

Dear Parents and Friends

It has been an event-filled beginning to the term, with the opportunity for the whole College to gather at the opening of the school year mass and each campus having also had their first assembly.

We welcomed back our high achieving VCE students from last year at both Notre Dame and St Paul's to share their success with our students.

We extend our congratulations to the following former students from the class of 2023:

College Dux Lily McColl – 98.8 - Design/
Architecture, University of Melbourne

St Paul's Campus

Alessio Martinello – Business (Professional),
Swinburne University of Technology

Aarya Thakker – Science, Monash University

Nicholas Milich – Accounting, RMIT University



Notre Dame Campus

Sarah Amalados – has applied to study Medicine
at the University of Kent, UK

Sanya Walia – Biomedicine, University of
Melbourne

Chahile Singh – Science/Engineering, University
of Melbourne

Mitchell Skrekovski – Commerce, University of
Melbourne

Jordan Walsh – Science, University of Melbourne

Chloe Farrugia – Education, Primary, Australian
Catholic University

Tejashree Panvalkar – Arts, University of
Melbourne

Gina Phiri – Science, University of Melbourne

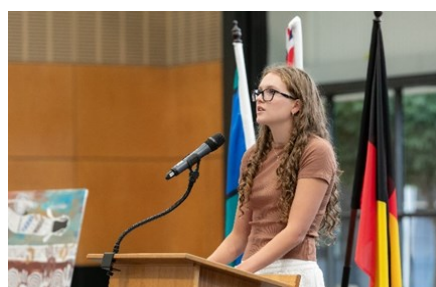
Chloe Suntovski – Medical Imaging, Deakin
University

Lei Zhao – Arts, University of Melbourne

Jeremy Cachia – Engineering – Computer Science,
RMIT University

Ana Orieta – Professional Communication, RMIT
University

Zi Xu – Science, University of Melbourne



I had the opportunity to attend the Year 7 St Paul's camp at Portsea this week. It was wonderful to see the students getting to know each other and enjoying the activities. This camp is a great way to support the transition of students to the College.



Issue No. 02 16 Feb, 2024



At the opening assembly, I took the opportunity to revisit the motto of the College. Our motto should speak directly to all members of the school community. *Life to the Full* John 10.10 – overarches everything that we do at Emmanuel College. If we do accept the challenge to live life to the full, this means that we accept the gifts that we have been given and let these gifts influence how we live our lives. It is very important to accept our talents, to share them with others and to rejoice in them. We see the talents of members of our community so frequently.

For example:

- Within the awards presented in the Principal's Lists for academic achievement across all of our College subjects
- In the arts, be it performance of drama or music or the production of media, painting, drawings or sculpture.
- In technology, through woodwork, metals, engineering, food, textiles and all the various methods that the design process can be applied, and materials can be applied
- In sporting achievement, across a great many individual and team sports
- In service to others in our school community and beyond, whether this be through leadership opportunities, immersion experiences or social justice
- Or in the extra-curricular opportunities that are too vast to list but that can appeal to a wide variety of interests and skills.

Life to the Full speaks to finding your passion and committing to enhancing your skills and developing your gifts - or, at times, accepting the challenge when things do not come naturally to you. It means stepping outside of our comfort zone and extending ourselves. The College will provide opportunities, and I hope students will take up these opportunities when they are offered.

We are all blessed with gifts and talents, and we are asked to carefully consider the opportunities we have, the dreams we aspire to, and to reach for them with hope. In all these things, may we be guided by our faith.

We should all consider the College theme for 2024: *Have the courage to replace your doubts with dreams.*—Pope Francis

Dr Janine Biggin
Principal

Deputy Principals (Student Wellbeing)

It's been a pleasing start to the academic year and our students should be proud of the way they have commenced schooling both at both Notre Dame and St Paul's Campuses. We have been so pleased to see students engaged in classes and getting to know one other through Homeroom, their Pastoral sessions and in the yard. Last Friday the entire College came together as one community to celebrate our opening mass at Quiroga Hall, Notre Dame Campus. The students participated in this special event with reverence as we prayed for a wonderful year ahead. Highlights of the celebration were Uncle Shane Charles' opening address, praying for our new students and staff, the 2024 student leaders and our new College Leadership Team.

Our new Year 7 students have embarked on the routine of secondary school life, finding their way around, working out lock combinations and adjusting to a new curriculum and teachers. Information Evenings on both campuses for all new students took place on Monday 12 February and were a wonderful opportunity for new families to visit their child's campus, meet House Leaders and Homeroom Teachers and hear all about life at Emmanuel College.

Action Plans and Medication:

Thank you to families who have supplied updated action plans and medication to your respective campus in recent days. Just a reminder that if your child's medication or action plan have expired or are about to, please prioritise this urgently so that we can provide the appropriate care and management for your child should they require immediate assistance.

Commendations:

Congratulations to those students who have already demonstrated commendable approaches to their studies. So far, we have noticed many commendations issued to students by their subject teachers for completion of schoolwork and holiday homework so early in the school term. If students are yet to receive a commendation, they are encouraged to set this as a goal and work towards it. Teachers are always looking to acknowledge effort and will offer strategies to assist, so students should not hesitate to ask.

Goal setting is crucial to success. Here are some tips that you can discuss with your daughter or son at home.

- Set your goals. How can you be motivated if you don't know what you're aiming for? Your written goals are solid reminders of what it is that you want.
- Revisit your goals regularly and religiously.
- Use the 'divide and conquer' technique by breaking down your goals into pieces. Work one piece at a time.
- The baby steps first: start on something easy or interesting. Too often we fall into the 'all or nothing' mentality.
- Savour little victories along the way; they are every bit as important as the end goal. They keep you going when you have a setback.
- Work with a friend to keep each other motivated.
- Don't wait until the mood to strike for you to make a start on something - anything. Once you've started, you'll keep going.
- Know that the best way to keep motivated is doing what you planned to do.

Homework:

For some, the concept of homework can be daunting, however, it is important that students grasp the importance of completing work at home on their overall educational development. The Student Handbook is an essential tool for success in establishing a regular routine of homework at home. Homework is assigned to reinforce the skills and content covered during class and is an invaluable support to each student's learning process. It is also a benefit to teachers in monitoring their understanding of class work. Should you have any concerns regarding the nature or the quantity of homework set or are looking for example homework routines that work well for other students, please contact your child's Homeroom Teacher or House Leader for further clarification.

Make-up, fake nails and nail polish are not permitted. On the first instance, students presenting with make-up and nail polish will be required to remove it and will be issued with a detention.

Shaving Male students are required to be **clean shaven** at all times. Students who disregard this requirement will be required to shave at Student Services or may be asked to go home and return appropriately groomed and will be issued with a lunchtime detention.

Hair Hair colour should be natural looking and one colour. Shaved or severe undercuts, mullets, lines, shaved sides, tails are not permitted. Clippers are not to go below a number three.

Summer dress and kilt length should be on the knee. Please refer to the uniform policy in the Student Handbook for further information.

Correct sock colours need to be observed. Plain black socks for girls and grey socks for boys with the College uniform. Socks are to cover the ankle or be knee high. Sport socks or branded socks are not permitted. With the PE uniform, white socks are to be worn, either ankle length or sports socks.

Piercings - Students may wear a single ear stud in the lobe only. The wearing of other fashion accessories is not appropriate. Students who choose to wear other items of jewellery can expect to have them confiscated for the duration of the term. Nose rings are not permitted. Clear studs are not acceptable. All piercings must be removed.

Online Canteen Orders

Parents and students are able to order and pay for lunch online via QUICKCLIQ on a computer or mobile device. New to Quickcliq?

SIMPLY REGISTER AT: www.quickcliq.com.au

Student Leaders

Congratulations to all student leaders who presented to our community at the 'Principal's List' College assemblies held at each campus last week. Year 7 Student Leaders will be confirmed in coming weeks and will be presented at House Assemblies. The names of College Leaders are listed below.

2024 Student Leaders

St. Paul's Campus

College Captain

Matthew Koropecykj

College Sports Captain

Brodie McCleish

Advisory Council Student Member

Ayan Panghal

Academic Captain

Matthew Joveski

Mission Faith Captain:

Seth Richards

Mission Justice Captain:

Dean Penna

FIRE Carrier Captains:

Jarryd Niemczyk & Matthew Koropecykj

VCAL Captain:

Brady Austerberry

Arts Captains

Performing: Aiden Lambe

Visual: Noah Sampson

	CASSIDY	CHAMINADE	McCLUSKEY	McCOY	WINTERS
House Captains	Matthew Koro-peckyj	Matthew Joveski	Lucas Kohut	Carl Refardt	Ayan Panghal
Vice Captains	Kunchit Sikka	Anthony Briffa	Mark Cuni	Joel Aquino	Zachary Collyer
Sports Leader	Jack Knight	Jamie Seymour	Deon Mitrevski	Brodie McCleish	Jorie Cornish
Year 11 Leaders	Mohamed Kentar	Joshua Sagona	Noah Thomas	Charles Hollingworth	Jesse Longaretti-Schreppel
	Fraser Burns	Hamza Abdul Ghaffar	Spencer Tyers	Liem Phan	Dean Penna
Year 10 Leaders	Jeremy Cassar	Matthew Sy	Will O'Connor	Francesco Chiacchierini	Max Collyer
	Nicholas Garrata	Patrick O'Keefe	Michael Mullet	Hunter Longmuir	Hugo Fischer
Year 9 Leaders	Johnny Nguyen	Omar Abdul Ghaffar	Sidharth Roy	Isaiah Holland	Lucas Milosevski
	Darcy Tredinnick	Marko Jovic	Leon Crowe	Lachlan Sampson	Nicolas Weghaus
Year 8 Leaders	Daniel Surbevski	Euan Dragovic	Isaac Koutsouris	Ayden McCleish	Finley Lewington
	Xavier Nassar	Aiden Hateley	Sam McDonald	Lawson McCleish	Kobe Sulja

2024 Student Leaders

Notre Dame Campus

College Captains:

Ella Rule & Marco Lapitan

Sports Captains:

Evie Boniwell Lombadero & Holly Bridges

Advisory Council Student Member:

Jack Lowry

Academic Captain:

Jack Lowry

Arts Captains:

Leanna Tito and Domenico Filippone

Mission Faith Captain:

Ella Rule & Chidi Nwaegerue

Mission Justice Captain:

Niharika Wadhwa

FIRE Carrier Captain:

Holly Bridges

VCE VM Captains:

Ella Camilleri & Lachlan Sammut

	CASSIDY	CHAMINADE	McCLUSKEY	McCOY	WINTERS
House Captains	James Williams Xavier Fragapane	Rajash Kuderu Natalie Gormley	Lachlan Sammut Ishmanpreet Gosal	Khang Huynh Abigail Rhodes	Marco Lapitan Kadin Harvey
Sports Leaders	Harry Saunder Rumbi Makotore	Holly Bridges Charli Archer	Rithvik Pathi Sienna Johnson	Emmanuel Bol Evie Boniwell Lombade-ro	Sam Barbuto Jaimee Jurcic
Year 11 Leaders	Juliana Giango Ruby Franklin	Alex Angelidis Rafaella Lalev	Dannika Arvanitakis	Claudette Gatt Carabott	Joshua Ascough
Year 10 Leaders	Joshua Pilling	Adarsh Gohil Alexis Metcalfe	Alexander Horpinitch Lirrienne Van der Dos	Andrei Tababa Ruby Masuglia	Kavin Malawana Hayley Jeromson
Year 9 Leaders	Tahj McColl Isis Dawson	Lachlan (Lachie) Smith Brianna Ralston	Yasmin Suchodolski Djana Wilkinson	Brianna Chetcuti	Gregory Xino-poulos Evelyn Martcheenko
Year 8 Leaders	Liam McGahan Sibylla Grossmann Matheson	Jack Cooper Blair Kaitleigh Manansala	Tichawana (Glendon) Maguma Kiara Thomas	Leonardo Rodriguez Cano Emma Mathias	Mavis Kong Isabella Duane

Denis Palanci & Victor Salloum

Deputy Principals (Inclusive Practices)

Inclusion Team

Continuing the development of our Inclusion Team at Emmanuel College, I am thrilled to welcome our newest members. Our Team is now joined by Sian Toney, Educational and Developmental Psychologist; Erin Quigley, Psychologist and Educational & Developmental Psychology Registrar; and Julie Garcia, Speech Language Pathologist. Sian, Erin, and Julie bring much experience to the College, having worked in secondary schools and private practice for many years. Sian and Julie will be working cross campus at both NDC and SPC, while Erin will be based at NDC campus.

College Psychologists

Psychologists have expertise in diagnosing and treating mental health concerns as well as identifying learning difficulties. They work with students, teachers, and families to ensure a young person gets the most out of their schooling and to promote students' academic success and wellbeing. The key aspects of the College Psychologists' role are supporting individual students, conducting psychological testing, and offering psychoeducational programs to the Emmanuel College community.

Speech Language Pathologist

A Speech Language Pathologist diagnoses and provides intervention to students with speech and language disorders. They work with students, teachers, and families to ensure all students can access the school curriculum and encourage academic achievements. The key aspects of the College Speech Language Pathologist role are to support individual students, conduct diagnostic language assessments, and offer intervention where possible. Currently the key initiative is to roll out a new Tier 1 Vocabulary Intervention Program (VIP) targeting Year 7 and 8 students in their English classes.

The Team is looking forward to supporting students and parents in 2024 and beyond.

Anita Duhig



Leader of Mission Integration

Opening School Mass

On Friday 9th February staff and students celebrated our opening school mass in Quiroga Hall with Fr John Kalka. The mass was a wonderful opportunity to celebrate our first sacred gathering for the year. The words in the Book of Joshua reminded us to have courage and know that God will never forsake us. That God has wonderful aspirations for us. The reading from the Gospel of Matthew recalled Peter's desire to walk on water with Jesus. Jesus encouraged Peter to have faith, and supported him when doubt set in. At the conclusion, our new staff and students were welcomed, and our leaders performed the leaders' pledge. Our new Leadership Team was also blessed and commissioned. We launched our Mission Theme for 2024, the world spoken by Pope Francis at WYD23 "Have the courage to replace your doubts with dreams".



Year 12 Retreats

We wish our Year 12s all the best as they undertake their Year 12 Retreat in the coming weeks. This is an important program in their faith formation, individual growth and binding as one group.

Ash Wednesday

Ash Wednesday marked the commencement of our Lent season, a time of renewal in preparation for the resurrection on Easter Sunday. Our Mission Faith leaders trained about 100 students to act as Mission Homeroom Support students. Their first task was to facilitate the Ash Wednesday liturgy for the homeroom. This service was designed by the students and entirely student led and student focused. Each student who received the blessing of the ash then administered it to their fellow classmate with the verbal blessing 'Have the courage to replace your doubts with dreams' (our mission theme for 2024). We wish all in our community a faith filled journey this lent.

Lent

The season of Lent involves 40 days of spiritual preparation before Easter. We are called to pray, fast and serve. Through our contemporary lens we understand that fasting can be more than giving up certain foods. We can fast from judging others, fast from negative self-talk, fast from being quick to anger etc. Our acts of service should aim to make life better for others or live more sustainably with our planet. And, prayer could take the traditional form in a church, but it can also involve a more intentional prayerful life by noticing God working through you and others.

Peace and blessings,

Mark Sciberras

DP – Mission Integration

'Have the courage to replace your doubts with dreams'

Winters House Reports

It has been a busy start to the year for both staff and students of Winters House. Winters members have officially welcomed the Year 7 students to the House, who will be heading off to their camp down at Portsea tomorrow, where they will be getting to know their new teachers and peers. The Year 12s will also be heading to their retreat later this month. This year, I would like to challenge the members of Winters to continue adhering to the lofty standards set in 2023 after winning the champion house. We also welcome a host of new homeroom teachers to our House; Ms Donya Tabesh, Mr Julian Bordas, Mr Chris Mundy, Mr Adrian Xue and Mr Andrew Canard – welcome to Winters. On Monday 19th February the college will participate in the Athletics Carnival and will be a great opportunity for students from all year levels to demonstrate their enthusiasm and house spirit. We also have the swimming carnival coming up on March 7th. There will be numerous other opportunities for students to get involved in school activities, including house and homeroom games, chess competitions, debating, soccer academy, music, art competitions and social justice events.

I would like to congratulate the following students on their appointment as Winters leaders for 2024:

Year 8: Finley Lewington and Kobe Sulja

Year 9: Lucas Milosevski and Nicholas Weghaus

Year 10: Hugo Fischer and Max Collyer

Year 11: Jesse Longaretti-Schreppel and Dean Penna

Year 12: Ayan Panghal (House Captain), Zac Collyer (House Vice Captain) and Jorie Cornish (Sports Leader)

The Year 10 Peer Mentors are Lachlan Moore, Lucas Giardina, Mason Peatling, Torres Roche, William Buckland and Adrian Bond. I would also like to congratulate Ayan Panghal for being appointed as the Advisory Council Student Member and Dean Penna for being appointed the Mission Justice Captain.

Mr Matthew Shiell

Winters House Leaders

St Pauls Campus

As we welcome a new school year, it has been delightful to watch the warmth of our newest Year 7 Winters community as parents hugged their children and wished them well on their journey whilst older Winters students welcomed and rallied the Year 7s with much love, help and excitement. We hope that our newest students, both Year 7s and those new to the Winters community from Years 8 to 12 feel and learn to share the excitement and energy of their fellow peers and teachers who call Winters House home.

We would like to introduce the Winters Leaders for 2024 and congratulate them for all they will achieve and learn from in their roles.

Yr 12 Kadin Harvey and Marco Lapitan

Sports Sam Barbuto and Jaimee Jurcic

Yr 11 Joshua Ascough

Yr 10 Hayley Jeromson and Kavin Malawana

Yr 9 Gregory Xinopoulos and Evelyn Martchenko

Yr 8 Isabella Duane and Mavis Kong

The Winters house is a rich tapestry of participation, unity, cherished friendships and memories. It follows the teachings of one of our very first Headmasters, Father Daniel Winters, our Marianist founder extremely passionate about building a strong community filled with love, acceptance and support.

As we keep progressing through our first term of this school year, we are looking forward to the wonderful school events in which our Winters house is also partaking with much joy and participation. These are our opening school mass, our Ash Wednesday ceremony and Easter mass, Athletics carnival, the Year 7 swimming carnival, our social justice initiatives, and much more!

We wish all Winters students a wonderful start to the academic year.

Ms Setini

Winters House Leader – Marian Cluster

Ms Schmidt-Sefrim

Winters House Leader – Callahan Cluster

Chaminade Homeroom Reports

The first week of homeroom was eventful and something we all must get used to. The new Year 7s feel at home and Mr Zahra has many plans for homeroom activities such as ping pong and other games. We all look forward to house sports and many more planned activities to come. Settling into our new format has been challenging for some, but it is important to adapt to the new change. I am looking forward to all the activities that Mr Meegan and the house leaders have planned for the house, especially the upcoming athletics carnival.

Marko Jovic Bradman Homeroom.

Hello, my name is Omar Abdul Ghaffar, And I am a member of Fraser homeroom. Term 1 in Chaminade has been quite inviting, especially with the addition of the Year 7s who are transitioning into high school. These new Year 7s, I've noticed are similar to our Year 10s this year who are persistent in achieving what they desire. They are also good-hearted and keen to work hard. The Year 7s in my homeroom though, are much like this, and more than that. So far I have developed a good friendship with all of them.

Some things I am excited about this term are the Athletics Day Carnival, and swimming carnival too, which dates are getting closer, and closer, each day. And even though Chaminade has had a rough record in terms of athletics day performance, the Year 7s will certainly get us the victory this year. I'm sure the rest of Chaminade is also looking forward to these events, Especially the Year 7s as it is their first time. On top of all of these events the lucky Year 7s also have their camp which is also part of their transition to high school. To put it in a nutshell the Year 7s of Chaminade will have their best term of schooling yet. Overall we have been blessed with wonderful new students, as we have passed on our beloved Year 12s, but what stands still are the Kind and forgiving teachers and mentors who we look up to. Such as the likes of Mr. Meegan, Ms Dalton, and all of the staff of Emmanuel College who go on unnoticed, but still persevere in their role.

Omar Abdul Ghaffar Fraser Homeroom

The first week of school in Namatjira Chaminade has been quite interesting. With the further addition of the new timetable, it has made homeroom much more important. Now with 6 periods from 4, it seems the day is going quicker and more work is done. We now also have homeroom after the 2nd period from the first thing in the morning Tuesday to Friday. During this first week, I have found that the new timetable allows us to have a break between the daily grind of the day, and calm down for a bit. In Namatjira, Ms Barac our homeroom teacher reads out the notices and explains any important information that is needed. The homeroom has a very upbeat and lively vibe. Overall my first week back in Chaminade has been very welcoming. This is all thanks to the planning and commitment of the teachers and staff at the school.

Something I look forward to in Chaminade in Term 1 is probably looking forward to creating new relationships with teachers and students, especially with the new Year 7s to further increase the brotherhood of our house. One other thing I am looking forward to in Chaminade is Athletics Day. Hopefully this year we can have the best participation in the college and win the Athletics Carnival. On the day multiple track and field events will take place such as the Discus and the 100m race. There will also be novelty events like the 3 legged race. There will be something for everyone. It will be the best time with the house in Term 1.

Hamza Abdul Ghaffar Namatjira Homeroom.

School Information

2024 School Fees

2024 school fees and bus fees are due and payable in full on 01 May 2024, unless on a school approved payment arrangement.

The finance portal has now closed for payment arrangements. Please contact the Finance Team on 8325 5100 and they can assist you in setting up a payment plan.

Early Settlement Discount

Early settlement discount of \$300.00 per student will be applied to all accounts that are paid in full before 28 February 2024. The discount will be applied to the accounts after 28.02.2024.

2024 CSEF

If you are the holder of a healthcare or pension card you may be eligible to receive \$250.00 CSEF per student. Please download a form or collect from reception at either campus.

Who needs to apply for CSEF?

If you have recently received a healthcare or pension card and not applied previously.

If you have a healthcare or pension card and have a **new student** commencing at the college in 2024. This **includes siblings** of existing students who already receive CSEF.

Do not re apply for 2024 CSEF if you received the funding in 2023 and you do not have a new student enrolled for 2024.

Mario Puopolo

Business Manager



Careers News

IN THIS EDITION

The [Emmanuel College Careers Newsletter](#), which is also published on our College Careers Website provides current up to date information to support students and parents/guardians to make informed decisions.

What's On	<ul style="list-style-type: none">• NIE Pathways into Medicine and Dentistry Live Webinar• UniMelb Hansen Scholarship Program online information evening• RSPCA Pet First Aid
Important Future Events	<ul style="list-style-type: none">• Victorian Careers & Employment Expo 2024 - March 14 to March 16, 2024• AIE Industry Experience Day - April 11 to April 17, 2024• UTAS Maria Island Marine Biology Experience - April 22 to April 28, 2024• VCE and Careers Expo 2024 - May 2 to May 4, 2024
Scholarships	<ul style="list-style-type: none">• Rheem Apprentice Plumber Grants – Closes: April 28, 2024
Competitions	<ul style="list-style-type: none">• Swift Student Challenge - Closes: February 25, 2024 (Apple)• What Matters? Competition - Closes: May 17, 2024
Study	University Early entry FAQs University benefits for school leaders
Work	Job Spotlight How to become a Veterinary Nurse Jobs & Careers 11 careers you may never have heard of

Tania Vranes and Sol Di Maggio
Careers Leaders

Liturgy at Emmanuel College—Then and Now

1979



1995



2009



2020



Penny Cook
Emmanuel College Archives

Calendar Term 1 Weeks 3A & 4B

12 February	Parent House Meetings—Year 7 SACCSS Senior Futsal
13 February	Shrove Tuesday Year 11 VCE/VM First Aid Training
14 February	Year 7 Camp SPC—Portsea Year 8 Medieval Day Group 1
15 February	Year 7 Camp SPC—Portsea Year 8 Medieval Day Group 2
16 February	Year 7 Camp—Portsea
20 February	Year 8 Medieval Day NDC House Athletics Carnival
21 February	Year 12 Retreats NDC
22 February	ACC Athletics Carnival @ Lakeside Stadium Year 12 Retreats NDC
23 February	Year 12 Retreats NDC

Consequences

Picture this. You're waiting to pick your son up from school and are talking to other parents while you wait. You mention that your son hasn't been doing his homework, and you don't know what to do about it.

"You should ground him," one parent mutters.

"You should confiscate his phone until all his homework is done," another advises.

"He needs to learn the consequences of his decisions," counsels another.

Consequences have become a buzzword lately in the parenting field. There is talk of 'natural' consequences, 'logical' consequences, 'applied' consequences, and 'imposed' consequences. Yet for all these labels, 99% of the time when people are talking about consequences, what they're really talking about is *punishment*.

As far as behaviour modification goes, we know that punishment works. But the real question is... "works" to do *what*?

Often grounding your teenager or taking his phone away would be effective ways of enforcing desired behaviour. However, these actions are based on Behaviourist principles developed from studying pigeons and rats. They're effective... in the short term, and only for as long as we're willing to keep imposing the consequences.

Furthermore, what do you want the reasons to be for your teen going along with what you've asked? If compliance is your only goal, then punishment makes sense. Of course, you have to be there all the time to impose that punishment. If you want your child to do something because they want to do the right thing, deep down, then we need better approaches.

I don't think these tactics are the best way forward. In fact, I think that we can do 99% of our parenting without imposing consequences of any kind. There are two reasons for this. The first is that a lot of the time, natural consequences occur to teach our child the negative results of their behaviour without our intervention. If your child doesn't do their homework, the natural consequence is that they will get a bad mark on the assignment. If they continue to avoid doing homework, they might even fail the class or have to repeat their year level. By explaining the link between their actions and the consequence, you can reinforce the learning without shaming them. "I know that you didn't do your homework all the time. It seems reasonable to me that you received a bad mark in that subject."

However, we can't always rely on natural consequences. After all, the natural consequence of getting aggressive and throwing punches is that someone else will get hurt, and the natural consequence of driving while drunk is a potential car accident.

When we're unable or unwilling to let our child experience the natural consequence of their actions, we need to try something else. Many people advocate for 'logical' consequences – that is, a consequence somehow logically linked to the behaviour. For example, confiscating their phone until the homework is done would be considered a logical consequence, while being grounded wouldn't be. However, both of these 'consequences' are really just punishments. Their goal is to deter the child from undesirable behaviour by imposing a penalty.

Which brings me to the second reason that consequences aren't necessary: we don't need to make our child feel worse for their behaviour to get better.

Instead, we want to explore, explain, and empower.

By **exploring**, we connect with our child and seek to understand the motivation behind their behaviour. Once they feel seen and heard, we can move to **explaining** what our expectations are. Most of the time our kids already know what we expect from them, so we don't need to lecture them. A short and simple explanation is all that's necessary. Then we can **empower** them to collaborate with us in finding solutions that work for everyone.

As a note, these steps only work when our children are capable of logic and reasoning. When emotions are high, those capabilities go out the window. So, if there are tears, angry voices, or other signs of big emotions, the first step is getting everyone back to a state of calm. To do that:

1. Focus on staying calm yourself. Emotions are contagious. If we're not focused, we'll end up catching their chaos rather than having them catch our calm. Breathe.
2. Describe what you see ("It looks like you're having a hard time right now").
3. Help to remove them from the challenging situation and ask them if they want some time alone.

From there, we can move back to explore, explain, empower.

Here's what that looks like in action:

Explore – "I've noticed that you haven't been doing your homework lately. Can you help me understand what's preventing you from doing it?"

Explain – "I'm worried that you might fail the subject if you don't keep up with the homework."

Empower – "How can I support you to get your assignments done?"

Contrary to what anyone may say, our children rarely need to learn the consequences of their actions. They just need to be supported to choose better ones.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.



St Martin de Porres Primary School Laverton

It's about time we had a

CLASS REUNION

It's been a while since we've seen each other, so if you were a SMDP Year 6 student in 2022 or 2023 we'd like to welcome you back for a BBQ and catch up.

March 14, 2024 | 4PM -5:30pm

St Martin De Porres Laverton

RSVP March 10, 2024

to Rexi - rninan@smdplaverton.catholic.edu.au