

lion's roar

TERM 1 • 19 FEBRUARY 2016 • VOLUME 256



From The Principal

Mrs Nicola Taylor

It has been encouraging to see the engagement and support of our parent body at two recent whole school events, our Swimming Carnival and recent Information Evening. As with any new venture or initiative, feedback is important to ensure we are meeting the needs of our community and providing events that engender a sense of belonging and contributing. Whilst we have received many positive comments regarding these events from those who attended, we are also aware that for a number of reasons the day/time/week may have made it difficult for others to attend who would have liked to. I'm sure most would agree that juggling the family schedule and calendar is an art and science that challenges the best of us at times. That is true too when structuring the College Calendar.

In an effort to hear from as many families as possible, next week you will receive an email with a link to a Google Form that will provide you the opportunity to nominate, in a perfect world the optimal day/time/week for your family to participate in College events. We realise that this process will not guarantee everyone's needs or preferences are met but will provide us with helpful information for future planning.

Thank you to the families who were able to attend our Information Evening earlier this week. I trust that you found the sessions helpful either for new information shared, a deeper understanding about some of the changes we are making to the Pastoral Care structures and programs across the Senior

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School, or even for a reminder of things you may have heard before but which become more relevant at a different point in your daughter's development. I am very appreciative of the work of staff both behind the scenes and on the night. The quality and calibre of our staff was clearly evident from the recital given by our Director Of Music and his wife, through to the significant undertaking of a website redesign and a showcasing of Edumate - in addition to the detailed presentations provided in the Junior School Classrooms and the Stage Sessions in the Senior School. It was very much a team effort, willingly undertaken .

I trust this week your Senior School daughters have come home with an even keener interest in Science, not simply because the air-conditioned labs provided some welcome relief on the hot summer days this week. Whilst there are still boxes to be unpacked, shelves to be filled and cupboards restocked - the enthusiasm and appreciation for these inspiring new learning spaces is evident. Again thanks to the Science staff who worked over the weekend to ensure the labs were ready for occupancy Period 1 on Monday.



Senior School Notes

Anna Caldwell, Head of Senior School

I am loving the energy and buzz around the school this term. The Whole School Swimming Carnival was a fabulous display of mass participation, determination and colourful Guild Spirit. There is great enthusiasm in the classroom and all the girls are now signed up for music, speech and drama, summer sports and are getting ready for the trials for the winter sports. I have never had so many girls ask to do the beep test in our PE lessons!

Our Year 12s have started a lunch time activities program with various sports, art and craft, big sister homework tutoring in the library and the establishment of a gardening club. This is a fantastic initiative that provides the girls an opportunity to be active and to enjoy technology free time.

The Science Labs are near completion and we are excitedly watching the progress with the internal courtyard area too. Even the DKC/AAC has had a face- lift with some of the walls being painted a Teal colour.

Socials

PLC is joining with TAS this year for four socials, two Middle School (Yrs 6, 7 & 8) and two Senior School (Yrs 9 & 10). The dates for these socials are:

Term 1	26 th Feb	MS	TAS
Term 2	13 th May	SS	TAS
Term 3	19 th Aug	MS	PLC
Term 4	11 th Nov	SS	PLC

Please note that ALL socials will be from 7 – 9pm.

The Socials Protocol can be found on page 12 in the school diaries relating to dress code and expected behaviour.

For the socials held at TAS, ALL PLC students are to meet at the PLC bus bay at 6.45pm for roll call and they will travel together to TAS by bus. At the end of the Social, ALL PLC students will return to PLC by bus and are to be collected by 9.15pm.

For the PLC socials, our girls are to have their names marked off as they enter the DKC from 6.45pm and are to be picked up at the Rose Garden at 9pm.

calendar OF events

19 FEBRUARY TO
4 MARCH
2016

PLC Cattle Team to Guyra Show	19-20/2/2016
Bronze Duke of Edinburgh's Award Training	20/2/2016
Scholarship and Open Day	22/2/2016
Music/VA Auditions	22/2/2016
Prefects' Afternoon Tea	23/2/2016
Pre K to Yr 2 Learn to Swim	23/2/2016
In-House Concert	24/2/2016
In-House Concert	25/2/2016
PLC Cattle Team to Armidale Show	26-28/2/2016
Middle School Social (Yrs 6, 7 and 8)	26/2/2016
Bronze Duke of Edinburgh's Award Training	27/2/2016
Back Up Scholarship Exam	29/2/2016
IPSHA Swimming/Diving Carnival	29/2/2016
Hockey - IGSSA Open Team Selection	2/29/2016
Pre K to Yr 2 Learn to Swim	3/1/2016
Hockey - IGSSA Junior (Yrs 7 to 9) Team Selection	2/3/2016
Aust. Cricket - Cricket Showcase & Presentation	2/3/2016
IGSSA Junior Netball Trials - Yrs 7 to 9	2/3/2016
Yr 7 Immunisation	3/3/2016
Linguistics Olympiad First Round	3/3/2016
PLC Cattle Team to Inverell Show	4-5/3/2016
Yrs 5 and 6 Personal	

MUSIC @ NECOM



NECOM (New England Conservatorium of Music) offers outstanding music tuition to develop every child's potential so that they can achieve their best. Places are still available in the woodwind and brass instrumental program, choirs, general music skills classes and the holistic Foundation Music Program that establishes the fundamentals for outstanding instrumental and performance training (individual lessons, ensembles and concerts).

- **Individual Woodwind & Brass Lessons for Yr 3 upwards**
Year 3 or above is the ideal age to start learning clarinet, saxophone, flute, oboe, bassoon, trumpet, trombone or horn.
- **Music Skills for K-Yr 2**
A fun class on Tuesday afternoons introduces all the music concepts.
- **Choral Program**
Minisingers (K-Yr 2), Cantilena (Yr 3-6), New England Singers (Yr 7-12)
- **Foundation Music Program for K-Yr 8**
Lessons in string, woodwind or brass, ensembles, and concerts for children starting out.



Contract NECOM or PLC Music Dept for enrolment
Web: necom.une.edu.au
Email: admin@necom.org.au Tel: 02 6788 2135



music speaks volumes

Speech And Drama



Jan Patterson, Speech and Drama Teacher

Speech and Drama is well underway for the year and all girls should have received their term timetables. Many parents did not sign the extra subject permission form to be handed in at the beginning of the year and it would be appreciated if you could fill this in and return it to the office as soon as possible.

All girls need to bring a display folder each week to hold their scripts. This folder is also used for the AMEB examinations which will be held between 8-12th August.

The Armidale Speech Eisteddfod this year will be held at NECOM between 31st May and 3rd June.

This year a few of the groups will be team-taught by Mrs Patterson and Mrs Kylie Alcorn who is a qualified AMEB Speech teacher.

An account and Examination permission note will be sent shortly with more details about these events. Please email Mrs Patterson on jan.patterson7@bigpond.com if you have any questions you would like answered.



Equestrian News

Carolyn Beresford, Sports Administrator

North West Equestrian Expo

Any new members to PLC Equestrian team please check the North West Equestrian Expo website:

<http://coonabarabranhigh.com/wp/north-west-equestrian-expo/>

On 23 February for information re entries etc. All students attending this event will need to submit entries to PLC Armidale by 18 March 2016, with full payment. Copies of grading cards/ letters for jumping and ODE checking must be supplied to the College with your entry before we send them.

Expo Timeline

23 February Entries open. Program and entry form will be available on this site.

18 March - all PLC entries due.

8 April Entries close.

18 May Team entries for Polocrosse, Team Penning and Horse Ball close.

2 June Competitor access to Showground and Racecourse from 8am.

This site will be updated weekly from Tuesday, 16 February 2016.

A reminder on procedures if your daughter is absent from school:

- Any absences known about in advance require a letter or email to be sent to Mrs Nicola Taylor, Principal at principal@plcarmidale.nsw.edu.au requesting leave, stating the date/s involved and the reasons. Extended holidays or weekends are generally not looked upon favourably. Exemption from attendance forms are required to be completed for extended absence.
- Parents will be advised by the Executive Assistant by email if leave is granted.
- If your daughter is absent with illness, please send an explanatory note with student on return which should be handed to Reception.
- Alternatively an email to aa@plcarmidale.nsw.edu.au advising of the absence is sufficient.
- If students need to attend an appointment during the day, please send a note which the student should show to the first period teacher and then the teacher when leaving the class – the teacher will sign the note. The student must then go to Reception to sign out and hand the signed note to Reception for filing.
- Alternatively parents can email aa@plcarmidale.nsw.edu.au but since this needs to be forwarded to their class teacher, please ensure this happens one day prior to the leave. It is difficult to notify teachers when last minute messages are received.
- Students without notes may not be allowed to leave classes.
- Upon return from appointments, students should sign in at Reception where they will receive a note to take back to the class teacher.
- Letters will be sent periodically to all parents of students with unexplained absences requesting clarification of absences.

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Friendship Camp

Kirsty Malby, Year 7 Patron

On Wednesday 3rd of February Year 7 and the Year 11 peer support leaders travelled to Echidna Gully with Mrs Paula Goode, Mrs Shane Moffitt, Miss Jennifer Leahy, Miss Kirsty Malby and Mrs. Deb Curkpatrick for the annual Friendship Camp. It was a great experience for all involved and was a great way to start the year. Year 7 enjoyed getting to know one another and finding their feet for high school.

Reflection from Year 7:

Friendship camp for Year 7 and Year 11 was a great time for bonding and making new friends. We all had a great time and lots of fun. Our favourite activity was the amazing race- even though it was cold and raining- we had a blast. We enjoyed it because we had to work together as a team and make new friends. The Year 11 Peer Support Leaders were amazing. During the night we performed skits in our friendship groups. The skits were challenging and heaps of fun. The friendship bracelets we made were pretty cool and colourful and a great way to dry off after the amazing race. The bad weather didn't stop us from having fun. We hope that next years Year 7's enjoy it as much as we did.





Music Notes

Matthew Minter, Director of Music

The launch of the Instrumental Program for Years 3 to 6 was very successful on Friday 12 February. The response from the students was overwhelming and most girls took home forms to sign for either individual or group lessons.

Thank you to Mr Paul Marshall for your excellent presentation and the girls really enjoyed seeing and hearing so many different instruments all together! It was great to see the bass instruments including the tuba and baritone saxophone stealing the show!

Could all interested families please return the application forms as soon as possible so we can finalise the groups, instruments and individual lessons next week. Forms can be handed to Emma at the Junior School office.

The Armidale Music Teacher's Association held their first meeting on Thursday the 11 February and plans are well underway for three major community events including the Eisteddfod, New England Sings and the NECOM Music Days for elective and HSC Music Students, on 9 to 11 November. Could all students involved in the Music Days please return their permission notes as soon as possible and thank you to those who have already done so.

The Music department is busily preparing entries and repertoire for the 2016 Armidale Eisteddfod. This year PLC will be extremely well represented with a significant increase in entries. In addition to the choral, wind and string ensembles, there will be a number of new entries including class ensembles and a new middle school choir. All students in Year Seven and Eight will be participating in this choir.

Mr Minter has been busily composing a work for mallet percussion to be performed by the Year Eight class ensemble in the Eisteddfod called the *PLC Armidale Perky Percussion Piece!* The girls have been really enjoying the rehearsals and making great progress already.

In the Year Seven and Eight classrooms it has been wonderful to see the girls with very limited prior experience in Music becoming involved. All the girls have composed and sung a short melody using Solfege and enthusiastically engaged in the instrumental and vocal ensembles.

The first In House Concerts are to be held next week on Wednesday 24 and Thursday 25 of February at 6:00pm in the Music room. Please write your name on the booking sheet on the Music Department noticeboard if you would like to participate.

All elective students have a composition assessment task due on Friday 4 of April. These works will form part of the school assessment program, as well as being entered into the Eisteddfod for our visiting composition adjudicator Matthew Hindson.



Mr Paul Marshall and Mr Matthew Minter performing for the Year 3 to 6 Students on Friday the 12th of February.

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Matthew Hindson will also be conducting composition master classes and workshops during his Eisteddfod visit. More details about this will be released as they become available.

The peripatetic program is up and running with a number of new students already on the books. Instruments are also available for hire through the school at a very competitive price of \$75.00 per term. Tuition is available in the following instruments: flute, clarinet, French horn, guitar, oboe, bassoon, trumpet, trombone, tuba, violin, piano, voice, cello, viola, double bass.

In 2016 peripatetic tuition in musicianship will also be offered.

Any students or families with questions about any of the opportunities, Music ensembles or programs please don't hesitate to contact Mr Minter or the Creative Arts Prefect Jessica Tan.

Happy Music Making!

PLC AND ARMIDALE WELCOME TWO NEW WOODWIND TEACHERS

Sydney couple Paul Marshall and Louisa Sindel-Marshall have relocated to Armidale in 2016 and are working through the New England Conservatorium of Music. It is a wonderful opportunity for PLC and the wider Armidale community to have two specialists woodwind and brass teachers. Paul and Louisa are working closely with Mr Minter to implement strategic, long term plans, to develop the brass and wind programs in PLC with a view to establishing concert band and orchestral programs in the future.

Paul Marshall and Louisa Sindel-Marshall have been involved in school music programs in many different schools, conducting and teaching many young musicians in different ensembles.

Paul is an outstanding teacher of saxophone, clarinet, flute, brass, double bass, composition, theory and musicianship. He also specialises in conducting school concert bands, string ensembles and jazz ensembles.

In addition to his extensive qualifications as an instrumentalist, Paul also holds a Licentiate in composition (Honours) among several other qualifications. Paul will be teaching musicianship and running the wind ensemble program in the Junior School.

As a young musician, Paul studied saxophone, violin, viola, double bass and musicianship and began composing at the age of 16. He is a prolific composer and Reed Music has published 11 books of his works for clarinet, saxophone, cello and bassoon, several of which are in the new AMEB syllabuses for saxophone, clarinet and cello. In his spare time, Paul is also an experienced woodwind repairer.

Louisa Sindel-Marshall has taught saxophone, clarinet, flute, piano, musicianship and theory for 20 years in Sydney and specialises in conducting school concert bands and woodwind ensembles.

Louisa studied under Mark Walton (Chair, Woodwind Unit, Sydney Conservatorium of Music). Louisa has run her private studio in Sydney for many years, teaching from Preliminary through to advanced Associate Diploma level and received the AMEB Teachers Shield in 2006.





Duke of Edinburgh's Award

Anna Caldwell, Duke of Edinburgh Coordinator

Over the last few weeks, 25 girls in Year 9 have started their Bronze Duke of Edinburgh's Award training. We meet at school from 9 – 12 on Saturday mornings and work through the compulsory National Outdoor Education Curriculum required before they go on their first Adventurous Journey.

These training sessions cover topics including leadership and group skills, navigation and route planning, camp craft and

remote area first aid. The girls have also started working on their Skills, Community Service and Physical Recreation. Their first expedition will be their Yr 9 Outdoor Ed Camp in week 10 and their qualifying expedition will be on the first weekend of the June/July holidays at South West Rocks and Hat Head.

It is exciting to see so many girls taking up the challenge!



Boarding House News

Margot Ball, Head of Boarding

The new boarders have settled well and particularly after a fun weekend in Coffs Harbour. The weather was not particularly good until Sunday but the girls went to their activities and we had our morning at the beach on Sunday.

Our activity on Saturday night consisted of dress up as 'When I Grow Up', some trivia, a year dance competition topped off by our ritual visit to 'Cold Rock' for ice cream.

Last weekend girls enjoyed activities in the boarding house, in-house movies, games, craft, cooking, Volleyball and in the heat a visit to the pool is always welcome.

This weekend we will take girls to the Guyra Show, attend the Free Cinema Under the Stars and go to church on Sunday.

Our Cattle Team girls are on the rounds of the country shows so we hope to see them on Saturday.

On 26 February the girls will attend schools (TAS NEGS PLC) social for Year 6,7 & 8's and the Armidale Show is on that weekend also.

Sports have started and we have commenced our prep nights from Monday-Thursday. We also have a Maths Support group on Fridays and informal prep on Sunday nights.

Reminder: Please be aware we offer Casual Boarding and an Extended Day Program for students wishing to study at Prep, have dinner and be collected at 8pm.





Sports Snippets

Jason Browne, Sports Coordinator

Indoor Hockey Under 15 National Championships

Over the Christmas holidays Sarah Askey was part of the NSW U15 Indoor Hockey team which competed in the National titles. The NSW team was undefeated throughout the tournament in normal game time however lost to WA in the final in a penalty shoot-out after being 1-1 at full time. Sarah had a great tournament and was named Captain for five of the eight games the team played, including the semi and final. Congratulations Sarah on this fantastic achievement.

Swimming Carnival

Junior School Age Champions

	1 st	2 nd	3 rd
8 Years	India Smith		
9 Years	Scarlett Loxley	Ruby Broun	Abigail Thompson
10 Years	Maggie Ryan	Gabrielle Cotterell	Holly Dauparas
11 Years	Emily Thompson	Pip Constable	Maddison McCook
12-13 Years	Heidi Martin	Naomi Martin	Mary Flannery

Senior School Age Champion

12 Years	Sophie McRae	Pearl Rogers	
13 Years	Lilly McCook	Harriet Beynon	Chloe Vanderwolf
14 Years	Lucy Ball	Lucy Martin	Mackenzie Constable
15 Years	Mia Emanuel	Emma Ward	Gracen Moore
16 Years	Brianna Robertson	Saskia Kennett	Helen Waters
17 Years	Anna Finney	Emma Barnier	Annaliese Harrington
18 Years	Clare Askey	Rebecca Marquardt	Laura Tindale



Coach for Junior IGSSA Netball Team

We are looking to appoint a new coach for this team as Olivia has a new job and can no longer coach the team and travel to Sydney with them. If you are interested please contact Jason Browne or Carolyn Beresford in the Senior School via email – jbrowne@plcarmidale.nsw.edu.au or sportadmin@plcarmidale.nsw.edu.au

Hockey and Netball trials for Term's 2&3 Sport.

The beep test will be held in the DKC on Wednesday 24/2 after school for all students who wish to trial for either team.

Students are required to wear their PE uniforms for all training sessions for all sports

Opens Hockey – Monday 29/2 at Sport UNE 4-5.30pm

Junior Hockey – Wednesday 2/3 at Sport UNE 4-5.30pm

Students will catch an Edwards bus from school from the internal bus stop at the back of the boarding house to Sport UNE and parents are to collect their daughters from Sport UNE Hockey fields at 5.30pm.

Senior Netball - Monday 7/3 at the DKC from 3.45-5pm

Junior Netball - Wednesday 2/3 at the DKC from 3.45-5pm

NCIS Soccer Carnival

This will be at TAS on Wednesday 9/3 from 9am. There is a sign-up sheet on the sports noticeboard and trials will take place during Monday lunchtime from 1.20 – 2pm. Bring PE uniform, shin guards and soccer boots for a game during trials.

Lifesaving

PLC was awarded first place in the W.Marx Trophy in the country schools section with 2362 points for all the students who completed their various lifesaving certificates during activities week last year.

Thank you to the P&F for providing morning tea for the parents and staff at the swimming carnival and for the parents who helped out with time keeping on the day.

Netball Registrations Online

This year Netball NSW has introduced online registrations for all players. This is the link for all PLC students:

<https://netball.resultsvault.com/common/pages/noauth/olreg-start.aspx?misc=uB3ECVrhNQwNQNLdGPwQqQy2Vy0ZKy%2b-C7Wt%2fV8pbUq8%3d&entityid=51252&fl=1&id=22778>

New players need to complete the "first time participate" section, returning players should have been sent an email from ADNA with their player ID. We have to nominate all teams before 18/3 and each team needs 5 financial members before they can be nominated so it is important for each student to register and pay before this date



Development and Enrolments

*Shona Eichorn, Director of Development
Sally McCook, Enrolments Manager*



2016 Scholarship & Information Day

The annual Scholarship & Information Day will be held next Monday 22 February from 8.30am. It is so very encouraging to see the terrific number of families who are considering an all-girls' education for their daughter and particularly PLC Armidale.

The day will also feature a presentation by our Principal, Mrs Nicola Taylor, on why an all-girls' education at PLC Armidale, along with short presentations by key staff members, and tours of the College.

Community Partnerships

We are currently working with Mrs Ball and our Boarders to officially establish our partnership with historic Armidale homestead, Saumarez. Hopefully we will have a group of enthusiastic PLC Armidale girls heading out to Saumarez tomorrow to volunteer in areas such as serving in the tea room, working in the garden, doing marketing and tours.

We also look forward to hosting our Community Partners, NIAS, and their Netball Squad who will be training here at PLC Armidale next weekend. Please make them feel welcome.

Visiting our wider Community

Next month, Mrs Taylor and I will also commence our visits to various locations around the region. We have made contact with Rotary Clubs as well as Presbyterian Churches around Northern NSW, and many have invited us to visit and make short presentations about PLC Armidale. At the same time, we will be catching up with PLC Armidale families, current, prospective and past.

Brand NEW Website to go live – Monday February 29.

As I mentioned at this week's Whole School information evening, "Rome wasn't built in a day" and unfortunately neither will this website. I hope by previewing the site this week, you had a chance to see the news site's functionalities and capacity, and appreciate that it will be the "go to source" for all things at PLC Armidale when it does go live on February 29.

Our soon to be Alumni

Each year I visit the current Year 12 students on two special occasions: around Valentine's Day at the start of their final year, then around Valedictory Day in September, as they progress to graduation. In continuing this tradition yesterday, the message was simply: stay connected; give back; and be an advocate for PLC Armidale. These are the girls who will be the custodians of PLC Armidale in the future and we need to nurture them as they progress to becoming "Old Girls".

IGNITE . . . update

For those who are new to the College, you may not know that we have been fundraising for the refurbishment of the four Science Labs, which opened to classes this week. There is still an opportunity for you to be involved! If you go to our current website, you will see reference to IGNITE and there you will find information about purchasing your very own element on the PLC Armidale Periodic Table. Or, please contact me for further information.



Pastoral Care Conversation

Pastoral Care Coordinator

Flourishing with PC@PLC

Flourishing is a relatively new 'buzz' word being heard around PLC this year. So what does it mean? and Why is important for PLC Armidale?

Flourishing is a term that describes someone who is: confident, assertive, loving, resilient, engaged. It is the highest **state of wellbeing** and human development. 'It refers to living within an optimal range of human functioning, one that indicates goodness, generativity, growth and resilience.' (Source: Cambridge Centre for Health & Wellbeing) There is a growing body of research-based evidence telling us that academic potential is most successfully fulfilled in the presence of wellbeing. The PERMA model by Martin Seligman is the dominant theory used when discussing the concept of flourishing. It states that individuals can flourish in a number of discrete ways. Wellbeing is multifaceted and can be understood better by the acronym PERMA. PERMA stands for: Positive Emotions, Engagement, Positive Relationships, Meaningfulness, and Accomplishment. When individuals have developed in a number of these areas they are likely to be experiencing an optimal level of wellbeing. (Source: www.flourishingatschool.com.au)

Over the last couple of years a variety of staff at PLC Armidale have attended workshops, conferences and participated in Embedding Excellence teams to learn more about **Positive Education** and how it promotes flourishing schools and students and how it plays a role in **contributing to the wellbeing** of school communities. This year all staff will take part in our new Pastoral Care program and act as role models for students, and contribute to the school's culture of wellbeing.

Parents are encouraged to help too! As the classroom is not the only place that children learn. Parents' attitudes, values and actions positively influence children's education outcomes. Research shows that children's learning and wellbeing improves when families and schools work together. Parent engagement affects what children achieve, how they experience school, and assists in the transition to school and into post-secondary education. This means that families have an important role to play in helping their children to become confident and motivated learners, regardless of parents' occupation, education or income. It involves all the people in a child or young person's life working together to create a stimulating and supportive learning environment. There's a role for schools to work in partnership with families and to build their capacity for parent engagement. Equally, it's important for families to take up these opportunities in their everyday interactions with their children, to promote reading, encourage children to pursue their passions and connect learning at school, in the home and in the community. (Source: aracy.org.au)

Partnerships between families and schools play a big role in supporting, promoting and encouraging children's learning and wellbeing. The following article from *Parenting Ideas Insights* – offers some practical confidence building strategies.

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

10 confidence-building strategies every parent and teacher should know

Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex. It's more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are ten practical strategies that you can use to build real self-confidence in kids of all ages:

1 Model confident thinking

Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up."

2 Focus on effort & improvement

Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3 Praise strategy

While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh!" (strategy) and "You recognised the first few steps were the most important but then after that you were right" are descriptive statements that have significant instructional value for kids.

4 Develop self-help skills from an early age

A child's self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5 Give them real responsibility

From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

6 Practise unconditional acceptance

Your ability to accept children and young people's best efforts in any area of endeavour, irrespective of the results, will go a long way toward determining their self-esteem and confidence.

more on page 2 >>



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



parentingideas.com.au

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Parenting *ideas* INSIGHTS

Building parent-school partnerships



... 10 confidence-building strategies every parent and teacher should know ...

If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

7 Expand their horizons

Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children's horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends' places unattended when capable.

8 Recognise improvement

Focus your comments on children's effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that school may require.

9 Put the training wheels on to support learning

Putting training wheels on a bike is a great way to teach a young child to ride. They keep them upright and mobile while they

are getting the knack of balancing. We can use the same principle to support kids learning while they develop independence in many areas of life. For instance, we can accompany anxious kids to birthday parties and stay for a short time so they become comfortable before leaving.

10 Build teaching and training into your day

Teaching and training needs to be part of the every day repertoire of a parent. This means we need to add a little extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form for a part-time job. When adults are busy it is often easier to do things ourselves.

Ask children for help

Doing things together is a great way to build competency and build the confidence that mastery brings. A simple way to initiate joint activity is to ask your child or young person to give you a hand with something. Better still, get them to teach you or show you how to do something you are unfamiliar with. Being a teacher rather than the learner is a great confidence-builder particularly for those kids who struggle with activities that others find easy.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life's challenges and know that they can become more independent.



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



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