

College

Newsletter



**MacKillop**  
St Mary MacKillop College Canberra



# Volume 14 2020

6 NOVEMBER

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# Coming

# Up

WED 1 1 N O V • Remembrance Day  
• ISART Exhibition  
• Year 10 Exams commence

MON 1 6 N O V • Final day of Classes - Year 12

TUE 1 7 N O V • Year 12 Farewell Assembly  
• Final day of Classes - Year 11

WED 1 8 N O V • Senior Exams commence  
• Junior SRC Elections

WED 2 5 N O V • Senior Exams conclude

FRI 2 7 N O V • Year 12 Graduation Practice

MON 3 0 N O V • Year 10 Community Day

TUE 0 1 D E C • Year 10 final day  
• Year 10 Semester 2 Awards

# Contact Us

## Contact Details



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Ellerston Avenue, **Isabella Plains** (Years 10-12)



### Absentee Phone Lines

Years 7-9: 02 6209 5240

Years 10-12: 02 6209 0110

## Socials



www.facebook.com/  
**mackillop.act**



www.twitter.com/  
**mackillop\_act**



www.instagram.com/  
**mackillop\_act**



www.youtube.com/  
**stmarmackillop**

# Principal's

## Letter



Dear Parents, Teachers and Students,

### 11 NOVEMBER 2020 - LEST WE FORGET

The College will observe Remembrance Day 2020 with an online tribute to the 125,000 Australian servicemen and women who paid the supreme sacrifice while answering their Nation's call in war and peacekeeping operations since Federation. This is a day that should not be overlooked or marginalised. Increasingly, young people everywhere are taking renewed interest in showing respect and pride for serving Defence women and men and the courage and sacrifice that looms large in the memory of their service. This is a good thing and encouraged by the College.

### MACKILLOP WELCOMES ST PATRICK'S, COOMA

On Thursday 5 November, the St Peter's Campus welcomed Year 9 and 10 students from St Patrick's School, Cooma. The relationship between our two schools is a strong and familiar one. The students spent time in class, were given tours around the campus, and had lunch with senior teachers and the College leadership. Many students come to MacKillop every year from the Monaro district. Yesterday's visit was part of that orientation experience and it was very good to have them here.

### US ELECTION

At the time of writing, the outcome of the Presidential Election was still unclear as election officials and other servants of the Republic fully engaged in the process of counting and accounting for votes. The long and expensive process of electing a President has been a source of fascination for many students here at MacKillop. There are many lessons for our Australian democracy. Very sadly, the election showcased a marginalisation of facts and truth and an aggravation of division, hostility, and lies. This is not particular to elections in America. Fear campaigns and the elevation of the irrelevant are not completely uncommon in this country.

Education was made compulsory in Australia in the 1870s and 80s to equip young people for a workforce and to help them navigate their way in the protection and extension of our democracy. What was important then remains important now; the pursuit of the truth, the valuing of an argument informed by facts, critical thinking and viewing, and a sense of fair mindedness.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"What was important then remains important now; the pursuit of the truth, the valuing of an argument informed by facts, critical thinking and viewing, and a sense of fair mindedness."*

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#### PRINCIPAL'S PRAYER

*Dear Lord,  
We give thanks for  
the strength of our  
democracy.  
Amen.*



## Long Tan Awards

The College's 2020 Long Tan Award winners and the recipients of the inaugural ADF Future Innovators Award were announced at the St Peter's Campus this week. Neika Henson of Year 10 and Owen Lever of Year 12 received the Long Tan Leadership Award, an award that is presented to students in those year groups who demonstrate leadership and teamwork within school and in the broader community. Ryan Blundell (Year 10) and Caitlyn Williams (Year 12) received the ADF Future Innovators Award, which was introduced this year to recognise innovation in students who study subjects in the areas of science, technology, engineering and mathematics.

Both awards honour the legacy of Long Tan and the leadership and sacrifice of all men and women who have given their lives in service to their country. Most significantly, they honour that leadership is demonstrated each and every day by men, women, boys, and girls in their communities, workplaces and through innovation in learning.

## 2021 Student Leaders

Election season has continued in recent weeks with 26 Year 11 students standing for election as House Captains and 17 Year 8 students making speeches to be considered as the 2021 Padua Campus Captains.

Congratulations to each of the candidates for having the courage to nominate themselves and for the high quality of speeches that were presented.

The successful candidates who will join the already elected College Captains and portfolio captains on the 2021 Student Representative Council are:

### CAMPUS CAPTAINS

Maggie Robinson & Jett Blyton

### COLLEGE HOUSE CAPTAINS

Mindygari: Archisha Meeson & Darcy Gowland

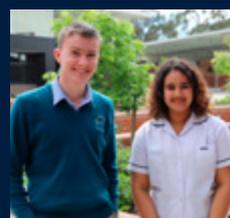
Gurabang: Maia Ergarac & James Dyball

Meup Meup: Tyra Petersen & Sam Palic

Ngadyung: Tara Wyllie & Michael Barber

Further elections will be held on Wednesday, 18 November, on the Padua Campus for House Captains (current Year 8's) and SRC positions (current Year 7 and 9 students).

**Lachlan McNicol • Assistant Principal Pastoral Care**





## Senior Showcase

MacKillop's Year 11 and 12 students finally had the chance to act, sing and dance in front of a live audience this year, with three Senior Showcase performances in the Moira Najdecki Theatre on 22 and 23 October. The Senior Showcase, a student-led production, was arranged after the cancellation of the 2020 Musical and Variety Night left MacKillop's performers with the desire to showcase their talents in this forum.

With the support of staff and led by Owen Lever of Year 12, students compiled a range of performances and tied them together through the theme of the night, the 2020 Tony Awards. The show had it all – quality acting, humour, dance, and song. It was the first official show to be held in the new Theatre since the official opening and blessing in the middle of Term 3. Despite small crowds due to COVID restrictions, the event was a great success!

## Bread Tags & Lids4Kids

For the month of November, the Padua Campus Sustainability Club is collecting bread tags for wheelchairs and plastic bottle lids for kids.

Bread Tags for Wheelchairs is a South African initiative. In Australia, bread tags are recycled into household items (bowls, bottles) and sold. The money raised is donated to a South African organisation to buy wheelchairs for underprivileged persons. Bread tags will be collected and collated per PC class and the winning PC will be given a sweet prize at the end of November. For more information visit: <https://ozbreadtagsforwheelchairs.org.au/>

Lids4Kids is an initiative started by a Canberra citizen, where bottle lids of drink containers are recycled into prosthetic limbs for children. Clean lids from milk bottles, soft-drink bottles, water bottles and UHT milk bottles can be donated. Lids can be donated by individuals in a box near student reception and a campus tally will be taken. For more information visit facebook: Lids4kidsAustralia or Instagram: @Lids4kidsAU

Unfortunately the following lids **cannot** be accepted for these reasons:

- Pop top lids: They contain 2 types of plastic so are not able to be separated easily.
- Yoghurt and custurd pouch lids: These lids are a harder plastic that is difficult to granulate.

Thanks for your support!

Ruth Simpson • Science/Sustainability

## Vinnies Christmas Appeal

MacKillop is taking part in the St Vincent de Paul Christmas Appeal. We are collecting donations in the form of Christmas hampers, gifts, or financial contributions. All the money raised will be used to purchase items such as groceries and other essential items, taking pressure off families in the community who are at breaking point. Thank you for supporting this great cause.

The SRC

## STEM - the sky is the limit

Is it a bird? Is it a plane? Is it an alien? No, it's electromagnetic waves emitted by hydrogen clouds in the Milky Way. During Semester 2, 2020, Year 9 STEM have been investigating electromagnetic waves through designing and developing a DIY horn telescope that uses Software Defined Radio (SDR) to detect the movement of the Milky Way. It does this by concentrating the electromagnetic waves emitted by neutral hydrogen found in interstellar gas. Some interesting facts about these waves is that the frequency at which they can be detected is approximately 1420 MHz. Also, the wave length, 21cm, is an important factor when designing the DIY Telescope and its antenna as it determines the size and materials required. During this project students were challenged with many problem solving opportunities to develop their 21st century, STEM-related skills. We look forward to detecting the hydrogen clouds in the very near future. Stay tuned for our results...



Perry O'Connor • STEAM/PBL Coordinator

## Human Biology Presentation



On Thursday 24 September, Year 12 Human Biology students were audience to a presentation from Alison Pert. Alison worked in the nuclear medicine industry for a number of years, and spoke to students about her experience in making and distributing radiopharmaceuticals such as technetium-99 and iodine 131. Her presentation detailed the common treatments that are made, and the challenges involved in working with radioactive substances. As part of the presentation, students were given a live demonstration of how Geiger Counters are used to monitor radiation levels, and of how different materials can be used to shield people from radioactive substances.

Melissa Pert • Science



## Geography Results

The Australian Geography Competition is a contest for Australian secondary school students, which aims to encourage student interest and reward student excellence in the subject of Geography. In Semester 1, 47 Year 10 Geography students took the opportunity to test their geographical skills and knowledge against over 65,000 students from 699 schools around Australia.

Congratulations to the following students who received certificates of high distinction or distinction, placing them in the top 10 and 25% respectively of all Geography students in Australia:  
High Distinction: Layne Roberts, Thomas Straub, Miles Winfield  
Distinction: Chiara Hackney-Britt, Emma Owens

Nicholas McGinness & Rohan Langford • Geography

## Physics Visit



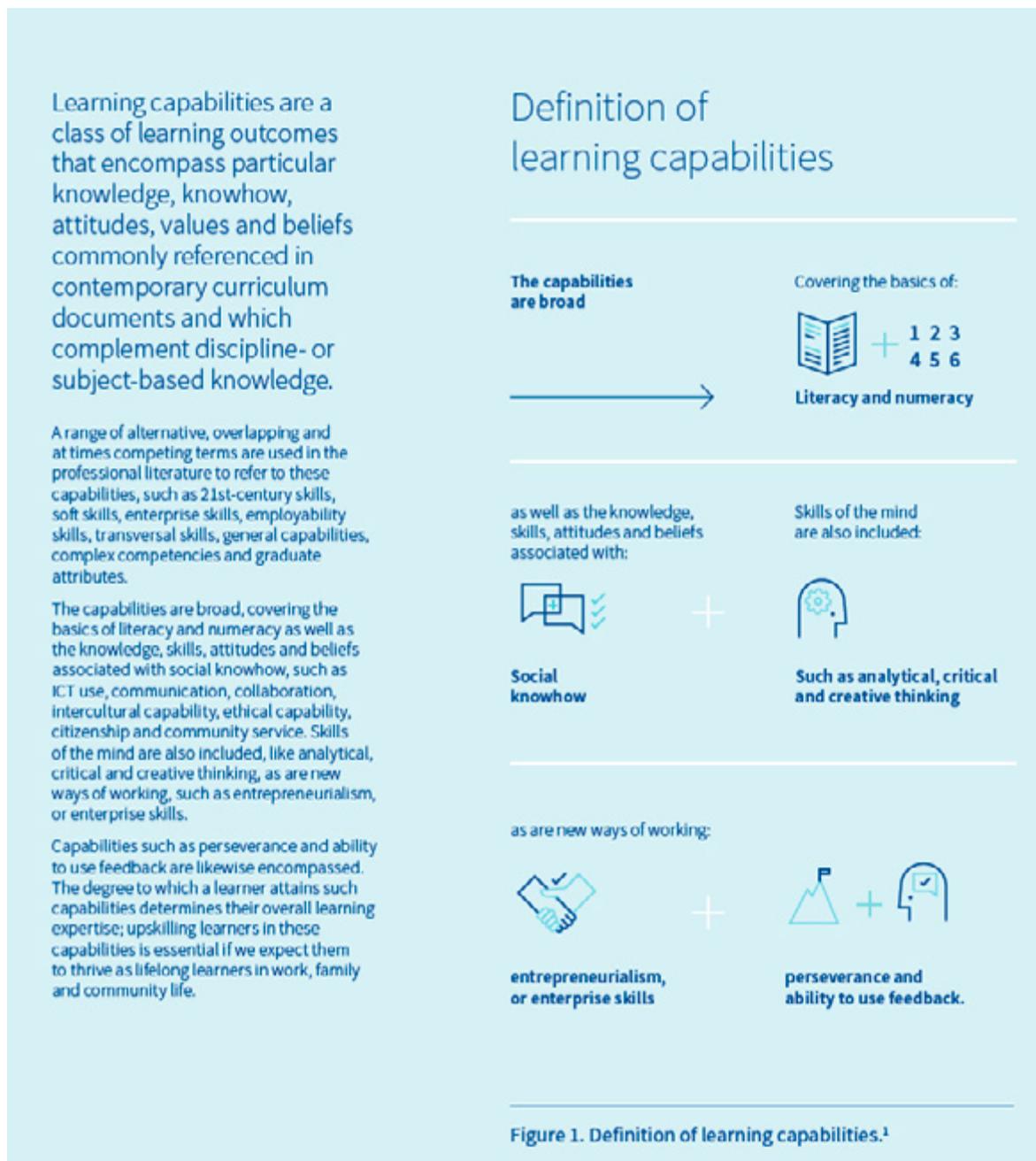
On Monday, eight Year 12 Physics students visited St Thomas More's Primary School accompanied by Mr Henry and Ms McGregor. We were tasked with sharing some fun and interesting activities with some Year 5 and 6 students about light. Splitting into groups, we showed them some experiments and gave them challenges for an enjoyable and educational afternoon of physics. We looked at rainbows, lenses, mirrors, and how you can make light travel in different directions – showing the Year 5s and 6s the amazing physics behind something that we take for granted and use so much in our everyday lives. Thanks to Dr Burg, Mr Henry and Ms McGregor for the opportunity!

Ellen Scott, Dani Hewitt, Caitlyn Williams • Y12

## Perspectives on a changing world

The COVID-19 crisis has taught us many lessons as a society. A world in flux requires us to ensure that we are preparing students to live in a world where particular skills, aptitudes or dispositions will allow them to be successful in negotiating the uncertainties they face. A recent pre-COVID study from the University of Melbourne, **"Future-proofing students: What they need to know and how to assess and credential them"**, presents a range of possibilities about the future of education in preparing our students for an undefined future. It articulates the learning capabilities that our students will be required to manage uncertain futures. We can see that learning specific subject content is still important and must be complemented by a series of learning capabilities.

In examining these capabilities, you may notice significant overlap with the **"Approaches to Learning"** which appear on each semester's report. At MacKillop we endeavour to build a range of skills in our students so that they are prepared for their futures.



Source: Milligan, S. K., Luo, R., Hassim, E., & Johnston, J. (2020). **Future-proofing students: What they need to know and how to assess and credential them.**, Melbourne, Australia: Melbourne Graduate School of Education, the University of Melbourne: Melbourne.



## Assisting in the Classroom

Our Inclusive Education Team has seen some staffing changes in 2020. I joined the team as Coordinator of the Faculty this year. Amongst our Classroom Support Assistants, we had Lisa Wallace join us in a permanent capacity on the Padua Campus and Shannon Heathcote-Shaw join the team in a temporary capacity on the St Peter's campus. They join the established CSA team of Di Lovekin (currently on leave Semester 2), Jacinta Aranda, Jo Burch, Jodie Newman, Naomi Lee, Natasha Brittain and Isaac Milnes. We farewelled Tim Markcrow from Inclusive Education at the end of Semester One as he completed his teacher training and commenced his teaching career.

This semester we have trialled a mentoring/case management approach in our support of students with additional needs. We have allocated a Classroom Support Assistant to each year group with the goal of ensuring that students are well known and supported in a consistent manner. We have been very happy with the way this has been working and delighted to see our students develop a strong rapport with the CSA on their year group.

Our move to a mentoring/case management approach came from the success we had with our students during the COVID lockdown. During this time our Classroom Support Assistants were each allocated students with additional needs within a specific year group. Using Canvas conferencing and Shared Google Docs, the CSA's were able to support students remotely and all reported a positive experience in being able to consistently work with a group of students from the same year group. CSA's were also quick to note the benefits of working with the teachers and the Pastoral team of these students.

In Term Three we ran the annual Reading Program. It is a program for junior students who have pronounced difficulty with literacy. This year, 18 students participated and all achieved good growth. The Heather Harvey Reading Program boosts the students' confidence and exposes them to strategies which improve their vocabulary and comprehension. A smaller reading program with only 4 students has been implemented in Term 4. All students are participating enthusiastically and making good progress.

Support for students and teachers in the classroom continues on a needs basis. Staff training and skills development remains a priority. Our focus at present is on the Early Transition programs for the Year 6 students joining us next year, and the year 9 students going to the St Peters campus next year. It's beneficial for students with additional needs to get their feet on the ground at MacKillop College a little early, to reduce anxiety about transition.

Finally, and very importantly, this year we farewell our Classroom Support Teacher Mr Sandy Duncan. Mr Duncan has worked in the Inclusive Education Faculty for a number of years and has consistently been a friendly face and a cheerful voice on the end of the phone for many of our families. Sandy has also been a wonderful mentor for our staff – he is never short of a patient word of advice or some friendly encouragement. We wish Sandy a wonderful semi-retirement but hope to see him back in a relief capacity next year.

**Caroline Winslade • Inclusive Education Coordinator**

## Youth Aware of Mental Health

As a part of the College's commitment to supporting and educating students in the area of mental health, Year 9 students over the past three weeks have participated in the Youth Aware of Mental Health (YAM) program.

YAM is an evidence-based program aimed at addressing the mental health needs of young people and suicidal behaviour, that effectively promotes mental health, resilience, and help-seeking behaviours among young people.

The program has been trialled in NSW high schools and completed by 11,869 students to date. Evaluation of the NSW trial has shown positive results including:

- Significant reduction in students' passive suicidal thinking from before they participated in the YAM program to 3 months after they completed the program
- Significant reduction in depressive symptoms reported by students, from before they participated in the YAM program to 3 months after they completed the program
- Significant increase in student's general suicide literacy from before they participated in the YAM program to 3 months after they completed the program

### Student Perspective:

Year 9 participated in a program specialising in Mental Health among youth, also known as YAM. YAM, is delivered in five one hour sessions. During these sessions mental health is explored through role play, presentations and discussion. Students reflect on the feelings they may experience when faced with challenging real-life situations and how to handle them. The program aids students in feeling supported and not alone. In general, the YAM program was beneficial across the year and created a sense that mental health is important and it is okay to talk about. - Philippa Niven (9A1) and Toby Barber (9F3)

Lachlan McNicol • Assistant Principal Pastoral Care

## TransportNSW - 2021 applications

Students who require a School Opal card or travel pass for 2021 can now apply online. A new application should be submitted if a student is applying for a school travel pass for the first time or requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody). Visit: <https://apps.transport.nsw.gov.au/ssts/#/howToApply>

Students who have changed school/campus, changed address, repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should re-apply or update their details: <https://apps.transport.nsw.gov.au/ssts/updateDetails>

## Community Notices

### ARCHDIOCESAN WOMEN'S EVENT

This event, **A Spirituality for our Times: Practising Care and Tenderness**, is a reflective afternoon for women inspired by Pope Francis' encyclical *Laudato Si'*. It is hosted by the Archdiocesan Women's Taskforce with facilitators Clare Condon SGS and Andrea Dean. The afternoon will be offered via Zoom on Saturday 7 November from 3pm to 4.30pm.

Register here <https://bit.ly/CareTenderness>

### CALWELL LITTLE ATHLETICS

Calwell Little Athletics Club would like to invite you to join them for the 2020/21 Season. Discounts apply for multiple registrations per family. To register please visit [www.actlga.org.au](http://www.actlga.org.au) or [www.clac.net.au](http://www.clac.net.au). The season has just started and runs until 7 March 2021 on Saturdays from 8:30am. The club meets at Calwell Playing Fields, Were St, Calwell.

## Learning Commons hours

The Learning Commons Library will be open to St Peter's Campus students for extended hours each day during until the end of Week 16. The extended opening hours enable students to study for exams, complete assessments and to seek assistance if needed. We encourage students to take advantage of this opportunity.

- MONDAY - THURSDAY: 8am-6pm
- FRIDAY: 8am-4.30pm

**The Learning Commons Team**

## Local Schools Community Fund

The Australian Government provided \$30.2 million in 2019-20 for the Local Schools Community Fund (the Fund). The Fund was an application-based process open to all eligible schools – government, Catholic and independent – designed to benefit students and their school community by contributing to small scale projects and their associated costs at the local school level.

St Mary MacKillop College received \$18,000 to support the procurement of equipment for the Music Program.

**Louise Davidson • College Business Manager**

## Not returning in 2021?

If you have a student in Year 7 to 11 who is not returning to the College in 2021, we would like to know as soon as possible to help us with plans and processes for next year. Please email [enrolments@mackillop.act.edu.au](mailto:enrolments@mackillop.act.edu.au) and provide us with your son's or daughter's name and the school that they are going to for 2021.

**Leeanne Lang • Enrolment Officer**

## School fees & ACT Bursary Scheme

Fees for Term 4 should now be finalised unless paying by Direct Debit or other approved arrangement. Any outstanding fees should be paid immediately.

Any family affected by the COVID-19 Health Crisis may apply for a Fee Remission for Term 4. Please contact the Fees Office on 6209 0100.

It is most important that you notify the College regarding any changes to your email address as this is our primary form of communication. If you require more information regarding Direct Debit arrangements or other approved payment methods or are experiencing difficulty paying the fees please contact the Fees Office.

### ACT SECONDARY BURSARY SCHEME

The ACT Government's Secondary Bursary Scheme provides assistance to low income earners in the ACT with dependent full-time students. Eligibility requirements and application forms are available online at:

<http://www.education.act.gov.au/support-for-our-students/financial-and-resource-assistance-for-families>.

For further information please ring the Bursary Administrator on 6205 8262.

**Michelle Predovan • Fees Manager**

## Exam Guidelines

### YEAR 10

As part of preparation for senior studies, Year 10 students will undertake formal examinations. These examinations form part of the assessment package for all Year 10 students. They are an opportunity to demonstrate learning and achievement. The following guidelines are in place to provide the best opportunities for success for all students.

- Students are responsible for ensuring they know when and where their exams are on. See exam timetable.
- Students are to go to the assigned room after PC.
- If a student believes they are entitled to special provisions they are responsible for completing the required form and making supporting documentation available to Ms Winslade (Inclusive Education). This is to be done in a timely fashion.
- If a student is absent from an exam due to misadventure (eg illness or accident), they must provide documentation to substantiate their absence. Arrangements will be made for exam re-sits as required.
- Any late student is to follow the normal sign-in procedures at student reception.
- Late students will not be allowed additional time to complete their exam unless they have an appropriate reason.
- Mobile Phones
  - a. Students are NOT allowed to have their mobile phones out before, during or after entering an exam venue.
  - b. Students are to ensure that their mobile phone is switched off and remains in their pocket for the duration of any exam. Failure to do so is in breach of exam conditions.
- Smartwatches are NOT permitted within the exam venues. Clocks will be used to display the time.
- Students must remain in the exam venue for the duration of the exam.
- Only permitted equipment may be taken into the exam venue. Such equipment generally includes prescribed calculators, bibles and writing equipment.
- Eating is not allowed during exams; student may bring a water bottle.
- Communication with other students is strictly prohibited during exams. If a student has a question they are to raise their hand and wait for a supervising teacher to come to them.
- Students should make genuine attempts on all exam questions and endeavour to provide detailed responses to all questions.
- Students will resume their regular timetable when examinations are not scheduled.

### SENIORS

The upcoming senior exams form part of the assessment package for most students. They are an opportunity to demonstrate learning and achievement. The following guidelines are in place to provide the best opportunities for success for all students.

- Students are responsible for ensuring they know when and where their exams are on (the timetable is on the following page).
- If a student believes they are entitled to special provisions they are responsible for completing the required form (see Canvas) and making supporting documentation available to Ms Winslade (Inclusive Education). This is to be done in a timely fashion.
- If a student is absent from an exam due to misadventure (eg illness or accident), they must provide documentation to substantiate their absence. This may be in the form of a doctor's certificate or a pharmacy certificate. Arrangements will be made for exam re-sits as required.
- If a student is absent without a valid reason, they will be permitted a re-sit but will receive the Notional Zero for their attempt regardless of result.
- Late students will not be allowed additional time to complete their exam unless they have appropriate documentation.
- Students will need to bring their student identification card to all exams.
- Students are required at school for their scheduled exams only.
- Mobile Phones
  - a. Students are NOT allowed to have their mobile phones out before, during or after entering an exam venue.
  - b. Students are to ensure that their mobile phone is switched off and remains in their pocket for the duration of any exam. Failure to do so is in breach of exam conditions.
  - c. Any student using the bathroom during the exam, must leave their phone at the front of the exam venue whilst out of the room. This can be collected at the end of the exam.
- Smartwatches are not permitted within the exam venues. Clocks will be used to display the time in all venues.
- Students must remain in the exam venue for the duration of the exam.
- Students are able to bring the following equipment to the exams: Water bottle, writing equipment (pens, pencils), ruler, calculator
- No other materials or notes are allowed into the exam venue. Any such equipment will be confiscated if brought into the exam venue.
- Communication with other students is strictly prohibited during exams. If a student has a question they are to raise their hand and wait for a supervising teacher to come to them.
- Students should make genuine attempts on all exam questions and endeavour to provide detailed responses to all questions.

For further information, please contact me on 62090140 or via email at [maria.odonnell@mackillop.act.edu.au](mailto:maria.odonnell@mackillop.act.edu.au).

## Exam Timetable

### Semester 2 2020 - Senior Exams

Date	Session Time	Year 11	Year 12
Wednesday 18 Nov 2020	9:15 - 11.15 AM	English T	English Literature Essential English
Wednesday 18 Nov 2020	11:45 - 1.45 PM	English Literature Essential English	English T
Thursday 19 Nov 2020	9:15 - 11.15 AM	Mathematical Applications	Legal Studies A/T Mathematical Methods Specialist Methods
Thursday 19 Nov 2020	11:45 - 1.45 PM	Mathematical Methods Specialist Methods	Mathematical Applications Specialist Mathematics
Friday 20 Nov 2020	9:15 - 11.15 AM	Oceanography Senior Science Chemistry Exercise Science A/T Legal Studies A/T	Oceanography Senior Science Ancient History A/T Chemistry Health and Wellbeing A/T
Friday 20 Nov 2020	11:45 - 1.45 PM	Global Studies A/T Biology Economics Physics Sociology A/T	Global Studies A/T Human Biology Information Technology A/T Sociology A/T
Monday 23 Nov 2020	9:15 - 11.15 AM	Business Services Earth and Environmental Science Hospitality T Information Technology A/T	Business Services Earth and Environmental Science Exercise Science A/T Hospitality T Physics Psychology A/T
Monday 23 Nov 2020	11:45 - 1.45 PM	Human Biology Modern History A/T	Biology Economics
Tuesday 24 Nov 2020	9:15 - 11.15 AM	Business Studies A/T Psychology A/T	Modern History A/T
Tuesday 24 Nov 2020	11:45 - 1.45 PM	Holistic Music A/T Geography A/T Ancient History A/T Health and Wellbeing A/T	Holistic Music A/T Geography A/T Business Studies A/T

## INSIGHTS

# Being an askable parent



In a recent conversation, a 16 year old told me how he's enjoyed some great conversations with his father since the COVID-19 pandemic. What I heard from this young man was that his father is not just an affable person but also a very 'askable' parent.

The young man told me that he could talk to his dad about anything, which I suspect would be music to his father's ears. I imagine that many parents would love to hear their kids say that about them. The notion of being a parent that young people can discuss personal problems with and seek answers to some of life's bigger issues such as politics, religion and sexuality has been a source of personal reflection and study over many years.

While young people can be notoriously secretive about what's on their mind, parent attitude and behaviour certainly impacts on their willingness to communicate. The following strategies will maximise your chances of being seen as an askable parent in your young person's eyes:

### **Be there**

Proximity aids communication and relationship-building. The more time you spend in close proximity to a young person the more likely you are to have meaningful conversations.

### **Be attentive**

Pay close attention when a young person starts a conversation or asks a question, as they are easily put off by parental indifference. Many young people experience difficulty articulating their thoughts, so they are extremely appreciative when parents pay them full attention when they have something to say.

### **Listen without judging or advising**

Giving unsolicited advice is a sure-fire way to prevent young people confiding in you. Young people are more likely to discuss personal matters and difficult subjects if they know their thoughts and feelings won't be judged adversely or that they'll be deluged by advice. The use of Aah statements ("Aah, so that's what's bothering you?") is great way to show young people that you are listening without judgement or advice.

### **Be prepared to challenge**

There are times when you need to challenge the validity of a young person's views, their behaviour or the values they express. Misinformation, disrespectful attitudes and revelations about unsafe behaviour need to be discussed rather than ignored or criticised. It's wise to pick a time and a place that's likely to promote rational discussion rather than responding when emotions are high.

## Engage in banter

Respected Australian educator Dr. Tim Hawkes writes in his book *Ten Conversations you must have with your son* that light-hearted banter is a prelude to more serious discussions. Not only does banter build relationships but it gives parents' permission to discuss thorny or personal issues with kids.

At a time when a parent's voice is easily drowned out by increased media and digital noise, it's more important than ever to connect with a child or teenager on a personal level. Being an askable parent will help you build deeper connections with the young person in your life.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.