

College

Newsletter



MacKillop

St Mary MacKillop College Canberra



Volume *fourteen*

3 November 2023

Coming

Up

MON 0 6 N O V

- Year 10 Exams commence
- Year 12 Drama Production

TUE 0 7 N O V

- Year 12 Drama Production

WED 0 8 N O V

- Year 10 Exams conclude
- ISART Exhibition Opening

THU 0 9 N O V

- Year 12 last day of classes
- Year 11 Drama Production

FRI 1 0 N O V

- Year 12 Breakfast and Assembly
- Year 11 last day of classes

MON 1 3 N O V

- Senior Exams commence

WED 1 5 N O V

- Year 7-9 SRC Speeches & Voting

FRI 1 7 N O V

- Senior Exams conclude
- Senior Drama Performance Night

TUE 2 1 N O V

- Year 11 2024 Orientation Day
- Year 8 Drama Performances



Principal's Letter

Principal's Prayer

Dear Lord,

We ask that you help our students to finish the year strongly as they complete their final examinations and assessment over the coming weeks. Amen.



Dear parents/carers, teachers and students,

Creative Arts and Performances

In recent weeks, students have been involved in a range of different creative performances, demonstrating their skills that have been developed both in classes and through their extra-curricular involvements in different aspects of the College.

Congratulations to students who have been involved in the following:

- **Dance Fest:** Three separate groups performed at the Canberra Theatre as part of the Youth Dance Festival event. These included the Junior Dance Crew, students from Year 10 Dance, and the Senior Dance Class. The quality of each performance was reflective of the time and energy that had been put into the choreography and rehearsals. While the event was non-competitive, the routines of the students from MacKillop were clearly among the best on the night.
- **Drama Performances:** Our Year 10 students this week delivered their major performances at the Mill Theatre whilst students in Years 11 and 12 will have their major performances in the coming week.
- **Inspire Art Exhibition:** Students who have produced high-quality pieces of art have had their work displayed as a part of the Inspire Art Exhibition at the Tuggeranong Arts Centre. It is a considerable accomplishment for these students to have their work exhibited in a public gallery.
- **Music Gala Concert:** Last night, well over 100 students performed in front of family and friends at a Gala Concert. The various ensembles, concert bands, and choirs performed to a particularly high standard. Many of these students come from a background with little or no music experience prior to this year.

It is pleasing to see so many students experiencing success in dance, art, drama, and music. The opportunities for them to showcase their skills that they have either acquired or developed at MacKillop, is something that I hope they can feel proud of. Thank you to the teachers in these practical areas for their instruction, advice, and technical knowledge that benefits students in producing their final product.

2024 ACT Local Hero

Congratulations to Selina Walker on being announced this week as the recipient of the 2024 ACT Local Hero Award. As a Ngunnawal traditional custodian, and parent to three students at MacKillop, Selina is heavily involved in the local community, including being the Chair of the Catholic Schools Parent Council for the Archdiocese of Canberra and Goulburn. This is outstanding achievement for Selina and I'm sure the rest of the MacKillop community will join me in congratulating her.

End of Assessment

As the assessment period for all students at the College nears a conclusion in the following weeks, I express my best wishes to all in the completion of their final tasks and examinations. Our students have been well prepared to demonstrate what they know, understand, and can do based on what they have learnt throughout this semester. I have spoken with students at assemblies on both campuses, encouraging them to finish the year strongly and to give their best efforts.

Yours sincerely,

Mr Lachlan McNicol • College Principal (Acting)



NSW Volunteer of the Year

Congratulations to Joshua Abrokwa (Year 12) for being named the NSW Youth Sector Volunteer of the Year at the 2023 NSW Youth Work Awards.

Josh received the award at a ceremony at Sydney Harbour on Thursday 26 October, which was held as part of the Listen, Learn & Celebrate NSW Youth Work Conference.

Josh is a worthy recipient of the award. He has volunteered for Youth Action as a local youth counsellor, worked with Headspace as a Youth Representative and worked with the Cooma Multicultural Centre. Josh has recently been a part of the Volunteer Voices project run by Settlement Services International, has been elected as a 2023 Youth Parliamentarian, and worked under Youth Action's NSW Health Literacy Advisory Council.

The College congratulates Josh on this magnificent achievement!



Long Tan Awards

The recipients of the 2023 Long Tan Awards were announced at this week's St Peter's Campus Assembly.

Millie Terracini of Year 10 and Sophie Vassallo 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 out in the broader community.

Riley Mill (Year 10) and Ari Gilchrist (Year 12) received the ADF Future Innovators Award, which recognises the innovation of students who study subjects in the areas of science, technology, engineering and mathematics (STEM).

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. They also acknowledge that leadership is demonstrated each and every day by people in their communities, workplaces and through innovation in learning.

Congratulations to Millie, Sophie, Riley and Ari!



NSW/ACT AFL Champions!

On 18 October, both the Boys' and Girls' AFL teams represented the College, and the ACT, at the NSW/ACT Junior Schools Cup Championships at the Central Coast. The teams consisted of students from Years 7 to 9. The students played with pride to compete against the best-of-the-best from NSW. Both teams brought their A-game and provided spectators with some fantastic, and closely fought matches.

Both teams displayed excellent skill and teamwork to progress to these Championships and to be the only school representing the ACT is an amazing achievement, and we congratulate all of these students.

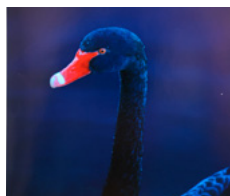
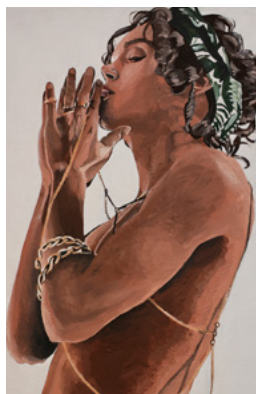
The boys' team was very competitive and only lost by narrow margins throughout the day. The team consisted of: Blake Kearney, Nate Coleman, Ryan Grant, Zac Owen, James Rice, Riley Masters, Lewis Maguire, Haydn Janek, Nick Masters, Patrick Fogarty, Sam Whyte, Liam Stefanuti, Bruno Grzegorzewski, Oscar Zacny, Josh Fearn, Miller Woodward, Jack Reilly, Cooper Lowes, Cameron McWhirther, Cody Owen, Aiden Henderson, Ryan Moore, Brodie Nokes, Blake Shannon and Henry Hayes.

The girls' team was undefeated throughout the day, to eventually become the NSW/ACT JSC Champions! The team consisted of: Lara Frost, Matilda Gumley, Jade McPherson, Ryley Arnold, Saige Fattore, Bethany Heron, Chelsea Hogan, Willow Kildey, Matilda McCormack, Imogen Norris, Isla Pfeiffer, Eva Tine, Charly Watson, Angelina Agoth, Emma Argall, Alana Fraser, Indiana Kildey, Ariella Paterson, Jade Paterson, Olivia Tapp, Georgia Wade and Grace Davidson.

We wish to thank Mia Willis for her assistance in coaching the teams and to Mr Anderson, Mr Schliebs and Ms Fahey for coaching and accompanying the students on the trip.

Romina Schofield • Sports Facilitator





Inspire Art Exhibition

Selected works from the College's Inspire Art Competition are now on display as part of the Inspire Exhibition at the Tuggeranong Arts Centre. The exhibition opened on the evening of Wednesday 1 November, with our Assistant Principal Academic Care (acting), Dr Tristan Burg, delivering the opening speech.

Congratulations and thank you to everyone who entered Inspire this year. The [winners of the competition](#) were announced on MacKillop Day in September.

Other recent events



Year 9 Outdoor Education students went to Tathra and the Bega Valley last week for their **Outdoor Ed Camp**.



Our **Senior Hospitality** students put on a **dinner** for over 120 parents and staff at the St Peter's Campus on 25 October.



Last night, our extracurricular music ensembles performed at the annual College **Gala Concert** to a packed audience.

Final Assessments - 2023

As we approach the end of the academic year, all teachers will be maintaining the high standards of expectations that we always set for MacKillop students. Students are being encouraged to define their successes not only in terms of the work they've put into their studies this whole year but in their commitment to utilising learning opportunities each day and whether they can feel proud of their efforts to improve in this final stage of the school year. The best way to improve being through study.

As discussed with students on the Senior Campus: study is to learning, what training is to fitness. It is the thinking you motivate yourself to do in order to help your brain better apply and reinforce your learning. Study builds confidence and thus reduces stress and increases performance in tasks. In turn, this leads to greater chance of success, accomplishment and opportunity.

Research has shown some simple strategies can help to improve study habits and all students are encouraged to apply these in the lead up to their final assessments:

- Study time - Plan out time in a space with no distractions (put that phone away!)
- Look after yourself - don't sacrifice sleep, eating, hydration, exercise and positive self-talk
- Know what to study - ask your teachers (they want you to do well!), use exam guides, past papers, revision sheets
- Know how to study - reading notes and re-writing study notes takes time and 'feels like' work (and as a first step to revise they are fine). However, the best study occurs when you engage your thinking mind and use information in activities like: writing review questions to answer; quizzing a partner; making concept map or solving practice problems. Essentially, doing the sort of things the sort of things you are going to do in your assessment.

Tristan Burg • Assistant Principal, Academic Care

AI at MacKillop - 2024

As discussed in this newsletter throughout the year, MacKillop's Vision of Excellence in Education, means we put student learning at the heart of our strategy to manage AI in education, focusing on the learning journey, student thinking, and accountability in the design of assessment strategy. In order to allow a range of take-home assessment tasks to continue, while maintaining academic integrity, processes such as online-drafting, Turnitin AI checks and validation tasks were introduced. More information about the 2023 strategy can be found [on our website](#).

Now that we have that foundation established we are looking toward best-practice implementation of AI into teaching and learning in 2024.

As part of this forward thinking, members of the Curriculum Team attended the 'Exploring AI in Education Conference' last week. What was learned not only affirmed our current approaches but inspired us in the potential of these new tools to support education and thinking in the 21st century.

Tristan Burg • Assistant Principal, Academic Care

Take our AI Survey:

As part of our 2024 AI strategy planning we are also seeking the insight of staff, students and the MacKillop community.

We are looking for your thoughts on our 2023 strategy and ideas for 2024.

Submissions will be accepted until Friday 10 November. We are keen to get your input.

[Take the Survey](#)

Science Competitions

Throughout the year, students in Years 7-12 had the opportunity to participate in the Big Science Competition, the International Chemistry Quiz and the Science Olympiads.

These competitions test science knowledge, critical-thinking and problem-solving skills. Questions are set in real-life, contemporary contexts, making them relatable and interesting, and are incredibly challenging for the students.

Thank you to all students who participated and congratulations to the following students who received credit, distinction and high distinction certificates.

High Distinction: Kyle Richardson (Big Science Competition); Lucius Stefanuti (International Chemistry Quiz).

Distinction: Cooper Aiken, Alexander Brooks, Ava Fradgley, Reuben Lilley, Joshua Prstec, Jack Titmarsh (Big Science Competition); Aiden Bright, Phyllis Davie, Lleyton Deng, Milly McCabe, Quinlan Mulvey-McHugh, Luca Pettit, Thomas Rodgers, Cameron Rutten, Jack Valois, Jasper van Doorn, Ryan Williams (International Chemistry Quiz); Robbie Crisp (Biology Olympiad).

Credit: Thomas Clarke, Daniel Collis, Lara D'Ambrosio, Nischal Divi, Daniel Goodchild, Katya Mangos, Riley Mill, Mae Sefian (Big Science Competition); Maria Ajamieh, Jessica Lubinski, Georgia Lynch, Amy McLachlan, Billy Perrott (International Chemistry Quiz); Jessica Lubinski, Georgia Lynch (Biology Olympiad); Milly McCabe, Aran Moody, Aaron Nobby Rajan, Lucius Stefanuti, Oliver Wright (Physics Olympiad); Alexander Brooks, Maya Gasparovski, Joshua Prstec (Junior Science Olympiad).

Melissa Pert & Kate Goolagong • Science Coordinators



Mathematics Competition

On Thursday 3 August, 168 MacKillop students in Years 7-11 participated in the Australian Mathematics Competition. Our Year 12s were on Retreat so they did not participate. The following students received distinction and high distinction certificates:

High Distinction: Margaret Coy

Distinction: Stella Taylor, Samuel Reyes, Noel Hilton, Nathan Baldock, Maily Ngo, Alexander Brooks, Joshua Prstec, Isla Pfeiffer, Cooper Aiken, Samuel Major, Willem Hornby, Jasper van Doorn, Georgia Lynch.

We congratulate these students and wish them well in their future Maths studies.

Anna Keppel & Dylan Watt • Mathematics Coordinators

SRC Elections 2024 Student Representative Council

Last week, Year 11 students participated in elections for formal leadership positions on the 2024 Student Representative Council. Following the elections of 2024 College Captains and Portfolio Captains late last term, the successful candidates for College House Captain positions were announced this week:

COLLEGE HOUSE CAPTAINS

Mindygari: Mia Vecera & Luke Gray
Gurabang: Tara Davey & Adam Watson
Meup Meup: Maggie Robinson & Joe Wagner
Ngadyung: Clare Way & Connor McDonough

Elections for 2024 Padua Campus Captains were held on Wednesday this week.

PADUA CAMPUS CAPTAINS

Savannah Apoderado & Alexander Brooks

Further elections on the Padua Campus for House Captains (current Year 8s) and SRC positions (current Year 7 and 9 students) will be held as scheduled on Wednesday, 15 November.

Paul Durham

Assistant Principal, Pastoral Care



Protect your children online

The eSafety Commission has recently updated their resources through an initiative to compare online safety to everyday objects that keep you safe, just like eSafety does when children and young people go online.

The initiative educates Australians about online safety risks and can assist in removing harmful content which includes Cyber bullying, Image-based abuse, and illegal and restricted content.

The eSafety Commissioner can support with:

1. Advice for parents and young people on staying safe online
2. Digital skills for staying safe in games and apps using the eSafety Guide
3. Webinars for parents and carers to help children have positive online experiences.
4. Investigating reports of serious online abuse and help with the removal of this content.

For further information and access, please visit: <https://www.esafety.gov.au/parents>

Status Awards

Congratulations to the following students who have been presented with Status Awards at the Padua Campus Assembly:

Bronze Status

Bronte Blair 7E3, Leah Heading 7W3, Alex Sun 7F2

Paul Durham

AP Pastoral Care

SRC Report

On Thursday last week, the St Peter's Campus hosted **Groovin' the MacKillop**. Our very own music festival gives talented individuals in our community the opportunity to show off their original talent over the course of recess and lunch. We had spectacular performances from band NVM, Jett Blyton, Oliver Rima, the IntelliGents, and other members of PCOPA and our school community. It was a great success, drawing in a crowd of students and staff to enjoy the music. The SRC ran a food stall selling both soft drinks and small snacks to raise money for MacKillop House. I'd like to thank Katie Bissett our Performing Arts Captain, as well as all the performers, and all members of the community who assisted to make sure the day was enjoyable for all.



This year, we are once again asking for donations for the **Vinnies Christmas Appeal**. Christmas time can be a very financially stressful time for a lot of families in our community. Any non-perishable food items can be brought to your PC class. You can view all donations received in the Learning Commons where they will be displayed until the last week of term. Mr Larkin (St Peter's Campus) and Mr Schliebs (Padua Campus) will attempt to lift the equivalent weight of the donations we bring in, so let's make sure we give them a challenge!



Toby Barber • Communications and Connections Captain



P.A.R.T.Y Program

On Tuesday 17 October, 20 Year 10 students were given the opportunity to visit Canberra Hospital and partake in the P.A.R.T.Y Program. This is an ACT initiative that educates students about how they can 'Prevent Alcohol and Risk-related Trauma in Youth'.

At the Hospital we had the chance to meet with numerous people, including a crash detective from the AFP, who explained the dangers of taking unnecessary risks and consuming alcohol under the legal age or whilst in control of a vehicle.

After this, we had the privilege of touring Canberra Hospital. We were able to experience what it's like to work in an ER as well as an ICU and treat 'patients' who had been in a car accident. The nurses explained so much about how the Hospital works and how first responders help save lives every day. Towards the end of the excursion, we heard from an ex-MacKillop student who shared her experience after suffering a horrible accident in 2016. We also met with some of the Hospital's physiotherapists, speech, and occupational therapists who explained what recovery after injury is like, we were even allowed to try thickened water!

The P.A.R.T.Y Program was so informative, and we all learnt so much. Thank you to the Canberra Hospital and all their lovely staff who made this possible.

Mia Abell & Leah Flask • Year 10





Elite Athlete Spotlight

Lilly Janota

What is your sport?

Rugby League

What is the highest level you have competed at?

Nationals

What is your most memorable sporting moment/achievement?

Winning the open women's Australian Country Championships with the Monaro Colts in 2023

Who is your sporting idol and why?

Emma Manzelmann, she is a skilful dummy-half with a strong defence line.

What is your next competition?

Tarsha Gale Cup (Canberra Raiders)

What do you hope to achieve in your sport?

Make the NRLW

What has your sport taught you?

If you want something, you need to work hard in order to achieve it.

Student Achievements

Jordan Rezek (Year 11) has been selected as a member of the Australian Schoolboys Soccer team that will tour the UK and Republic of Ireland in January 2024.

Emily Hartcher (Year 8) recently returned from Singapore where she played basketball in the Asia Pacific Cup.

Anthony Grgic (Year 8) is currently on a six-week soccer tour of Argentina with Motivate Academy.

Reid Stewart (Year 9) has been away in Shepperton competing in the National BMX Championships.

Alec Tompkins (Year 12) has continued to have success in pistol shooting. In the combined Metropolitan Pistol Clubs (Sydney) Centrefire/ Sport Pistol Competition, he won Junior 25m Sport Pistol B grade with a score of 560, won the Junior 25m Sport Pistol overall, and has now qualified for A grade.

Shaun Drazevich and Ben Gasnier (Year 9) have been selected in the Monaro Colts rugby league program.



Dance Festival

MacKillop sent three groups to Dance Festival this year. Junior Dance Crew and Dance Company brought classic circus to the stage with the Big Smile. Year 10 escaped the jungle with a highly acrobatic, fast-paced dance inspired by the music from Madagascar. Senior Dance took a different direction in their performance, focusing on how, as dancers, we try to conform to societal norms and how individuality is lost. Well done to all of our fabulous college dancers!

Bella van Doorn • Performing Arts Coordinator



Australian Army Band

On Tuesday 24 October, members of the Australian Army Band came to the Padua Campus to work with our music students and perform alongside them in a concert to staff and students.

Upcoming Performances

Year 12 Drama - Behind Closed Doors

Monday 6 and Tuesday 7 November at 6.30pm, Padua Campus

A self-devised work that explores some of the rights that we all take for granted. All proceeds from ticket sales (available through Qkr for \$5) will go to MacKillop House.



Year 11 Drama - A Midsummer Night's Dream

Thursday 9 November at 6pm, Padua Campus (Wanniassa)

A Midsummer Night's Dream told in 50 minutes through nine different theatre styles.

Independent Studies Performances

Friday 17 November at 6.30pm, Padua Campus (Wanniassa)

Three student-directed Independent Study projects will be presented this evening: two one act plays, Grace and The Best/Worst Things about High School, and a one-woman show exploring expectations of women through the ages.

Year 8 Drama - What's the Drama?

Tuesday 21 November at 6pm, Padua Campus (Wanniassa)

Year 8 Drama students will perform in a melodrama for family and friends. Come ready to cheer, hiss, laugh and boo.

Year 9 Drama - Verbatim Theatre

Thursday 23 November at 6pm, Padua Campus (Wanniassa)

This semester, students will be taking their audience on a journey to visit the residents of Spoon River. The highs, lows and drama will be revealed as they tour the township.

Junior Drama Production - Hoodie

Wednesday 29 November at 6pm, Padua Campus (Wanniassa)

It's so hard to fit in as a teenager. There are so many pressures, especially from peers. Hoodie takes a light-hearted look at how to navigate your way through a maze of expectations.

MacKillop Mob News

Kulay Kalingka Cancer Study

Yuma to all our MacKillop Mob,

If you could please take the time to read and take the survey posted as an announcement on the MacKillop Mob Canvas Page, it would be greatly appreciated.

The Kulay Kalingka Study was created by a team of Aboriginal and Torres Strait Islander researchers. The study design and Aboriginal and Torres Strait Islander leadership will allow for better cancer outcomes and care for Aboriginal and Torres Strait Islander people across Australia. At all stages of the study design, from the study creation and artwork design, through to data collection and data analysis, has been created and controlled by Aboriginal and Torres Strait Islander peoples.

Bush Tucker Garden

We are excited to announce that an area has been allocated for the creation of a Bush Tucker Garden on the St. Peter's Campus. This project has been in the works for quite some time, and after consultation with local Aboriginal experts, we are now ready to take the next step and begin planting in Autumn of next year.

This is going to provide countless opportunities for shared learning and practical experiences for both Indigenous and non-Indigenous staff, students, and community members alike.

Special Congratulations

Congratulations to MacKillop parent Selina Walker who is the 2024 ACT Local Hero recipient in the 2024 ACT Australian of the Year Awards!

Djan Yimaba Yara
(Thank you and bye in Ngunnawal language)

Jeremy Margosis
Aboriginal & Torres Strait Islander Contact Teacher

School Fees

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

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.

Michelle Predovan • Fees Manager

Enrolments & Withdrawals

If families know that their student will be withdrawing from MacKillop at the end of this school year, please notify us by email at enrolments@mackillop.act.edu.au at your earliest convenience. This will help with planning and staffing for 2024.

Jo Lubinski & Rebecca McKenzie Enrolment Officers

Community News

St Clare of Assisi School Fete

The SCA fete takes place on Friday 17 November from 4-8.30pm. There is plenty on, including rides, hot rods, performers, food, and a huge range of stalls.

Hockey All Abilities Come & Try Clinic

Join Hockey One stars in a fun and engaging introductory hockey session for people with disability on Friday 24 November! No hockey experience or equipment is required. The event will be from 5-6pm at the National Hockey Centre, Lyneham. View the [wesbite](#) for more information.

Battle of the Bands

This takes place on Friday 10 November from 4-9pm in the Laneways at Tuggeranong. Free and available for all ages. It will feature 12 bands, market stalls, food trucks, activities, and more!

Vikings Sunday Funday!

Get ready to take to the field and test your skills at over 20 sports at Vikings Group's Sunday Funday! Head to Viking Park on Sunday 5 November from 10am - 2pm for a free fun day out for the whole family. Food and prizes on offer. Visit the [website](#) for more information.



MacKillop
St Mary MacKillop College Canberra

Contact details



02 6209 0100



info@mackillop.act.edu.au



www.mackillop.act.edu.au



**PO Box 1211
Tuggeranong ACT 2901**



Mackinnon Street, **Wanniassa** (Years 7-9)
Ellerston Avenue, **Isabella Plains** (Years 10-12)



Absentee SMS Line
0429 131 463

Socials



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



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mackillop_act**



**www.youtube.com/
stmarymackillop**

Enough

Many of our children are drenched in the insecurity of feeling incomplete, inadequate, insufficient. And even our seemingly confident and competent kids are struggling. The ones who are “succeeding”, the ones who are ticking all of the right boxes, the ones who are “winning”, are often the WORST at feeling like they’re “enough”.

I wish it weren’t true, but it is our well-intentioned attempts to optimise our children’s success in the future that can leave them feeling like it’s all too much. After evaluating over 50 studies, one pair of researchers concluded that “increases in excessive parental expectations and harsh parental criticism offer perhaps the most plausible explanation for rising perfectionism to date.”

This is not to lay the blame solely at the feet of parents. Rising levels of societal individualism, focus on attainment, increasing economic inequality and rising competitiveness have created a societal background that easily leads to controlling parenting practices and excessive parental expectations. We have the best of intentions in wanting our children to succeed, but in trying to secure a good future for our kids, we expect too much, criticize too harshly, and minimise their autonomy. All of this leads to a tremendous number of kids feeling that they’re not ‘enough’.

Yet with so many of our children feeling that they are not enough, a helpful question to ask is:

What does ‘enough’ look like?

“If I could only... then I will be enough”, “If I can just... then I will be enough”, “When I achieve... then I will be enough.” A sense of “enough” will never come this way. It can’t. Because even when those things are achieved, there will always be someone more beautiful, smarter, or funnier. Valuing self based on extrinsic characteristics will always lead to feeling incomplete, inadequate, insufficient, imperfect.

Another form of success – what I call intrinsic success – is built on the development of character. It accumulates over time through steady, consistent effort and an emphasis on doing the inner work of becoming a better person.

Here are five things we can do to help our children overcome their anxieties and perfectionism and achieve intrinsic success:

1. Show them they matter

People who know they matter are more resilient and engaged in life than those without a sense of mattering. We show someone they matter by demonstrating that our love and care for them is not conditional upon performance.

2. Teach them who they are

Children who are told family stories believe they are responsible and that they are capable of controlling things rather than being at the mercy of external or environmental elements.

Children who know their family identity tend to feel better about themselves. They have “roots”.

3. Be a hope builder

If we are hope-ful we know where we're going (goals), can see a way to get there (pathways), and believe we can actually walk that path (agency). As parents, we must be hope builders in our children's lives. We do that by helping them identify things that are worth working towards by setting goals based on personal interests and passions. We help them break the goal down into smaller tasks and make sure they have the resources, tools, and information required to pursue their goal. And we celebrate their achievements, provide reassurance when they face difficulties, and remind them that setbacks are opportunities for growth and learning.

4. Encourage them to do hard things

Competence is a vital human need. Yet you don't become confident by shouting affirmations in the mirror or having your parents pump up your tyres with false praise. It comes from doing the hard thing again and again. And then it comes from celebrating achievement. When they do the hard thing, ask your child how it felt to progress. Boost them up with real compliments and genuine praise – praise that reflects their own positive self-evaluations and helps them feel good about their efforts.

5. Help them make a real difference

We all need to be a part of something larger than ourselves. Spencer W. Kimball, a former leader of the Church of Jesus Christ, said, "We become more substantive as we serve others—indeed, it is easier to "find" ourselves because there is so much more of us to find!" Perhaps we might help our children realise they are enough by encouraging them to step outside themselves and look outwards in service to others. In so doing, I believe they'll discover that, while no one may ever be quite "enough", they will be more than they ever could have been otherwise.

Ultimately, here's what I want our kids to know:

I am enough because of who I am right now in this moment.

Being enough isn't something that our kids need to achieve. It isn't something that is determined by what they have done. It is their ability to accept themselves completely in the present moment that gives them the ability to feel like they are enough.

They are enough. Right now. Just the way they are.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 7 books about families and parenting. For further details visit happyfamilies.com.au.

