

# Mooroopna Secondary College

## Our Vision

To create and sustain a stimulating and harmonious learning environment in which all students can experience success.

We are committed to:

- Maximising student performance. Expanding the range of programs and pathways.
- Enhancing student engagement, connectedness and leadership opportunities.

**Principal:**

Mr. Gary Fletcher

**Assistant Principals:**

Mrs. Lynn Emmerson  
Mr. Stephen Bolton

**Address:**

Echuca Road  
Mooroopna 3629

**Web Site:**

[www.mooroopnasc.vic.edu.au](http://www.mooroopnasc.vic.edu.au)

**Phone:** 58252344

**Fax:** 58253747



**Absent from school?  
Please ring 5825 1498**

This service is an answering machine and is available 24 hours per day—7 days per week.

If your student will be absent from school please ring and leave your name, your student's name and the time and dates of the absence.

**Absence  
Line  
5825 1498**

### PRINCIPAL'S REPORT

#### TRANSITION – GRADE 6 INFORMATION NIGHT

Last Tuesday 12<sup>th</sup> May our Transition Team led by Mrs Ruth O'Bree conducted a very successful information evening for prospective 2010 Year 7 students and their families.

If you have any questions regarding transition, please have no hesitation in contacting Mrs. Ruth O'Bree, Mr. Craig Parker or myself. Parents had the opportunity to tour the College and to be shown the extra curricular and core curricular undertaken.

#### AUSTRALIAN GROWTH COACHING CONFERENCE

Last week I joined with Principals from the Hume Region and completed a leadership coaching course. The aim is to enable school leaders to improve their capacity to impact on the quality of teacher performance in schools. It recognises that one of the most important drivers in achieving excellence at an organisational and individual level comes through the quality of the team.

#### EDUCATION WEEK ACTIVITIES

Education Week will be celebrated by kindergartens and Victorian government schools from **17-23 May 2009**. During the week, schools and kindergartens are encouraged to open their doors to local parents and the broader community through information nights, open days, student displays and other special events that showcase their programs and achievements.

For further information go to:

<http://www.education.vic.gov.au/about/events/edweek/parents.htm>

MSC Open Days were held on Wednesday 13<sup>th</sup> May and Friday 15<sup>th</sup> May – thank you to staff who conducted tours of the College. If any families wish to make an appointment to visit the College, please ring the office on 58252344.

For those who are interested, check out the Shepparton Art Gallery for a display of artworks by our creative Year Nine and Year Ten students. They are on show until June 7<sup>th</sup> (see 'Artwork on Display' overleaf).

The Victorian Department of Education and Early Childhood Development now offers 'Parent Update' - a free email newsletter that will keep you 'in the loop' with the latest information and changes to education in Victoria.

Parents of primary and secondary students, in all locations, are warmly invited to take part in the third online conference to be held by Parents Victoria. The conference will be held non-stop on the internet from 6am Monday 18 May to midnight Sunday 24 May. No special software is needed, other than an internet-connected computer and a browser. The online discussions will be very easy to join in, and guidelines about how to participate will be provided. You don't need to be a member of Parents Victoria to take part. Join in for all days, just some days, or even a few hours, depending on your lifestyle and other commitments. The Online Conference is sponsored by the Department of Education and Early Childhood Development - [www.education.vic.gov.au/](http://www.education.vic.gov.au/) Registration and participation is free and there are prizes to be won. Please contact the Parents Victoria Office if you have any questions.

#### PARENTS VICTORIA EXECUTIVE

Parents Victoria Inc

'Our Children, Our Concern'

[www.parents victoria.asn.au](http://www.parents victoria.asn.au)

<http://www.education.vic.gov.au/about/events/edweek/parents.htm>

#### FUNDRAISING

One of the College Council's key aims this year is to involve our College Community in fundraising for key projects around our school. Some fundraising projects such as the music cabaret which goes to supporting our Music Department have already been planned. I will keep you posted regarding activities that are coming up.

*Principals report continued...*

### DATES TO REMEMBER

**Saturday 16th May**  
- MSC Deb ball (Eastbank)

**Wednesday 27th May**  
- Yr 7 Immunisation

**Thursday 21st May**  
Grade 6 Parent MSC tours 9.15am

**Friday 29th May**  
- Year 10 Exams, Maths 2A/B, Eng 3A/B

## NAPLAN TESTS

The purpose of the National Assessment Program – Literacy and Numeracy (NAPLAN) is to assess the literacy and numeracy learning of students in all Australian schools at years 3, 5, 7 and 9. NAPLAN is designed to provide information on student performance across a number of levels of achievement. Over 1.2 million students from more than 9,000 Government, Catholic and independent schools across Australia will participate in the first national tests in literacy and numeracy in May 2009.

The Victorian Government is committed to improving the learning outcomes of every student in Victorian government schools. The NAPLAN will assess literacy and numeracy skills in much the same way as the Achievement Improvement Monitor (AIM) tests did.

MSC Years 7 and 9 students have completed their NAPLAN assessments on Tuesday, Wednesday and Thursday of this week. Thanks go to Mr Craig Parker and his team who organised this important task.

## SAFETY ISSUE – SCOOTERS

Recently we have noticed an increasing number of students riding scooters to school. It is not our intention to ban scooters, as these are a legitimate means of getting to and from school. They can however be a health and safety issue if used inappropriately. When our new bike racks for the school have been completed, scooters will be stored and secured in this location. Until then, scooters will be stored in a room next to Mr. Bolton's office which will be locked during the school day. Students may also store their scooter in their own locker. Students and parents are reminded that they are brought to school at the students own risk. MSC can not be responsible for any damage or loss.

For health and safety reasons, scooters are not to be ridden anywhere within the north and south courtyards. If students are caught doing so, their scooter will be confiscated for two days. If repeated, the student may be banned from bringing the scooter to school at all. We would appreciate your cooperation in this matter.

## CLUSTER NEWS

At present our school Literacy Team headed by Kate Stewart and Jan Rabl are working with our primary school Cluster partners to develop strategic literacy plans for our students. The aim is to effectively monitor students' literacy from P-12 and to deliver individualised learning plans to support them. Significant progress has been made and several strategies already implemented.

## HEALTH WARNING – ENERGY DRINKS

We have become aware that some students are entering the College in the morning with energy drinks such as "Mother" and "Red Bull". Attached within this newsletter is information about the detrimental effects of energy drinks provided by Helen Stills, Dietician at the Wodonga Regional District Hospital. Please read this information and discuss it with your student. Concerns have been raised regarding students spending their lunch money buying these drinks rather than buying healthy food. Students who do so potentially become hyperactive and distracted in the classroom.

*Mr Gary Fletcher*

## Senior News

Year 12: All students in Year 12 will be attending a Tertiary Information Session, June 22nd 11.00 to 12.30 at Notre Dame College. Representatives from various universities will be in attendance to answer questions about placement/course selection. Students will be bussed to the session - if students missed getting an indemnity form at the assembly held last Wednesday 13th they must see Mr Mills. The indemnity forms are due back as soon as possible but no later than June 19th.

Melbourne Pathways Camp: Students have had their first camp meeting and received information and paperwork that must be completed by Friday May 22nd and returned to school. Families should have a copy of the program and details regarding the accommodation. If you have questions please contact me. If forms are not returned students will not be allowed to attend the camp.

Yr 12 Rugby jumpers: The price has increased by \$5 so the total cost is now \$85. Delivery is expected mid to late July. Full payment is due by 12th July.

*Peter Mills - Year 12*

## Careers

GV Health Careers Expo - 21 May 4 - 6pm at the Elsie Jones Education Centre Monash Street, Shepparton. This is an ideal opportunity for Year 11 and 12 students to investigate a career in Health/Allied Health. Entry is FREE. Registrations for the Health Careers Expo can be made with: Alison Dunstan, Careers Connection, Phone: 5821 2255 Fax: 5832 1130 Email: [alison@careersconnection.org.au](mailto:alison@careersconnection.org.au)

Careers Day Out 2009 - This careers expo is for Year 10 students. Many people and organisations donate time and money to help make the expo a success. This years event will be held at the Shepparton Sports Stadium, with a Health Careers Expo happening simultaneously at GV Health. Exhibitors attending include - o Universities, TAFEs and other training providers o SPC Ardmora o Defence Forces o Victoria Police o Ambulance Victoria o Community services organisations o National Australia Bank o Lawyers o City of Greater Shepparton o Apprenticeship centres o Government departments o Engineering o Gawne Aviation o Accounting firms. Careers Day Out will also have interactive panel presentations. Presenters will discuss what they do in their work, how they came to their position, what they enjoy about working there and what they like about their industry. Year 10 students will soon be making choices about their future pathways. Careers Day Out can help give them information they need to make good decisions.

*Mrs Irene Lia-Oster Careers Co-ordinator*

## Year 7 immunisation

Year 7 girls who have had their first HPV immunisation will be having their second dose on Wednesday 27th May during session 1.

## Koori News

**Wannik Tutorial Assistance Program:** Lynley and Michelle are our new literacy and numeracy tutors who will be assisting Year 7 & 8 students. Permission forms allowing your student to have classroom support from the tutors have been sent home. Please return signed forms ASAP.

**Koori Pathways Program:** This program aims to improve educational and employment prospects for Koori secondary students. The program will target students from Years 9 – 12, supporting them to finish Year 12 and consider their future pathways. Permission forms have been sent home - please return signed forms ASAP. Information is available from Katrina.

**Indigenous Cycling Program :** We currently have a number of students involved in this program. If any other Year 7 – 9 students would like to participate please contact Katrina.

**Ganbina:** - Reminder - Lockeah visits MSC each Wednesday and Friday.

**The Year 7 Industry Tour:** will be held on 19th May 2009 – Students will be picked up at school. Permission forms need to be returned ASAP.

*Katrina Muir—Koori Educator*

## Artwork on Display

A new exhibition has opened at Eastbank showcasing lino cut printmaking by MSC Years 9 and 10 students. Year 9 students have created black prints on coloured paper, demonstrating strong geometric patterns and designs.

Year 10 students have developed their prints from still life drawings using the method of reduction lino cutting. Reduction lino cutting means the artist prints from the lino block multiple times using different colours. Between each application of colour, the artist removes more of the lino block, allowing the layers of colour to show through. The exhibition is at Eastbank in the North and South foyers from May 11th to June 7th.



*Mrs Ann Thomas—Arts Technology Coordinator*

## Junior School Report

**NAPLAN testing** It was pleasing to see the Year 7s and Year 9s actively participate in the NAPLAN tests that were held this week. A number of sessions were utilised in the weeks preceding familiarising students with the testing procedures. An official report on your child's results should be coming back to you in August-September.

**Year 9 NAL-E** In a few weeks time students will have the opportunity to select their NAL-E Wednesday afternoon electives. There could well be some new units on offer. The Shepparton Council visited last week and discussions are underway as to how we can utilise our students to promote Shepparton via the NAL-E subject Google Earth.

**Differentiated learning** A number of staff have been given time release within the Junior School to work on differentiated instruction and assessment tasks in collaboration with classroom teachers. To differentiate is to recognise students varying background knowledge, readiness, literacy and numeracy levels, and preferences in learning, and develop lessons that meet these differences. Our goal for the remainder of the year is to target students who may not be doing so well in classes and those that require extension work to keep them engaged and motivated.

**Year 6 Information Night** The process for the 2010 intake of Year 7s started on Wednesday night with a well attended Information Night. School tours were offered to parents and Grade 6s after a short series of speeches. A big thankyou to the many students and teachers who volunteered to make this evening a success.

**Expectations** With the approach of winter, it is important to ensure that the correct winter uniform is worn. Hoodies and the like are not school uniform. If students cannot wear school uniform they are reminded to bring a note to their YLC at locker bay. Students also need to be aware that once at school in the morning, they are expected to stay at school. Students found walking to the shop, or in any other out of bounds areas will face consequences from their YLC.

*Mr Craig Parker - Junior School Leader*

## Year 9 Parents

Parents should have received a letter with regard to the GV PASSPORT. This is a very valuable program designed to inform students and parents of the issues associated with alcohol and other substances, using a harm minimisation approach. Please ensure that you keep the evening of the May 20 free so that you can attend this worthwhile program. Parents who attended last year unanimously endorsed the program.

If you did not receive a letter or would like more information please contact me at school.

*Mr Stephen Bolton—Assistant Principal*

## Cabaret Night

The Annual Music Department's big CABARET NIGHT will be held on Thursday 28th May at 7pm at the Sir Ian McLennan Centre. Come along and enjoy a night of music making from our young talented musicians. There are lots of wonderful prizes to be won in the raffle and fabulous items in the silent auction. Tickets are to be purchased at the front office prior to the night.

ADULTS \$10 - CHILDREN (under 18) FREE - BYO NIBBLES  
Drinks at bar prices

## SRC

On the 25th of May 2009 Mooroopna Secondary College Student Representative Council and it's student leadership team will be inviting all student leaders and house captains from the Mooroopna Cluster schools to join them at a conference about leadership. The conference will deal with values such as respect, teamwork, belonging and achievement. Students will have the opportunity to participate in activities and interact in workshops. Students will be encouraged to have a voice and to become leaders at their own schools. This conference is the first one of it's kind in the area and we hope it will not be the last!

*Mr Nino Atzori - Student Development*

## Staff Profiles

Name : Paul Tozer

**Background:** I grew up in Swan Hill. I played a lot of sport growing up, and took that interest into University when I chose a Physical Education degree. Following Uni I took a year or so off to do some travel. I used my teaching degree to teach in London and Liverpool. When I got back to Australia I took up a teaching position in the Yarra Valley, where I taught for 6 years before coming to MSC.

Year started at MSC: 2007

Faculty: Phys. Ed.

Subjects taught: PE, IT, NAL-E, Outdoor Ed.

**Teaching interests:** I enjoy all aspects of teaching and believe that us PE teachers get the best of both worlds. We get to get out and do the physical activities as well as teaching the theory.

**Interest /Hobbies:** My major hobby has been football for a long time, but my body is telling me that my playing days are nearly finished.



Name: Jennifer Horvath

**Background** Grew up in Melbourne went to Studfield Primary School, Wantirna High School, Deakin University (Bachelor Arts & Bachelor Education—Secondary Teaching). Taught at Cobram Secondary college for seven years.

Year started at MSC: 2007

Faculty :English /Arts

**Subjects taught:** Currently teaching Yr 9, 10, 11 & 12 Drama & Yr 9 English. I have also taught Yr 9 Media & Year 10 Media.

**Teaching interests:** Directing the school Production \_ This year is the Wizard Of Oz. Looking forward to it. Rehearsals started this week– lots of fun to be had by all



### \*\*\*\*\* **Volunteers Needed** \*\*\*\*\*

Please contact the college if you can help with our Breakfast Club  
on Wednesday mornings from 7.45am to 9.00am

## Sports Report

### VSSSA Sate Golf Tournament

Recently, Michael Jokic and Lachlan Thurston headed off to Sunshine Golf Course for the State Golf Tournament. It was a tough, hilly course but still enjoyable for the boys to play on. Michael had a 7 over par 79 and Lachlan had a round of 19 over par 91. Well done to Michael and Lachlan for reaching this level.

### MSC Cross Country



Our school cross country was held last Tuesday 5<sup>th</sup> May. We were lucky enough to have a beautiful sunny day - perfect for a run around Mooroopna. The event began and finished at the Mooroopna Recreation Reserve with the majority of students running 3km and the 17-

20 Yr Males running 5km. Participation was compulsory for all Year 7s whilst students in other year levels signed up for the day if they were interested.

The following students performed exceptionally well, winning their respective age groups:

**12-13 yrs girls-** Mollie Sanderson **12-13 yrs boys-** Mohamed Kuku

**14 yrs girls-** Ashlea Payne **14 yrs boys-** Dylan Babarovich

**15 yrs girls-** Brittney Anderson **15 yrs boys-** Zac Brian

**16 yrs girls-** Grace Zito **16 yrs boys-** Thomas Casey

**17 yrs girls-** Jessica Taylor **17 yrs boys-** Todd Finn

**18-20 yrs boys-** Patrick O'Sullivan

As with other sports days the runners were also competing to gain points for their house. This year Waratah finished in 4<sup>th</sup> position with 240 points. Boronia sneaked into 3<sup>rd</sup> on 251 points. The winner of the MSC Cross Country for 2009 was Banksia with an easy win - gaining 281 points. Therefore, Heath took out 2<sup>nd</sup> place sitting on 256 points.

Well done to all the runners and thank you to all the teachers that helped. Thanks to our student helpers as well!

### SDSSSA Inter School Cross Country

Students who placed in the top 8 of the MSC Cross Country were invited to compete at the Inter School Cross Country. This was held on Monday 11<sup>th</sup> May at the William Orr TAFE Campus in Shepparton. MSC had a very successful day on the course, proudly bringing home the overall winners trophy shared with Shepparton High School. This great achievement has not occurred in many years. We also won the boys aggregate trophy which clearly had a vital role in bringing home the overall win.

Our 13 Yr Boys team (Jake Cormick, Tyson Atkinson, Cody Tanced, Hugh Bertram, Rhys McKenzie) came 1<sup>st</sup> and our 13 Yr Girls team (Hannah Brian, Kyra Mutton, Tiarna Steel, Tana Law, Ashlee Battiston) came 2<sup>nd</sup>. This means that these two teams plus a handful of individuals will be progressing onto the Eastern Zone Cross Country on the 16<sup>th</sup> June in Broadford. These individuals are:

Ashlea Payne, Chelsea Jokic, James Keeshan, Dylan Babarovich, Lauren Bertram, Brooke Archie, Zac Brian, Todd Finn and Ben McConnell. Congratulations to all students who represented our school on Monday. Also, good luck to those students who will progress onto the Eastern Zone cross country to be held in Broadford on Tuesday 16<sup>th</sup> June.

### Senior Winter Sports

The Senior Winter Sports Day will be held on Tuesday 26<sup>th</sup> May. Students who are participating in a sport on the day will shortly be given additional information regarding times and venues. If they are unable to attend they need to let the PE staff know so we can find replacements.

### Junior Winter Sports Sign Up

Junior Winter Sports Day will be held on Wednesday 24<sup>th</sup> June. The sign up for these sports will be held next Thursday 21<sup>st</sup> May. Sign up will be held during lunch time and then students will need to print off an indemnity form from the school **intra-net** and return it to the PE office. The sports on offer include: Badminton, Indoor Cricket, Basketball, Netball, Clay Target Shooting, Soccer, Football and Hockey. We hope that all students make the most of this opportunity to try a new sport and have a fun day with friends.

### Eastern Zone Intermediate Girls Volleyball

On Thursday 30<sup>th</sup> April the Intermediate Girls Volleyball team represented the school at the Eastern Zone Championships in Wodonga. With Mr. Collins as coach, the team was made up of



Year 9 students who were confident but fairly inexperienced. Our team was competitive against Myrtleford but lost a close contest. They then came up against the might of Wodonga who are state champions across most levels in both boys and girls and although the result did not go our way, the girls learnt a lot about team play and strategy. This will hold them in good stead when they return again in Year 10, older, stronger (and hopefully taller) to compete. Most valuable player on the day was Grace Zito—awarded for her strength and enthusiasm. Other notable performances were by Katherine Bohn and Brooke Archie. I would like to thank the girls for their dedication and enthusiasm and look forward to next year.

*Simone Nalder - Sports Trainee*

## Absences & Contact Details

If your student has a planned absence or appointment coming up, you may ring the Absence Line (58251498 – available 24 hours) in advance. Also, please advise us of any updated contact information - Change of Contact Details forms are available at the student window.

## Malaysian School Trip

Several students have expressed an interest in coming on the Mooroopna Secondary College trip to Malaysia this coming September. There has been some changes made but there is now a final itinerary and costing for the trip. Details were handed to students at a recent lunch time meeting and are available to anybody who would like to consider the trip. A block booking has been made for September 10 – 22. We see the trip as an exciting opportunity for students, combining adventure, education and cultural experience.

We now need to finalise numbers for the trip. Anybody from the MSC community is invited to join the trip. There will be an information evening next Thursday 21<sup>st</sup> May in W3 at 6 pm for parents interested in coming along to find out any further information. Another parent meeting would be scheduled prior to our departure.

People intending to take up this offer need to make a deposit of \$300. The deposits will ensure the bookings we have with Air Malaysia are kept. Once a deposit has been paid participants must ensure they have a passport. We would like final payment to be made by the end of Term Two. Travel insurance should also be paid by this time to cover the loss if a participant has to withdraw from the trip.

Please contact Grant Findlay or Deanne Saunders at the school for any further details. Also see the notice board outside C7. Otherwise queries can be dealt with at the information evening on the Thursday 21<sup>st</sup> of May.

*Mr Grant Findlay—LOTE Teacher*

## Winter and Asthma

With the winter months approaching, it is important to be aware of the triggers that can affect your asthma during this season. A sudden change in temperature, such as cold air or windy days can be a trigger for some people with asthma. It is recommended that you take your usual dose of reliever medication before going out on cold, windy days. Wearing a scarf over your face will help to warm the air before you breathe it in.

Thunderstorms can also trigger your asthma. This is due to the large quantities of pollen, in very small particles, being released into the air, as the raindrops break down pollen particles already in the air. It is best to stay inside with the windows closed during thunderstorms. Visit your doctor to determine if weather change is a trigger and ensure you have a written Asthma Action Plan outlining what to do for your day to day asthma, what to do if your symptoms worsen and how to cope with an asthma emergency.

As we head toward cooler months, The Asthma Foundation of Victoria recommends that everyone with asthma should have a flu injection as people with asthma are at higher risk of developing complications from influenza.

To obtain a **FREE Asthma Control Pack**, containing information to assist parents and students in managing their asthma, please contact **Louisa or Sarah** at **The Asthma Foundation of Victoria** or **1800 645 130** or email **schools@asthma.org.au**

## Education Week



The English and Library faculties at Mooroopna Secondary College are making a concerted effort to increase our student enjoyment of reading, and give students the opportunity to be recognised for the reading they are doing. We have a wide reading program for Years 7 to 10, and over the past few years we have been challenging the students to

complete the Victorian Premiers Reading Challenge (<<http://www.education.vic.gov.au/prc/>>). Last year we had 12 students complete the Challenge, and this year we are hoping for, and getting, more. We are also supporting this program with rewards and activities at the College.

In 2009 at the end of Term One, we have seven students who have already completed the challenge of reading 15 novels over the first three terms of the year (or one novel every two weeks). By the end of the Term One holidays these students from Years 7, 8 and 10 have taken up the challenge and completed it already! Well done to Kaitlyn Dunne, Emma Schulz, Sonal Sudan, Laura Willis, Aimee Corken, Aimee Willis and Blake Collins.

This year with the encouragement of the English and Library staff, we have a MSC Library Review blog <<http://libmsc.globalteacher.org.au/>> to enhance student access to reviews that will help them engage with their reading, and therefore increase their literacy. Invitations to Library Staff, Teachers and students to write reviews for the blog have also been taken up. Each of the Year 7s were introduced to both these sites in class last term.

*Leonie Dyason Teacher-Librarian &  
Jan Rabi Languages Program Leader.*

### No bull...*Mother* is bad news

If you drink *Mother* energy drink: it is like putting **three teaspoons of coffee** and **13 teaspoons of sugar** into a cup with other additives. Coca-Cola has spent around \$10 million marketing this drink, so they can make their shareholders rich..... However, you get a massive dental bill.

*Mother* contains Taurine. Taurine has no use to you unless you are a cat. (Humans make their own Taurine, cats cannot). The Taurine in *Mother* and *Red Bull* (or 2-aminoethanesulfonic acid) does not come from bull's testicles, as some people believe. Nor does it give you "wings"!! Taurine is manufactured in a laboratory, by chemists and added to this dangerous drink.

*Mother* has a high caffeine content (160 mg per 500 ml). A high caffeine intake over an extended periods of time can cause [nervousness](#), [irritability](#), [anxiety](#), [tremulousness](#), [muscle twitching](#), [insomnia](#), [headaches](#), [respiratory alkalosis](#) and [heart palpitations](#). It can also rot your gut (through stomach ulcers, erosive [oesophagitis](#), and [gastroesophageal reflux disease](#)).

Do your body a favour and give *Mother* energy drink the flick!!

Information received from Helen Stills, Dietician: Wodonga Regional District Hospital.

## Family Squabbles

*Brought to you by Hume Region Parent Education Service*

Fighting between brothers and sisters can be very distressing for parents and is a common concern. An amount of squabbling is normal between siblings as they learn about relationships, negotiation and how to get on with each other. Learning to argue fairly and without hurting each other is a very important life skill for children to learn. Like most skills, some children find this easier to learn than others.

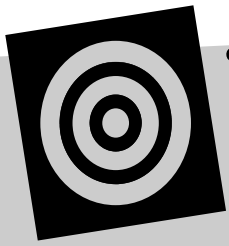
There are some things parents can do to help minimise fighting.

- Ensure you relate fairly and without favouritism with each child.
- Support and celebrate the special qualities of each child.
- Children are very sensitive to differences in the way parents share their time, appreciation love and attention. Differences, perceived or not, can create very real jealousies and reduce a child's sense of personal worth.
- So make time to be with each child and deliver generous helpings of love, appreciation and hugs.
- Never compare one child with the other.
- Protect the needs of each child eg. ensure older children have time away from younger siblings who may interfere with their activities and visa versa.
- For younger children ensure there are more than one of the same toys. Buying a number of cheaper toys/bikes rather than one expensive one will work better in the long run.
- Older children can feel misunderstood and unloved if parents always side with the younger child. Or there may be a particular child who seems to start each argument. Remember the one who seems to start the argument may not be the one who actually does. Make clear rules about what behaviour is expected, e.g. we keep our hands and feet to ourselves. When fighting occurs, focus on the rule rather than taking sides.
- Find out if there is an underlying issue or concern with teenagers or older children and treat this issue seriously.
- Strategies such as removing the toy, turning off the TV, putting away the game, putting those concerned in 'time out' all provide cooling off time and give a clear message to all concerned that if they wish to play they need to play fairly.
- Children may need their parent's support to learn how to play fairly, this may mean parents play the game with the children, ensure everyone knows the rules and teach negotiation and problem solving as the game progresses. Be a good role model.
- If children come to you to help sort out a disagreement remember not to take sides. Encourage them to sort it out themselves. Comments such as 'I wonder what you can do...' puts the situation back to them and begins a problem solving learning opportunity. It might be time to remind them about family rules.
- If assistance is still needed see if they can be supported to work things out together. Help them listen to each others feelings and try to work out ways to solve the problem.
- 

If tempers get heated, separate the children. Give them something else to do until they have calmed down. Find ways for them to expend some energy, eg going for a run, jumping up and down, thumping pillows, drawing, listening to music etc. When things are calmer work out ways to do things differently.

*Adapted from 'Family Squabbles', Parenting – the most important job in the world- DOCS – Department of Community Services".*

***For more information about this or other parenting related topics, or to arrange a parenting program or workshop in your local community, contact Meredith at Hume Region Parent Education Service (Shepparton office), Goulburn Valley Community Health Service. 399 Wyndham Street Shepparton. Tel: 03 58 233 200.***



MSC Music 2009

# Cabaret Night

**A Music Showcase Spectacular!**

**Thursday the 28th of May**

**McLennan Centre, Mooroopna.**

**Start 7:00pm**

**\$10 adult entry, kids free!**

**BYO Snacks.**

**All drinks at bar prices .**

**Tables of 10, smaller tables are available. Book to reserve your place.**