Dear Parents,

Smacking is back in the news. The following article by Michael Grose (Parenting ideas) maybe food for thought.

It was reported in The Age recently that the Royal Australian College of Physicians has called for a legal ban on smacking. They claim that physical punishment can easily escalate to abuse. Their research shows that physical punishment can lead to a range of negative outcomes including depression, anxiety and substance abuse later on.

When an esteemed group such as this speaks out, then it’s time to listen. However I’m not sure that legislation is the answer. It would be so hard to enforce.

Smacking is an emotive issue. I know some parents smack out of frustration, or even desperation. That too, is a little different. They don’t want to, but their kids or circumstances get the better of them. Guilt and recrimination often follows.

Most reasonable people rile at the notion of abusive treatment but there are many people who believe a little smack in the right circumstances is okay. I’m not so sure. You either believe smacking is okay or you don’t.

Parenting should reflect the real world that we are preparing our children for. Our discipline needs to reflect the times in which we live. We expect civil treatment in all our dealings with others so we need to reflect the same expectations in our treatment of kids. We don’t condone corporal punishment in childcare centres, preschools and schools, so we shouldn’t condone it at home. Besides, I’m not convinced that smacking works in the long term. There is a considerable body of knowledge that suggests that learning self-regulation and impulse control are keys to responsible, social behaviour in children. Smacking works against this by encouraging avoidance of certain behaviours rather than promoting self-regulatory behaviour. It also leads to resentment when repeatedly used.

Alternatives to smacking:

1. **Time out:** This is designed to either give kids a chance to think about their behaviour or just break a pattern of poor behaviour. It doesn’t work for all but it’s a better alternative than smacking. Time out doesn’t have to be in their bedrooms; sometimes a chair or mat near you is enough.

2. **Parental time-out:** Make sure your kids are safe then go to the bathroom for a time if you are about to lose your cool.

3. **Behavioural consequences:** Implement a consequence (e.g. Remove from a friend if hurting them, go home if misbehaving in public) that is related to the crime, reasonable and respectful to kids. Don’t over talk while putting it in place and stick to your guns because kids can say things to make you feel guilty.

4. **Tactical ignoring:** Recognise that some misbehaviour is designed to get up your nose so don’t let it work.

5. **Pre-empt poor behaviour:** I know kids can be unpredictable but smart parents will get on the front foot and minimise the likelihood of poor behaviour. Think ahead and prepare kids and yourself when you go into public spaces. Make sure your routines are child friendly. And make sure the kids get good attention when they are behaving well, because some kids mess up just to be noticed.

The job of parents is to socialise kids so they can take their place in the world. Discipline is essentially a teaching process that requires a mixture of explanation, limits and boundaries, and a willingness to follow through with respectful action. It also requires a strong backbone, a compassionate heart and heaps of patience, but under no circumstances does it require a firm hand.

Keep smiling, Cathy Blackford
Principal
VALUES PROGRAM & STUDENT OF THE WEEK to be presented at Assembly next Monday.

Mathematical Problem

It would be great if you as parents could work the problem with your child or against your child and then compare your results. Have fun thinking mathematically.

Solution for Mathematical Problem in Newsletter No. 21

The Shirt Shop has a sale and sells T-shirts for $4 each during the morning, taking $240. After lunch, the price is dropped to $3 each and the shop sells twice as many. What was the total taken for this day?

The number of T-shirts sold during the morning was \( \frac{240}{4} = 60 \)

Therefore, 120 T-shirts were sold during the afternoon.

So, \( 120 \times 3 = 360 \) was taken during the afternoon.

Therefore, the total taken for the day was \( 240 + 360 = 600 \).

Bruce the sailor was asked to arrange four differently coloured flags on a mast.

The flags were coloured red, yellow, blue and white.

Bruce thought he could make 24 different arrangements. Use coloured pencils to show whether he was correct or not.

"HELP YOUR CHILD TO LOVE READING"

"AT SCHOOL TODAY I DID........

When your child comes home from school and you ask, "How was school today?”- the usual answer is, “Good.” Or you might ask, “What did you do at school today?” The MOST POPULAR answer is, “Nothing” or “Not much.”

Here are some questions you might like to use instead of the tried and fail questions.

- What was your favourite part of the day at school?
- What did you learn in Maths class today?
- What good questions did you ask?
- What happened at school today that was fun?
- What did you like best about your school day today?
- What did ‘Mrs Smith’ talk about in English today?
- What games did you play today in PE?
- Who did you sit with at lunch today?

Hopefully, with these questions or similar ones, you will get more that a one word answer and maybe a conversation will develop.
Congratulations and well done to Liam Willaton in Grade 6 who recently competed at the National Gymnastics Competition in Sydney. Liam was selected as part of the Victorian Team which was placed 3rd in the overall competition. For his individual events he was placed 4th for the Vault and 10th for the Rings.

ST MICHAELS NETBALL CLUB BREAK UP

Well the season is almost over with only 2 more games plus finals to go. The committee will be putting on a break up for all the St Michaels netball players, coaches, sponsors and umpires to thank them for all their hard work, and to celebrate a great season. There will be presentations and raffles held on the day.

So come along and enjoy!!

Wednesday 21st August, 2013
Time: 3.30 – 4.30pm
Venue: St Michaels Hall
Food and drinks will be supplied

We will also be holding our final committee meeting on: Tuesday 6th August in the staff room at 7.00pm. All Welcome, Yours in Netball
Michelle Cameron, President

From the Community

The Vietnamese Wok, Church Street, Traralgon takes pride in supporting the local community. Come and support on Monday, 5th August 2013 for dinner from 5.00pm-10.00pm and all profits from that night will be donated to St Vincent de Paul Society (Vinnies Centre) Traralgon.
Book now on 5174 4488.

2014 Intention to Return: Please indicate your intention to return to St Michael’s School in 2014 on the form below. We ask all families to complete this and return it to the office by Monday, 19th August 2013. An accurate prediction of numbers is a vital part in developing grade and staffing plans for 2014. We acknowledge that factors can contribute to changes later in the year, however returning this slip will aid in making class predications.

INTENTION TO RETURN to St Michael’s School in 2014

Family name: ________________________________

Student names: ______________________________
__________________________________________
__________________________________________

• intend to return to St Michael’s School next year [ ]
• will not be returning to St Michael’s School next year [ ]

Signature: ____________________________ Date: ____________________________