Principal’s Message

“Casovison – what a wonderful showcase”

Once again we had the privilege to witness a showcase of terrific talent from our Dance, Drama and Music faculties in our annual showcase, this year entitled “Casovision”. We had everything from opera, Bollywood dancers, hosts with humour and confidence, reggae and a spectacular finale featuring the Showcase Super Band which included, for the first time, the “Salacious 6” horn section. The audience had a real treat, many of them on our new seating that gave a panoramic view of the stage from the back and side of the auditorium. We have so much talent and so much capacity.

A great highlight for me was to see young, fledgling creative artists, many of whom were nurtured in school-grown rock bands, performing with passion and joy. As well, the stage, sound and lighting stu-

always in the background and never forgotten, worked tightly to learn more about their craft. They did an excellent job.

Our staff at Castle Hill High School dedicate countless hours, too many evenings and weekends so these kinds of events can be realised. Can I thank them sincerely for their significant contribution to this school. I know as parents you are grateful.

Particular thanks (though there are many others) must go to Ms Anita Cassidy, Ms Amy Danckert, Mr Nick Derricot, Ms Catherine Griffiths, Ms Alex Kenworthy, Ms Judy Leeds Roberts, Mr Joshua Mann, Ms Natalie Olivera, Mr Nick Powning, Ms Kate Riley and Ms Jo Spinks.

Ms Annie Babington, Relieving Head Teacher of CAPA coordinated all of this. Her determination, considerable expertise and outstanding eye gave us a show with purpose and joy, and one that allowed so many to shine.

We are so lucky to have such talent.
Spirit Week at Castle Hill High School
An annual event and one of the great traditions of Castle Hill High School, Spirit Week aimed to celebrate our diversity and our community, join the student body in raising money for those in need and provide another avenue for students to celebrate our great school spirit.

What better way than food in order to celebrate? Friendly lunchtime sporting contests were held as well as some Science experiments. It was after all Science Week. Showcase formed a backdrop of music, drama and dance performances on the evening of Wednesday August 20 to complement the feast of daytime activities. What a week it was!

Some Super Heroes of our School

Strategic Planning
The school has begun its planning for the next three years. Prior to our executive conference in October, teachers have been reflecting on these matters beginning with work on our purpose, a starting point that provides the essential foundation for all strategic planning.

Currently, the following has resonated with teachers. The P and C will be consulted on this on September 17 at the P and C Meeting. In the meantime, what do you think?
Purpose: “Castle Hill High School builds character and challenges the minds of students and staff. We nurture the individual and encourage respectful relationships to inspire lifelong learning in the 21st century.”

Next P and C Meeting – Wed August 27
Our next P and C Meeting has been rescheduled for a week later than normal – on Wednesday August 27 - due to Showcase on Wednesday August 20. At the August 27 meeting, Mr Peter Minne and Mr Terry Gainey will talk to parents about an exciting new numeracy program from the University of New England that is making a difference for students and Mr John Wright will talk about a new writing program for senior students that has promise to improve extended responses of students.

Major works and performances – It’s all happening
It has certainly been a challenging couple of weeks for HSC students and teachers with major works. Drama, Industrial Technology, Design and Technology, Visual Arts, Music and Extension English students are either finalising, or about to present for marking, their major work. Teachers and students have been putting in very long nights and weekends to perfect last minute touches. This is a gruelling time.

New shade and seating for students
We are about to embark on a major upgrade of our amenities for students. New outdoor sails providing shade, powder coated seating and a revamp of the concreted area around the library will provide an aesthetic and practical additional area for students to have conversation and eat lunch. Again, your fees subsidise this important enhancement so can I thank you for your support here. Without fees we simply cannot provide these extras for students.

Defibrillator
The school has just purchased a defibrillator. With our rising population, the size of a small country town, it’s essential that we have every chance of saving a life should anyone at the school have a heart attack. This machine can and does save lives.

Vicki Brewer
Healthy eating for teenagers is often a challenge with quick treats readily available through fast food outlets and local shops. Add to that peer pressure, and your high school student may not be getting the food they need to match the growth their bodies undergoes in adolescence.

How much food is too much or too little for your teen? Nutrition Australia suggests that males between the ages of 15–18 years old require 12,900 Kj per day. Females of the same age group require 10,200 Kj. Keep in mind that to maintain body weight the “energy in” needs to equal the energy being spent by the body. “Energy in” comes from the food you eat: when the amount of energy you intake is too little the result is weight loss, when the amount is too much the result is storage of unused fat.

Kilojoules to maintain a healthy body need to come primarily from whole foods, fruits and vegetables, with processed foods making up a minor part of the diet.

Castle Hill High School Canteen follows the Healthy Schools guidelines so parents can be reassured that food purchased by students in the canteen will be nourishing and nutritious, while also being interesting and delicious.

For more information about energy intake guidelines for teens, see the Nutrition Australia website “Balancing Energy In and Out”

http://www.nutritionaustralia.org
CASTLE HILL HIGH SCHOOL
Visual Arts Exhibition 2014

With Year 12 Bodies of Work

You are invited to attend an exhibition of art and photographic works for 2014

Venue: School Auditorium
Opening: Tuesday, 26th August at 6pm—8pm.
Following Exhibition Dates: Wednesday, 27th August at 6-8pm.
Thursday, 28th August at 6pm in combination with HSC music performances.

CASTLE STREET CASTLE HILL 2154 Telephone 02 9634 4199 Fax 02 9899 6527
Chess News

What has Shaalv Ram, Jason Xu, Lucas Yeo and Darnell Pose have in common with great generals and leaders such as Julius Caesar, Alexander the Great, Napoleon Bonaparte and Winston Churchill. They were all chess players. The group became great leaders of many people and shaped our history. Through the tactics and strategies learnt on the chess board, many changes have occurred that have shaped our society over the years.

After the first few moves in chess there are countless possibilities which over time can run into the millions. Chess, a game that continues to develop as you play each move can become a work of art, as each individual puts their mark on the game. Thus in this school we have some remarkable players who could well be future leaders within our community.

In the last three months a number of Year 9 students lead by their Captain, Shaalv Ram have represented this school in an inter school chess tournament playing games at home and away against competitors of Baulkham Hill High, Kings College, Girraween College to name a few. Through their efforts they obtained fourth position in this competition. Given the strong opposition this has been a tremendous effort and I believe that congratulations are due to these players.

We have finally completed the autumn/winter school competition in which the finalists, Lucus and Jason took several weeks to complete their game to obtain first and second positions. The medal winners for the semester one School Chess Tournament were third Position, Shaalv; and the first and second positions were finally reached after playing a nail biting game which lasted a month. As a result in second position was Jason Xu and in first position was Lucus Yeo.

Well done boys.

Mr D Singer

Premiers Reading Challenge (Years 7-9)

The Premiers Reading Challenge will officially end for students next Friday 22 August. The challenge involves reading 20 books from the PRC list and completing a Reading Log online.

Congratulations to the students who have successfully completed the challenge as you will be receiving a certificate later this year. I encourage all students Years 7-9 who haven’t registered for this year to consider it for 2015.

The challenge commences in March each year and ends in late August.

For more information check out the website at: https://online.det.nsw.edu/prc/home.html

Ms Davis
From the Library
Book Week Theme 2014: Connect to Reading

Book week officially starts in week 6. The Library has on display a selection of books from the Children’s Book Council of Australia which Comprises the Book of the Year Short List 2014

Book of the Year
Awards Short List 2014 Older Readers

Winner

Honour Books
Picture Book of the Year Short List 2014

Winner

Honour Books

Eve Pownall Award for Information Books Short List 2014

Winner

Honour Books
School Sports & Extra Curricular & Year 12 Dress Up photo were taken on Friday 15th August with THE SCHOOL PHOTOGRAPHER

Photos will be available for viewing & purchasing on Monday 25th August 2014 via The School Photographer website. The cost is $14.00 per photo.

How to purchase:

1 Go online to www.theschoolphotographer.com.au

2 Select “Online Payments & Online Ordering”

3 Select “Event Photography”

4 Select 2014

5 Select “Castle Hill HS Sports”

6 enter Password – chhs406

7 Click Submit

Once you have selected the photos you wish to order you will be able to add them to your cart & purchase with your credit card via PAYPAL

NSW PS Millennium Marching Band Parra Eels and NSW Waratahs match entertainment July 2014

MMB recently entertained the footy crowds at the Eels vs Knights game (Pirtek Stadium) and the Waratahs vs Brumbies semi final (Allianz stadium) with a field show including Call me Al and The Final Countdown. MMB will open the Premier’s Operation Art (Armory Museum, Homebush) and ArtsNorth Primary Choral Concert (Opera House) in September plus perform at the NSW Primary Principals Association Conference (Sydney) and Western Sydney Wanderers game in October. Preparations for the band’s major tour to the USA (Los Angeles, San Francisco and Seattle) in September, 2015 are continuing.

The MMB will welcome instrumentalists (e.g. trombone, tuba/sousaphone, flute, trumpet, clarinet, sax, euphonium, drummers/ percussion) and colourguard (anyone who likes to dance/move) for 2014 and the 2015 tours.
What’s Happening in the Canteen?
We have had a great couple of weeks in the canteen.

Soup du Jour
The cold weather has also fired up an interest in our wholesome, delicious, hot soups. It’s wonderful to see students (and staff) trying something new from our winter menu. We will keep up the supply of both pumpkin and chicken noodle soup until the end of term ($3 a cup)

Canteen Menu
We are currently looking at our summer menu. Several parents have made suggestions and if anyone else would like to have some input, please don’t hesitate to phone the canteen on 9634 1188. The only requirements are that the food must be healthy, additive free, wholesome and, of course, delicious!

Thank you to Volunteers
At this point of the year, we would like to thank all our canteen volunteers. The time they devote to the canteen and, in turn, the school and the students is truly appreciated. We couldn’t do it without you. Thank you so much.
Joanna Sutherland
Canteen Coordinator

Don’t Forget!!
Treat of the Week!
Don’t forget the Canteen is offering treats made from fresh ingredients (wholefoods, no preservatives, additives or colours, low in sugar, wholegrain etc) for $1 a piece.
The selection for the week will be advertised on the noticeboard outside the canteen.
If you have any suggestions or ideas please call the canteen on 9634 1188.

Limited Time Only
Another item which doesn’t actually appear on our menu (because it is so new!) is our Lamb Wrap. Lightly seasoned lamb strips, encased in a wrap with lettuce, tomato and tzatziki. Yum! It is a warm, filling lunch which can be ordered at the canteen right up until the end of recess for $4.

Jelly Cup Day
The ‘Jelly Cup Day’, held in honour of our Year Twelve Students, was a terrific success - and a whole lot of fun! What better way to brighten up a cold, study–filled third term?
A Reminder to all Students Entering Year 11
An important reminder from the Uniform Shop to all students commencing Year 11 soon.

The Senior uniforms are available for purchase now, and if you are quick there may be reasonably priced second-hand stock available.

Girls will need to purchase the checked skirt, and boys the blue shorts and trousers.

Don’t leave it until it is too late and your size is sold out!

ALSO, if you are finishing Year 12 and would like to donate your old uniform pieces that are clean and in good condition, the Uniform Shop will gladly accept any donations.

The Weather Outside is Frightful...

Why not have your student pick you up a nice, warm polar fleece 50th Anniversary commemorative scarves for only $10 each to add to your winter commute wardrobe?

These beautiful and warm, navy blue polar fleece scarves are a great addition to a parent’s winter clothing, and an excellent way for parents to show their ongoing support of the school.

Second hand items:

The Uniform Shop is always happy to accept second hand items in good condition as donation. Please wash and iron any items before sending them in. Please make sure any items submitted are not stained or ripped.

New stock available for all students:

Now Available
Tights – Black 70 denier Sizes Mids and Talls $10.00
Sleeveless Wool Blend Pullovers - Sizes 16, 18 & 20 only $40.00
Boys Long Sleeve Shirts—Sizes 34 – 40 $45.00
Girls Long Sleeve Shirts—Sizes 6G, 8G, 12G $45.00

UNIFORM SHOP TERM 3 OPENING HOURS:
8:15—11:30 Mondays and Fridays
CASTLE HILL COMMUNITY NEWS

Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

The next workshop in your area will be held:

**TIME & DATE:**
Wednesday 3 September @ 6pm

**VENUE:**
The Hills Shire Council-3 Columbia Court, Baulkham Hills

**BOOK NOW ON:**
9843 0145

OZTAG football is the latest craze in recreational sport that now has competitions running all over Australia. The game is low/medium-contact sport and the rules are designed to encourage this.

OZTAG is a great way to keep active and maintain fitness in the summer months and pre-season training.

Who: Junior Boys, Girls and Mixed teams u/6 - u/16

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<th>LOCATION</th>
<th>DAY</th>
<th>START DATE</th>
<th>REGISTRATION DATES</th>
<th>REGISTRATION TIME</th>
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Registration fee: $70 per player

Oztag shorts: $25
Team Shirts: $15 Polyester, $10 Cotton

NOTE: Registration is available for teams and individuals.

For more information contact
Scott Hogarth
Junior Development Officer Sydney Oztag
0418467233
| Week 7B | Monday 25 August | Art Show Setup  
Visi of Japanese students from Onojo  
UWS Careers Lunchtime Info Session |
|---------|-----------------|------------------------------------------------|
| Tuesday 26 August | Art Show – Opening Night  
Boys open Knockout Hockey Newcastle |
| Wednesday 27 August | Annual Deputy Principals’ Conference  
Art Show  
Celebration Assembly Years 7 – 10 Sess 2  
Bedford College Lunchtime Info Session  
P & C Meeting - 7.30pm |
| Thursday 28 August | Annual Deputy Principals’ Conference  
Art Show  
Year 11 Biology Excursion – 9am  
HSC Music Performance Evening |
| Friday 29 August | Annual Deputy Principals’ Conference  
Under 15 Girls Basketball Gala Day |

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<th>Week 8A</th>
<th>Monday 1 September</th>
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<td>Tuesday 2 September</td>
<td>Castle Hill High &amp; Primary Schools Concert</td>
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| Wednesday 3 September | Peer Support Camp  
Celebration Assembly Years 7 -12 10.30am  
HSC Design & Technology Exhibition Night in Room B15 at 6pm – 8pm |
| Thursday 4 September | Year 11 Yearly Examinations  
Peer Support Camp  
Combined High Schools Athletics Carnival |
| Friday 5 September | Year 11 Yearly Examinations  
Peer Support Cam  
Combined High Schools Athletics Carnival |

| Week 9 B | Monday 8 September | Year 11 Yearly Examinations  
Hills TAFE IT Lunchtime Info Session |
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<td>Tuesday 9 September</td>
<td>Year 11 Yearly Examinations</td>
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| Wednesday 10 Sept. | Year 11 Yearly Examinations  
Celebration Assembly Years 7 -10 |
| Thursday 11 September | Year 11 Yearly Examinations |
| Friday 12 September | Year 11 Yearly Examinations |
CASTLE HILL COMMUNITY NEWS
AND ADVERTISING

Disclaimer: Advertisements placed in the school’s Fortnightly Newsletter do not reflect an endorsement or otherwise by Castle Hill High School of that product or service.

BRENNAN
DRIVING
SCHOOL
CLASS C
LIC. 006937
0418 465 932

17 Mulheron Ave Baulkham Hills 2153
For discount prices see www.brennandrivingschool.net.au

The Hills Fair Trade Market
Saturday 6 September 2014
St Paul’s Castle Hill
421 Old Northern Road

Over 20 Market stalls selling a variety of Fair Trade goods including clothing, homewares, coffee, chocolate, toys, shoes, and more.

Shop for Father’s Day!
All stalls under cover
Free parking
Café, BBQ and kids’ activities
hilk.justiceproject@gmail.com

WANNAH Community Open Day
Saturday 13 September 2014 10am—3pm

Warrah Farm Tours
Boutique Market Stalls
Organic & Native Produce
Good Coffee
Art Exhibition
Handcrafts
Spring Potato Planting
Music & Bush Dance
Information about Warrah’s Services

20 Harris Road Draft
Full program and more information at www.wanrah.org
or contact Christine on 0431 501 111 or schoolwes@wanrah.org

WANT TO JOIN THE GYM??
$0 to join 18/8-31st August 2014
Memberships start as young as 14 years old
Memberships are $13.95 per week...
and NO LOCK IN CONTRACTS!
Call Laura today on 8858 1893 or email castlehill@jets.com.au for more information

Single with Children
A non-profit social group sponsored by the Single Parent Family Association

ARE YOU A SINGLE PARENT?
Every week Single with Children provides fun and exciting activities especially for single parents and their children (many activities are subsidised or even free)

It’s a great way to meet and get to know people in your area
To find out more and get a FREE copy of our social calendar, contact us today.
Call 1300 300 496
Or visit our website: www.singlewithchildren.com.au

Call today on 8858 1893 or email castlehill@jets.com.au for more information
125 YEARS OF EXCELLENCE COMMEMORATIVE PAVING PROJECT

Reserve your place in the history of Glenhaven Public School
As part of our 125 year celebrations, a commemorative paving project will be undertaken that will give past and present students, teachers, families and friends of Glenhaven Public School an opportunity to reserve their place in the history of the school. Individuals and families will have the chance to purchase a 'personalised' paving that will be laid on the school grounds as part of an open learning area. A single paver will cost $30.00 each and a double (family) paver will cost $50.00 each.

To purchase your piece of Glenhaven history, simply post or hand deliver your order form, with payment to Glenhaven Public School P&C Association, 74A Glenhaven Road Glenhaven 2156 no later than 31st August 2014

**PLEASE NOTE THAT THE MESSAGE ON THE PAVING IS ENTIRELY YOUR INDIVIDUAL CHOICE**
THE ABOVE PAVING ARE EXAMPLES ONLY

ORDER FORM

Please complete the details of the name and/or message you would like engraved on your paving in the template provided below. Each single or double paving requires its own order form.

**OPTION 1** – single paving with name/message - $30.00 each. Please print clearly. Each letter, number, punctuation mark or space represents one character box. There is a 12 character maximum per line.

| Line 1 |
| Line 2 |
| Line 3 |

**OPTION 2** – double (family) paving with name/message - $50.00 each. Please print clearly. Each letter, number, punctuation mark or space represents one character box. There is a 12 character maximum per line.

| Line 1 |
| Line 2 |
| Line 3 |
| Line 4 |
| Line 5 |
| Line 6 |

Name: __________________________ Phone: __________________________

Email: __________________________

Payment Method: CASH / CHEQUE (made payable to Glenhaven Public School P and C Association) / CREDIT CARD (complete below Mastercard/Visa only)

Name on Card: ____________________________________________

Card Number: __________________________ Expiry __/____ CCV ______

Card Holder Signature: __________________________________________

14
Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parentingideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and mock about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyess of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

TIPS FOR QUIET TIME

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.
2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.
5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.
6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.
7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
Teach children to persist

Parents can promote persistence by encouraging their children to keep going and not give in at the slightest hurdle or difficulty.

“Persistence and patience have a magical effect before which difficulties disappear and obstacles vanish.”

John Quincy Adams

The ability to persist at a task and see it through to the end is one of the most important success attributes that you can develop in a child.

There are numerous times every day when children must persist rather than give in. A young child learning to tie shoelaces must persist. A primary aged student must show determination to finish tasks and a secondary student needs to work through difficulties, particularly those he doesn’t understand or complete right away.

They need to be able to persist when work gets hard or life gets tough. They need the ‘stickability’ to work through difficulties and hang in there when things don’t go their way.

Some children are more naturally predisposed to persist than others. They have a determined, even competitive streak in their temperament that doesn’t allow them to give in. These children and young people can drive themselves very hard to succeed.

The results of the Australian Temperament Project show that persistence is the one temperamental factor that can be improved over time. Parents and teachers can develop persistence in children and also impede its development by making life too easy for children so that they don’t have opportunities to persist or hang in there.

Parents can promote persistence by encouraging their children to keep going and not give in at the slightest hurdle or difficulty.

Parents can be a sounding board for children’s gripes but they should show confidence in their ability to cope and get through their difficulties. “You can do it” is far more powerful in terms of promoting an attitude of persistence than “If it is a little too hard then try something else.”

Let children know that there is a correlation between effort and success. In fact, they need to learn that by GIVING EFFORT they will more than likely experience more success. The ability to persist in the face of difficulties maybe an old-fashioned quality but it is one of the best success attributes that children will ever develop.

Here are four practical strategies you can use to promote a sense of persistence in your children:

1. Develop a vocabulary for persistence.
   Words like “Hang tough”, “Work Hard” and “Hang in there” can become part of their every day vocabulary.

2. Point out to children when they stick at a task.
   Most parents know it pays off when they catch their children being good but it also pays off to catch them being persistent. The behaviours you focus on as parents expand so let them know when they have been persistent. Also remind them that persistence generally pays off.

3. Help children to remember times when they experienced success by HANGING IN when they were younger. Let them know that persistence has paid off before and it will again.

4. Talk about HARD WORK with your children.
   They need to understand that to be successful they need to do things that are NOT fun or easy. While it would be good if all work and learning was fun, in reality, this is not always the case.

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