



NEWSLETTER

T2 Wk 3 16th May 2018

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Next College Newsletter: Wed 30th May 2018

Please email your articles to: newsletter@emmauscc.sa.edu.au

Important Dates

May

Tue 15th - Fri 25th

NAPLAN Yrs 3, 5, 7 & 9

Thu 17th

Middle School Maths Workshop
7.30pm - 9.30pm

Fri 18th

'Let there be Coffee' Coffee Van @
2.30pm - 3.30pm in JS area

Sat 19th - Sun 27th

Yr 11 Lands Trip

Mon 21st

JS Parent Writing Workshop in
Staffroom 6.00pm - 7.00pm

Mon 21st - Thu 24th

Yr 11 Tanunda Camp

Yr 11 Arts Trip

Mon 21st - Fri 25th

Yr 10 Work Experience

Fri 25th

Year 11 Student Free Day

'Let there be Coffee' Coffee Van @
2.30pm - 3.30pm in JS area

Sat 26th & Sun 27th

Careers Employment Expo

Mon 28th

JS Reading Parent Workshop in
Staffroom 6.00pm - 7.00pm

SACSA Yr 3 - 12 Cross Country

Tue 29th

Yr 2 - 12 ICAS Science Competition

June

Fri 1st

The Rite Journey 'Father/Mother
Speaker Day' @ Ironbank

2018 Term Dates

Term 2

Tue 1 May - Fri 6 Jul

Term 3

Tue 24 Jul - Fri 28 Sep

Term 4

Mon 15 Oct - Wed 5 Dec

(Term dates subject to change)

Weekly Coffee Connect

Tuesday Morning

8.45am - 9.45am



Weekly Prayer Connect

Thursday Morning

8.30am - 9.00am



From the Head of Junior School

Dear Families and Friends

During our staff morning devotions last week, I began sharing with staff some inspiring reflections I experienced as part of my spiritual retreat during the holidays. I had gone away for 48 hours to Port Broughton; a destination that often sees me stand in awe of God's creation (see below accompanying sunset picture).

During this time, I began working through Rick Warren's study series '40 Days of Love'. It never ceases to amaze me the way God can bring fresh insight and revelation to passages of scripture that I may have read time and time again. This time, it was the key verse from **1 Corinthians 13:4** "Love is patient, love is kind".

Having defined what love is, Rick Warren unpacked a little of what love looks like. Two key words became the focus of his reflections: patience and kindness... THE SECRET TO PATIENCE – I was hooked – pretty keen to know more about this!

Patience- is about attitude. What are we thinking?

Kindness - is about action. What do we do in response to that thinking? How do we show it?

The secret to patience:

- God's part is to provide the circumstances
- Our part is to provide the response

Rick Warren suggested three things will help us respond with patience:

1. Discover a bigger perspective. "A man's wisdom gives him patience; it is his glory to overlook an offense." **Proverbs 19:11**. How often are we prepared to let things go through to the keeper?
2. Deepen your love. When we are filled with love, almost nothing will cause irritation.
3. Depend on Jesus' power. "We also pray that you will be strengthened with all His glorious power so you will have all the endurance and patience you need." **Colossians 1:11 NLT**

The secret to kindness:

Kindness is love in action. Rick Warren suggested the Good Samaritan (**Luke 10:30-35**) teaches four lessons. We are to:

1. **Look:** Start seeing the needs of others. Sensitivity begins with the eyes. How do we look at people? Too often we may miss the wounds of others because we are too busy! Lost in our own world, Rick suggests that 'hurry' is the death of kindness. Rick encourages us to 'slow down' because going slow equals love. Going slow means we have more time to see others; and intentionally act in response to what we see.
2. **Listen:** Sympathise with people's pain. Sympathy begins with the ears; learning to listen.
3. **Act:** Seize the moment to be kind. Do not put it off until tomorrow! Do what we can, with what we have, at that particular moment. When you feel motivated – do it! Spontaneous kindness! Love is often inconvenient. We must be willing to be interrupted because the most important thing is to love.
4. **Spend whatever it takes.** There is always a cost to kindness. There is a cost or a sacrifice - time, money, reputation, energy, inconvenience, etc.

Kindness is doing something for somebody without expecting anything in return. That is Jesus' kindness...

May the Lord bless you and your family as you consider love in action: patience and kindness.

Blessings,

Helen Vonow
Head of Junior School



Junior School News

Welcome New Junior School Staff and Junior School Tabor College Pre-service Teachers

The Lord continues to bless our community by attracting people of great faith. We welcome the following talented staff to Junior School:

- Lorraine Tong – Teaching Year 1/2
- Tracy Medhurst – expanding her Music Administration role by concurrently joining the SSO Learning Support team

We also count it a blessing to be able to assist the tertiary studies of others. We welcome to our community:

- Yvonne Schultz – Flinders University Masters in Education post graduate student (Learning Support/Gifted Ed/Year 5/6C)
- India-Grace Lloyde – Tabor College, Bachelor of Education Pre-service Teacher - Year 5/6C/W
- Tracey Hoad – Tabor College, Bachelor of Education Pre-service Teacher – Reception Racz

Grandparents Day

Our sincere thanks to all the Grandparents and 'Grandfriends' who visited the Junior School at the end of last term. It was particularly touching to see so many Grandparents in Junior Primary adopt other children during activity time to ensure all children had someone to assist them.

Mother's Day Stall

We would like to express our gratitude to the R - 2 Parent Reps and their parent helpers for the wonderful planning and organisation of the Mother's Day stall. This has been a wonderful blessing to our Junior school mothers in the Emmaus Community.



Winter Wellbeing

We understand the pressures families experience when children become unwell. We also acknowledge it can be particularly difficult for working parents when their children become sick.

We respectfully request that parents of sick children be considerate of all members of the Emmaus community by keeping their children home when they are sick. Not only does this assist in minimising the spread of infection, but it minimises exposure of sickness to children with chronic conditions. Our teachers try to maintain a consistent presence in the classroom, and so, considerate parenting also protects our teachers from unnecessary exposure to illness. Please contact the Absentee Line on 8292 3838 each day your child is sick and unable to attend school. Thank you for your cooperation in this matter.

SACSA Athletics Year 2 - 7 at Santos Stadium

The Junior School is constantly blessed by the conscientious work and organisation of our Sports Coordinator, Mr Daryl Porter. Our most talented athletes were blessed to participate in the Primary SACSA Athletics Carnival at Santos Stadium last Friday.

SPELD Workshops

A unique opportunity for Junior Primary parents to learn about how to help your child to read and assist Early Writing Skills: Monday 21st May, 6.00pm - 7.00pm and Monday 28th May, 6.00pm - 7.00pm in the College staffroom. We encourage you to take up this opportunity run by SPELD.

Helen Vonow
Head of Junior School

From the Principal

Staffing News & Farewell

Following 20 years of service to the College, Mrs Mary Aiken has shared news of her future plans below.

"Dear Emmaus Community,

I have had the privilege and joy of engaging in the learning journey of Junior Primary students at Emmaus Christian College over 20 years. It has been a blessing for me to do so and I want to thank the students, their families and colleagues who have supported, encouraged and taught me over that time.

As a result of my decision to resign, my season at the College has now come to an end. I leave with fond memories of those years, and look forward to the exciting options before me.

My prayer for you is Numbers 6:24-26.

May the Lord bless you and protect you. May the Lord smile on you and be gracious to you. May the Lord show you his favour and give you peace.

Mary Aiken"

As a College Community, please pray for Mary during this time of transition. A suitable way to recognise and honour Mary's long service and contribution to the College will be arranged in due course.

Andrew Linke
Principal

Senior School News

Aboriginal Studies Camp

The Year 12 Aboriginal Studies class left for Ngadjuri Country in the Mid North (Clare/Burra) on Friday 11th May for one night. The class learnt about the Aboriginal perspective on local history and culture from our guide Quenten Agius who is a Ngadjuri and Adjahdura (Yorke Peninsula) man. The students were given a very different perspective of history and world view. Quenten generously shared cultural stories and sites that are important in Ngadjuri beliefs. He also spoke about massacre sites and the desire for today's community to reconcile their past. Despite the cold and sleeping in a swag, it was a rewarding experience for both staff and students.



Neil Blenkinsop and Andrea Grear



Student Wellbeing Coordinator

As we have just celebrated Mother's Day here in Australia, I would just like to give a huge shout out to mums, and to those who stand in for mums to our young people.

It takes a village to raise a child, but in many families, mothers play a pivotal role in keeping a family on track, and I would just like to acknowledge how many awesome mums we have in our Community.

I regularly talk to fantastic parents as they help around our College, attend excursions, listen to reading, help in our canteen, coach sport or just generally support our College and their children each school day.

So often these parents do this without looking for any reward. I would like to encourage those mums who may be feeling a little tired, overwhelmed or over looked. We do notice and as a College we are so grateful for your input. **Matthew 5:12** "Rejoice and be glad, for your reward in heaven is great.."

At the end of this newsletter is an article from Parenting Ideas which has some encouragement for Mums. A number of professional mums were asked about their best advice as mothers, I hope you enjoy it and gain some wisdom from their words.

Sue Chapman
Student Wellbeing Coordinator

From the Chaplain

We love to pray for those in the College Community; our students, families and staff. Prayer times occur regularly throughout the week, amongst staff, parents and students. There is a Parent Prayer Meeting every week on Thursday mornings 8.30am - 9.00am, to which you are warmly invited to attend, and student led lunchtime prayer groups across all three of our sub schools.

An initiative was suggested in our Friday lunchtime prayer meeting, that we provide opportunity for the wider school community to be able to submit prayer requests, should one feel the desire to do so. In response we have created an email account specifically for sending through a desire for prayer.

There are often many prayer requests for healing of illness, peace in the midst of busyness and stressful times, safety for excursions, camps and school activities, the leadership of the College, staff and students, families facing difficult times and so on. There may also be other areas of concern in which prayer may be of support and comfort to you.

So if you would like to have others standing with you in prayer, you can send an email prayer request. The emails are only received by me. When discussing the prayer request, your confidentiality is taken very seriously.

The email address for prayer requests is prayer@emmauscc.sa.edu.au and will be checked daily during the school week.

We are looking forward to hearing from you and joining with you in prayer.

"Prayer is really just talking to God - the Creator of the universe who has a deep, unimaginable love for you."

(Alex Kendrick & Stephen Kendrick, Prayer Works: Prayer Training and Strategy for Kids, (Nashville, B&H Publishing Group, 2015), 9)

Blessings,

Adam Wood
Chaplain

Sporting News

During this Term you will see many after school and weekend sports commence or continue. There has been much communication to families and students involved via email and phone. Please continue to check these for the most up-to-date information, changes of draws, contact details, etc. Training sessions are important for students to attend on a regular basis, to improve their own skills and team work with their peers. If your child is sick please ensure that you let their team coach know as soon as possible or let myself know, so that I can pass on the information to the relevant people.

In Week 1, Year 2 - 7 SACSA Athletics Carnival was postponed due to weather, this event was rescheduled to Friday 11th May. Despite the event change we were able to take our largest team to the event. Emmaus won the Division 1 Challenge Shield and came fourth in the division, missing third by 15 points. Student team captains (see picture on right) all did a marvellous job competing, organising and supporting their team mates. Jack, Fraser and Favour worked tirelessly all day and represented the College very well. A great result in very tough conditions of wind, rain and the cold.



In Week 2, our Reception students took part in their Water Safety Program held at Marion Indoor Aquatic Centre. They enjoyed themselves learning new safety skills and having fun getting wet without being cold. Thank you to the parents who assisted during the week.

Running Club recommenced last week, being held on Tuesday's from 7.30am to 8.10am each week during the term. This provides active options for Junior School students and parents to participate in, having fun and starting the day on a good note. If you would like more information about the Running Club, please email me at dporter@emmauscc.sa.edu.au

This Term we have SACSA Year 3 - 9 Cross Country, Year 8/9 and Open Boys and Girls SACSA Netball and SACSA Basketball trials for our College teams, ready for Term 3. More information about these events and teams will be communicated to students via the daily bulletin and flyers placed around the College.

Student achievements

- Olivia selected in the State Under 15 Girls Netball Squad as a first year player
- Jacob has been selected to trial for the FFSA State Development and Identification Program in Soccer
- Amelia was awarded Club Champion for Under 13 Girls Surf Life Saving
- Annalise represented SA at the National Aerobic Gymnastics Championships. She won silver for her solo performance and gold in her duo competition.

Congratulations to you all.

If your child has any achievements in sport recently, please email us details or a picture so we can acknowledge their achievement with the Emmaus community.

Daryl Porter
PE, Health and Sports Coordinator (Rec - Year 12)

Launch News

Computational and Algorithmic Thinking Competition

Last term Emmaus Christian College students competed in the National CAT competition.

We are pleased to announce that Kaitlin, Year 9, received a Distinction.

The following students were awarded a Credit for their performance:

Year 5 Isaac, Joshua, Jed

Year 6 Jayden A, Thomas, Bryant, Jayden T

Year 7 Sophie, Byron, Hanna

Year 8 Georgia, Raymond, Luke, Jack

Year 9 Samuel, Joshua, Ryan, Ricardo, Jenna D

Congratulations to all these students for their excellent results!

Thank you to Mr David Chu and Mr Adrian Cotterell for their assistance in preparing the students and running the competition.

Oliphant Science Awards

Junior Primary students who would like to take up the challenge of researching a scientific concept, creating a science model or science based game, making a poster or taking scientific photographs, please see me as soon as possible for an entry form. Further information can be found at http://www.oliphantscienceawards.com.au/2018_event_information/2018_award_categories

Rostrum Voice of Youth Public Speaking Competition

Erica, Year 9, competed in the Rostrum Voice of Youth Competition on Saturday 12th May at Immanuel College. Her 6 minute speech was on the topic 'It's No Joking Matter.' Erica spoke about adolescent depression and how we can all have responsibility to check those around us to see if they are 'OK'. She spoke with compassion and conviction.

Her 3 minute impromptu speech was on 'Looking on the bright side.'

She was competing against 7 other students from around the State.

Congratulations go to Erica who won her heat and is now through to the semi finals.

Legacy Junior Public Speaking Competition

This competition is being held on Saturday 26th May at Legacy House, Franklin Street.

All the best to Kaitlin, Year 9 and Elizabeth, Year 8 who are both speaking for 5 minutes on Social Justice issues.

Middle School Debating

On Thursday Emmaus had 3 Middle School teams competing in the first round of Debating at Nazareth College.

The Year 9 debate was - *That Hogwarts is an ideal school.*

Our Year 9 Yellow Team won their debate by default against Henley Beach High School.

Congratulations to Kaitlin who won Debater of the evening.

Year 9 Purple Team defeated Roma Mitchell Secondary School.

The Year 8 topic was more serious and they debated the affirmative on - *The 'how to vote' cards should be banned.*

They were defeated by Brighton Secondary School in an extremely close debate. They lost by 1 point!

All teams worked well on researching evidence for their arguments.

Our debaters displayed excellent communication skills and were commended by the adjudicators on their deliveries.

Results for the Junior School Debating Round 1 will be published in the next newsletter.

Susanne Milne

Launch Coordinator R-10

Careers Corner

I am excited to announce that Emmaus is offering a non-accredited Electrical Construction Taster Course.

The Taster Course is targeted at Year 10 students and will give students who enjoy working with their hands the chance to have a 'taste' and look at the Construction and Electrical Industry.

This course will be highly interactive and hands on and is intended to provide students with an introduction into construction, in particular electrical. The students will gain a White Card qualification (WH&S) and will build a portable electronic mobile phone charger.

It will also provide an avenue for those who wish to go on to study the Certificate II Electrotechnology (Career Start) course, which is a pathway into an electrical apprenticeship. Students may also consider another course in construction. Please note that this course will focus mainly on electrical.

Students who complete this course will gain a White Card qualification.

Course Cost: \$490.00 (includes course materials).

The Electrical Construction Taster Course will commence in Week 2 Term 3 and will run every Monday afternoon for 8 weeks in our Trade Training Centre.

For an enrolment form or more information please contact me on ctorjul@emmauscc.sa.edu.au

Cathy Torjul

VET Coordinator

From the Library

Overdue Books

Students have been reminded that books borrowed before the holidays are now overdue. If you find a stray Emmaus Library book in your home, please arrange for its return as soon as possible. Occasionally a book takes an 'unscheduled holiday' with another family and the original borrower can become quite distressed because their book is missing.

Parent Library

The Library has a collection of valuable resources on parenting and how to help your child through the various stages of their life. If you are interested, please come to the Library and we will be happy to help you and arrange a borrowing profile for you. The best times to visit are 8.45am - 9.30am and 3.00pm - 3.30pm.

Searching the Library catalogue for suitable books for you or your child can occur by checking the following search page:

<http://accessit.emmauscc.sa.edu.au/#!dashboard>

You will automatically be able to search our Library collection as a 'Guest'. The search bar is at the top left (underneath the College logo).

Reading

Junior School students are regular borrowers, but are you sharing the opportunity to discuss what they are reading? Middle and Senior School students will benefit from questioning their reading choices, and their understanding of more complex texts. Ask whether they have found a book that you might enjoy too.

Ideas in books can be shared, enjoyed, championed, challenged, critiqued. They can be life-changing, liberating, immersive; they can refresh and reinvigorate or they can bring you to tears. They can make us feel, empathise, understand. They can open doors, allow us to fly, and give us a fresh glimpse of what it is to be human. And sometimes they are dangerous because they make us think deeply or explore new ground, and all while we safely and quietly sit, lounge, or relax with the book. And as Christians, learning discernment can be developed by considering the choices (good or bad) of characters in a book and bringing a Biblical perspective to the circumstances and consequences of those choices.

When did you last have a conversation about books and reading with your children? Do they see you with a book? Parents are the best advertisement for reading...if you read, so will your children.

Public Library

Do not forget to make the most of your local Library membership. Audio books are available at no cost to borrowers. This may be a wonderful way for your family to share books together or to encourage a reluctant reader.

Carolyn Hull

Teacher Librarian

First Aid

Food Allergy Week, 13th to 19th May 2018

Anaphylaxis and Food Allergy Awareness

Food Allergy Week organised by Allergy and Anaphylaxis Australia will be held from 13th to 19th May.

Food Allergy Week is an important annual initiative of Allergy and Anaphylaxis Australia that aims to increase awareness of food allergy in Australia, to help reduce the risk of a reaction for those living with food allergy and to help manage potentially life-threatening emergencies when they happen.

Australia has one of the highest incidences of food allergies in the world and this is increasing at an alarming rate; in fact, one in ten babies born in Australia today will develop a food allergy.

With no known cure for food allergy, awareness and education is of utmost importance, as a severe allergic reaction and/or anaphylaxis can rapidly become life threatening and must be treated as a medical emergency.

It is important for all Australians to be aware of food allergies:

- To know how to minimise the risk of a reaction
- To know what to do if a reaction happens
- To understand and support family, friends and colleagues living with food allergies

For further information about food allergies and anaphylaxis please visit the websites below or contact one of us at College.

Allergy and Anaphylaxis www.foodallergyaware.com.au

ASCIA (Australasian Society of Clinical Immunology and Allergy) www.allergy.org.au

Ros Argent and Maria McIver

First Aid Officers

Music

Performing Arts Calendar 2018

Term 2	Week 6	Wednesday 6 th June	Winter Instrumental Evening @ 7.00pm in EPAC
	Week 7	Wednesday 13 th June	Year 8-12 Drama/Dance Evening
	Week 10	Tuesday 3 rd July	MS/SS Music Showcase @ 7.00pm in EPAC
	Week 10	Thursday 5 th July	Year 5/6 Battle of the Bands Concert
Term 3	Week 3	Tuesday 7 th August	Tuesday on Flinders Concert
	Week 5	Friday 24 th August	SA School Band & Orchestra Festival @ Westminster School
	Week 8	Friday 14 th September	Spring Cabaret Evening @ 7.00pm in EPAC
	Week 9	Wednesday 19 th - Thursday 20 th September	Junior School Musical
Term 4	Week 3	Thursday 1 st November	Music Count Us In

Andrew Verco

Music Coordinator (Rec - Year 12)

Uniform Shop

2018 Normal Opening Hours

Monday 8.30am - 10.00am
3.00pm - 5.00pm

Thursday 8.30am - 10.00am
1.00pm - 1.30pm
3.00pm - 5.00pm

Christine Blom-Cursaro

Uniform Shop Manager

Canteen Roster

Week 3 T2

Thu 17th No help needed
Fri 18th Tam Battersby

Week 5 T2

Mon 28th No help needed
Tue 29th No help needed
Wed 30th Alisa Wenzel
Thu 31st No help needed
Fri 1st June **HELP NEEDED**

Week 4 T2

Mon 21st No help needed
Tue 22nd No help needed
Wed 23rd Kellie Lionello
Thu 24th Nicole Doak
Fri 25th **HELP NEEDED**

Week 6 T2

Mon 4th No help needed
Tue 5th No help needed
Wed 6th Blake Watson
Thu 7th No help needed
Fri 8th Karen Ames

Thank you for the time you volunteer in the canteen, it is very much appreciated. The hours are from 9.30am to approximately 1.30pm. Due to Occupational Health and Safety, please wear enclosed shoes and ensure long hair is tied back. Please also remember to sign in at the Front Office and wear a visitors badge before you commence in the canteen. This is a legal requirement in case of fire evacuation/lock down. Thank you for your assistance with this important matter.

Christine Blom-Cursaro and Sharon Hughes

Community News

Parent/Carer Seminar with Published Author and Behaviour Consultant Madhavi Nawana Parker

Little Lessons Australia support children by providing learning opportunities for Parents and Caregivers.

'Positive Discipline' for parents of children 3 - 12 years old. Being held on Thursday 24th May, registration from 6.45pm, seminar 7.00pm to 8.30pm at South Adelaide Football Club, Noarlunga Downs. Cost is \$25.00 per person or \$45.00 for two. An Adult only seminar, sorry no Crèche. For further information and bookings for this event telephone 0438 752 877 or click [here](#).

Be Kind and Unwind

A Personal Wellbeing workshop which is being run by Anglicare Christies Beach, 111 Beach Road is being held on Wednesday 6th June, 9.30am - 2.30pm. Lunch is provided, gold coin donation.

Enquiries and registrations can be made through [Event Brite](#) or by phoning Anglicare on 8186 8900.

LANDS | CAMBODIA | VIETNAM FUNDRAISER

PRINTS BY JESSIE REYNOLD CHAPA

In the lead up to both the Lands Trip, and the Vietnam & Cambodia Trip, I have created two unique lino prints based on Uluru in the Northern Territory, and Halong Bay in Vietnam.

Each design has been hand cut and burnished to create a one of a kind art piece and special gift idea. Individual commissions may be requested for colour prints or hand painted, at an additional cost. *Prints will be available for a limited time only.*

All prints come in a black frame and are 210mm x 160mm

- Standard black on white \$10.00 each
- Coloured ink on white \$13.00 each (colour on request)
- Blended colour roll on white \$15.00 each (colours on request)
- Hand Painted \$20.00 each

ALL PROFIT will go towards:

- The organisations supported by the Vietnam & Cambodia Trip
- Bible translation into Pitjantjara for the APY Lands

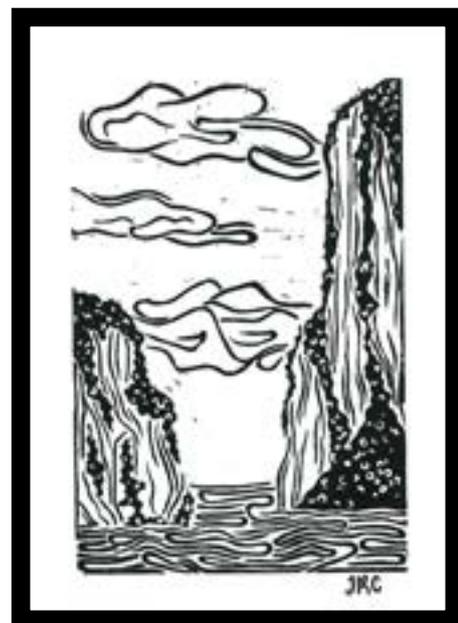
To ORDER and for payment/further details email:
jessica.reynoldchapa@student.ecc.sa.edu.au

Include the following to ORDER:

- Your name
- Print/s name
- Quantity
- Style
- Colour (if commissioned)



Uluru Print



Halong Bay Print

insights



Mother's Day Reflections

by Michael Grose

Mother's Day is a time of recognition, celebration and reflection. With this in mind I asked the Parenting Ideas expert team members, who also happen to be awesome mums, to share their thoughts about parenting and mothering. I think you'll love what they've written.

Kate Johnson

Parenting and teaching children on the autism spectrum

How many children do you have? What are their genders and ages?

I have four amazing children. Three boys aged 12, 6 and 3 and a girl aged 8.

What do you love about parenting?

I love seeing my children grow into their personalities and being part of helping them find their spark. I love the simple things, whether it is girl-time doing the shopping or chats at night on the bed with the younger ones about their day. I love seeing them push through and achieve things that they thought they couldn't. One thing I am big on is being present and being there, whether it is at their school event days or cheering them on where possible from the sidelines. And I am a big fan of a warm hug.

Martine Oglethorpe

Technology, education and parenting

How many children do you have? What are their genders and ages?

I have five boys aged 17, 16, 14, 8 and 6 and I have a little girl who passed away at 5 months of age.

What lessons did you learn from your own mum?

My mum taught me the importance of family and of friends. To always make time for dinners, holidays and time spent with those you love. She taught me that nurturing our relationships throughout life will always give us the greatest rewards. She taught me how to entertain well, to always have extra food and drink and to always have my door open to others. She taught me the value of being generous and the importance of helping others in need. She taught me the importance of finding work that you enjoy and how this can enrich your role as a mother. And she taught me that being a mum is the most amazing gift you can be given. Sometimes it's clouded by the most crushing of fear, but ultimately it offers us the greatest of joy.

Sharon Witt

Resilience and parenting adolescents

How many children do you have? What are their genders and ages?

I have two children. A daughter, almost 18, and a son, aged 21.

Best piece of mothering advice you've received?

The best piece of parenting advice I have received is to not stress too much. We are all doing the very best we can on any given day with what we have. Sometimes, we will be exhausted and if all we can manage for dinner is scrambled eggs on toast, then that's okay. Don't beat yourself up and certainly avoid the comparison trap. Don't compare yourself to other parents and what they are doing. Remember, parenting is a full time gig, 24/7. Just do your best and make sure you look after yourself too.

Dr Jodi Richardson

Wellbeing and mental health

How many children do you have? What are their genders and ages?

I have two children: a 10-year-old boy and an 8-year-old girl.

Best piece of mothering advice you can give others?

One of the most important ideas to teach our kids is that it's completely natural to feel a whole range of feelings, that all feelings are okay and that all feelings are normal. It's important for them to know that while feeling happy is wonderful, no-one feels happy all the time. Teach them to notice and name their feelings, to tolerate the discomfort of difficult feelings, to express their feelings in healthy ways and that, although some feelings feel hard to bare, they always pass. All of these lessons are priceless.

Our facial expressions, tone of voice and words all contribute to the empathy we share with our kids and are central to validating how they're feeling. Whether we agree with them or not, our validation shows them that we get it and that we know it's hard. Validation is a first step to helping them feel understood and able to begin winding back their emotional responses.

This is all great advice and wonderful reflections about parenting and being a mum from the Parenting Ideas team. This Mother's Day, I invite you to reflect on what you enjoy about parenting; to think about the lessons you've learned from your own family of origin; to consider the great advice you've received along the way and to think about the learnings that you can share with others. It's good to sit back, take stock and be grateful for what we have, what we've experienced and what we can share with others.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.