Dear Parents, Staff, Students, and Supporters of St Joseph’s College,

Welcome back to Term 3! Special welcome to:

- Mrs Sara Byrnes who returns to St Joseph’s College after maternity leave dating back to August 2005.
- Mr Peter Mulrooney who has been on long service leave since April.
- Mr Kim Dixon who has been on long service leave throughout Term 2.

Welcome also to Mrs Frances Lamont who will be teaching Mrs McConnell’s classes whilst she is on sick leave. Mrs McConnell underwent successful spinal surgery during the holidays.

Congratulations to Mr Tim and Mrs Kerrie Connolly on the birth of William on 14 July.

From 11-14 July I attended the Fourth National Conference of the Association of Principals of Catholic Secondary Schools of Australia in Sydney. The theme was ‘Nurturing Faith – An Aussie Accent’. One of the speakers was Robyn Moore, who was introduced as a voice that had been into all our homes! I, amongst many, was perplexed, but understood when Robyn pointed out that she was:

- the voice-over lady for the “Spray ‘n’ Wipe” TV commercials
- the voice of all female roles on the radio play “Cactus Island”
- the voice of Blinky Bill

Robyn was very upbeat and positive. I’d like to share some of her thoughts on life with you:

If you can’t laugh, you’re either upset by the past or scared about the future.

A cynic is a person who is prematurely disappointed in the future and one who tries to grab hold of your enthusiasm.

 Stick the following message on your mirror:
You are now looking at the only person responsible for your HAPPINESS.

Simple thoughts but true. We have many activities here at St Joseph’s College this term. My hope is that we all can be PMI: Positive, Motivated, Involved.

To conclude, some thoughts from Marianne Williamson in “A Return to Love”:

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you NOT to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others!

Best wishes and
God Bless,

Mr Peter McLoughlin
Principal
Today, 24 July, is the first anniversary of the sad passing of Demi Swain. Demi was a much loved member of our Year 8 2005 group. We pray today especially for Demi, for her parents Don and Kim and her brother Jase and her sisters Kiri and Bree. Our Year 9 students gathered today in prayer and reflection for Demi.

"Eternal rest grant to Demi O Lord.
May she rest in peace. Amen."

Mr Peter McLoughlin
Principal

Important Notice ~ School Fees

UNIDENTIFIED FEE PAYMENTS:
COULD FAMILIES PLEASE CHECK THEIR PARISH ACCOUNTS.

The following payments have been received at the Parish Office with insufficient details to deduct from any family’s account.

If you have been making payments but have not noticed any reduction of your accounts, perhaps one or more of the following payments relate to your account.

Would families please check their payments and contact Mr John Klein on (07) 5536.8701 or 5536.7522 if any of these deposits relate to you:

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<td>873 school fees NETBANK TFR</td>
<td>250.00</td>
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The Community Association wishes to thank all who bought and sold Footy Double tickets for the State of Origin games. A BIG thankyou to Stephanie Holland who sold an amazing 418 tickets!! Prizes of $200 were won by Mick Owens (C/- Brian Pieris) Rodger Holland, Glen Lee (C/- Glen Lance), Scott Holland, Simon Britt (C/- Britt's Meats).

When all monies are collected we will have profited $690. As this fund raiser was so successful, we anticipate selling the footy doubles for the NRL grand final.
PASTORAL NEWS

The Catholic Schools Parent Assembly (CSPA) has organised two free presentations by “Parenting Ideas” author and presenter Michael Grose for all families in the Lismore Diocese.

Michael Grose publications have been included in past newsletters and I have referred families to his website www.parentingideas.com.au on a number of occasions.

Michael has included the following information about each presentation:

Yes, Your Teenager Is Crazy
Teenagers need careful parenting as they have an adult body driven by a child-like brain. This presentation will provide an insight into adolescent brain development and discuss the implications for kids and parents. It will also look at the current world of teens and explore parenting methods that work – and don't work – when raising kids in these challenging years.

You will learn:
- Why your adolescent challenges you and why you should be pleased when it happens.
- Why parents need to mess with their teenagers minds in the nicest possible way.

Date: Wednesday 9 August
Venue: Ballina Beach Resort, Compton Drive, East Ballina
Time: 6:30pm gathering; 7:00-9:00pm presentation

Parenting for Very Busy People
Many Australian parents lack confidence, are stressed and wracked with guilt. Three out of every four Australian parents ask themselves this question: “Am I doing a good job?” However, the more important question that is hardly ever asked is: “Am I enjoying the job of raising kids when I'm so busy?” This presentation will help you put the fun back into your family life.

You will learn:
- What Australian children and young people really think of their parents.
- The importance of resilience and why working parents are well-placed to promote it in their children.
- The myth of quality time. What do kids really want their parents when they work?
- The critical ages when parents need to be seen and heard.

Date: Tuesday 15 August
Venue: St James Primary School (Multipurpose Centre), Doyle Drive, Banora Point
Time: 6:30pm gathering; 7:00-9:00pm presentation

Included with today's Newsletter is "Take the Resilient Child Quiz" for families. This quiz is designed to help parents/carers reflect on their parenting and will provide them with a flavour of what they will hear on the evening/s.

I urge parents and carers to attend either or both of these very worthwhile presentations.

Ms Frances Stegeman
Pastoral Advisor

WEEKEND MASS TIMES

<table>
<thead>
<tr>
<th>St Joseph’s Parish</th>
<th>St Anthony’s Parish</th>
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<tr>
<td>Saturday Vigil: 6:00pm</td>
<td>Saturday Vigil: 6:00pm (Kingscliff)</td>
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<tr>
<td>Sunday: 7:00am &amp; 9:00am</td>
<td>Sunday: 7:00am (Pottsville)</td>
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<tr>
<td>Sunday: 9:00am (Bilambil)</td>
<td>Sunday: 9:00am (Kingscliff)</td>
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</table>

Fr Michael Brady
Parish Priest

Fr Jim Griffin
Parish Priest

NAIDOC WEEK NEWS

As part of NAIDOC Week, we have been approached by the Director of Industry for Youth in the Valley, Eve Gurd, an indigenous artist from Nambucca, to support the sale of reconciliation t-shirts and caps.

Industry for Youth in the Valley is silk-screen printed reconciliation art on clothing (such as t-shirts and caps). Their eventual aim is to manufacture the whole garment in the Nambucca valley.

Ms Gurd is appealing to our students to “help others to help themselves” by purchasing a silk-screen printed t-shirt or cap. In the words of the artist herself, “It's important to realise you're not just buying a t-shirt, you're helping to employ a youth.”

As a secondary schools supporting reconciliation, St Joseph’s College is proud to be associated with such an initiative.

T-shirt prices start at $26.50 and caps are available at $20.00. If anyone is interested, please see me, or you can check out the t-shirts and/or caps available on the website www.evegurd.com.au.

Mr Scott McDermott
RE Coordinator – Ministry

A BBQ THANK YOU

A heartfelt thank you to the parents who helped out on the BBQs at the Reflection Days for Years 7, 8, 9 and 10 last week.

Mr Scott McDermott
RE Coordinator – Ministry

YEAR 10 WORK EDUCATION

Thank you to the following work sites for accepting students for work experience in Term 2:

- Boost Juice
- Cabba Auto Electrics
- Gold Coast Training Academy
- Greenmount Building & Timber
- Hinterland Toyota
- Jamieson Developments
- Kirra Automobiles
- Murwillumbah Veterinary Clinic
- Shaping Co.
- Sizzler
- South East Excavations
- South Tweed Sports Club
- Stefan Hair Fashions
- Teddy Bears Childcare
- Terranova Childcare Centre
- Tweed Bakehouse
- Tweed Heads Kindy Care
- Tweed River Car Sales

Mrs Karen Evans
Work Education Teacher
TAS NEWS

I hope you enjoy the following reports by two of our Year 9 Food Technology students from the “Kinder” parties held in Week 9 of last term. The students really do enjoy playing host to our young neighbours.

Ms Karen Parker
TAS Coordinator

“Kinder” Party

While most students were busy learning in their normal classes on Wednesday 28th of June, Ms Parker’s Year 9 Food Technology class was busy preparing for St James, Kinder Blue “Pirates and Princesses” Party.

For numerous weeks Ms Parker’s class had been preparing invitations, menus, party boxes, and party hats for the children. Everyone had been looking forward to the day where all their hard work would pay off. Instead of going to Periods 2 to 6, they were slaving away in the kitchen, preparing foods like mini pizzas and patty cakes and the list goes on.

When the children from Kinder Blue arrived, their faces showed pure excitement as they entered the room full of balloons and streamers. Near the end of the party we saw a lot of empty plates and smiling children as they had all had their share of party food, prizes and not to mention all of the fun games they had played.

Just as the kids thought the party was ending, some Year 9 boys pushed a table to the front of the room and revealed a huge skull and cross-bone cake, covered in green icing and decorated with smarties and lollies. There was a short silence as the kindergarten children admired the colourful cake, then it returned to laughter and happiness as the cake was cut and handed out.

We knew the party was a success as we watched the kindergarten children leave, holding their party boxes filled with cake and lollies.

Everyone had a great day with the children and we enjoyed cooking. The kids had a good time and I hope we can organise another party for them one day.

Hayley Elkington (9B)

Year 9 Food Technology Kindergarten Party

During Week 9 on Wednesday 28th of June Ms. Parker’s Year 9 Food Technology class hosted a Kindergarten Party, themed “Pirates and Princesses”.

The day started in first period when my fellow classmates and I went to the Food Tech room. We set off in our small groups and were set to task. The tasks included decorating and making the themed cake and baking a variety of foods for the party. The groups made sausage rolls, hot dogs, patty cakes, mini pizzas, fruit punch, fruit sticks, rocky road, fairy bread and of course the theme cake.

During the time allocated to us for preparation we all hurriedly cooked up a storm. My group was told to do the decorations (throw streamers and balloons everywhere) and create the theme cake. The decorations were done in no time at all, and if I might add, were quite fun to put up. The cake on the other hand was a tad hard, we had decided on making a skull-and-crossbones which suited the theme. Getting the shape was pretty easy, icing, well icing the cake was a bit hard, well very hard (you would seriously never think icing a cake would be hard work but mark my words it was hard!) and decorating it was a cinch thanks to my group. All the preparations were complete.

The St James Kindergarten class arrived at the college at 11:30am and the day unfolded. The children weren’t that troublesome, as a matter of fact, there was no trouble. The secret to this was told to us by our teacher (DO NOT GIVE THEM SUGAR AT THE START OF THE DAY!) that message was clear enough, but it worked.

We played outdoor activities such as “Duck, Duck, Goose”, “What’s the Time Mr. Wolf?” and “Pin the Patch on the Princess” (this was a great idea not created by me the thanks go to Jess, Stevie and Richelle) and by the end of this they were tired and ready to leave, so we handed them party boxes filled with all the sugary goodness they could ever want, only to be unleashed upon unwary St James teachers.

We knew the party was a success as we watched the kindergarten children leave, holding their party boxes filled with cake and lollies.

The day itself was a complete success: no troubles, great food and no sugar-induced hyper-activity. What more could you want?

Jackson Fisher (9E)
RETURN OF THE PILGRIMS

Year 11 would like to welcome back Bonnie O’Donohue (11E) and Luke Barnes (11B) from the Mexico Pilgrimage.

Both Bonnie and Luke accompanied other students from the Diocese as well as Bishop Jarrett on a three week pilgrimage to Mexico and Southern California. By all accounts they had a wonderful experience and we look forward to reading and hearing more about it.

LEADERSHIP CAMP

Year 11 students will be attending their Leadership Camp on Wednesday 2 to Friday 4 August (Week 3).

They will be accompanied by Homeroom teachers and complete a program intended to get them thinking about their own leadership abilities and the leadership they would like to establish as a senior group. We all look forward to the experience.

Permission notes and outstanding monies are asked to be submitted to the College office by the end of this week. Please indicate if your child has any special dietary or medical requirements.

Ms Kerrie Priddis
Year 11 Coordinator

LITERACY AND NUMERACY NEWS

SNAP AND ELLA TEST RESULTS

Parents of all students in Years 7 and 8 will receive results from SNAP (numeracy skills) and ELLA (literacy skills) tests this week. Test results will be sent home with your child.

Please note that if any student was absent on the day of either test, results will not be available to parents. Any queries about the test results should be directed to me.

Mr Tim Connolly
Literacy and Numeracy Coordinator

CAREERS NEWS

🤔 Hungry Jacks, South Tweed, are currently recruiting juniors.

🤔 Attention Year 12: During sport time this Thursday, 27 July, all Year 12 will be attending information sessions from Southern Cross University and Bond University. I will also be issuing information about university application processes in QLD and NSW.

BEST AND FAIREST FOR THE 2006 TWEED VALLEY COMPETITION

Presentations for the Best and Fairest in the competition will take place at this week’s Assembly, following which a list will be printed in the next available College Newsletter.

All students should be congratulated on their performance throughout the Tweed Valley Competition.

SPORTS NEWS

ANNUAL COLLEGE ATHLETICS CARNIVAL

THIS FRIDAY, 28 JULY

The College’s Annual Athletics Carnival will be held this coming Friday, 28 July.

A REMINDER THAT THIS IS A COMPELLUSORY EVENT IN THE SCHOOL CALENDAR.

Please note that there will be plenty of events for ALL students to take part in on the day. Support your house teams and proudly wear your colours for Dalton (Blue), Hanly (Yellow), Hoade (Green) and Reynolds (Red), but just remember to dress appropriately on the day!

TWEED VALLEY FINALS

The weather has again played havoc with the Tweed Valley Competition, but we made it through to the finals and with great success.

In our best effort to-date, we had twenty teams in the finals in the Tweed Valley Competition. It was great to see the enthusiasm of both the players and coaches and all are to be congratulated on their efforts.

<table>
<thead>
<tr>
<th>Male Sports</th>
<th>Results</th>
<th>Female Sports</th>
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<tbody>
<tr>
<td>Basketball A</td>
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<tr>
<td>Basketball B</td>
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<td>U15 Netball</td>
<td>Won</td>
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<td>U13A Netball</td>
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<td>U15 Soccer</td>
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<td>Open Volleyball</td>
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B2ND ANNUAL GOLD COAST CAREERS EXPO

Sunday 30 July (10:00am-2:30pm)
Monday 31 July (9:30am-1:30pm)
Carrara Indoor Stadium
Free Admission

Go to www.careervent.com and click on the Gold Coast icon for more information

Mr Matt Hall
Careers Advisor

SPORTS NEWS

Don’t forget, if you have any sports news or sporting achievements you’d like to share with the St Joseph’s College community, please send the information in and we’d be happy to put it in the College Newsletter.

Mr Peter McLaughlin
Sports Coordinator

College Procedures: Unsure of College Procedures or Policies? The student diary contains information. If you don’t find the answer, contact the relevant Year Coordinator.
SPORTS NEWS

DIOCESEAN SURFING CONTEST

On Friday 23 June, St Joseph’s were host for the Diocesan Surfing contest, held at Kingscliff.

In stormy conditions, 42 dedicated surfers from schools as far away as Coffs Harbour competed in the teams’ event. The surf conditions were reasonable at the start and some quality surfing was exhibited. Xavier College from Lennox Head ran out winners in a close tussle with St Joseph’s John Paul College from Coffs won the inaugural plate final.

Individual winners of the expression session surfing were Stephanie Melling (Xavier), Mitchell James (St Joseph’s) and Nolan Cooper (Xavier). Surfers were delighted at the swag of prizes on offer generously donated by local company Fox Wetsuits as well as some products from Ocean and Earth.

St Joseph’s were represented by: Benjamin Webb (11A), Alexander Leighton (11A), James Bell (11C), Mitchell James (8B), Mitchell Lynch (9A), Tyler Lynch (9D), Nathan Colombo (9E), Luke Wheatley (9C), Blake Ebsworth (12C), Catherine Conlon (7B), Sharni Brouwer (8E), Kelsea Bell (8C) and Maddison Jordan (8C). Well done team!

Mr Gary Wheatley (Coach/Manager)

COUNTRY CUP UNDER 13s

Unfortunately, we lost to Woodlawn 18-6. It was not our best performance for the year and we were beaten by the better team on the day. However, we drowned our sorrows at Uncle Toms Pies which helped ease the pain!

Thanks to Mr Cox for driving the bus and giving up his time.

Thanks also to Mr Crompton, Mr Crowe, Mr Crimmins, Mr Bolster, Mrs Norvill and Mrs Mulheran for their support.

Mr Michael Joseph (Coach/Manager)

UNDER 13s TWEEDE VALLEY RUGBY LEAGUE

Congratulations to the U/13s Rugby League for winning the Tweed Valley Final 42-14. The team has played well all term and has always shown great sportsmanship in each game.

The squad is: Leigh Agius (7C), Ryan Anderson (7A), Nicholas Bell (7D), Liam Bolster (7A), Samuel Crimmins (7E), Nicholas Crompton (7B), Ethan Crowe (7C), Michael De Lanty (7B), Geoffrey Harrison (7A), Jacob Holland (7E), Hayden Krass (7A), David Norvill (7C), Jacob Orr (7D), James Ryan (7D), Tyler Swaney (7D), Brodie Sweeney (7E) and Alexander Wyper (7B). Well done team!

Mr Michael Joseph (Coach/Manager)

Open Soccer Gala Day – Grafton, 22 June 2006

On Thursday the 22nd of June the Open Girls and Boys Soccer teams set out, early, on their way to Grafton for the annual Diocesan Soccer Carnival. After a three hour bus trip the teams were tired, however a good effort was put in by all. The girl’s team was boosted by some junior Years 8 and 9 talent. They finished the day with 1 win, 2 draws and 1 loss (to a very skilled Coffs Harbour) to finish second in their pool. The boy’s team came away from the day with 1 win, 1 draw and 2 losses. A special thank-you must go to Mr Trimboli, Mr De Venny and Mrs Dennis for accompanying the teams and sharing their soccer wisdom.

The Open Girls and Boys Soccer Teams.

BILL TURNER TROPHY – U/15 GIRLS SOCCER
SJC BEAT BYRON TO PLAY IN FAR NORTH COAST FINAL

The girls travelled down to Byron Bay on Wednesday of Week 9 to battle the Round 4 clash with the reputable Byron Bay High School side.

An under-gunned St Joseph’s College had their work cut out for them with illness and injury reducing the team to eleven players shortly after half time. To their credit the girls stamped their authority on the game in the second half, despite the reduction in their numbers, with their trademark class, skill and good old-fashioned dogged determination.

A potentially game strangling direct penalty to Byron threatened to wreck the day for SJC until it was brilliantly saved. SJC hit back with a vital goal ten minutes into the second half to break the deadlock. Disciplined defense after deftly attack defined SJC on the day. A brilliant team effort.

The final score: BBHS 0 – SJC 1. One more win, against Evans River High School, will crown these SJC girls as Far North Coast Champions for 2006. Special thanks to Mr De Venny (Assistant Coach) and to Mrs Helen Reynolds for driving the bus down to Byron on the day.

Mr Carlo Trimboli (Coach/Manager)

THE SPIRIT OF THE SOCCEROOS LIVES ON!

Congratulations to the Open Girls Tweed Valley Soccer team on their efforts throughout the season and in the Final in Week 9. Although the win did not come our way on the day your on-field dedication, fair play, good nature and never-give-up spirit is an inspiration to any aspiring coach/manager. Thanks for the laughs and fun.

Mr Carlo Trimboli (Coach/Manager)
Extended Periods of Leave: If you are planning a holiday during the term dates, a letter requesting leave should be forwarded to the Principal in advance.

**Preparation for Driver’s Licence Classes**
Kingscliff TAFE is conducting a module for school students and community members aged 15 years and 6 months and over to prepare them to pass the learner driver test in order to get their “Ls”.

**Time:** Tuesday afternoons from 4:00pm to 6:00pm
**Place:** Kingscliff TAFE, Room FG 04
**Dates:** Ongoing enrolments (enrol when it suits you)

*No administration fees apply to this course.*

Contact details
Marilyn Lowe: (02) 6670 1204 or
Andrew Mitchell: Andrew.Mitchell@tafensw.edu.au

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**STUDENT OF THE WEEK**

**Welcome back to Term 3 …**

*Student of the Week*

Our last ‘Student of the Week’ was Hayley Gibb (8C)

Watch out for the Newsletter – it just might be you!

---

**Can this be a picture of you?**

The nominated student is required to present themselves to the College Principal before Friday of this week. If this student does, they will receive a voucher to the value of $5 for purchases at the Canteen.

**KEEP WATCHING THIS SPACE – THE NEXT TIME IT COULD BE YOU!**

Student Council

---

**UNIFORM SHOP HOURS**

**Monday to Friday**

(8:30am – 12:00noon AND 1:00 – 3:30pm)

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**NEWSLETTER**

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Student Council

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**CANTEEN NEWS AND ROSTER**

**WELCOME TBA BACK TO SCHOOL!**
As you can see here, we have TBA mentioned in quite a few places in the roster. This means we have places available if you can find time to help out in the Canteen.

It’s a very friendly and fun way to help out at your child’s school, so please call me at the College.

**MIGHTY MEAL DEAL**
Due to popular demand, the mighty meal deals continue this term. This week’s choice is butter chicken and rice for $4.00.

All you have to do is say “Can I please have a mighty meal deal” and your lunch will be ready in a jiffy!

**ATHLETICS CARNIVAL**
I have two helpers for the BBQ for this Friday’s Athletics Carnival. If you would like to help out with the food, give me a call.

**WEEK 2**

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<th>Monday 24 July</th>
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<tr>
<td>Fran Hardy &amp; TBA</td>
<td>Debbie Davey &amp; Christina-Grace May</td>
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<td>Tuesday 25 July</td>
<td>Tuesday 1 August</td>
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<td>Donna Schmidt &amp; Bernadette McGibbon</td>
<td>Kim Rollings &amp; TBA</td>
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<td>Wednesday 26 July</td>
<td>Wednesday 2 August</td>
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<td>Mary-Anne Perlenfein &amp; TBA</td>
<td>Mandy Stanford &amp; Helen Steele</td>
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<td>Thursday 27 July</td>
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<td>Kim Mitchell &amp; Lisa Colombo</td>
<td>Jean Colivas &amp; TBA</td>
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<td>Friday 28 July</td>
<td>Friday 4 August</td>
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<td>Sonia Orr &amp; Vicki Rhodes</td>
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**GET ACTIVE**

**AT THE TWEED HEADS PCYC**
NEW FACILITIES OPENING

Basketball (new comp) U8s – opens, free coaching clinic Wed 19 & 26 July 4:00-5:00pm

Gymnastics – kindy gym to levels (new term)

Fitness – weights, boxing & aerobics (coming soon)

Dance classes (hip hop & break dancing)

Regular dance parties & Friday night drop-in (coming soon)

New band practice space, games room & more

Ph: 5599.1714

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Do you know the meaning of this word?

**Positive:** (adj) expressing certainty or affirmation; possessing actual or specific qualities; tending to emphasise what is good or laudable; tending towards progress or improvement (Maths: opposite to negative).

**Motivate:** (vb.) to give incentive to.

**Involve:** (vb.) to include or contain as a necessary part; to have an effect on.
Take the resilient child quiz

Do children in your family or school experience a fast-paced, consumer-friendly, and sanitized childhood?

Do they experience the type of childhood that may satisfy them in the short-term as their immediate needs are met but in the long-term leaves them ill-equipped to deal with some of the curve balls that can throw their way?

Do they experience a childhood that fills their needs but doesn’t meet their needs?

So what’s the point? In our current consumer-oriented society it can be difficult to provide the type of childhood that promotes long-lasting resilience in children. In short, it is easy to spoil children and over-protect them. It is also difficult to resist the temptation to over-schedule their lives and fill every spare minute with some type of activity. In some ways it is even difficult to over-protect and over-organize them these days. Families are getting smaller andXBare-bones

The emergence of indoor playgrounds shows the lengths we go to not only provide a supervised life for kids but to ensure that they never get bored for even a single day or hour when they play.

It helps sometimes to stand back and take stock of the type of childhood that we provide for our kids. We can provide either a more

DO THESE IDEAS OR CONCEPTS APPLY TO YOUR FAMILY OR PARENTING?

1. Kids don’t always get what they want. The Rolling Stones were right when they sang, “You can’t always get what you want, but you can try” all those years ago.

2. They have plenty of opportunities to solve their own problems without adults trying to fix everything for them.

3. Children are expected to help at home from a young age without being paid.

4. Parents expect everything to be perfect and based on their expectations rather than on actual values.

5. Children receive liberal amounts of encouragement but moderate amounts of praise.

6. Children have plenty of free time to do some essential things – play, have fun and to daydream. But they need to have the opportunity to challenge themselves more rather than rely on others to initiate them.

7. Children are involved in family decision-making.

8. Children have the opportunity to identify and develop their interests and then build on these to develop their unique identities through adolescence.

9. Children grow up in families that have their own rituals, rights of passage and traditions.

10. The adults in children’s lives are resilient and lead balanced lifestyles.

ANSWERS:

1. Yes. The outcomes are better for children who can practise impulse control and learn to wait until things improve.

2. Yes. Children will only develop their inner resources and problem-solving skills when given the opportunity to develop their resilience and risk.

3. Yes. Children learn to be watchful and the skills of persistence when they help at home.

4. Yes. Expectations for a cozy need not prevent children from developing their resilience.

5. Yes. Play is just as important as play because they help children develop social skills, develop their resilience and risk.

6. Yes. They are involved in family decision-making.

7. Yes. They learn to be risk-takers and to embark on their own independent pathways.

8. Yes. When children develop their strengths they are more likely to reach their full potential.

9. Yes. They provide important mentors to children as they develop and grow away.

10. Yes. Resilience children need to be surrounded by resilient adults rather than adults who are continually stressed and have no real life aside from

SOURCE:

5-10: Quizanswering. You are helping your children develop strong psychological muscles.

5-8: Good, just need to pick up a couple of areas.

4-1: Haven’t may need to make some adjustments.

0-1: Total overhaul needed but start at No. 10.