



# Drawbridge

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Volume 3 6 March 2015

## Principal's Message

### Congratulations

#### Special Points of Interest

- HSIE News
- Attendance Information
- School Photo Information
- Congratulations

We were delighted when Emma-Jane Henry was awarded the Interior Designer of the Year 2015 for her VET course in the holidays at the Whitehouse Design School for Interior Design. Emma has discovered a real love and talent for this field of study and is looking forward to a bright and inspired future, so buoyed in confidence is she from this experience.

Congratulations, Emma.



Rouzbeh Mohtasham Ansari is known to us all. As one of our highly engaged and successful international students and a prefect in 2014, Rouzbeh was recently awarded the International Student of the Year at a recent awards ceremony, held at New South Wales University. We were so delighted at this. He is utterly deserving of every accolade. Rouzbeh continues his association with Castle Hill High School as one of our school learning support officers where once a week, in between university study, he works with students in need of extra learning assistance.

Congratulations, Rouzbeh.



**Lindy Jones**

I am also delighted to announce that Lindy Jones, Head Teacher English, and long-time Castle Hill High School loyalist, will receive an award from Rotary for outstanding service to education.

The awards ceremony will be held on Wednesday March 25 in front of guests and dignitaries.

Below is the citation presented to the committee determining award recipients and is a taste of the talents and capacity of this wonderful head teacher.

“Ms Lindy Jones is the Head Teacher of English at Castle Hill High School and has been so for over twenty years. She has successfully earned herself a reputation as the conscience and voice of the school, so reasoned is her thinking, so valued are her opinions and so incisive is her mind.

Her reputation is built on her capacity as a teacher. She is an expert, able to teach at a sophisticated, demanding level. Students clamour to be taught by her while teachers seek her advice on strategies that make a difference. She is known to be emailing students at midnight with corrections on drafts, working tirelessly and persistently for their benefit without question. She will often be called upon during professional learning to lead

discussions and show the way for teachers. She acts as an unofficial and official mentor, and is seen as only one of a few people whose voice carries sway and influence.

Lindy leads the corporate marking of HSC English for BOSTES annually, where she supervises marking and standards procedures for over 65,000 HSC students and hundreds of senior English teachers. This position carries enormous responsibility and challenge reflecting Lindy’s considerable reputation and significant contribution to education in the state.

Not content to teach well in the classroom and lead English teachers at school and across the state, Lindy has thrown herself into the life of the school. She produces the annual school musical (and has done so for ten years), coaches the girls’ soccer team and coordinates the staff social club. She lives and breathes Castle Hill High School.

Lindy Jones is an outstanding educator whose contribution to public education is incalculable.”



**Ms Lindy Jones**

### Resilience

We are very close to launching our new program on resilience, one that Ms Helen Preketes has been designing and managing. We are really excited about its possibilities in improving well-being, happiness and engagement. Who wouldn't want a school to be working on this? Watch this space!

### New jackets to add to the uniform

Last year, a number of students and parents suggested that an addition was required to the uniform for winter, as the days can become very

cold at this school. The P and C uniform committee embarked on a lengthy search for something contemporary, warm and comfortable – not an easy task – but also something that students would like, an equally challenging task. I'm pleased to say that a new line of warm and serviceable jackets will be available this month for students in preparation for the colder months. I'm sure it will be a hit with students. Below is Kyle Dowd, from Year 12, happy to be modelling his new outfit and looking very contemporary and comfortable!



# Castle Hill High School P & C News Stand *...where Parents and Community stay informed*

## *Exciting New Uniform*

Throughout 2014 the P & C Uniform Shop committee worked tirelessly with designers to create a new uniform piece that would appeal to both male and female students, and have enough 'cred' to be worn with pride.

We are pleased to announce the addition of the new all weather jacket to the Castle Hill High School official uniform.

The new all weather jacket can be worn by all students from Year 7 to Year 12 as part of their uniform.

Designed with elements of currently popular "skater" style jackets, this all weather jacket is lightweight to be easily worn over the top of the existing cardigan jumper throughout Terms 2 & 3.

## **Parent to Parent**

*Did you know?*

*Taking Medication at School:  
When a student needs to take special medicines during school hours you need to let the Head Teacher Welfare know. The Head Teacher will arrange to hold the medicine or tablets at reception for the student to pick up when required.*

Created in a shade of blue custom designed for Castle Hill High School, the jackets will be a great addition to the Winter Uniform options.

The jackets have a zip closure and zip pockets, are fleece lined and showerproof.

The jackets are available in Slim fit in even sizes from size 2 to 16 and Regular fit in sizes from XXXS to XXL

Sample jackets are in the Uniform Shop for fitting. Prepaid orders can be placed. Full stock will be delivered towards the end of March and announced in Drawbridge.



Castle Hill High School  
 P & C News Stand  
*...where Parents and Community  
 stay informed*

## Uniform Shop Update

### Winter Uniform Reminder

As we begin to head toward the final weeks of Term 1, a reminder that winter uniforms are to be worn in Terms 2 and 3.

Most items are currently in stock except jumpers size 10 to 14 due end of March.

Year 7 students will need to purchase their winter uniforms.

All other students should check to see if they need additional items or new sizes.

#### Winter Uniform Details:

##### For Girls Year 7 to 10:

Royal Blue Skirt and short or long sleeved White Blouse.

##### For Boys in Year 7-10:

Grey trousers or shorts may be worn with Short or long sleeved shirt.

##### For Boys in Year 11-12:

Navy Trousers or shorts may be worn with Short or long sleeved shirt.

#### Second Hand Uniforms -

Do you have uniforms your child has grown out of? We would love you pre-loved uniforms as we are running very low, (jumpers in particular).

Please send in parcels to our uniform shop or leave at School reception.

#### UNIFORM SHOP TERM 1

##### OPENING HOURS:

8:15—11:30

Mondays and Fridays

UNIFORM SHOP NEWS

#### Senior Uniform Price List

##### Girls:

Check skirts \$65

Sizes 2-22

##### Boys:

Blue shorts \$40

Sizes 76-107

Blue long trousers \$50

Sizes 76- 102

#### Junior Summer Uniform Prices

##### Girls

Summer Dresses \$65

Sizes 2—22

##### Boys

Shorts \$30

Sizes 12—2XL



# What's Happening in the Canteen?

## Castle Hill High School P & C News Stand

*...where Parents and Community  
stay informed*

### CANTEEN NEWS

Last weekend's canteen garden working bee was an outstanding success. Who would have imagined that so much was completed in a few hours?

A huge thank you must go to all those who pitched in and gave their time to make the garden look so fantastic.

**Thank you      Thank you      Thank you**

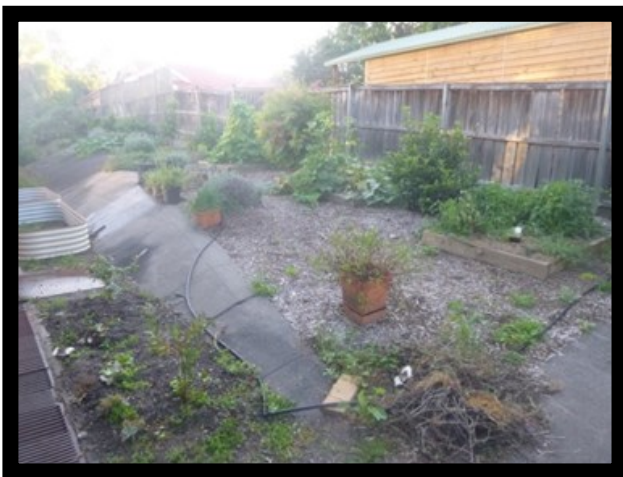
Ingrid, Joseph, Issac, Noah & Jacob Waite, Darren Larosa, Tracey & Graham Garnett, Alex Green, Anne-Maree & Brennan Kinley, Allan Schumacher, Agastya Kapur, David, Steve & Alex Cramer, Catherine, Richard, Tom & Ruby Carlick

Please remind you child/children, the canteen ordering procedure has changed. Orders will only be accepted before school or online through "Flexischools" up to 9.30am.

**Joanne Sutherland  
Canteen Manager**

### EASY, ONLINE REGISTRATION

- Go to [www.flexischools.com.au](http://www.flexischools.com.au)
- Click REGISTER NOW
- Enter your email
- You will be emailed a link to an online form - follow the link
- Choose a username and password and complete the form
- Add each student and their class
- Top-up the account - VISA or Mastercard preferred.



**BEFORE**



**DURING**



**DURING**



**AND  
AFTER**



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Fax: [02] 8602 5399

e-mail: [admin@theschoolphotographer.com.au](mailto:admin@theschoolphotographer.com.au)



## School Photo Day Friday 20th March 2015 with THE SCHOOL PHOTOGRAPHER

### How to purchase:

1. Every student must have an envelope & complete their personal details on the front of the envelope.
2. Complete the package selection options on the front of the envelope by entering the quantity you require. If paying in another family members envelope, please record the name, year & PC of the paying student. Every student wishing to receive photos must have an envelope.
3. **CASH:** Please enclose correct money as no change can be given  
**CHEQUE/MONEY ORDER:** Please make payable to THE SCHOOL PHOTOGRAPHER. Please record the child's name & address on the back of the cheque – please note cheques may not be processed immediately  
**Online payments, eg paypal or Credit cards:** We only process these orders online at [www.theschoolphotographer.com.au](http://www.theschoolphotographer.com.au) & select the "Click here for Online Payments" button. When you have made your payment you will be issued with an ORDER NUMBER, this must be recorded on an order envelope. If paying for more than one child you can pay the total amount owing in a single online transaction and record the same order number on each of the separate children's order envelope. Please note that a \$1 surcharge will apply to the transaction.
4. **Please seal** the order envelope and bring to school to hand to the photographers on photo day, Friday 20th March 2015.  
**Guarantee.** if for any reason you are not happy with your photos, please call our office and we will endeavor to fix any problem or if you are not satisfied we offer a money back guarantee.



## **ATTENTION PARENTS/CAREGIVERS**

### **Changes to Student Attendance Policy**

The Minister for Education has approved the following changes to attendance.

As part of the implementation of the National Standards, holidays taken by students outside of school vacation periods will now be included as absences. **A Certificate of Exemption can no longer be granted for this purpose.**

Families are encouraged to holiday or travel during school vacations. If travel outside of school vacation is necessary, the following considerations apply:

- If the principal **accepts** the reason for the absence, the absence will be marked as “**L**” and a Certificate of Extended Leave – Holiday issued.
- If the principal does not believe the absence is in the student’s best interests and does not accept the reason, the absence will be recorded as “**A**”. A Certificate of Extended Leave – Holiday **will not** be issued.
- If the period of absence is in excess of 50 days, the student may be eligible to enrol in Distance Education. See Distance Education – Revised Enrolment Procedures 2014.

Castle Hill High School notifies parent/caregivers by SMS of all whole day absences and late arrivals. Parents/caregivers who respond to the SMS by supplying a valid explanation are not required to send in a note as the SMS explanation is saved to the attendance record for that date.

A detailed explanation for all absences from school is required. Stating that you are aware of your child’s absence is no longer a valid reason and will be recorded as unjustified leave. This also applies to late arrivals and early leavers.

## **REMINDER TO PARENTS/CAREGIVERS**

### **Early Departure/Late Arrival**

Notes requesting special permission for your child/children to leave school early must be presented to Room 1 before school commences, when a pass will be issued. These passes have been provided by the Department of Education and Communities. Students must show the pass to their teachers to leave the class and present the pass at Room 1 to sign out of the school. Students without a pass will not be allowed to sign out. Students who leave the school grounds without a pass are regarded as being truants.

Students who are late to school are required to bring a note from their parent/carer. They should report to Room 1 for a Late Slip to hand to their teacher, before being admitted to class.



## HSIE Happenings

2015 brings some new teachers, a new subject and some new teaching and learning strategies to the HSIE faculty. 2015 will also continue to bring the excursion, incursion and fieldwork activities that brought our subjects to life last year.

Firstly, we would like to extend a warm welcome to teachers joining our faculty: Mr Laurence Foster, a graduate teacher from Macquarie University; and Ms Catherine Kenna, an experienced HSIE teacher with particular expertise in junior and Ancient History.

Ms Kenna joins us from Kellyville High School. We also welcome Mr Matt Yiangou, who is another graduate teacher from Macquarie University. Mr Yiangou will be with us for the year, taking on Ms Divola's teaching load whilst she is on leave.

We are proud to announce the arrival of **Society and Culture** into our Preliminary (Year 11) subject delivery. There are three full classes for 2015 being enthusiastically taught by Ms Helen Preketes, Ms Olwen Higgins and Mr Matt Yiangou. Society and Culture provides students with the opportunity to develop cultural literacy, an awareness of and a project in which to implement socio-cultural research methodologies, and time to reflect on personal beliefs, perceptions and understandings whilst exploring cultural continuity and change, identity of self and others, and developing intercultural communication skills. Below are some comments from some Year 11 students who have taken up study of Society and Culture:

During these first few weeks of Society and Culture, a new way of thinking and viewing the world has been explored. We have been challenged to dig deeper into our views and beliefs, exploring our social and cultural literacy. I am excited to continue to research into the society around us and develop a greater understanding of myself, and the society I live in. (Hannah Spinks)

Global awareness is the most important part of education. As we progress into senior school the need to understand and appreciate the world around is vital. Society and Culture gives us the opportunity to learn about the world we live in and how we are able to interact with the world around us. Our classroom is a unique environment from any other where we are able to learn from each other and broaden our minds. (Rhea Barghava, Emily Hodgetts)

As the school moves towards BYOD, it requires consideration of how we can most effectively incorporate technology in to our teaching and learning programs. In response to student surveys requesting a continued emphasis on collaborative and inquiry based approach to teaching and learning in HSIE, a **flipped classroom approach** is being trialled during Term 1 with a pilot group including **Year 11 Geography** (Ms Caldis), **Year 11 Society and Culture** (Ms Higgins) and **Year 10 Accelerated Business Studies (Ms O'Brien)**. Flipped Classroom practices are rapidly emerging across Australian schools having been successfully implemented in USA schools. One of the appealing aspects of a flipped classroom approach is that complex concepts and key ideas can be explored at a deeper level with the teacher taking on more of the role of a coach/facilitator/advisor. It is also an approach that we are hoping will further engage our students in their learning and the subject(s), as well as encourage them to take further responsibility for their learning, and also gain confidence in working collaboratively and sharing their work robustly with each other. Through the provision of short lecture videos and review of key resources with resultant student reflections placed on a class blog (questions raised as a result of the lecture, thoughts or opinions about the area of focus so far) ahead of the lesson, we are hoping to structure class time more effectively around 21st Century skills such as inquiry, application, interaction, communication, critical and creative thinking in order to promote the acquisition of deeper knowledge and understanding. Edmodo will be the platform used for flipped classroom approaches and we will be seeking student feedback at the end of the term, as well as monitoring their participation on Edmodo over the next few weeks. Flipped classroom approaches cannot and should not occur for every lesson but rather targeted towards exploring specific and more complex concepts in detail. If evaluation reveals success then we will continue with this strategy in to Term 2 and seek to widen the base of classes and/or subjects involved within the HSIE faculty.

**Year 12 Geography** had the privilege of being taught by Dr Grant Kleeman for a double session on **Tuesday 17 February 2015** to conclude our study of Urban Places and the case study of Sydney as a large city in the developed world. Dr Kleeman has been based at Macquarie University for many years coordinating the Teacher Education Program, and he is one of the leading geography educators in NSW and author of several school Geography textbooks.



On **Friday 20 February 2015**, Associate Professor Simon Pinnegar from UNSW will be speaking with **Year 11 and 12 Geography** students and also **interested Year 10** students during sessions 5 and 6 about career pathways associated with the study of Geography – both university and non-university related. More information can be gained from the GeoCareers website: [www.geocareers.net.au](http://www.geocareers.net.au)

The HSIE faculty extend a huge thank you and immense appreciation to Dr Kleeman and A/P Pinnegar for their generosity of time and willingness to share expertise with our Geography students.

**Year 11 Geography** will be having their first external **fieldtrip** to Cronulla and Towra Point Wetlands on **Wednesday 1 April 2015**. The day will

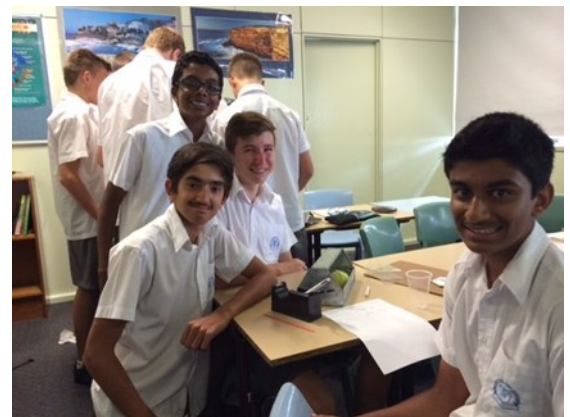
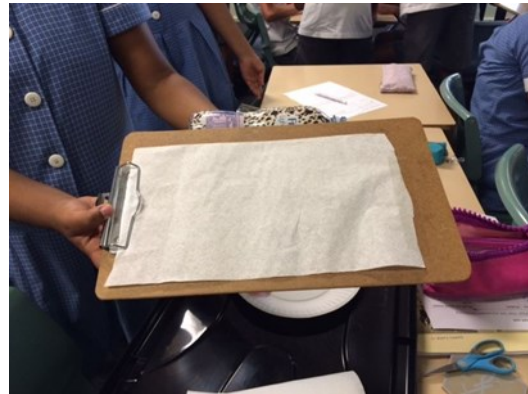
be run by AusEco. The purpose is to support key understandings from the Biophysical Interactions unit by enabling students to apply learning about the 4 spheres and interactions between them to a coastal environment including wetlands, dunes and sea grass beds. There will be a cost associated with this fieldtrip to cover transport and AusEco fee's.

**Year 11 Legal Studies** will be visiting the Parramatta Court Precinct on **Thursday 26 February 2015**. This will provide students with the opportunity to deepen their understanding about the process and personnel involved in the operation of local, district and supreme Courts.

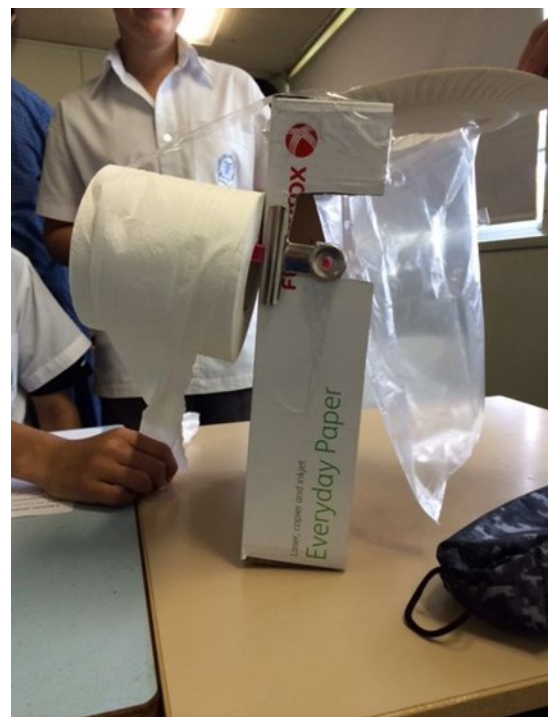
Students across Years 7-10 will be participating in **Clean Up Australia Day** on **Friday 27 February 2015** during sessions 5 and 6, if they are in a HSIE lesson during this time (Geography, History or Commerce). Students will be working through the school grounds during session 5 and 6 to tidy the areas and promote the need to take your rubbish with you or dispose of it appropriately. This will reinforce key ideas in HSIE courses about social awareness, issues affecting environments and active citizenship.

**Year 10 Geography** will be having their first external fieldtrip on Tuesday 28 April. To support the development and implementation of their Research Action Plan (an active inquiry research based project due in three stages throughout the year), Year 10 will be going through a research action plan process at various locations around Sydney and the Central Coast. Due to the large number of students in Year 10, classes will be organised to attend different venues e.g. 2 classes will be investigating urban growth and decline at Barangaroo, 2 classes will be investigating coastal management at Terrigal Beach and Lagoon, and another 2 classes at Garie Beach in the Royal National Park, 2 classes will be investigating land and water management at Camden etc. Permission notes will be issued later this term. There will be a cost associated with this fieldtrip to cover transport and fees of the Environmental Education Centres.

**Year 9 Accelerated Business Studies** were applying their understanding of entrepreneurial approaches during lessons this week. Whilst the profit motive is understood to be a key feature of planning for and creating a business, the ability to cater for a niche market or an as yet untapped market provided the opportunity to further explore what it means to be an entrepreneur. After watching an episode of Shark Tank, Ms McDonald brought a range of objects to class (anything from an empty plastic bag, a cardboard box, a clipboard, tennis ball, mug or a brand new box of tissues) and students had to harness their entrepreneurial spirit using these objects to create a new product targeted at a particular market. Some of the results are shown in these photos.



**Year 9 Commerce** students have been investigating aspects of consumerism during this term. A taste test was conducted to discover brand preference and loyalty amongst soft drink products. Next week, during class time, they will be investigating the type and quantity of retail, hospitality and other service based outlets at Castle Towers, and customer opinion about the variety of products and services available. We are looking forward to developing inspired learning opportunities for our students throughout the rest of Term 1 and the year ahead.



**Susan Caldis (HT HSIE)**

## SPOTLIGHT ON SPORT

**What is your name?**

Kaidon Brown

**What is the sport you play/ participate in?**

I race go-karts

**Do you have regular tournaments that you compete in or is it more so just for enjoyment?**

I race 2-3 times per month in the Junior National Pro combined class in the NSW Speedway Kart Club.

**Where do you play/participate? (one set location, various different locations?)**

I race at 3 tracks in NSW, including Nepean (Castlereagh), Kurri Kurri and Gosford

**What level have you performed at for this sport? (This should include your achievements in this sport)**

Australian titles and NSW state title as well as the Junior Super Series.

I am the current Junior National Champion and overall NSW Speedway Kart Club champion which is the aggregate of points from all the 7 divisions in the club.

**Do you have other interests/hobbies?**

I play soccer for Parklea and pit crew for my dad who races speedcars at various tracks around Australia, including Parramatta. Speedway is a big part of our family, something which we all enjoy and have a vested interest in.

**Do you train for your sport, if so what type of training is involved?**

I race as often as I can to stay race fit, but also ride, run and work out in my home gym to stay fit as



## CALENDAR

**Term 1**

<b>Week 7A</b>	Monday 9 March	Girls Knockout Waterpolo 7am Glenbrook Pool Year 9 PASS Bronze Medallion Swimming
	Tuesday 10 March	Year 9 PASS Bronze Medallion Swimming
	Wednesday 11 March	Assembly Years 7-12 - 10.20am
	Thursday 12 March	Selective High School Placement Test
	Friday 13 March	
<b>Week 8B</b>	Monday 16 March	Regional Swimming Carnival Year 11 VET Hospitality Induction 1.30pm Common Room
	Tuesday 17 March	Gifted & Talented Year 7 2016 Testing
	Wednesday 18 March	Mufti Day Year 10 Dance Excursion Assembly Years 7-9 Year 10 Year Meeting Peer Support Session – Sess 5 P & C Meeting 7.30pm Common Room
	Thursday 19 March	Year 12 Half Yearly Examinations Year 7 Scripture Seminar
	Friday 20 March	Year 12 Half Yearly Examinations
<b>Week 9A</b>	Monday 23 March	Year 12 Half Yearly Examinations School Cross Country Week Year 11 Hospitality Work Placement Week
	Tuesday 24 March	Year 12 Half Yearly Examinations School Cross Country Week Year 11 Hospitality Work Placement Week
	Wednesday 25 March	Year 12 Half Yearly Examinations School Cross Country Week Year 11 Hospitality Work Placement Week Celebration Assembly Years 7-10
	Thursday 26 March	Year 12 Half Yearly Examinations School Cross Country Week Year 11 Hospitality Work Placement Week Combined High School Swimming Carnival Year 10 Scripture Seminar
	Friday 27 March	Year 12 Half Yearly Examinations School Cross Country Week Year 11 Hospitality Work Placement Week Combined High School Swimming Carnival Year 11 Biology Excursion

## 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.

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- ✓ Confidence **A+**
- ✓ Discipline **A+**
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- ✓ Kendo
- ✓ Judo



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### *Bel's Hair & Skin Therapy*

*Student haircuts:*

- 0-5 years - **ONLY \$7**
- 5-10 years - **ONLY \$10**
- 10-15 Years - **ONLY \$15**

*Bring in this voucher to receive 20% OFF any hair OR beauty treatment. This offer doesn't include with student haircuts.*

*Offer ends March 2015*

**BOOK NOW! Call us on 02 8850 7060**

102/10 Century Circuit, Norwest Business Park, Baulkham Hills 2153



Pet rabbit owners in the Hills are advised to have their bunnies vaccinated before the planned release of a disease to combat the feral rabbit population in the Sydney Hills.

Calicivirus, also known as Rabbit Haemorrhagic Disease Virus (RHDV), will be released through the Sydney Hills in March.

Feral rabbits are declared a pest species and are harmful to native plants and animals, cause damage to playing fields, public parks and private property throughout Sydney.

The disease spreads through rabbit to rabbit contact and biting insects. The disease only affects rabbits and is not harmful to any other pets or native animals.

Rabbit owners are advised to contact their vet for a vaccination prior to February 28.

For further enquiries, contact The Hills Shire Council on 9843 0555.

All our rabbits come with a voucher for a FREE vaccination but rabbits also need a yearly booster to keep them safe. Make sure your rabbit's vaccinations are up to date.



Beauty 'N' Body  
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## school students facial special

try the 45 minute treatment for acne to help with teenage skin normally \$40, but for castle hill students it's \$35 for the first term of 2015

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**2014-15 jazz at the pines**

**12.30pm - 4pm**  
Roughley House at The Pines  
656a Old Northern Rd, Dural

2014	21 September	Mike Hallam's Hot 6
	12 October	Bridge City Jazz Band
	16 November	Zenith Jazz Sextet
2015	15 February	Greg Poppleton & the Bakelite Broadcasters
	15 March	Mike Hallam's Hot 6
	19 April	Zenith Jazz Sextet
	17 May	Bridge City Jazz Band

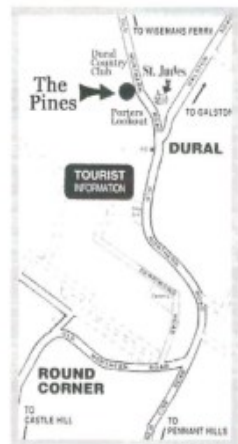
\$15 ADULTS | \$13 CONCESSION | \$30 FAMILY

## RELAX WITH LIVE JAZZ

and bring a picnic lunch under the majestic pines of historic Roughley House.  
Bookings welcome.  
Free Tours of historic Roughley House (circa 1856).  
Tickets at the gate.  
Afternoon tea available.  
Gates open from 11.30am.



A project of  
The Rotary Club of  
The Hills-Kellyville Inc.



Proudly supported by

**THE HILLS**  
Sydney's Garden Shire



Dural Visitor Information Centre, Roughley House  
and The Pines. 656a Old Northern Road, Dural  
Ph: 02 9651 4411 | e: [info@jazzatthepines.org.au](mailto:info@jazzatthepines.org.au)

# Parenting *ideas*

## INSIGHTS



### Building parent-school partnerships

WORDS Michael Grose

## Helping kids deal with rejection

A bit of rejection and disappointment is good for kids, as long as they learn how to cope with it...

**One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.**

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children's experience of rejection and disappointment at school is good for them, as long as it's balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don't last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

#### Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children's unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may

happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties.

The challenge for parents is to build and maintain children's confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn't understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily.

After all, confidence is catching!

**To help children handle rejection and disappointment try the following four strategies:**

- 1 **Model optimism.** Watch how you present the world to children, as they will pick up your view.
- 2 **Tell children how you handle disappointment and rejection.** Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
- 3 **Help children recognise times in the past when they bounced back from disappointment.** Help them recognise those same strategies can be used again.
- 4 **Laugh together.** Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life's hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

Michael Grose



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW ParentingIdeas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.

