22 March 2013

Principal’s Message

Welcome to our last newsletter for Term 2.

As stated in the first newsletter, our school priorities and direction have been grouped under the PILOT acronym which focuses on all that we do. I will use PILOT to outline my report.

Partnerships

Congratulations to our new P and C President Mrs Lesley Porter. Lesley is not currently one of our parents, but is committed to our school long after her children have left, which demonstrates the partnerships with our community and our school. Lesley is supported by our Vice President Mrs Claudia Wallis, Secretary Mrs Raynor Grevell and Treasurer Mr Greg Gowlett. Congratulations to our new P and C executive.

Our partnerships have also been strengthened through the communication from our Attendance Officer, Mrs Zoe Stephens with our families about their child’s attendance. Remember that everyday counts and that holidays are not an approved absence.

We are also making contact with parents utilising electronic communication, so please ensure that we have your current email address.

One of our strategies this year is to provide information to parents. A research workshop was held last week which is the first of many workshops planned to be offered to parents.

Image

Thank you for your continued support of our new uniform expectations with the wearing of black shoes and the removal or wearing of only one transparent facial piercing. Our students are certainly looking very smart and the new style of shorts has also enhanced their appearance.

Learning

With our focus on 21st Century learning, we are ensuring that we are engaging with electronic communication as much as possible. This will see us moving towards placing a range of learning strategies on the website for students to access. Learning is our core business, so please take the time to read the article about ‘Keeping track of my learning’ which is included in this newsletter. With one of our values being responsibility, all students have a part to play in ensuring that they are fully engaged in their own learning.

Outcomes

We have just received our Year 12 learner report which shows that 93% of our Year 12 students received a QTAC offer and 95% of students were awarded a Vocational Education Certificate, Queensland Certificate of Education or School-based Traineeship. This is wonderful data for our school.

We are also seeing great results with our Year 8 Horizons class (academically bright) and our Year 12 Bakers Dozen class (our potential OP 1-5 students). Both groups are provided with very focused teaching and learning to enhance their abilities. In 2014, we plan on expanding the number of Horizon classes and are in the process of recruiting for these classes. Please contact the office for more information.

Teaching

All teachers have undergone professional development on micro skills which are skills used by teachers to manage low level misbehaviour. With the introduction of alternatives to short term suspensions like after school detentions, our behaviour across the school has improved (and our short term suspension data). We are also moving on to the next phase of our teaching pedagogy (Art and Science of Teaching) with a focus on feedback for our teachers. Feedback is a very valuable tool in order to improve our practice which in turn enhances the outcomes for our students.

Next Thursday sees the end of Term 1. Can I wish all of our school community a very happy Easter and a restful and enjoyable Easter break. School resumes on Monday, April 15.
Parent Access on School Grounds

There have been a number of instances recently when parents have entered the school grounds in order to locate their child/children. **This is a breach of our school security procedures.**

In order for us to maintain student safety, all parents/visitors/contractors must present to the Administration Office on Queen Street.

Please note - N Block office is CLOSED.

Every Day Counts

As we reach the end of Term 1, parents are reminded of the importance of sending children to school every day. Being at school every day counts, with one day absent each week quickly adding up to two months of missed lessons in a year.

Unless your child is ill, it is expected that your child will be at school learning every day of the school year.

More information on the importance of regular school attendance is available at http://education.qld.gov.au/everydaycounts/index.html

Report Cards

Report cards will be distributed to students at a special Form Class meeting on Tuesday afternoon, April 23. Should you wish to collect your child’s Report Card, please contact the Administration office on 5436 8444 no later than 4.00pm, Monday, April 22 to make alternative collection arrangements. Please keep in mind that you will not be able to collect the report cards until Tuesday, April 23.

**Parent Teacher Interviews** will be held on **Thursday, May 2** between **3.20pm to 7.00pm**. This year, parents will arrange their own Parent Teacher Interview bookings electronically online. This **online booking system** will be opened as of **Tuesday, April 23**. Further information on how to access this facility will be included with the student’s report card. The online booking system will be accessible via the www.caloundrashs.eq.edu.au website.

Caloundra Lions Youth of the Year

Recently, **Sarah M.** represented Caloundra High in the **Caloundra Lions Youth of the Year Contest**. The annual contest is run nation-wide and is open to all high school students aged 15-19. All contestants competed against each other in two sections. In the afternoon, contestants attended an interview, where they were asked questions about the information they had provided about themselves. They were also asked three questions regarding local and national current affairs. Later in the evening, contestants returned for the public-speaking section. They were asked two impromptu questions and also presented a prepared speech. At the end of the night, Sarah was announced the Caloundra Lions Youth of the Year and will now compete in the regional competition against other local winners.
Schools Constitutional Convention

On February 26, four senior Modern History students, Sarah M., Brooke T., RJ D. and Jessica H. were accompanied by Mrs Michele Irwin (HOD Social Science) to the 2013 Schools Constitutional Convention at Lake Kawana Community Centre to discuss how the Australian Constitution should recognise Aboriginal and Torres Strait Islander Peoples as Australia’s first people.

After the official opening, many perspectives were given by The Honourable Fiona Simpson, Mr Mal Brough and The Honourable Jenny Macklin. This led to the four students splitting up into groups with other schools to debate and reflect on what the guest speakers had spoken about and each group shared their opinions. During the breaks, the students had the opportunity to discuss political views with Mr Brough over morning tea.

Later in the day, a representative from each school was asked to present a speech on the issue and an election was held to determine which two students would represent us at the National Convention which is to be held in Canberra at the end of March. The Caloundra High representative, RJ, was one of the two students elected to attend this convention.

The day was very successful and as well as learning about the constitution and having the opportunity to discuss pertinent political matters with politicians, the convention also developed our teamwork and public speaking skills.

Jessica H.
Year 12 Student

Past Student Achievement

On Monday, February 18, Ms Julie Pozzoli (Principal) had the pleasure of attending the 2013 Undergraduate Scholarships Presentation Ceremony at the University of the Sunshine Coast. Narelle R, a 2012 graduate from Caloundra High was the recipient of the 2013 Caloundra RSL Sub-Branch Scholarship and is undertaking a Bachelor of Biomedical Science at the University of the Sunshine Coast.

Congratulations Narelle.

International Women’s Day

Mrs Jan McLean (HOD Senior School), Brylee (School Captain) and Caylan (Vice School Captain) had the pleasure of attending the International Women’s Day Breakfast held by Zonta Club of Caloundra City Inc. at the Sunshine Coast Function Centre, Caloundra RSL on Friday March 8.

Megan W, a past Caloundra High student received the Amelia Earhart Bursary Award at the Women’s Day breakfast.

Talented Violinist

Jiana one of Caloundra High’s extremely talented Violinist, has been invited to perform in the “Creative Generation Symphony Orchestra – State Schools Onstage 2013”. This is a wonderful achievement and we would like to wish Jiana the best of luck.
Year 12 Health Class

The Year 12 Health class are currently working on a “Sun Safety” project. Students have been very busy with several activities going on at once; however, the class focus has been on HATS. Students were very fortunate to have the opportunity to visit QUT (Kelvin Grove) where their faces were digitally photographed for sun damage. Several students from younger grades also attended with the hope of having their faces photographed over their 5 years of schooling at Caloundra State High.

The two main projects have been designing a lesson/presentation to reach all students about sun damage and ways to protect yourself from sun damage (which included our QUT photos). Some questions in this presentation included:

- Have you had your skin checked recently?
- Would you like to know how much sun damage your face has?
- The Year 12 Health class is looking into why hats aren’t compulsory at High School? What’s your opinion?

The class is also investigating compulsory hats! Watch this space!!! We will give you an update of our findings in the next newsletter.

I am so proud of the efforts of students in the class, it has been a huge undertaking and at the end of day we are trying to improve health outcomes for students for their future because stats like: 2 in 3 Australians will be diagnosed with skin cancer by the age of 70 and over 1,890 Australians die from skin cancer each year, this is too many!

Mrs Tracey Fox
Teacher

Year 9 Guest Speaker

Mark Fountain, Commonwealth Games 1500m bronze medalist and National Indoor Mile record holder recently visited three Year 9 classes and spoke about the importance of being fit and healthy. Mark encouraged students to get involved in the local community in any sport. He also promoted Sanitarium Weet-Bix Kids TRYathlon in Caboolture on May 12.

Sports News

Congratulations to the following students who were successful at the recent Sunshine Coast Secondary School Sport Trials – Willow S., Georgia C. and Tony A. in Touch Football and Conrad U. for Swimming. These students will now go on and represent the Region at their respective State Championships.

Interschool Sport for Year 8 and 9 starts again in Week 9 of this term and will continue throughout Term 2. Sports on offer are Volleyball, Soccer, Netball, Rugby League, AFL and Touch. Teams play on a Wednesday afternoon and compete against 8 other schools in our district.

The Interschool Sports draw is below and parents are most welcome to come and watch.

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<th>Opposition</th>
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<td>17th April</td>
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<td>5</td>
<td>8th May</td>
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<td>5th June</td>
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Last Tuesday, 45 Girls travelled to Mudjimba to compete in the Nine-a-side Youth Girls AFL competition. The girls played well, with our Senior A team losing to a strong St Theresa’s team in the Semi Final, and the Junior girls defeating a well drilled Mountain Creek team in their Grand Final. Junior girls now progress to the Finals round and will play the winner of Darling Downs, Gold Coast and Brisbane regions next Tuesday at Yeronga.

Mr Matt Roberts and Mrs Sharon Fullarton
Sports Coordinators

Volleyball News

Last Friday night (15/3/13) saw the finals of the Senior Trish Buckley Shield held at Caloundra Indoor Stadium. Congratulations to both the Year 11 Boys and Girls teams – both were victorious in their finals. The Year 11 Boys were undefeated throughout and maintained their consistency in the final. The Year 11 Girls lost to Mountain Creek in the rounds, however, put on a gutsy performance for the final winning 2 sets to nil. The Year 12 boys and girls team both finished 3rd. For these Year 12 students it was fantastic to see their spirits even though they weren’t in the final. All teams can now look forward to competing in Toowoomba in August at the Queensland Schools Cup tournament.

Thanks to the Senior students for their commitment and sportsmanship during the Trish Buckley Tournament.

Junior Trish Buckley starts April 19, Round 2 is on April 26 and the final round is on May 17.

2013 Next Step Survey

The Queensland Government is conducting its annual state-wide survey of all students who completed Year 12 in 2012. The Next Step survey is a brief, confidential survey that gains a comprehensive picture of the employment, study and life choices made by Queensland school completers in the year after they finish Year 12.

Between March and June, all students who completed Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Government Statistician to complete the survey. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details of forward the survey to their new address so they can participate. Thank you for your support of the Next Step survey in 2013.

Lunch Time Activities

The Year 9 Sports Committee recently organised and ran a knockout ‘Tug of War’ competition for the Year 8 students to promote school spirit and team work.

Congratulations to the winning home group team 8A.

Mr Paul Arico
Year 9 Coordinator

The Rio Tinto - Big Science Competition takes place between May 22 and 29 at Caloundra High.

This international competition tests critical thinking and problem-solving skills, as well as science knowledge. The competition has 30 questions on contemporary issues (like car safety and dental health) and runs for 60 minutes.

The competition is open to students of all abilities, at three levels:

Junior (Years 7-8)
Intermediate (Years 9-10)
Senior (Years 11-12)
Each student who takes part will receive a certificate, as well as detailed feedback on their performance in the competition. They also go into a draw to win hundreds of iTunes and movie vouchers.

Certificates are awarded as follows:

High Distinction (top 5%)
Distinction (top 15%)
Credit (top 50%)
Participation (all other participating students)

**Hurry – registration closes soon!!!!**

Cost of entry is only $7.00. Students must pay this amount to the Finance Office in A Block by the end of Term 1 – 28 March 2013. (Please note that students must have paid their Student Resource Scheme fee or have entered into a payment plan, before being able to enter.)

Please see Mr Frank Stoffers (Teacher) in J-South staffroom for further information.

**Textbooks & ID Cards**

Reminders have been mailed or given to students who have overdue text books. If your child believes they have returned the item, please urge your child to talk to the staff in D13, otherwise if payment has not been received the amount will be added to your child’s account. **Students are unable to borrow resources until this matter is resolved.**

ID cards are used for identification purposes and borrowing resources. Please ask your child to collect their ID card/planner (if Student Resource Scheme has been paid) from the Finance Office between 7.45am to 12.00pm, students are to visit outside class hours. If you are unsure whether your child’s fees are up to date please contact the Finance office on 5436 8454 or email accounts@caloundrashs.eq.edu.au .

Textbooks can be collected from D13, from 7.45am to 9.10am and second break every weekday.

If your child has borrowed any uniforms from the school, please ensure that your child returns these items to D14 as soon as possible.

If you have any questions regarding these issues please contact the Teacher Aide room on 5436 8497. We thank you for your cooperation in working with us.

**Mrs Kim Smith**
**Textbook Coordinator**

**School Fees**

If your child’s fees are not paid and a payment plan is not up to date or entered into, your child will not be able to borrow textbooks or attend non-compulsory school excursions.

There are now a number of ways to be able to pay these fees eg. Bpay, Payment Plan and Centrelink. Please call the Finance office on 5436 8454 to find out more.

**Caloundra High 50th Anniversary**

Caloundra High will be celebrating its 50th Anniversary on the weekend of the 26/27th of July, 2013.

The CSHS Golden Anniversary Ball will be held at the Caloundra RSL Club on Friday, 26th July 2013, starting at 7.00pm.

Tickets for the ball will be available from both the RSL and the RSL website from Monday, February 25th 2013.

Ticket price - early bird sales will be $75.00pp until the 30th April and $85.00pp thereafter.

What’s included:

- 3 course plated Meal
- Band – Bad Habits
- Each round table will seat 10

Drinks and memorabilia will be available in the foyer from 6.00pm, including book signings by Anne Wensley, author of our 50th Anniversary Book, ‘Caloundra State High School Celebrating 50 Years’.

There are only 480 seats available and we are expecting a full house so get your friends together and take advantage of the early bird discounted ticket price.

For any other information please contact the committee at caloundra.high.turns.50@gmail.com

There is also a facebook page you can visit: http://www.facebook.com/caloundra.high.turns.50

**Second Hand Uniforms Needed**

The school is in need of any Junior Secondary and Senior School second hand uniforms. If you have any uniforms that you no longer have a need for, please deliver to the main office.

Any uniform donations will be greatly appreciated.

Thank you.

**Resource Centre New**

The RESEARCH SUCCESS Parent Workshop held on Monday, 11 March was a great opportunity to meet with and share information and strategies with parents to help their children succeed at research and assignments. The audience was fantastic, with really high levels of participation and some very interesting discussions. Thanks to Mrs Maureen Brook (HOD Teaching & Learning) for all her assistance in organising this event; Mrs Sue McIntosh (Teacher Aide) for her invaluable help preparing the materials and venue; Ms Julie Pozzoli
(Principal) for her kind welcome; and especially to all those parents who participated. I’m certainly looking forward to the opportunity to meet with parents again at the next Information Skills workshop.

HARMONY DAY is Thursday, 21 March and the Resource Centre is hosting a range of special events supporting this important day, including displays, ceremonies and a special (and very Aussie) bring-a-plate style lunch to share with senior students, indigenous students and international students.

WINNERS ARE GRINNERS in the latest Resource Centre Visual Art Challenge - Pop Goes Mona Lisa, with congratulations to the winner, Nikkita B. for her excellent entry. Students can find out about this competition and many others by checking out the WINNERS ARE GRINNERS wall in the Resource Centre, where there’s something for everyone.

Mr Mark Wedemeyer (Teacher-Librarian)

Tips for Parents

Have you seen your student’s ‘Keeping Track of My Learning’ sheets? In all subjects, in all year levels, students fill in details on these sheets when assessment items are returned to them. These important documents will either be paper copies glued into their Academic Notebooks or kept in a folder, or may be electronic documents on their laptops for Year 11 and 12 students and in some IT subjects in Years 8 to 10. When teachers return marked assessment items they work with the class to assist students in identifying individual strengths and areas for improvement. These details are recorded by each student on the ‘Keeping Track of My Learning’ sheet along with their results. Another important section is noting strategies to use to improve, again with assistance from their teacher. The purpose of this process is to ensure students have specific information about how they can improve so that they can maximise their achievement in each subject.

Students entering details into their Keeping Track of My Learning sheets

Other ways to help your student succeed:

- Check your student’s ‘My Learning Goals’ documents that they use in each subject to set their achievement goals and track their progress from week to week
- Encourage them to use their Student Diary to record homework and dates for assessment
- Encourage your child to attend tutorials or see their teachers out of class time for additional help, if they are not achieving their learning goals

Parent Information Session

On Monday 11 March, 29 parents attended an information session on ‘The Research Process’. After a welcome by our Principal, Ms Julie Pozzoli, our Teacher-Librarian, Mr Mark Wedemeyer engaged the group in a series of activities which saw them using aspects of the 6 step research process. This allowed these parents to develop skills so they will be able to support their students when working on research assignments in the future. Feedback included ‘Thank you for giving your time to help my own skills’ and ‘Great presentation – very informative!’.

Mrs Maureen Brook HOD Teaching & Learning

Parenting Advice


Click here to access the weblink to the article - 10 Things Extraordinary Parents Say To Their Kids

10 Things Extraordinary Parents Say to Their Kids

These 10 things are extremely simple, but so extraordinarily powerful in the setting of supporting and nurturing your children as they grow.

If you want to make a huge difference in your young person’s world and equip and empower them to become all that they can be use these every day:

1. “Here’s what I’m thinking”
You’re in charge, but that doesn’t mean you’re more important or more powerful than everyone else. Back up your statements and decisions. Give reasons. Justify with logic, not with position or authority.

Through taking the time to explain your decisions opens those decisions up to discussion or criticism, it also opens up your decisions to improvement.

Authority can make you “right,” but collaboration makes everyone right—and makes everyone pull together.

2. “I was wrong”

Believe it or not, as a parent it’s not your job to be ‘right’ all the time. If you’re strong enough to admit when you’re wrong your young person will learn to do the same.

Young people model the behaviours of the trusted adults they see around them, so to expect them to act differently to the way you act is insanity.

The old age “Do as I say not as I do” is almost like Einstein’s definition of insanity “Doing the same thing repeatedly and expecting different results”.

It’s not easy and if you haven’t practiced admitting your wrong, at fault or in error in a while get started today – you’ll be amazed at how liberating it can be when you give yourself permission to be wrong.

A sign of low levels or lack of resilience in young people is the inability or lack of desire to try something they’ve never done before, for the fear of failure. We need to teach our young people that empowering to fail, it’s okay to fail and I even go as far as believing that ‘there is no failure, only feedback.’

To redefine failure as feedback empowers you or your young person to give them permission to have a without fear of getting it wrong.

3. “That was awesome”

Praise is unfortunately one of the last things on our minds/lips when it comes to young people. Growing up one of the most words a child hears more than any other is the word ‘No!’

A UCLA survey reported that the average one year old child hears the word, No!, more than 400 times a day! You may, at first, think this must be an exaggeration but consider this...when we tell a toddler No! We usually say, No, no, no!. That’s three times in three seconds! If that child is particularly active, perhaps it’s true…perhaps that child really does hear NO mega times a day. And, although it’s a good thing that they come to understand NO early (so that they can live to celebrate a second birthday!), the bottom line is that toddlers, from all cultures and across all time lines, learn what to do by constantly being told what not to do. Then they grow up. They go to work…and the pattern of speaking and learning is set from the earliest of days. So, by the time they hit the workforce, even if they are very positive, energetic and optimistically focused individuals, they are probably speaking with negative language throughout each and every day without even knowing it!

Make it a habit to praise your kids even for the smallest of things and even when reprimanding or correcting them, get used to using the sandwich technique:

Praise | Correction | Praise

4. “Please” and “Thank-You”

It may sound obvious but it’s amazing how many young people I work with who just don’t have simple manners down and the only answer for this again comes back to modelling.

Your children are not your slaves, and they’re not an exception to the rule. Every time you ask your child to do something for you – whether it’s part of their obligatory chores or not – say ‘PLEASE’. When they complete the task – say ‘THANK-YOU’ AND then praise them (point 3).

This is not dependent upon how you feel, what kind of day you’ve had, how they’ve been acting for the past 24 hours, manners SHOULD be a NON-NEGOTIABLE.

5. “Can you help me?”

There are two reasons for saying this to your children (probably three – if you include slave labour):

1. By including your children in solving a problem or completing a task you cannot do on your own, you’re showing them that we can’t do life on our own. We all require the assistance of people around and life goes better when you work in collaboration with others.

2. It’s okay to ask for help. As the trusted adult in their life they look up to you, they see you as the ‘All Knowing, All Powerful, Giver of Life’. So for them to hear you say that you also need help, that you can’t do everything on your own will give them permission to do the same.

Don’t get trapped in the lie that you need to pretend to have it all together.

6. “I’m Sorry!”

I’m sorry, but you knew this one had to be included. You didn’t think I could include #2 and not include these powerful words did you?

We all make mistakes, so we all have things we need to apologise for: words, actions, omissions, failing to step up, step in, show support…

Say you’re sorry AND mean it!

But NEVER follow an apology with a disclaimer like “But I was really mad, because…” or “But I did think you were…” or any statement that in any way places even the smallest amount of blame back on the other person.

Don’t justify your actions – take responsibility for them and you’ll show your children how to do the same.

Say you’re sorry, say why you’re sorry, and take all the blame. No less. No more.

Then you both get to make the freshest of fresh starts.

7. “Can you show me?”

Advice is temporary; knowledge is forever. Knowing what to do helps, but knowing how or why to do it means everything.

The levels of learning are as follows:

• 10% of what we read
• 20% of what we hear
• 30% of what we see
• 50% of what we hear and see
• 70% of what we say and write
• 90% of what we say as we do something

Even though you may not need your child to teach you what they’ve been learning when you ask to be taught or shown, several things happen: You show you respect the young person giving the advice; you show you trust their knowledge, skill, and insight.

By having your child teach you, you’re reinforcing their learning and the knowledge will stick much better.

8. “Can I help you?”

This little question deliberately comes after #5 because I think often as trusted adults or parents, we’re quick to jump in with our assistance, to ‘help’ our young people – but often its more because we feel they’re not doing a good enough job, or we don’t have the patience to watch them struggling with the task at hand.

My belief behind including this in the 10 Things Extraordinary Parents Say to Their Kids, is more as a display of support than it is anything to do with the young person doing a ‘better job’ at what they’re doing.

Make yourself available to your children early on in their life for support and they will grow up knowing that you’re always there for them.

This does not give you permission to hover (helicopter) around their every move, to fix every problem, address every situation for them. Simply make sure they know that you are there and you are available for them if they ever need your help.

9. “I love you!”

One of the strongest universal needs of human beings is love.

The Budapest Early Intervention Project (BEIP), a project that examined the health and development of children in Romanian orphanages, found startling evidence that when infants and children are starved of love and affection, their bodies do not grow as they should.

In fact, for every 3 months in an institution, a child loses an average of one month of growth.

Make #9 the rule, not the exception; you cannot overdose your children with love.

Don’t assume that because you do stuff for them (in love) that they will automatically know or understand that you love them – TELL THEM!!

Every day, tell them that you love them!

Attention Fathers – I grew up with my father telling my sister that he loved her, that she was beautiful, knowing that one day some sleaze bag would probably do the same – but when that time came, she would already know that was true and so she could respond simply by saying ‘I know!’.

Fathers, don’t let some guy be the one who steals your daughters heart because she hasn’t heard the words ‘I love you’ from a trusted male.

10.

Sometimes the best thing to say is nothing. If you’re upset, frustrated, or angry, stay quiet. You may think venting will make you feel better, but it never does.

That’s especially true where your children are concerned. Circumstances come and go, but words can shape our world forever.

Before you speak, spend more time considering how your words can impact on your children and how they think and feel.

You are responsible for creating the way your child sees the world and that is what ultimately will set them up for success in their life time.

Be quiet until you know exactly what to say–and exactly what affect your words will have.

Click on the following link to view the broadcast from the “Today Show” on Channel 9, January 1st, 2012
http://www.abc.net.au/local/audio/2012/10/25/3618675.htm