



St Patrick's Marist College

Catholic Education in the tradition of St Marcellin Champagnat

Star of Peace

151 Kirby Street, Dundas, Telephone (02) 96385644 • Facsimile (02) 96842120 • Email: stpatsdundas@parra.catholic.edu.au

Number 10

29th June, 2016

From the Principal

Dear Parents, Staff, Students and Friends,

We come to the end of yet another extremely busy term and I thank all the staff and members of our community for their ongoing commitment and hard work.

Last week at assembly I talked to our students about College pride. Sometimes we can become a little insular and not realise how great this College is. I am not about making comparisons by putting other schools down. Every school has great things about it and great people in it. Here are the six really great things that I shared about our College: Our wonderful students, our dedicated teachers, the fact that we are part of a great Marist story that started for us in 1872 at the Rocks, our spiritual life at the College, the high expectations and academic results and our extracurricular opportunities. We should be very proud of our College, the people and our achievements each and every day.

I was never more proud than I could have been at the debating semi-finals recently. The students who ushered, the timekeepers, the supporters and our Year 12 Debators (who were outstanding all season), were all amazing ambassadors for our College. A very special thank you to our coaches and to Ms. Graham for her leadership and organisation throughout the competition.

Last Thursday, along with our two College Captains, I had the wonderful privilege of attending the installation of our new bishop, Bishop Vincent Long Van Nguyen, the 4th Bishop of Parramatta. Bishop Vincent is the first Vietnamese Bishop of Australia. Having listened to Bishop Vincent I can certainly understand why Pope Francis conferred him with this honour.

In his homily, Bishop Vincent recognised the ethnic diversity of the Parramatta region and some of the challenges this represents. The Bishop talked about his many leaps of faith that he had taken, including the one that he said literally landed him across the Pacific. He talked about the daunting task ahead, but that he put his trust in the sustaining power of God. He said, *"Here in Sydney's West, asylum seekers and youth radicalisation are politically charged issues. As a former boat person, I have a certain kinship to those who are alienated and marginalised. As your Bishop he said, I am committed to be a bridge builder."*

"What we are witnessing as the people of faith is the flood of secularisation that has washed away much of the church we've known and loved. We have been battered and bruised. We have to admit with the greatest humility that we have not lived up to that fundamental ethos of justice, mercy, care for those who have been hurt by our own actions and inactions. And so in the eyes of many, whatever aura of respectability we've got left has evaporated with the sexual abuse crisis. The Royal Commission has been a lightning rod, an uncomfortable spotlight, but hopefully a catalyst for transformation."

Echoing Pope Francis, Bishop Vincent said, *"We are urged to be a Church where everyone can feel welcomed, loved, forgiven and encouraged to live according to the Gospel. I am committed to making the Church in Parramatta the house for all peoples, a Church where there is less an experience of exclusion but more an encounter of radical love, inclusiveness and solidarity."* As a College, we look forward to working with our new Bishop.

I would like to acknowledge and thank two Staff members leaving the College at the end of term, Mrs Sonali Tran and Mr Alex Kitanov. We wish them every success in the future. We welcome Ms Chantal Drummond to the TAS Department.

There has been a change of date for our Trivia night that is now on Saturday August the 13th. I look forward to seeing you all there.

A reminder that one terms notice is required on leaving the College. If this notice is not given, families are required to pay 10 weeks fees in lieu of this notice.

I wish everyone a safe and happy holiday.

Mrs Angela Hay

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KEY DATES

Thursday, 30th June

Years 7 and 8 Parent / Teacher / Student Interviews

Friday, 1st July - College Closed

Staff Formation Day

Monday, 18th July

Staff Inservice Day

Tuesday, 19th July

Term 3 Commences

Wednesday, 20th July

Year 9 Parent / Teacher / Student Interviews

Thursday, 21st July

Year 12 Visual Arts and Multimedia Exhibition

Wednesday, 27th July

Semester 1 Academic Awards Ceremony

Monday, 1st August

H.S.C. Trials Commence

Monday, 8th August

Year 11 Retreat Commences

Saturday, 13th August

P&F Trivia Night

Stay Connected:



stpatsdundas.catholic.edu.au



Find us on

[facebook.com/St-Patricks-Marist-College-1549337335358979](https://www.facebook.com/St-Patricks-Marist-College-1549337335358979)



The Mission

of Marist schools is to lead young people in the way of Mary, to know and love God in the belief that they all can become good Christians and good Citizens.



Business

Manager

POSITION VACANT: Kitchen Assistant - Temporary

Temporary position for 7 weeks in Term 3. The position is 4.5 hours per day, 5 days a week. Qualifications required are a Safe Food Handling Certificate and a current Working with Children check. The role involves ordering and preparing food for practical lessons, as well as organising the catering for the College.

Interested people can send an email to the school, with their resume and 2 referees: stpatsdundas@parra.catholic.edu.au with a copy to: fhawton@parra.catholic.edu.au

PARENT REMINDERS

If you come to the College during school hours, you must enter through the front gate and sign in at the office before going out into the courtyard or other student areas.

Lost Property / Second Hand Clothing: There is currently a large amount of Lost Property in the Book Hire/Uniform Shop. If your son/daughter has misplaced items of uniform, clothing, drink bottles, umbrellas, etc, please ask them to check Lost Property. Also, parents please keep in mind that the College operates a second hand uniform shop and there is a vast selection of uniform items for sale.

Mrs F. Hawton
Business Manager

BIGGEST MORNING TEA

Earlier this term the staff of St Patrick's held The Biggest Morning Tea to raise money for the Cancer Council. The fundraiser included a spectacular lunch, games, competitions, raffles and a variety of prizes. It was a very successful event with many teachers becoming involved and providing donations. Many of the prizes were donated from either teachers or external companies. We would like to thank KOORONG, a Christian bookshop at West Ryde, who kindly donated many of the prizes. It was greatly appreciated. Thanks again to all of the teachers who were involved in supporting such an important organisation.

KOORONG

Pastoral

YEAR 11

Congratulations to Megan Adams of Year 11 who won the National Championship in Synchronised Trampolining which was held in Melbourne in May. An outstanding achievement! Megan may go to Bulgaria for the World Championship in 2017 depending on how her studying is going!

A reminder about uniform and grooming. We set clear standards on hair and dress at the College which parents are made fully aware of and accept when pupils enrol. It is our responsibility to prepare children for college, university and employment where they will be expected to follow the rules of the establishment or dress code of their employer. We would ask that parents support us in this endeavour. Many thanks.

Mr P. Quigley

Pastoral Leader of Learning - Year 11



YEAR 10

On Tuesday, 28th June, seventeen Year 10 students, including myself, were given the opportunity to attend the Great Aussie Bush Camp in Kincumber. Although the day required a 7:45am start and a 1.5 hour bus ride, it was completely worth it.

The first challenge occurred when we stopped at McDonald's on the way, only to find it was under renovation. This then led us to the next closest source of food, Hungry Jacks.

When we arrived to the camp grounds, our first activity was the high ropes which was thoroughly enjoyed by all. It was less terrifying than what followed, which was the enormous, three seater GIANT swing. Starting 17 metres off the ground, my experience was painful, depressing and scary but it was still fun and a great adrenalin rush.

We then had lunch and hopped back on the bus. As the wheels went round, the music pumped playing all different types of music ranging from English to Arabic, Italian to Dutch rap. Overall the day was really fun.

Thanks to Mr Belcher and a special thanks to Louise Bonthron who won the day as a reward for creating an excellent video from Year 9 Camp.

Chloe Bou-Serhal

Year 10 Edwin

YEAR 9

Student Wellbeing Survey

Last week students from Year 9 completed a Student Safety and Wellbeing Survey in an effort to give students an opportunity to evaluate how they feel while at school and also to evaluate the quality of the relationships within the year group. Students met as a cohort during their pastoral lesson and discussed how they would like to be treated as a student at St Patrick's Marist. They then had some time to think as individuals and give feedback on the quality of the relationships that they have within the Year 9 group at St Patrick's Marist.

Year 9 Netball

Congratulations to the year 9 netball side who have made it to the semi finals of their competition this week. Best of luck to all involved.

Mr D. Berner
Pastoral Leader of Learning - Year 9

YEAR 8

On Tuesday, 21st June, Year 8 students had their Stage 5 electives. Thank you to all the parents / for attending. Students are reminded to hand in preference sheet to their homeroom teacher as soon

Congratulations to the following Year 8 students who Gold Commendation Awards at Assembly on

Gold

Tania Anrique Padilla

Daniel Khalil

information evening for guardians and students their "yellow" subject as possible.

received their Silver and Wednesday, 22nd June.

Silver

Joseph Arabit

Keely Blackburn

James Makris

Daniel Menin

Emilia Saba

Maroun Sassine

A reminder that Parent Teacher Student Interviews are on Thursday, 30th June from 10am – 7pm. If you are unable to attend could you please contact Mrs Papoulias via email (apapoulias@parra.catholic.edu.au).

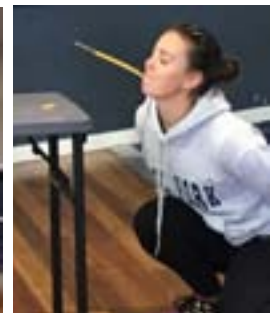
Keeping Track has been successful again this term and will continue during Term Three. Keeping Track is on Wednesday afternoons from 3.20pm – 4.15pm in B110.

Mrs A. Papoulias
Pastoral Leader of Learning - Year 8

YEAR 7

Year 7 have successfully finished their first semester at high school and I have enjoyed getting to know each of them. It has definitely been a busy two terms and Year 7 have successfully navigated their way around the school, become familiar with their timetables and have a better understanding of how high school works.

During our Pastoral Care lessons each fortnight we have been exploring the You Can Do It program. Students have become familiar with the five Social and Emotional Learning Skills of Getting Along, Organisation, Confidence, Resilience and Persistence. This program allows students to continue to develop their social and emotional skills and assists them in changing their way of thinking.



Last week Year 7 practised the important skill of persistence with a 'Minute to Win It' Challenge. The challenge was a competition between the six homerooms and the three games included 'Spoon Frog', 'Paper Stack' and 'Noodling Around.' Some very confident students nominated themselves to take part. The students persisted for the one-minute to try and take out the win. Year 7 cheered on and points were awarded. Congratulation to Ludovic for successfully demonstrating their persistence and taking out the win.

Congratulations to the following students who have received both Silver and Gold awards at our College Assembly last week.

Gold

Kaitlyn Brain

Beth Langford

Brianna Webster

Silver

Angela Chen

Alisha Geraghty

Yolani Rodrigo

Imani Cogger

Adeline Giacomelli

Sophie Sassen

Camille Delos Reyes

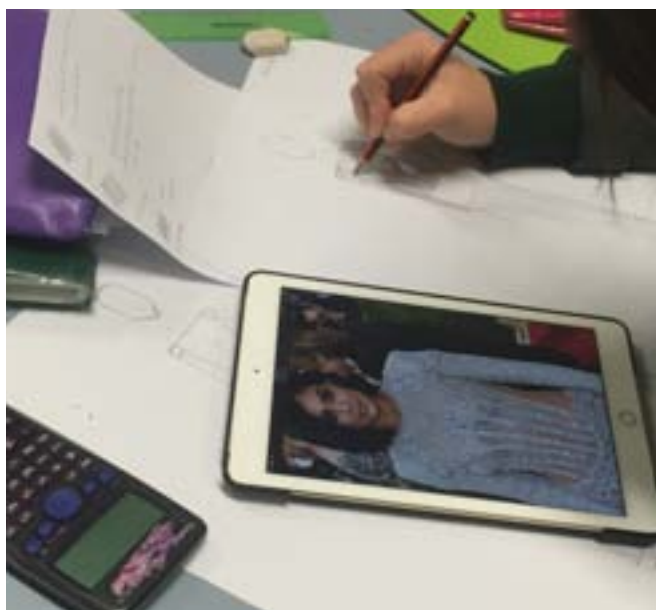
Natasha Goldsmith

Patrick Smith

Lara Fochesato

Chloe Kazzi

Gemma Smythe



Post It Note Challenge

In the last week of Term 2, a variety of TAS classes have taken up the challenge to use post it notes to create an image which represents our different subject areas. Students have been busy designing and creating some awesome images, which are currently being judged by the school community. Watch this space for an update on the winner.



Year 10 Whitehouse Fashion Drawing Incursion

Year 10 Textiles Technology students had the opportunity this term to develop their skills in fashion drawing with the Whitehouse Institute of Design. The one-day workshop was designed to teach the girls techniques in developing design concepts and skills in fashion drawing. They learnt the tricks and tips used in the fashion industry from drawing the human body as a fashion figure, and rendering fashion drawings with a variety of tonal and textural techniques.

The girls are currently working on a task where they have to design a range of garments for a day at the races and produce one of the garments. The fashion drawing workshop aimed to help them develop outstanding fashion drawings, which they all did exceptionally well in the workshop. Although worried at first they couldn't draw, all of the girls by the end were producing some amazing fashion drawings.

Year 9 Industrial Technology- Timber

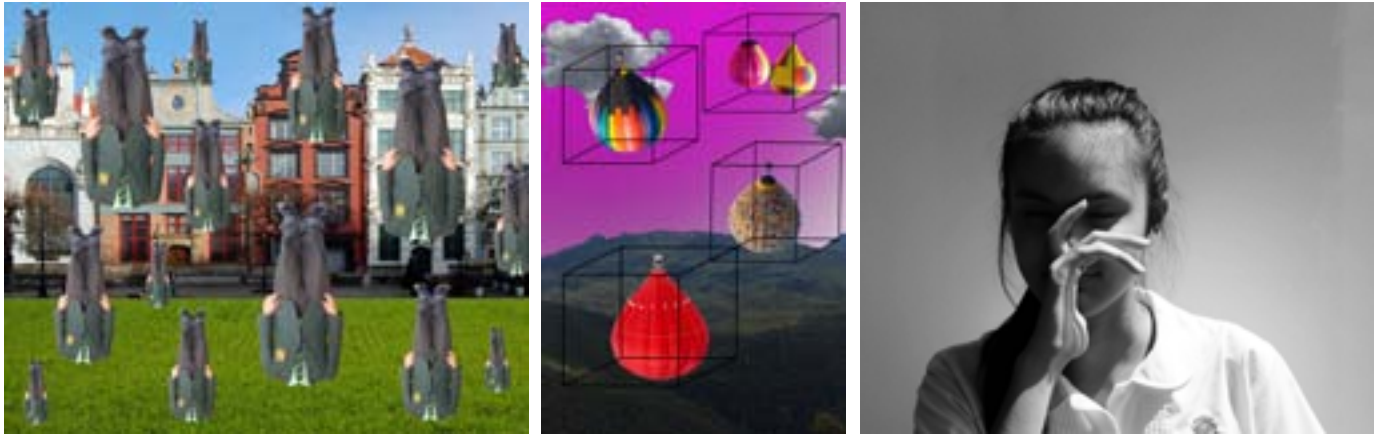
This term, Year 9 IT-Timber students have been developing their skills in joinery, with a focus on dovetail joints. They have designed and developed these skills into some beautiful jewellery boxes. Two of the most outstanding products were from Sophie Bowden and April Purdon whose work showed amazing attention to detail in both the project and folio work. Congratulations to these two girls and their outstanding work this term.

Ms N. Hutchinson
Leader of Learning - TAS

VISUAL ARTS

ARTIST OF THE WEEK: Georgia Owtrim

Georgia is a talented member of our Year 9 Photography and Digital Media class. She has created an impressive portfolio of work comprising of portraits, landscapes, abstract elements and Surrealist compositions. In class, she has completed Unit 1: Introduction to Photography where she learnt how to use digital SLR cameras in manual settings as well as composition techniques. During Unit 2, Georgia designed Surreal landscapes using Photoshop. "Ingrid Kool-Clarke and Eugenia Loli are postmodern photographers who have influenced me the most because their photographs are the most interesting and appeal to me." Some of her work is pictured below.



Year 12 Visual Arts and Multimedia Exhibition



Edwina Brennan

Leader of Learning Visual Arts

HISTORY STUDY DAY

On the 11th of June, eighteen Year 12 students from Ancient, Modern and Extension History met at Eastwood station at 7.15 am to travel to the University of Sydney to participate in a History Study Day to further develop our skills and knowledge that would help us in our HSC Exams. All the lecturers were really engaging and informative and offered insights and ideas that I had not previously thought of, as well as helping me for the upcoming Trial Exam preparation. Overall, the day was informative and educational for all the students that were involved and I would particularly like to thank Mrs Whelan and Mr Moussa who accompanied us on the excursion.

Stephanie King

Year 12

PHYSICAL ACTIVITY AND SPORTS STUDIES

How would you feel being in a wheelchair everyday for the rest of your life? Not having any strength from your waist down, not being able to tie your shoes, kick a ball or even play sport? We don't appreciate how lucky we are until we lose it all. Last Wednesday the 15th of June, an inspiring man and woman visited our college and shared their stories. Hannah and Brendon are both paraplegic and have struggled with everyday things their whole life. We were lucky enough to have them spend an hour teaching us how it is for them playing sport. We then had the privilege of having a turn at wheelchair basketball. Although it was difficult and challenging to get used to, everyone that participated had a great time and learnt something new. To start off with we played 6 against 6 and everyone had a laugh and lots of fun. Then everyone had the privilege to verse Hannah who competes at a national level for wheelchair basketball. We were all amazed by her skill and talent. Year 9 PASS students would like to thank Brendon and Hannah for their touching stories and for letting us be involved in wheelchair basketball.



Ellie Hann
9 MacKillop

MATHEMATICS

On Tuesday, 21st June, Year 8 attended a Maths incursion in the La Valla Centre. The incursion was over two periods and run by three people from the company 'Inquisitive Minds'. The incursion was run around the topic 'problem solving' and throughout the day the students attending completed many different problems and were shown different ways to solve them by the kind and patient assistants from Inquisitive Minds. Two maths classes entered at a time and students sat in pairs at each desk. These pairs would later work together on solving as many problems and riddles as they could. The pairs were given a sheet of paper to write the answer on and a booklet with the questions in it. Once the student pairs wrote an answer, it was checked by the teachers or the assistants and stamped if it was correct. At the end of the time, the group with the most stamps were the winners. This occurred twice with two different question books. The assistants from Inquisitive Minds were very helpful and easily approachable making the incursion a fun and enjoyable two period break from classes.

James Makris
8 MacKillop

On Tuesday, 21st June, Year 8 had a visit from the mathematics company "Inquisitive Minds". We were separated into 3 different mathematical skill levels and had to complete many tasks and challenges throughout the day. In pairs, we tried to complete as many challenges as we could to get more points and try to win the chocolate at the end of the day. It was a great experience to have fun whilst also trying to improve our mathematical skills.

Abbie Moriarty
8 Edwin



MCCS YEAR 10 NETBALL

Grand Finalists

Last Thursday, 23rd June, the Year 10 Netball team played a nail biting semi-final against St John Paul II. The girls were pushed to the extreme and never gave up. The team won by one goal putting them through to the grand final. St Patrick's Marist will play against Trinity on Thursday, 30th June. Good luck girls!

Mrs A. Papoulias
MCCS Year 10 Netball Coach

SENIOR B NETBALL

Semi-Finalists

Congratulations to the following girls who made the Semi-finals in Netball. The games were held on the 23rd June, 2016 at the Indoor Netball Centre at Homebush.

Eleanor Dezius, Nicola Elias, Ashleigh Fairall, Jennifer Habib, Erin Hann, Sarah Knight, Abbey Lewis, Emily Morgan and Lillia Warner.

Unfortunately, we were defeated by a very strong A grade team from Trinity in the Semi-Final, signifying the 'end of the season' for us. However, the girls did an amazing job defending the ball and scoring the majority of our goals attempted to ensure Trinity had to work very hard for their win.

We have had a terrific term of Representative Sport. I have been very proud of how cohesive the girls were, working together as a team throughout the season.

Well done girls! It has been an absolute pleasure to be your Coach this year.



Ms S. Graham
MCCS Senior B Netball Coach



YEAR 7 MCCS NETBALL

This year I had the privilege of coaching the Year 7 MCCS Netball team. Each week the girls improved, both individually and as a team. It was great to see such enthusiasm and Marist spirit on the court. Although unsuccessful in advancing to the semi-finals, the girls still finished the season with a pleasing result, coming 5th overall. It was a pleasure coaching such an energetic and determined young team. I would like to congratulate the girls on their success. They should all be very proud of themselves.

Miss J. Carne
Year 7 MCCS Netball Coach

Luna Park



The first Marist Brothers arrived in Australia on the 'Star of Peace' on 21st February, 1872. On the 8th April, 1872, school commenced at St Patrick's. Our Newsletter is named, 'Star of Peace', as it too, hopefully, brings peace and good news to our community.

Community News



HOLY NAME OF MARY PARISH RYDALMERE



Attention Years 7 & 8 - Holy Name of Mary Youth Group –

Saturday 2nd July, in the Parish Hall (on Myrtle St opposite the Church) following the 5.30pm vigil mass and going until 8pm.

Parents – it's a free night and will be held on the 1st Saturday night of each month. We subscribe to The Edge program.

If you have any questions please email Anne-Marie Hewkins (ahewkins@yahoo.com) or contact Fr Peter in the Parish office.

CENTRE FOR EMOTIONAL HEALTH

Workshop for students - study without stress

The Centre for Emotional Health has created a 2-hour workshop to teach students in Year 10, 11 and 12 how to change the way they view school and exam stress and tackle exam anxiety.

Study Without Stress workshops are being offered at Macquarie University Campus on:

Thursday, 7 July from 10am to 12pm OR

Friday, 15 July from 1pm to 3pm.

Cost is \$40. For more information and to register please contact Barb Corapi (e: barb.corapi@mq.edu.au p: 98504084)



MACQUARIE
University

WESTERN SYDNEY
UNIVERSITY



PENRITH OBSERVATORY: COMPUTING, ENGINEERING AND MATHEMATICS

What's on in the School Holidays

Thursday 7th and Thursday 14th July

10am – 12 noon

*School Holiday Hand-on Science
Program*

ROCKET WORKSHOP

Make and launch your own paper
rocket and watch water and solid fuel
rockets being launched.

Parental supervision required.

\$15 per person

Saturday 9th July

7pm – 9pm

Aboriginal Astronomy Night
NAIDOC WEEK

A special night with a
presentation on Aboriginal
Astronomy.

Saturday 16th July

7pm – 9pm

School Holiday Astronomy Night
MOON SPECIAL

A close up look at our neighbour including its
formation and structure as well as phenomena
associated with the Moon such as phases and
eclipses.

The evenings will also include a 3D astronomy
movie, a tour of the dome area and an opportunity
to view the night sky through the observatory's
telescopes.

**Cost: \$18 adult, \$12 child/concession and
\$50 family** Bookings are essential: To book
and pay for tickets visit [westernsydney.edu.au/
observatory](http://westernsydney.edu.au/observatory)



ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A three-session program for parents and carers
at **St Mark's Catholic College, Perfection Drive, Stanhope Gardens**
on **Thursday evenings of 11th August, 18th August and 25th August 2016**
from **6pm – 8pm.**

Learn:

- ✓ Some common ground shared by parents & reasonable expectations to hold about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self check-in, first - for parents.
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

Registration

The course costs \$10 per parent/couple/carer(s) to cover the cost of the parent workbook (only one required per family). This workbook will be available for purchase on the night.

Register for this course by contacting St Mark's College office on 9852 0500

What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case

- An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au

TWO - PART SEMINAR

Understanding Family Law

PRESENTED BY:

Beth Jarman

Lawyer—Accredited Family Law Specialist

WEDNESDAY 20th JULY - SESSION 1

Overview of the Family Law Act with Focus on Separation, divorce and children.

- Principles of Family Law Act
- Role of Family Law Courts
- Filing a divorce application
- Family violence
- How court determines the "Best interest of Children"
- Parental Legal Responsibilities
- Mediation
- Role of Independent Children's Lawyer
- Filing Consent Orders for Children and Property

WEDNESDAY 27th JULY - SESSION 2

Overview of the Family Law Act with Focus on Property

- What constitutes or determines Property
- Application of the Act in de facto or same sex relationships
- Requirement for Pre-action Procedures
- Spouse Maintenance
- Timetables under the Family Law Act
- Timetables within the Family Court

DATES

Session 1 Wed. 20th July 2016

Session 2 Wed. 27th July 2016

TIME:

7:30 pm—9:30 pm

VENUE:

Institute for Mission
1-5 Marion St, Blacktown

COST:

\$ 7.00 per session

FURTHER INFORMATION/BOOKINGS ESSENTIAL

Contact: Solo Parent Services PH: 8822 2222

Email:

soloparentservices@ccss.org.au

NAIDOC WEEK

NAIDOC Week is held in the first full week of July. It is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements and it is an opportunity to recognise the contributions that Indigenous Australians make to our country and our community.

Parramatta Library wishes to invite you to our NAIDOC workshops to create artwork for the special Gunya's (Aboriginal tents), that tell the story of the Indigenous song lines of Parramatta.

The Gunya's will feature at the Burramatta NAIDOC Day (Sunday 10 July) on the Parramatta River Foreshore. The day includes live entertainment, a variety of stalls, Aboriginal arts, cultural activities and the Library stall where you can hear stories told by the Darug elders and a visit by Redsee the Readasaurus. **Age: 7-12 years**; Cost: Free; Bookings : Required http://www.parracity.nsw.gov.au/play/whats_on/events_calendar/school_holidays

Gunya Workshop Sessions:

GUILDFORD LIBRARY | Monday 4 July | 10am-12pm

DUNDAS LIBRARY | Tuesday 5 July | 10am-12pm

ERMINGTON LIBRARY | Wednesday 6 July | 10am-12pm

PARRAMATTA LIBRARY | Wednesday 6 July | 1.30pm-3.30pm

CONSTITUTION HILL LIBRARY | Thursday 7 July | 10am-12pm

GRANVILLE LIBRARY | Thursday 7 July | 1.30pm-3.30pm



FREE HOMEWORK HELP

@ Dundas Library

K – Year 12

2nd & 4th Thursday of every month

5.30pm-7.00pm

School term only and excluding public holidays



Dundas Library

9806 5960

21 Sturt Street | Telopea



www.parracity.nsw.gov.au/library

Pre-HSC Trial English TUTORIAL sessions

Parramatta
Library

Presented by Frances Russell-Matthews *HSC study guide writer*

**STUDENTS DO YOU NEED HELP WITH YOUR
ENGLISH ESSAYS, CREATIVE WRITING TASKS &
OTHER ENGLISH ASSIGNMENTS OR QUESTIONS?**

Bring along your essays & questions relating to your work and an experienced tutor will mark and help you to improve your work and make sure that you are prepared for your English Trials!

14 June - 30 August every tuesday

book online

<http://j.mp/PCLHSC Tut>

5pm-7pm

\$5 per
session

CITY OF PARRAMATTA LIBRARY
CONNECT | PARTICIPATE | LEARN



PARENT LINE NSW

Newly launched, the Parent Line is a unique telephone and online counselling and support service for parents and carers.

We cover issues with babies, children and young people up to 18 years of age, all over NSW. Our counsellors are professionally trained and specialise in working with families.

Contact us 7 days a week on 1300 1300 52 or at info@parentline.org.au

AUTUMN 2016

find us on 

Parent Line

NSW

Newsletter for High School parents



Parent Line

is a unique telephone and online counselling and support service for parents and carers. We cover issues with babies, children and young people up to 18 years of age, all over NSW. Our counsellors are professionally trained and specialise in working with families.

What do young people need?

Lots of recent research shows:

- ★ Young people want to talk about tough issues with family
- ★ Young people also need to learn how to stay safe.
- ★ Young people respond best to parenting that is not unduly harsh but neither is it unduly lenient
- ★ Young people want parents that are available to them even if they don't talk to parents that much

Not sure how to navigate these needs and wants? Our counsellors can help find strategies that best fit with each family and engage parents and young people more positively.

5 signs of a healthy family

While every family is unique, researchers find there are common signs of healthy families:

- ★ Members are committed to one another
- ★ Families engage in positive communication
- ★ The family spends significant time together
- ★ Members show affection to one another
- ★ The family actively engages together to resolve crises peacefully.

Our counsellors can help families develop these ways of being together. Simply call us on 1300 1300 52 or email a parenting question to info@parentline.org.au.



Only the best will do

Parent Line counsellors use research-based understanding of young people and families together with proven parenting strategies to help parents develop more positive relationships with young people. We support parents to find strategies that best work for their family and we provide thousands of referrals every year to services all over New South Wales.

concerns in 2015

Last year we were most often asked about:

- 1 Mental health
- 2 Reducing parent/young person conflict
- 3 Technology
- 4 Poor relationships and bullying
- 5 Impact of parental separation and family violence

NEW

Parent Line ONLINE

We want to make it as easy as possible for busy parents and carers to connect with us and obtain the information they need. We now have Online Counselling via our website at www.parentline.org.au, you can email us a question using info@parentline.org.au or find us on Facebook for our latest tips and useful research.



7 days a week

1300 1300 52

info@parentline.org.au

www.parentline.org.au