



From the Principal

Dear Parents, Staff, Students and Friends,

"Every day, everything we do counts, inside and outside of the classroom". It affects us individually in our work and in our relationships with others. We are so blessed to be part of this beautiful Marist community. We hold ourselves to high standards that reflect our Gospel values and our core Marist Values which in themselves are underpinned simply by what it means to be a witness to Christ. Each and every day there are lived experiences of this in our school. In the simplest of gestures: with a smile; a hello or a word of welcome; in helping someone else in our class who is struggling; by listening to someone who is just not having a great day; or by celebrating someone's efforts or good news. All of these are simple, but powerful reminders of what it means to be part of a community.

There has been much to celebrate in recent weeks with the conclusion of the Trial HSC Examinations, the Year 10 PASS students working with our St Bernadette's students as part of their program and every Wednesday afternoon some of our senior students give up their afternoons to help tutor students in Years 7 and 8. Our Naplan results have arrived and I am very pleased to see strong growth from Years 7 to 9. We are currently taking a deeper look into the data to determine next steps for individual students and the collective cohorts.

Our focus for formation in 2016 has been on learning more about our Catholic Social Teachings: Solidarity; The Common Good; Subsidiarity and Participation; Stewardship of Creation; Dignity of the Human Person and Preferential Option for the Poor. Human Dignity is at the heart of our work and our relationships with each other and with the broader local and global communities. The walkathon was another wonderful example of a community coming together. I was so proud of the outstanding way our students presented themselves and their energy and enthusiasm. The creative "Out of this World" costumes were a highlight of the day. Thank you to everyone who has been so generous with their contributions, every little bit helps. Our funds will be split between improving our own environment along with the ongoing support of our sister school in Trichy, the poorest part of India. We stand in solidarity with those who do not have the same privileges that we have and recognise that we can make a real difference to these young people and their families.

In the last couple of weeks, I have been focussing on our relationships with one another. Reminding students that we have a zero tolerance on bullying and on any behaviour that adversely affects another student or member of community. I am sorry to say that some students have forgotten what it means to treat every individual with respect. The exposure to reality TV, movies and social media, where there seems to be little or no boundaries in the way that people treat each other, seems to be having a desensitising effect and impacting on the way some young people engage with one another. The language that some young people are using personally with each other, in texts and on social media would never be used at home with their families. I ask that you share in this conversation that we are having at the College, together in partnership we can send a clear message about what it means to be in a positive relationship with one another.

On a much brighter note, on Saturday the 13th August we had the wonderful experience of our Trivia night. There were lots of laughs, tables with food overflowing, challenging questions and intense competition. On behalf of the wider College community I would like to thank all our organisers: Paul Grundy, Leanne Goldsmith, Sonja Simpson, Susan Boulous, Julie Astalosh, Helen Gosper and Matthew Oong. Also, a big thank you to Anton Arathoon for being the MC on the night. Many thanks also to the wonderful sponsors who donated some fantastic prizes and the staff, families and friends who supported this evening. I am very happy to announce that the night raised \$7500 which will be a great help towards the installation of shade in the bus bay.

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KEY DATES

- Friday, 26th August**
Winter Sleepout
- Friday, 26th - 28th August**
Year 12 REMAR (Gold) Retreat
- Friday, 2nd September**
Year 9 Formation Day
Fathers Day Liturgy
- Tuesday, 30th August**
Year 12 Music Performance (7.00pm)
- Wednesday, 31st August**
P&F Meeting (7.30pm)
- Thursday, 8th September and Friday, 9th September (7.00pm)**
Drama Performance - The Tempest
- Wednesday, 14th September**
Leaders Changeover Assembly
- Thursday, 15th September**
Year 11 Examinations Commence
- Tuesday, 20th September**
Year 12 Graduation Day
- Friday, 23rd September**
Term 3 Concludes

A reminder that we have our P&F Meeting coming up on the 31st August at 7:30 pm. We also have Trent driving school giving a presentation on teaching your learner driver for parents between 6.30 and 7:30 on the same night. These will both be held in the staff lunch room. Please enter through the front gate.

Our Parent Learning Forum will be on the 6th September. Please refer to article on page 3 of this newsletter.

Mrs Angela Hay
Principal



LEARNER DRIVER INFORMATION SESSION

Date: Wednesday 31st August (next Wednesday before the St Parents Marist College P&F Meeting)

Time: 6:30-7:30pm

Location: Staff Lunch Room

Trent Driving School (one of our Trivia Night Sponsors) has offered a free information session for parents/guardians of young drivers. This valuable session will greatly assist you in supporting the safety of your Learner driver.

So we can provide the appropriate space can you please confirm your attendance by emailing pandfstpatsdundas@gmail.com, rsvp by Sunday 28th August (this Sunday)

Do you need help teaching your learner driver?

We've got the answer! From A Learner Driver to a Safer Driver in 5 Steps

Dear Parents/Guardians,

Trent Driving School fully understands the commitment parents are making entrusting driver instructors with their loved ones. Hence, we are proud to be delivering a FREE workshop for parents who care about their learner driver's safety as well as their child's future on the road.

The 5 Steps workshop includes:

- An organised approach to learning
- The five crash risks for learner drivers and how to avoid them
- How to keep the logbook honest: Gaining the right experience
- Strategies for safe driving
- Effective and positive partnerships between student, parent and driver trainer

Assistant Principal

PARENT LEARNING FORUM

This year our Parent Forums have continued to build strong parent partnerships by enhancing awareness of the skills and strategies used within our classes each day. This Term our Forum will again focus on 3 workshops which parents are invited to select one -

1. Building Literacy skills
2. Building Numeracy skills
3. Understanding the HSC

All welcome, please RSVP via the Google Forum link: <https://goo.gl/forms/YPWNFPU3tc3WIZYo2>.

Mr J. Scanlon
Assistant Principal - Innovation, Teaching and Learning

Business Manager

STUDENT AND PARENT REMINDERS

Chiropractic School Bags Available

Owing to a special request from some parents, we have a limited number of special "Chiropractic" school bags, with the school logo and in the school colours. They provide the student with significantly more back support than the regular school bag. The cost of these bags is \$95. If you would like to purchase one for your child, please email the school, and we will arrange this for you on a first-come basis.

School Fees – Term 3 – Overdue Reminder

If you haven't paid your Term 3 school fees in full and are not on a payment arrangement, they are now overdue (due 22nd August). Please organise payment as soon as possible. Reminder letters will be issued if you haven't paid all your fees by the due date.

The College is happy to assist those Parents/Caregivers who require more time to pay the school fees but you need to contact Ms Rolla Van Zeeland the School Fees Administrator on 9638 5644 immediately or email rvanzeeland@parra.catholic.edu.au

2015 Yearbooks

We still have some 2015 Yearbooks in stock. If a student did not receive their copy of the 2015 Yearbook, please visit the College office to collect. These will be available in the office until stock is depleted.

Mrs F. Hawton
Business Manager

Pastoral

YEAR 11

On Monday the 8th of August, Year 11 arrived at Crusaders Retreat at Galston ready to embark on an unforgettable passage of spirituality and inner growth. This memorable experience was to help inspire and assist us on our journey to becoming confident and faithful servant leaders within the Marist community. Our three days were filled with teambuilding exercises, reflective activities, a trivia night, a talent show and a beautiful Mass celebrated with Father Ian McGinnity. All of these unique activities helped us to recognise our personal values and qualities, as well as what it means to be human. This enabled us to push our boundaries, whether physical, inner or social, which empowered us to grow as individuals. Furthermore, our retreat developed new friendships and strengthened existing ones between students and teachers. This fostered a unity between us as a cohort. Consequently, we developed a faith in ourselves and in each other, which will be crucial in our future schooling endeavours. Finally, on behalf of all Year 11, I would like to extend our deepest gratitude to all the teachers who accompanied us and offered their continual support and encouragement. Year 11 Retreat was certainly an unforgettable experience that will remain in our hearts and memories.

Laura Mobbs
11 Ludovic



YEARS 7 AND 8 DANCE

Mrs Papoulias and Miss Mollace invite all of Year 7 and Year 8 to a school dance. The theme this year is a **'Blast from the Past'**. The dance will be held on Wednesday, 7th September from 6.00pm to 8.30pm in the La Valla Centre. Students received a note regarding this during homeroom this week. We are looking forward to a fun night!



CONGRATULATIONS

Ava Goharinasab

From the 16th-17th of July 2016, Ava Goharinasab (8 Chavoin), participated in the 1st World Taekwondo Federation Presidents Cup.

Ava had three tough fights for her weight division (48-52kg), 12-14 Year Cadets which included girls from all around the world. Ava convincingly won her first two fights defeating her opponents by 23-1 and 14-2 consecutively. For her last fight, it was a closely fought 22-20 win. "It was the most challenging win ever" said Ava.

Due to this success, Ava will now be representing Australia in Fiji on 26th November for the 7th Oceania Championship which is a G-4 ranked event.

Miss C. Mollace and Mrs A. Papoulias
Year 7 and Year 8 Pastoral Leader of Learning

Curriculum



YEAR 10 COMMERCE

In the spirit of the Federal election, Year 10 commerce have been exploring the voting processes in Australia. As part of our learning, a class election was held where students worked in a collaborative process to form their own political parties. Students designed policies to launch their political campaigns and presented to the class (the voters) the platform on which they would govern. Once their policies were organised, students chose one member from their group to be the leader and 'face' of the party. Students were given the chance to make a 30 second commercial and to debate their policies with the other political parties. Once the debates were over the election voting took place. Congratulations to Rebecca Ozer and her party for winning the election.



VISUAL ARTS

Creepy Critters

During late Term 2 and early Term 3, Year 8 students were involved in designing and creating their own 'Creepy Critter' soft sculpture. Students had to draw up an original design for a scary, freaky, fun, or cute monster, and then recreate it as a 3 dimensional soft sculpture plush toy. Rebecca Grundy created a cute monster named "Snuffles" that shows great designer and sewing skills! Hopefully students can remember these skills if a button comes loose on their shirts!

Ms Kathryn Kovacic
Visual Arts Teacher

YEAR 9 HISTORY ELECTIVE

On Friday 5th August, the History Elective Class visited the Police and Justice Museum located within The Rocks. We then went into an old local magistrate courthouse where we were introduced to our two guides and shown a quick film on the Pyjama Girl Mystery Case.

In groups, we began our tour of the old local courthouse. Here we discussed the Australian Legal System and how it worked. We were then led out of the courtroom through the museum and shown the old holding cells and jail cells. One cell which was half the size of a classroom was supposed to hold 15 criminals! From here, we went into a room where the guide showed us old evidence from the Graeme Thorton and Pyjama Girl Cases. After both groups finished the tour of the museum, together we performed a re-enactment of the trial of Antonio Agostini. The Judge was Alannah Jones, the Court Order was Liam Coble, Antonio Agostini was Georgia Hogan, the Police Officer was Brendan Mitchell and the representative of the Jury was Maximus Johnson, the rest of the class was the Jury.

After the re-enactment, we walked through Circular Quay and up past the Museum of Contemporary Art, where we then finally arrived at the Big Dig site at The Rocks. Our guide explained to us the difference between Archaeology and History in the Education Centre. After the tour of the Big Dig site area we then went back to the education centre where we were able to have a look at some of the artefacts found at the site ourselves. The day was fun and interesting. As a class we all had the opportunity to learn and discover some interesting new facts.

Sophia McCaughan
9 Chavoin



YEAR 8 ENGLISH

On Tuesday the 16th of August, Year 8 attended an incursion in the La Valla Centre, hosted by Indigenous Australian writer Boori Monty Pryor. He was the Australian Children's Laureate during 2012-13 and some of his books include 'Shake a Leg', 'Maybe Tomorrow' and 'My Girragundji'.

During the incursion we were told many stories about Boori's culture, land and experiences. We learnt about his many siblings and more closely his overpowering older sister. Boori's stories included humour and our whole grade had a smile on their face. We also learnt about the Aboriginal faith and culture through his stories. He taught us many Indigenous words, which we repeated after him. Boori played the didgeridoo for us and taught us tricks so we could play it ourselves in the future.

Boori's stories and experiences were useful for the unit we are currently studying in English, 'Perspectives of Australia'. His experiences highlighted Aboriginal culture as a huge part of Australian culture and history. Boori's stories also showed us how storytelling and humour are also part of the Australian way of life. The incursion was thoroughly enjoyable and put a smile on everyone's face!

James Makris
8 MacKillop



PETER SKRZYNECKI BROADENS KNOWLEDGE



On the 9th of August, two year 8 classes had the privilege of meeting the Australian poet, Peter Skrzynecki, who widened our knowledge of our topic 'Perspectives of Australia'. The stories Mr Skrzynecki told us about his childhood life and the hardships he experienced as a migrant seeking refuge in Australia were very emotional and touching. Peter Skrzynecki moved our hearts when he said that the boom gate blocking his way out to the road when he was living in the migrant hostel was like a barrier between his freedom and home. The lecture was very engaging and he kept us entertained with his jokes and unique sense of humour. Both of the Year 8 classes were honoured to meet Peter Skrzynecki and we hope to meet him again.

Geena Lee
8 Ludovic

On Tuesday the 9th of August, 8EN1 and 8EN4 had the privilege to be given a lecture by the well-known poet, Peter Skrzynecki to broaden our knowledge of the migrant experience in Australia. Professor Skrzynecki gave us a brief biography and reasons why he had to migrate from war torn Europe. He showed us photos of his migrant experience and how important places from his past are now left derelict. He explained two of his amazing poems to us. 'Migrant Hostel, Parkes, 1949-51' and 'Immigrants at Central Station, 1951' first hand, which depict a perception of post-war migration. He also shared with us some inspiring words of wisdom about the value of education, which left us wondering and thinking about the meaning of them. One very inspiring quote was "your life is not an event, it's a process" - Peter Skrzynecki. The two year 8 classes would also like to thank Mrs Graham and Ms Gray for organising this wonderful experience.

Narella Wakim
8 Xavier

VOICE OF YOUTH COMPETITION

On Thursday evening, 11th August, Jakob Reid (Year 7) and Eve Watson (Year 8) participated in The Voice of Youth Public Speaking Competition organised by the Lions Club of Carlingford-Dundas. The event was held at the Redeemer Baptist School at North Parramatta and featured 13 speakers from 8 schools in the region. Each speaker delivered two speeches on the night.

The first speech presented by each speaker was an impromptu speech. Speakers were given the topic 'Social Media is Antisocial' and, with only two minutes of preparation, delivered a 1-2 minute speech on this topic. Although the speakers had little time to prepare, they were able to quickly develop logical arguments supported by relevant and appropriate examples.

The second speech was prepared prior to the evening and speakers were required to present for 3-4 minutes. Eve and Jakob both choose to discuss the topic 'How Real is Reality TV?'. Eve shared her experiences of participating in the show 'Slime Cup' on Nickelodeon to prove that Reality TV is far from real. Jakob discussed how several Reality TV shows such as 'Married at First Sight' and 'The Block' present unrealistic representations of reality. Both of our students spoke exceptionally well in their deliveries, displaying a true flair for public speaking.

While the winner of the competition was from Parramatta Marist, Jakob and Eve were tremendous representatives of the College and are congratulated for their efforts. The competition was an excellent opportunity to showcase and refine their speaking skills.

Ms. Cathy Mollace (Leader of Learning - Pastoral Year 7)

Ms. Emily Gray (Assistant Leader of Learning - English)



ST PATRICK'S MARIST GREEN THUMB PROJECT

School's Environmental Partnership

Here is the latest update on the High Support Needs Class project funded by the Parramatta City Council. Earlier this month we made great progress with help from some mainstream Year 8 students. A whole truck of soil turned up that was redistributed into the new planter boxes and existing garden beds. Then the planting of various seeds took place including vegetables, flowers and herbs. It was a hard, dirty afternoon but there was some great team work that took place so it all got completed in good time. Since then, with regular watering and the lovely sunshine we've been having, there are many shoots coming through. Come early spring, we are hoping to see some colourful flowers and to be able to eat some fresh grown produce! I would like to say a big, public thank you to the Year 8 boys for all their help.

Mrs J. Wooster



CONGRATULATIONS

Congratulations to Luke Gosper of 9 Chavoin who competed in the Australian All Schools Cross Country Championships in Canberra. Luke placed 11th and also won a gold medal as a member of the winning NSW team. Well done Luke.

PDSSSC ATHLETICS

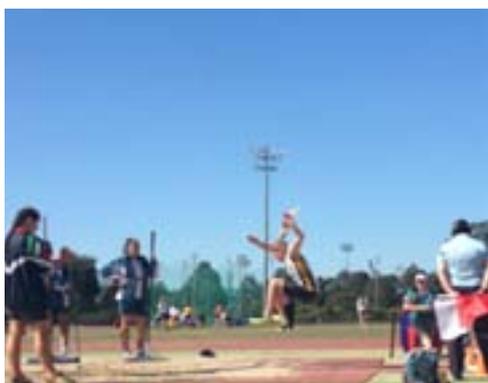
On the 17th of August, seventeen of our finest female track and field athletes travelled out to Blacktown Athletic Centre to compete against other schools in the PDSSSC Athletics carnival. Despite the early 7:45am start, the grounds were buzzing, the first of our athletes to compete was Sophie Vaughan who threw a massive throw to place third in the javelin. Rachael Crandell again blitzed the competition and placed first in the Under 15's Javelin. On the field, the St Patrick's Marist girls dominated with Rebekah Meafou winning both Discus and Shot Put in the 15 Years Age Division and Madison Sloane placing first in Discus, second in Shot Put and jumping 1.35m in the High Jump for the 14 Years Age Division.

Lisa Wainiqolo had a busy day competing in the 17+ Shot Put placing second and in the Discus and Long Jump also placing second. Imogen Harrigan and Sarah Brown also doubled up competing in both the Shot put and Discus placing 3rd and 2nd in their age division. Olivia Bailey competed in the High Jump and Long Jump of the 16 Years Age competition. Beth Langford competed in the High Jump clearing 1.25m in the 13 Years Age event. Caitlin Rodriguez competed vigorously throughout the day and took part in 1500m, 800m, 200m, 100m, 400m, Relay, Discus, Shot Put and Long Jump. Madison Sloane was another of our athletes to represent St Patrick's Marist in multiple events across the track and field competing in the 1500m, 200m, 400m, Discus, Long Jump, High Jump, Shot Put and the Relay.

The format of the competition for the track events was on times. Alissa Dybal ran the 200m, 100m, 400m and the Relay. The Relay teams were competitive, with the Intermediate girls (Alannah Dattilo, Taylah Nicholls, Tahlia Foye and Madison Sloane) narrowly missing out on progressing through to the next level despite a convincing win in their heat. Taylah Nicholls had solid performances in both the 100m, 200m and Triple Jump and will progress to the next level of competition. Monique Bovino placed 3rd in the 16 Year 100m and 200m competition. Rachel Bloxsome took part in the long jump and the 400m for the 15 Year Age Division. Jade Mahoney also ran the 1500m and competed in the Long Jump.

Congratulations to all the girls for the spirit and enthusiasm in which they conducted themselves on the day. Not only when they were they out competing but also as many were a great assistance in helping Miss Liska and Miss Samarasinghe run the discus in their breaks. Best of luck to Rachael Crandell, Taylah Nicholls, Madison Sloane and Rebekah Meafou who progress through to the NSW Combined Catholic Colleges Athletics Championships.

Mrs M. Haddad



Walkathon



The first Marist Brothers arrived in Australia on the 'Star of Peace' on 21st February, 1872. On the 8th April, 1872, school commenced at St Patrick's. Our Newsletter is named, 'Star of Peace', as it too, hopefully, brings peace and good news to our community.



THE TEMPEST

WILLIAM SHAKESPEARE

7PM PERFORMANCES
THURSDAY 8TH SEPTEMBER
FRIDAY 9TH SEPTEMBER
LA VALLA THEATRETTE

**CATHOLIC SOCIAL
TEACHING**

**"SOLIDARITY [...] IS A
FIRM AND PERSEVERING
DETERMINATION TO COMMIT
ONESELF TO THE COMMON
GOOD; THAT IS TO SAY, TO
THE GOOD OF ALL AND OF
EACH INDIVIDUAL, BECAUSE
WE ARE ALL REALLY
RESPONSIBLE FOR ALL."**

**POPE PAUL VI, SOLLETTUDO REI SOCIALIS, ON SOCIAL
CONCERN, 1967, #39**

SOLIDARITY



*"For those who wear them, the moment they put these
solidarity rings on they feel that there is a commitment to
the most disadvantaged people in our society."*

Maristely, Favela Young Leader, São Paulo, Brazil



Caritas
AUSTRALIA

End poverty. Promote justice. Uphold dignity.

WWW.CARITAS.ORG.AU



HOLY NAME OF MARY PARISH RYDALMERE

**KEEP
CALM
AND GO TO
YOUTH
GROUP**

Attention Years 7 & 8 - Holy Name of Mary, Rydalmere - Youth Group

Saturday 3rd September, in the Parish Hall (on Myrtle St, Rydalmere opposite the Church) following the 5.30pm vigil mass and going until 8pm.

Parents –it's a free night and will be held on the 1st Saturday night of each month. We subscribe to The Edge program.

If you have any questions please email Anne-Marie Hewkins (ahewkins@yahoo.com) or contact Fr Peter in the Parish office.



Roads &
Maritime

August 2016

Night work on Kissing Point Road, Dundas from Sunday 28 August 2016

The NSW Government is funding this project, between Kirby Street and Adderton Road, as part of its \$500 million Black Spot Program which aims to make NSW roads safer and reduce the risk, incidence and severity of all crashes on the road network.

Roads and Maritime Services sought feedback from community and stakeholders in May on the proposed night work construction schedule and an alternative one for this work to improve the centre median and kerb. We have included a map to explain the location of the work.

We received comments from four people with one supporting the proposed schedule, two supporting the alternative and one supporting neither option. After reviewing the feedback, we have decided to proceed with the proposed schedule, working for up to **five nights** a week for a **14 week** period.

How will the work affect you?

The work will take **100 shifts** including **70 nights**, to complete between **Sunday 28 August** and **Friday 16 December**, excluding **public holidays**, weather permitting.

Our working hours will be from **7am to 6pm** on weekdays and **8am to 1pm** on Saturdays. Our night working hours will be from **8pm to 5am**.

We will not be carrying out any night work during the HSC exam period.

Roads and Maritime will carry out the work, which includes:

- Installing new wire rope fencing
- Demolishing existing kerb and installing new kerb
- Asphaltting and line marking
- Surveying for utilities, drilling holes and reinstating the pavement
- Removing vegetation.

Traffic changes

There will be some temporary changes to ensure the work zone is safe.

Lane closures will be in place and may affect travel times. Please keep to speed limits and follow the direction of traffic controllers and signs. For the latest traffic updates, you can call 132 701, visit livetraffic.com or download the Live Traffic NSW App.

Other work in your area

Roads and Maritime is also carrying out work to repair concrete on the bridge on Kissing Point Road over James Ruse Drive, Dundas. This work will take **three night shifts** to complete between **Thursday 16 August** and **Friday 26 August**. Our working hours will be from **8pm to 5am**.

Contact

If you have any questions, please contact our delivery partner DownerMouchel on 1800 332 660 or email enquiries_new@downermouchel.com

For more information on our projects, visit rms.nsw.gov.au

Thank you for your patience during this important work.

Work on Kissing Point Road, Dundas



August 2016

Night work on Marsden Road, Ermington/Dundas Valley from Wednesday 17 August

The NSW Government is funding this essential maintenance work between Victoria Road, Ermington and Morris Street, Dundas Valley to provide a stronger, longer lasting and safer road.

Roads and Maritime Services will carry out this work, which includes removing and replacing large sections of asphalt and repainting line markings.

This work will take 17 shifts to complete between Wednesday 17 August and Thursday 15 September, excluding Saturdays, weather permitting. Our working hours will be from 9pm to 5am.

How will the work affect you?

There will be noise associated with this work, but we will make every effort to minimise its impact, including completing noisier work before 11pm.

Access to properties and bus stops in the work zone may be affected during shift hours. Traffic controllers will be on hand to assist with access to properties and to direct commuters to alternate bus stops.

Traffic changes

There will be some temporary traffic changes to ensure the work zone is safe.

Up to date information on the work will be displayed on electronic message boards along the road. Lane closures will be in place and may affect travel times. Please keep to speed limits and follow the direction of traffic controllers and signs. For the latest traffic updates, you can call 132 701, visit livetraffic.com or download the Live Traffic NSW App.

Contact

If you have any questions, please call our delivery partner Downer FDI on 1300 776 069 or email communityrelations_psmc@downergroup.com

For more information on our projects, visit ma.nsw.gov.au

Thank you for your patience during this important work.

PARENT LINE NSW

Newly launched, the Parent Line is a unique telephone and online counselling and support service for parents and carers.

We cover issues with babies, children and young people up to 18 years of age, all over NSW. Our counsellors are professionally trained and specialise in working with families.

Contact us 7 days a week on 1300 1300 52 or at info@parentline.org.au

AUTUMN 2016

find us on 

Parent Line

NSW

Newsletter for High School parents



Parent Line

is a unique telephone and online counselling and support service for parents and carers. We cover issues with babies, children and young people up to 18 years of age, all over NSW. Our counsellors are professionally trained and specialise in working with families.

What do young people need?

Lots of recent research shows:

- ★ Young people want to talk about tough issues with family
- ★ Young people also need to learn how to stay safe.
- ★ Young people respond best to parenting that is not overly harsh but neither is it overly lenient
- ★ Young people want parents that are available to them even if they don't talk to parents that much

Not sure how to navigate these needs and wants? Our counsellors can help find strategies that best fit with each family and engage parents and young people more positively.

5 signs of a healthy family

While every family is unique, researchers find there are common signs of healthy families:

- ★ Members are committed to one another
- ★ Families engage in positive communication
- ★ The family spends significant time together
- ★ Members show affection to one another
- ★ The family actively engages together to resolve crises peacefully.

Our counsellors can help families develop these ways of being together. Simply call us on 1300 1300 52 or email a parenting question to info@parentline.org.au.



Only the best will do

Parent Line counsellors use research-based understanding of young people and families together with proven parenting strategies to help parents develop more positive relationships with young people. We support parents to find strategies that best work for their family and we provide thousands of referrals every year to services all over New South Wales.



concerns in 2015

Last year we were most often asked about:

- 1 Mental health
- 2 Reducing parent/young person conflict
- 3 Technology
- 4 Poor relationships and bullying
- 5 Impact of parental separation and family violence

NEW Parent Line  ONLINE

We want to make it as easy as possible for busy parents and carers to connect with us and obtain the information they need. We now have Online Counselling via our website at www.parentline.org.au, you can email us a question using info@parentline.org.au or find us on Facebook for our latest tips and useful research.

7 days a week

1300 1300 52 info@parentline.org.au www.parentline.org.au