



Newsletter

PETER MOYES ANGLICAN COMMUNITY SCHOOL

A School of the Anglican Schools Commission

VOLUME 16 - EDITION 3

19 FEBRUARY 2014

- Knowledge & Insight
- Equality & Compassion
- Integration & Wholeness
- Confidence, Competence & Responsibility
- Self-worth

FROM THE PRINCIPAL

'NOW IS THE TIME FOR ALL GOOD STUDENTS TO COME TO THEIR DESKS'



The following is a copy of the text of a letter I have sent to parents of Senior School students as they commence their respective final years of secondary study.

I was able to speak to some of the parents of the School's Year 10, Year 11 and Year 12 students last week about the focus and priority that must be given to dedicated and organised study.

I have written previously about the many natural gifts that Australia bestows on its citizens that, as a society, we understandably cherish. However, I believe that Australia is beginning to appreciate that our natural munificence will not, by itself, guarantee a continuation of our economic good fortune. The need for our population to be well-educated, productive and resourceful is greater than ever. Recent surveys of the educational standards of nations, especially those in our Asian-Pacific neighbourhood indicate that

Australia may have to reconsider the assumptions that many may have made about the quality and rigour of our education standards.

As important as it is to design instructive and purposeful curriculums, nations will not sustain an improvement in their educational performance unless and until the attitudes and practices of a nation's population create a culture that rewards and celebrates the importance of education. At its most basic this means that individual students need to demonstrate the attitudes and practices that best complement effective study.

The letter is a summary of the observations I made to the parents of Year 10, Year 11 and Year 12 students last week. Whilst my suggestions had particular relevance to our senior students, I hope that all School families and students can realise the importance of a committed and concerted effort to their studies.

18th February, 2014

To Parents of Senior School students,

'NOW IS THE TIME FOR ALL GOOD STUDENTS TO COME TO THEIR DESKS'

I wish to thank those parents who attended last week's Information Sessions for Year 10, Year 11 and Year 12 students.

I am writing to all parents, especially those who were unable to attend the Information Sessions, to reiterate what the School considers to be the essential attitudes towards study and learning that our students should demonstrate.

An Australian School Year lasts from early February to early December. For Senior School students, whose examinations commence in November, their academic year is a little over nine months in duration. Perhaps a fitting analogy for these nine months is an academic gestation period.

Just as expectant mothers and their partners have to prepare and modify behaviours during a pregnancy, so must students properly prepare and modify their behaviours to increase their chances of academic success over the balance of this year.

The following are my nine (one for each month!) suggested priorities for effective study:

1. *"Success only comes before work in the dictionary"; "Genius is one percent inspiration and ninety-nine percent perspiration"; "It's funny: the more I practised the luckier I became"- These observations reinforce a basic observation that students must comprehend and*

**SCHOOL
CALENDAR**

**STUDENT
HANDBOOK**

appreciate. To be an effective and successful student, a student must be studious. Students must understand that their primary mission as a Senior School student is to develop their academic focus and potential. Accordingly, they must understand the time and effort that will be involved in developing their academic skills. It is no accident that the School scheduled the Year 12 Ball to be as early as possible so that it would not become a distraction as academic pursuits began.

2. Use time wisely. It is imperative that students do not waste time on pursuits that are counter-productive and/or tiring. Many School Principals in Perth have commented recently on the need for students and their families to set embargoes and restrictions on the use of their computers, especially for non-academic activity that tires and/or distracts a student. For example, twenty years ago if students from a School were a boyfriend and girlfriend and their relationship ended it was, quite properly, their business. Regrettably, such an event today is likely to invite comment from a whole class of students on social media throughout a night, to the detriment of effective study. Similarly, parents and students must be sensible about the amount of part-time work that a student undertakes. I have seen too many students arrive at School in a very tired condition because of part-time jobs that have them working well into the nights. One cannot serve two masters.
3. Holidays are 'non-teaching' times - Senior School students cannot afford to treat their holidays as a vacation from their academic commitments. For Year 11 and Year 12 students especially, the vacation periods offer a chance to revise and prepare for forthcoming assessments and examinations. Year 12 students must remember that when they sit their final examinations they are not simply being examined alongside their fellow class members, but against all the students in Western Australia studying their respective subjects. Students must remember that their ATAR score is an academic ranking. No ATAR marks are given for the number of Facebook entries one has made in a year, or the number of parties one attends and/or how quickly a student obtained a driver's licence.
4. Be organised. Students who organise effective study routines and adhere to them are inevitably more productive than those who juggle their academic commitments and always seem to be in a constant whirl of "doing what I need to get done for tomorrow". All Senior School students should have clearly defined homework times and routines. During weekends students should commit themselves to dedicating a specified period of either Saturday or Sunday to their studies. This time should be seen as a time to consolidate the previous week's learning, to plan for the week ahead and do extra reading.
5. Know your subjects well. All Year 11 and Year 12 students should have copies of their subject outlines at the front of their subject folders and constantly refer to them as they study course material. It is from these subject outlines that the wording of examination questions is crafted. Students should use the course outlines to assist them with their revision and/or seek further assistance in areas of a subject about which they are unsure.
6. Examinations can be enjoyed! It has always astonished me that in Australia the efforts of sportsmen to make Grand Finals, World Championships and/or Olympic Games is seen as the opportunity of a lifetime to demonstrate their sporting prowess. Why should it be no different for students sitting examinations? After a period of intense academic study, students should see examinations as an opportunity to demonstrate what they have learned, just as an athlete hopes that their best performances will be in their Grand Finals.
7. Do not become stressed about stress. Regrettably, our society has become, in my opinion, overly anxious about anxiety. Anxiety, tension and nervousness are a natural part of life and are certainly part of professional life. There will be times when students feel stressed and anxious about the work they have to do. However, they must remember that at these times they are not alone. There are times of an academic year when amounts of work naturally increase. Students should also remember that excessive anxiety depletes the very energy a student needs to complete the work. Completing required work and making a genuine effort to finish work is the best antidote to stress. And always remember the basic law of physics: without stress there is inertia!
8. Moderation in all things - Working sensibly throughout the year, maintaining a good diet, being physically active, ensuring a predictable and adequate pattern of sleep, being sensible about time spent socialising and avoiding alcohol and other drugs are all important elements of a successful student's regimen. The School's Counsellor has many resources available for students on how to study, eat and sleep in a sensible manner.
9. Be your own best critic and do not neglect your handwriting – Senior School students must realise the importance of proofreading their work and not being prepared to accept the first draft of their essays, formulas, laboratory reports and/or mathematical workings. Students must give themselves time to complete work so that it can be revised and improved. As students are required to complete their examinations with handwritten responses, Senior School students must not neglect their handwriting in favour of typed responses. Many students find it difficult to write sufficient amounts of material in their examinations because they have neglected to practise writing examination responses in their own hand in the time allocated to them.

The opportunity that the Senior Years present to consolidate the learning achieved in the Primary and/or Middle Schools is a unique one.

I look forward to working with the School's staff to maximise the potential of our students over the next nine months. In Victorian England the term of a pregnancy was often called a 'confinement' as many women had to be confined to their beds for rest. My final observation to our Senior School students is that your guiding principle in completing your academic years at the School is that your mind and body should overwhelmingly be confined to thinking about the importance of study and the tremendous opportunities and satisfaction that academic success can bring.

With my best wishes.

Julian Dowse
Principal



CHAPLAIN'S CHAT

Dear Friends,

Every four years for over 1100 years, from 776 BC to 393 AD, thousands of people ceased all warfare and flocked to a small sanctuary in northwestern Greece for five days in the late summer for a single reason — to witness the Olympic Games. During that time, competitors from all over the Greek world competed in a number of athletic events and worshipped the gods at the sanctuary of Olympia. The athletes competed not for money or material goods, but only for the honour of being an Olympic victor.

Scholars have speculated that the games in 776 BC were not the first games, but rather the first games held after they were organized into festivals held every four years as a result of a peace agreement between the city-states of Elis and Pisa. The Eleans traced the founding of the Olympic games to their King Iphitos, who was told by the Delphic Oracle to plant the olive tree from which the victors' wreaths were cut. According to Hippias of Elis, who compiled a list of Olympic victors c.400 BC, the only event held at the first Olympics was the stadion footrace.

The New Testament was compiled during the era of the ancient Olympics Games. St. Paul uses the imagery of athletics in his writings:

You know that many runners take part in a race, but only one of them wins the prize. Run, then, in such a way as to win the prize. Every athlete in training submits to strict discipline, in order to be crowned with a wreath that will not last; but we do it for one that will last forever. (1 Cor. 9.) I have done my best in the race I have run the full distance and I have kept the faith. And now there is waiting for me the prize of victory awarded for a righteous life. (2 Tim. 4.)

The original Olympic prize was not money, but an olive wreath signifying peace and honour. Athletes today compete knowing that if they win that they can earn millions of dollars in endorsements and advertising. But how much more valuable is the prize of peace...if only our world could be free of war and conflict...sometimes peace can only be achieved by waging war, as when countries decide it is time to stop an aggressor such as Hitler from killing more innocent people. But it would have been far better if war had never been waged in the first place.

Life can be compared with running a race...we are all in a race of our own towards some kind of prize, whether it be material success; the car we have always wanted; the house we have always wanted in the suburb we have always wanted. But are these the prizes that really matter most? What prize would you give if you were awarding the best prize in the world to a group of competitors?

LECTURE ON THE WORK OF TIM WINTON

Christ Church Grammar School has invited me to speak on spirituality and faith in the works of author, Tim Winton. You are invited to attend. The details are included alongside.

Best wishes.

Fr. Chris Beal
School Chaplain



**Christ Church
Grammar School**
PERTH, WESTERN AUSTRALIA

**You are invited to a public lecture on the work of
Tim Winton entitled:**

**'Sea, Spirit and Salvation: spirituality and faith in
the works of author, Tim Winton.'**

**Tuesday 4 March 2014 at 7.30pm at Christ Church
Grammar School Chapel.**

Presenter: Fr. Chris Beal BA BTh

**Fr. Chris is a school chaplain of 20 years'
experience and taught Senior English Studies for
10 years. The lecture will particularly address Tim
Winton's novel: *Cloudstreet*.**



PRIMARY LIBRARY NEWS

Library borrowing is up and running and nearly all the children are already returning their books on time!

Library Borrowing Days are:

Mondays: PP1, PP2, 2.1, 2.2, 4.1 and 4.2

Wednesday: 3.1, 3.2, 3.3, 6.1 and 6.2

Thursday: 5.1, 5.2, 5.3 and 6.3

Fridays: 1.1, 1.2 and 4.3

Children may return their books and select new ones before and after School, or at lunchtime on Mondays and Wednesdays for Lower Primary or Tuesdays and Thursdays for Upper Primary. If you have any queries about the children's borrowing please contact Mrs. Cathy Mawby on cmawby@petermoyes.wa.edu.au

Over the last two weeks students have been visiting the library during lunchtime and colouring bookmarks, playing boardgames and reading stories to the Library Book Buddies. For next week there's been a request for Chatterboxes!

Cathy Mawby

Primary Teacher Librarian.



MUSIC TO OUR EARS!

Last week a small group of Primary and Middle School staff and students attended a Choral workshop hosted by Swan Valley Anglican Community School, and led by the renowned Paul Jarman. I would like to extend a special thanks to Graham Local, SVACS, as well as Andrew Raymond from St. Marks ACS who brought Paul to WA.

We enjoyed a day of singing, learning new repertoire and interesting conducting techniques, as well as meeting many students and staff from our other Anglican Community Schools. It was a very rewarding day.

This was the first of several combined ASC musical events to be held this year. Our next event will be the ASC Piano Competition on Wednesday, 25th June .

Justin Tonti

Head of Music



CAREERS CORNER

YEAR 10 – AIT AND CERTIFICATE I IN INFORMATION, DIGITAL MEDIA AND TECHNOLOGY STUDENTS

All Year 10 AIT and Certificate I in Information, Digital Media and Technology students will be attending the **Big Day In** event as part of the schools Career Development plan for 2014.

Your teacher will discuss this great opportunity with you in more detail in the next couple of weeks. In the meantime please see the website below to see what the **Big Day In** is all about.

Toby Wright

Careers and Vocational Education Coordinator



Proudly supported by:



Attn: Years 10 students interested in Careers in Technology, Careers Advisers & IT Teachers!

BiG Day In Perth

is on **Thursday 8 May 2014**

The ACS Foundation invites you to attend the **BiG Day In** at **Perth Town Hall** on **Thursday 8 May 2014**.

Come and hear speakers from **Google, IBM, Conducive, WiseTech Global** & more, talking about the future of technology. We've got exhibitors from organisations including IBM, Edith Cowan University, University of WA, Curtin University, Murdoch University & more to come!

Visit thebigdayin.com.au for more details



CAR PARK ETIQUETTE PLEASE OBSERVE!

The School has two main car parks – the Salerno Drive and Elliston Parade Car Parks. As with all Schools, our car parks are especially busy at the beginning and end of each School day.

Both the Salerno Drive and the Elliston Parade Car Parks are **one way**.

The parking bays in the Northern Elliston Parade Car Park are for Staff and visitors to the School; in marked bays only. The parking bays in the Southern Elliston Parade Car Park are for the parents of Kindergarten and Pre Primary students only. Other parents may enter the car park to drop off and pick up students each morning and afternoon in the yellow 'drop off zones'. Such vehicles **should be stationary for a minute only** and they are not to be left double-parked for any longer. Entry to the Elliston Parade Car Parks is from the northern (Quinns Rocks) end. Drivers must approach from the north and turn left, as there is no entry from the south. Cars approaching from the south, bound for the Elliston Parade Car Parks, should travel north up Salerno Drive and come back down Elliston and make a left hand turn into the car park. (See map). Vehicles exiting the car park should turn left into Elliston Parade.

There is also a "Kiss and Ride" located on Elliston Parade directly in front of the Primary School entrance. The School would like to encourage parents to use this as much as possible to save driving into the School grounds. Please note that this is a **standing only zone (no parking or leaving a vehicle is permitted)** for the purpose of pick up and drop off only.

The **Salerno Drive Car Park** is for **staff parking only**. Parents may enter the car park to drop off and pick up students each morning and afternoon in the yellow 'drop off zones'. Entry to the **Salerno Drive Car Park** for pick up or set down only is from the southern (Mindarie) end. All vehicles should approach from the south and turn left into the car park. Cars arriving at the School from the north and bound for the **Salerno Drive Car Park** should travel south along Elliston Parade, east along Anchorage and then north up Salerno Drive to enter the car park via a left hand turn. (See map) Vehicles exiting the car park should turn left into Salerno Drive.

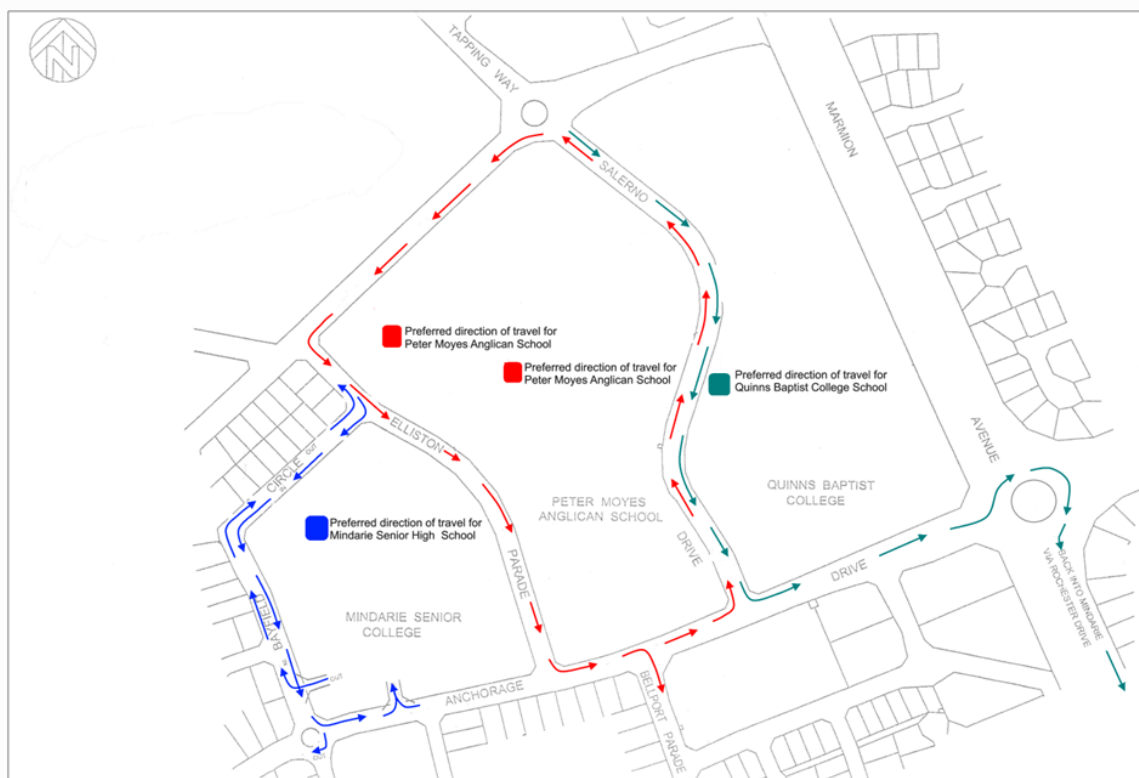
Speed in the car park should be no more than a crawl! It is important to remember that small children cannot see over cars and their peripheral vision is not fully developed until well into adolescence. And some do not look!

Please be careful!

Please try to show the patience and courtesy to others that you would expect to be shown to you and you would expect from your children.



CAR PARK VOLUNTARY ONE-WAY SYSTEM



SOCIETY & ENVIRONMENT DEPARTMENT STUDY TOUR TO WESTERN EUROPE APRIL 2015

At the end of Term 1, 2015 the Society & Environment department will embark upon its inaugural international study tour to Western Europe. The tour will commence during the school holidays and will encompass both weeks with the party leaving on Saturday, 4th April and returning on Sunday 19th April, 2015.

All Year 10, 11 and 12 students are eligible; however, as the tour's aim is to further the knowledge of students studying Economics, Geography, History and Politics and Law at Peter Moyes, preference will be given to those involved in Society and Environment subjects.

For any student who is studying a relevant subject, the possibility of actually going to France, Belgium and Germany and having a chance to experience it in real life is a very exciting idea. We know that it will be a terrific occasion for them to learn more about global conflict and its impact upon Europe; appreciate Australia's historical role in regards to international history during the 20th century; examine and compare political & legal systems and engage with rich and varied cultures. As a bonus they will be able to build positive relationships with accompanying teaching staff and students. We also hope that it will inspire them to be motivated and committed in their studies.

Currently, the anticipated total cost of the trip is approximately between \$5,000 and \$5,500 per person. This price is subject to change based on the number of students participating and changes to quotes provided to the School. This price includes airfares with Qatar and Singapore Airways, accommodation, airport taxes, transportation, some meals, guide hire, tours, entry fees and other services where indicated. It does not include insurance, the personal spending money that students will need to take to purchase souvenirs or any additional food.

If you would like to register your child's interest in participating in this study tour or require further details regarding the tour itinerary please contact Mr. Briggs by email (kbriggs@petermoyes.wa.edu.au) or by telephone on 9304 5588.

Keith Briggs
Head of Society & Environment

Bayeux





INVITATION

Connect • Learn • Engage

PARENT SEMINAR



PETER MOYES ANGLICAN COMMUNITY SCHOOL

A School of the Anglican Schools Commission

Safe4Kids

Protective Behaviours

How do you teach children to be wary of potential harm, without teaching them to fear, wrap them in cotton wool, or give them so much information that their innocence and wonder is in jeopardy?

Protective Behaviours Education is a proactive, holistic, whole community approach to teaching life skills to children. It teaches the children themselves language and principles of Protective Behaviour, which helps them identify unsafe situations, and arms them with the tools to either seek appropriate assistance or to protect themselves.

LOCATION

Allan Shaw Centre Auditorium

DATE

Wednesday 12th March 2014

TIME

6.30pm

To
RSVP
click here

Please complete reply slip below and return to
Main Reception or RSVP jgratton@petermoyes.wa.edu.au
by Monday 10th March.

RSVP



Connect • Learn • Engage

PARENT SEMINAR WEDNESDAY 12TH MARCH

I/We will be attending the *Connect • Learn • Engage*
Protective Behaviours Parent Seminar
on Wednesday 12th March 2014.

Parent Name/s: _____

Please return to Main Reception or RSVP jgratton@petermoyes.wa.edu.au by Monday 10th March 2014

Do you have a child in year 4, 5 or 6?

Have you
missed out
on thousands
of dollars?

In 2001 the Government introduced the 'First Child Tax Offset' and surprisingly many Australians did not know about it and have NOT claimed any benefits.

If you have **ANY** child that was born between **1 July 2001 and 30 June 2004** you may be eligible to receive up to \$12,500 of entitlements.

The government has a 30 June 2014 deadline on this entitlement so please email childoffset@twelve.com.au today to receive more information.

ACT NOW!
DEADLINE
JUNE 2014

Twelve Chartered Accountants ABN 61 712 659 747
www.twelve.com.au Principal: Derek Nolan CA



twelve
CHARTERED ACCOUNTANTS

Your Family Tax Specialist



P & F NEWS

NATIONAL RIDE2SCHOOL DAY 2014



Get ready to Ride (Scoot or Skate) to School on Wednesday March 19th 2014.



Every pre-registered participant has a chance to win a bike kindly supplied by Merida and Bikeforce Clarkson (valued at over \$450)!



Look out for emails that have been sent out, informing you about the great discounts and a fantastic prize that are being offered to PMACS families who participate in National Ride2School Day.

Thank you to PMACS parent and President of Northern Beaches Cycling, Dr. Chris Howard, for organizing this event!

WE'VE MOVED!

The P & F Office has moved. We are now situated in the Primary School opposite Classroom 5.1. Office Hours are Monday to Friday 8.00am - 11.00am.

P & F LEVY REBATE CARDS

Each family will be receiving their P & F Levy Rebate Card in the next few weeks.

For each hour that you spend helping within the School community you are rebated \$30, to a maximum of 12 hours or \$360 over the year.

Information detailing how to claim your refund will be sent out with your Levy Cards – please keep them safe!

Claire Long

P&F Office

pf@petermoyes.wa.edu.au

P & F Meeting Dates

13/5/14	Funding Meeting
17/6/14	General Meeting
16/09/14	AGM
28/10/14	Funding Meeting
18/11/14	General Meeting

Term 1 2014 P & F Events

Saturday 15th March

Bunnings BBQ

Wednesday 19th March

Ride To School Day

Friday 4th April

Primary School Disco

YEAR 7 GET-TOGETHER

Year 7 students and parents are invited to a get-together this Friday 21st February at 3.30pm at Quinns Beach (ocean side of Portofino's near Quinns Caravan Park).

BYO soft drinks and snacks, balls, Frisbees, cricket sets, beach volley ball etc!

See you there!





AN EPIC DAY FOR AN EPIC CAUSE!

Fun runs rarely come in a form like this... the Great Western Sand Storm (GWSS) on 19 April 2014 - a new event on the WA running calendar.

All proceeds go to **Soldier On**, a charity supporting our physically or psychologically wounded Defence Force personnel. The GWSS aims to promote good mental health – not only in military personnel but all walks of life.

So what's it all about? A whole day of running events, uniquely on soft sand, with eight separate activities to suit any fitness level. The Swanbourne Beach location adds to the distinctly military theme of the GWSS. This day is for you, the general public, to get involved for our wounded troops!

All distances from 1 km offered! Including a relay race (The Hand Grenade Relay)... AND a military style event (The Sand Storm Circuit)! Choose your event and support our wounded.

In keeping with the military theme, a 'Cam Station' will be set up to paint camouflage stripes on faces - this should be a lot of fun!

Don't miss out on this rare event! Register at:

www.greatwesternsandstorm.com

Keep in touch at: www.facebook.com/greatwesternsandstorm or watch the video: <https://vimeo.com/80877076>

MAKE THIS YOUR MISSION FOR 2014!

WWW.GREATWESTERN SANDSTORM.COM

SCHOOL CONTACT NUMBERS

School Administration	9304 5500
Accounts Department	9304 5500
Primary School	9304 5500
Middle School	9304 5577
Senior School	9304 5588
Waves Cafe	9304 5533
Facsimile	9304 5599

SECONDARY ASSISTANCE SCHEME

YOU MAY BE ELIGIBLE FOR UP TO:

\$350

towards school expenses

DO YOU HOLD A:

- CENTRELINK FAMILY HEALTHCARE CARD
- CENTRELINK PENSIONER CARD

(OR)

- VETERANS' AFFAIRS PENSIONER CARD?

Applications Close
Friday 11th April 2014

ASK SCHOOL RECEPTION FOR MORE INFORMATION



KIDS WHO WON'T TAKE NO FOR AN ANSWER!

Parenting Ideas posted by: Michael Grose
<http://www.parentingideas.com.au>



Ever had a child who keeps asking for a favour or a treat until they get the response they want?

These kids generally use one of two strategies. They may either nag or hound you until they get an affirmative or they'll seek out an adult who will give them the answer they want.

Pester power wears you down! The first method, based on persistence, is generally very effective to use with tired parents and sole parents who are more susceptible to this type of behaviour.

"All right have the that ice cream. Anything for some peace and quiet" is a response that most people who have spent time around children are familiar with.

Playing one parent off against the other. The second method is a little more devious but very effective and usually occurs in dual parent families. You know the situation. A child's request for a treat, favour or outing is turned down by one parent (*"No Jessica you can't have an ice cream now. Wait until after dinner"*) but a child seeks out the other parent who gives them the affirmative they are seeking. Minor happening but very irritating.

These situations are indicative of two people who are operating on different parenting planes. If it happens every now and again then it is no big deal.

However, if one parent is always granting a child his or her wishes without consultation or thought of how the other parent thinks then it's probably time to step back and reflect on how you can both work together. If it happens frequently your child will learn how to play one parent off against the other or manipulate situations until they get what they want. This type of scenario is ramped up when parents live apart, which kids either find confusing or they play to their advantage.

It's human nature to seek a yes. Most of us learn intuitively who to ask for a favour and who will give you a negative response. This type of parental manipulation can occur for many reasons. Either it is due to different standards of behaviour or different beliefs about bringing up children, or a lack of understanding about what has happened in a child's day. Regardless of the reason it means that parents need to communicate between themselves and also get the message across to their child or children that it is **taboo** to keep seeking out a parent until they get the response they want.

One No is enough. My advice: Be firm with child who goes to another parent in search of a yes after they have received a knock back from another.

"Where did you get that ice cream from? I already said no."

"Daddy said I could have it."

"I am sorry but you should not go to daddy after I said No."

If in doubt, defer. The other technique that you can use which is very effective if one parent is a jellyfish and gives in all the time is to defer to the other parent whenever they ask some a little tricky.

"Okay Jessica, I'll just check with dad and I'll get back to you."

This strategy may be artificial but it is helpful in bringing the other parent into the act, and also demonstrates that you are working together.

Deferring is also a smart way to **manage a teen** who corners you into making quick decisions. Control the timing of your interactions and don't be railroaded into making snap decisions.

Take it in turns saying NO. Most dual parents play good cop/bad cop where one is more the disciplinarian or hard-line manager and the other is the play director. That tends to be the way of families. This is wearing on the bad cop so it helps if you can swap roles occasionally (or even backbones) to give the other parent a break. Sole parents play both roles, which is draining.

Switch between credible and approachable. If you default to friendly rather than firm when you're with your kids then get used to switching roles. Kids know instantly when you really mean what you say as your non-verbals (eyes, posture, tone of voice and breathing) give you away every time.

Managing children who won't take no for an answer demands teamwork, a willingness to hold your ground, and most importantly, good communication skills so that when you say *'NO, not this time'* (or however you say it) your kids actually believe what you say.



behaviour tonics

first in practical parenting

• 123 Magic™ & Emotion Coaching

A flexible & effective approach to discipline with 2 - 12 year olds.
Wed 26th Feb, 5th & 12th March (2 to 12 years)
Mon 17th, Wed 19th & Wed 26th March (2 to 5 years)
Mon 7th, Wed 9th & Mon 14th April (2 to 12 years)
NB : (Also available on a one to one basis ie 3 x 1.5 hr sessions)

• Growing Your Kids Socially

To help parents nurture good social skills and assertiveness in children .
Practical ideas for assisting your kids to grow wonderful friendships and to thrive in the playground, classroom and at home. Learn how to help them make friends, keep them and deal with the tough stuff of peer interactions.
3 to 7 years. 2 evenings - 20th & 27th March, 7 - 9pm

• Protective Behaviours

Teach your child a range of skills and strategies to help protect themselves from physical, emotional and sexual abuse.
Held over 2 sessions. Available 'In House'.

• Engaging Adolescents

Parenting skills for resolving teenage behaviour problems in 11 - 16 yo.
Includes how to hold difficult conversations. Held over 2 sessions. Available 'In House'.

• Parenting Information Sessions (including 10 take home tips)

These 2 hr seminars are designed to improve your knowledge and confidence as a parent. Available 'In House'.

behaviourtonics.com.au 9382 1182

info@behaviourtonics.com.au

Scan with free QR
code reader



Dads Raising Teenage Girls

The father-daughter relationship is particularly important during the teenage years to help girls navigate this difficult time.

Find out how you can build a more rewarding relationship with your teenage daughter.

This workshop will discuss:

- Building a positive relationship with your teenage daughter
- Issues teenage girls face today
- How to cope with the changes in your teenage daughter
- What do teenage daughters need from their dads
- Practical ways you can help her make better choices

FREMANTLE
1 Ord Street
Thursday 27 February 2014

WEST LEEDERVILLE
15 Cambridge Street, corner of Southport
Thursday 3 April 2014
Thursday 26 June 2014

Fee: \$25 per person
Time: 6.30 - 9.00pm

Places are limited so please book now on 9489 6322

