Challenges. Points have been awarded each time a student or staff member participates in the challenge. So far, the leader board has been very close, with every entrant having an impact.

We kicked off the challenges with a 'House Colours Dress-up Day.' Students and Staff could submit a photo showing their spirit in house colours. We also completed a 'Science Week Trivia Quiz' during HR and LA, which saw students' knowledge of the world around them put to the test.

We have just concluded our 'Who Is This Baby Quiz' challenge. Students and staff members had to guess who the adorable faces belonged to. Congratulations to Georgie Barker, Kim Widrich, and Sophie Membrey for finishing in the top three for Staff.

Taking out the Trash is our current challenge, where the aim is to complete this everyday household chore as creatively as possible. Students can submit a photo in the Simon Task to get a point for their house. With scores so close, every point counts, so make sure you submit an entry.

We will conclude our challenges next week with some House Trivia. The rounds will include House History, R U Ok Day, and General Knowledge.

Thank you to the Staff and students for their participation so far, and may the best house win!

3rd

MACKILLOP

99 POINTS!

1st

DELANY

108 POINTS!

HOUSE CHALLENGE

WEEK 1 RESULTS

2nd

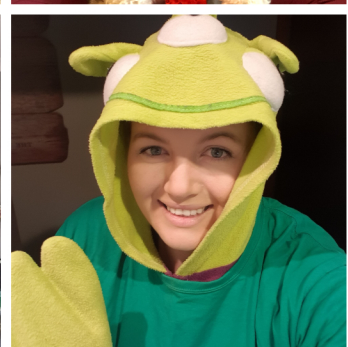
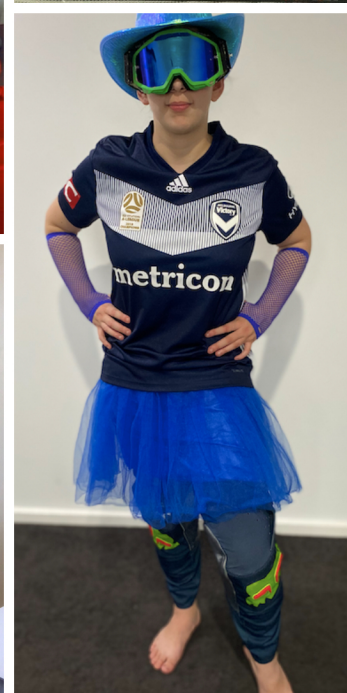
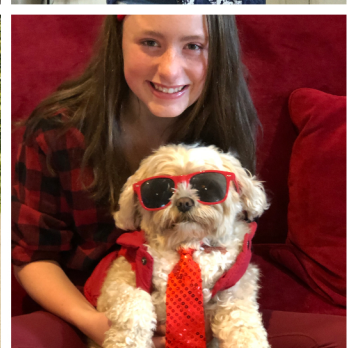
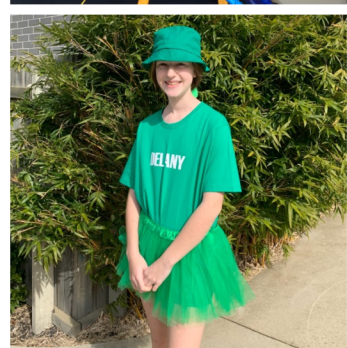
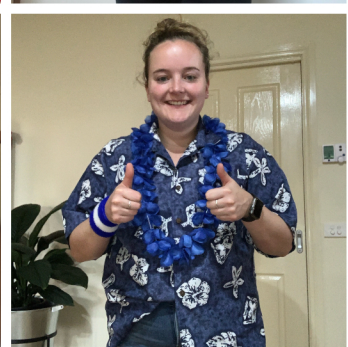
NAGLE

105 POINTS!

4th

CHAMPAGNAT

90 POINTS!



Virtual Assembly RL 2.0 – Key Messages

From 26th August 2020



From the Principal
John M Freeman

Mr Freeman's key messages from the Virtual Assembly:

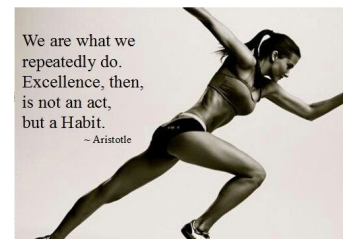
We hope you are well and there were two key points.

1. Remember that from the time each of you started at the College I have emphasised two simple expectations:
 - I. Do the right thing; and
 - II. Look after each other.If we all strive to do that, then together we can successfully work through this time.
2. Thank you for all your efforts so far, we are proud of you. Please continue to do your best, we can expect no more and expect no less.

Finally, we look forward to seeing you all again soon when we can return to being face-to-face at school.



Doug Doherty
Deputy Principal
Student Well-Being & Operations



Mr Doherty's key messages from the Virtual Assembly:

During Remote Learning, we as a College community continue to have expectations of excellence in everything you do, say and post online.

You must continue to strive to make yourself, your College community and your family proud of your actions.

Reminder – what you Post on-line *never* goes away

What you Post on-line *follows* you

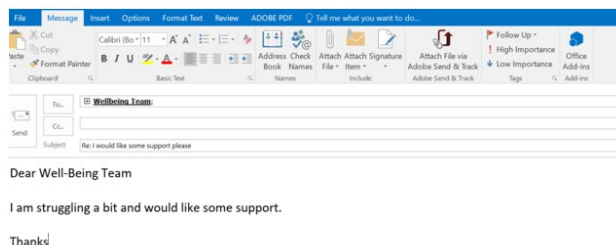
What you Post on-line describes the *person* you are

What you Post on-line creates your *brand*

Lavalla Catholic College is a welcoming, inclusive community called to make Jesus known and loved through education in the Marist Tradition. With 'Strong Minds and Compassionate Hearts' we unite to inspire, journey with and prepare learners for life in our changing world.

Remember the Greatest Commandment given by Jesus – Love God and Love your neighbour. This means let us support each other the way we would want to be supported.

This College strives to ensure that we can all feel **safe, happy** and have opportunities to be **successful**. If you do not feel like this – please ask for support by emailing the Well-Being Team. This is in conjunction with the Daily Well-Being Tasks, Fortnightly Parental/Guardian Phone Call and Weekly email check.



We cannot Help if we do not know.

Finally:



Every Wednesday and Friday morning at 8:40am on TEAMS – Attendance is compulsory.

Stay safe and God Bless.



BRETT VAN BERKEL
Deputy Principal
Learning & Teaching

Remote Learning 2.0

Mr Van Berkel's key messages from the Virtual Assembly:

1. Ensure that you are keeping up to date with all assessment tasks and class tasks
2. Contact your teacher for support if needed. Don't just 'sit and stop' reach out and get support
3. All student should be attending Teams meeting; this is the best place to get support from both staff and peers. If you are not on Teams, you will be missing out on vital information that could impact your learning

Plagiarism is not acceptable. You must acknowledge all material that is not your own via referencing. If you share or copy someone else's work, you will receive a Not Submitted. Parents will be contacted, and you could be asked to repeat the task to receive

Lavalla Catholic College is a welcoming, inclusive community called to make Jesus known and loved through education in the Marist Tradition. With 'Strong Minds and Compassionate Hearts' we unite to inspire, journey with and prepare learners for life in our changing world.

a Satisfactory or the Not Submitted will stand and appear on the report for assessment tasks. It's not okay to plagiarise.



CLAIRE FABRIS
Assistant Principal
Staff Well-Being &
Development

Mrs Fabris' key messages from the Virtual Assembly:

- Staff are working hard to respond to student emails within 24 hours.
- Please do not expect an immediate response, especially out of hours.
- Students are encouraged to attend Teams meetings to hear the instructions from teachers and to ask questions
- Students also need to be checking class notices and emails regularly. When staff are absent, Mrs Fabris will email students and post a note on class notices.
- Please email me with any queries if your teacher is absent – fabrcla1@lavalla.vic.edu.au. If I don't know the answer, I will find out for you.



JENNY SUTTON
Director of Operations

Mrs Sutton's key messages from the Virtual Assembly:

1. Reminder that the Virtual Bell Times are on the College Web Site under the Remote Learning tab



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

Mrs Rebbechi's key messages from the Virtual Assembly:

You know that in first aid one of the very first messages that is conveyed is this: the most important person in any emergency that you are called to, is you. It's important to look after yourself, not least at times like these times which we are all walking through together.

So how do we look after ourselves ***spiritually*** in times like these,

The first thing is: be grateful for what you have and focus on those things, rather than what you're missing:

- the love of family for good health, for food on the table, for light in the sky

The second thing is: allow yourself some quiet time. Don't try and fill your whole day with busyness: take some time to sit, to think, to be still. You might like to try a quiet prayer or meditation. Somewhere in that silence you might know that God is with you. You also might come to a greater understanding about what you value in life.

Look outward. Especially if you're finding things tough yourself: Find one thing you can do for another person to make their life better. This is how we get to show love for people when we can't do much else.

And focus on what this time will help you to learn:

We will grow in compassion, as we feel for those who are doing it tough
we will grow in kindness if we take the opportunity to look after others
and we will learn that we can adjust to difficulties, accept the situation we are in and work with what we have. We will learn we are stronger than we think.

INSIGHTS

Help kids tap into their inner resources



My first parenting mentor, Maurice Balson, author of *Becoming Better Parents* constantly reminded parents, “If you want your child to be resourceful you need to put them in positions to develop their resources.”

Balson’s resourcefulness message is just as apt today. Coping with change, dealing with small losses, handling rejection and overcoming disappointment are the types of experiences that build a child’s or young person’s inner resources.

Developing resourcefulness is the appropriate approach to take when considering the disruptive impact that coronavirus is having on kids’ lives. A child who is struggling to come to grips with the changes brought about by the pandemic initially needs an emphatic, supportive approach. They also need encouragement to tap into their inner resources to help them manage the hard times. The following strategies will help develop your child or young person’s inner resources.

Give them a chance to be resourceful

Harry, age 10, often leaves his lunch at home. His father, who works from home, won’t take forgotten items to school. Harry either misses lunch or persuades his friends to share their lunches with him. Either way, when Harry leaves his lunch at home he’s forced to rely on his emotional or physical resourcefulness to get by. And he does.

Catch them being resourceful

A child’s behaviours that gain a parent’s attention generally expand. Highlight a child’s good manners, acts of kindness or honesty and you’re more likely to get a repeat of those behaviours. Positive parental recognition is a high motivator for most kids. To encourage your child’s resourcefulness, focus your attention and positive comments on acts of resourcefulness and resilience they exhibit.

Encourage creativity

Sylvia, age 13 walked to school each day, saving her bus fare to spend on clothes that were out of reach of her parents’ budget. Sylvia found a way to overcome her money problem in her own way. Children and young people usually come up with very creative solutions when they’re allowed to own their problems.

Develop coping skills

Kids rely on their coping skills to help them manage their emotional states when life throws them curve balls. Build your child’s set of coping skills through direct teaching, modelling and discussion. Humour, distraction, relaxation, exercise, play and thought-distancing are some of the more common coping skills kids can use to help them tolerate their difficult feelings.

The resourcefulness a child develops when they experience adversity doesn't desert them when life returns to normal. It waits in the background, ready to be drawn upon again when hardships, frustrations and difficulties come their way.



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.