

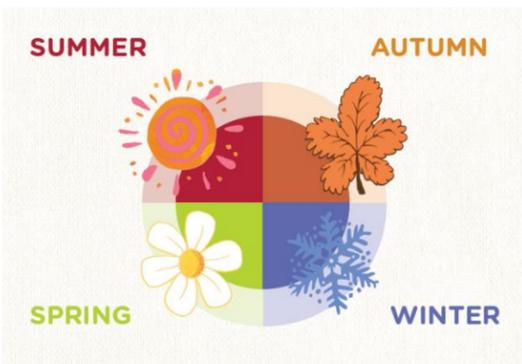
CHAPLAIN'S CHAT

BREAKY CLUB/SEASONS FOR GROWTH/PARENTING TIPS



Hot Chocolate Cups

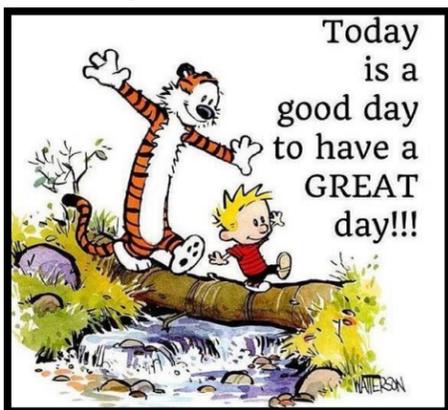
We are now getting over 100 students each day, which is fantastic. However, in order to reduce landfill, we are asking students to bring their own cups where possible. In the meantime our **awesome P&C Committee** are looking into ways to help reduce waste. I will keep you updated.



Seasons for Growth

We are now in the season of "Spring" where the students will have the opportunity to:

- Identify ways of attending to their reactions following change and loss
- Explore helpful strategies to care for difficult feelings
- Discuss the issue of big feelings and ways to care for these, including forgiveness
- Share important family memories
- Explore how memories can bring hope
- Recognise that remembering good times can provide strength in difficult times.



Big Life Journal Parenting Tips by Alexandra

Should we let our children struggle or should we come to their rescue?



When we let our children struggle, we help them **build the muscle** they need to overcome challenges in the future. It's very difficult to see our children struggle and our immediate desire is to **save** them.

But imagine you're lifting weights at the gym. At the first sign of struggle or strain, a well-meaning bystander lifts the weight for you. **Every time.** Are you going to get any stronger? Will you ever discover just how strong you can be?

The same concept applies when we refuse to let our children struggle. If we always solve problems for them, they will never learn to solve problems for themselves. We actually imply that they are **not capable** of overcoming obstacles or succeeding on their own.

So how can you **empower** your children when they are struggling, instead?

1. LISTEN and empathize. Sometimes children do not expect us to help and all they need is a listening ear. Practice listening when your child vents to you about a problem: "You seem frustrated. I can understand why you feel that way."

2. ASK open-ended questions:
 "How do you think you can solve this?"
 "What solutions have you tried?"
 "What else can you try?"

3. PROVIDE options. Sometimes children are so consumed by their frustration, they can't think of what to do next.
 "Would you like to keep trying, take a break, or ask for help?"

4. ACKNOWLEDGE when they succeed:
 "Wow, I know that was hard."
 "How do you feel now that you were able to solve that problem?"
 It's important to remember that success and achievement aren't about talent. It's all about the willingness to struggle and keep going.

Make the shift from "I've got this!" to "You've got this!" and your resilient, problem-solving, and gritty child will thank you.

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