Dear Parents, Students and Friends of Kananook Primary School

This is an article which I would like to share with you all by MICHAEL GROSE for this week’s Newsletter.

Parenting for Resilience

Twelve year old Jack was upset. His best friend had snubbed him because he heard along the grapevine that Jack had made some derogatory remarks about him. Jack took this rejection to heart. He couldn’t remember saying anything nasty about his friend. It began to play on his mind so much that it was affecting his schoolwork.

Jack confided in his dad, who didn’t know how to respond.

At this point Jack’s dad contacted me for some clues.

This was a tough one. On the one hand this well-meaning father wanted to help his son but this was an issue that his son needed to sort out himself.

It was obvious that Jack needed to be more resilient and not take such rejection to heart. This is easier said than done! However those kids who are socially and academically most successful usually have a strong sense of personal resilience that enables them to bounce back from some of life’s curve balls.

Jack is typical of many children of this current generation who lack resilience. Parental overprotection and an aversion to kids taking even safe risks robs many kids of vital opportunities to develop problem-solving skills as well as coping skills, which are necessary for resilience.

The notion of resilience is very much a 21st Century parenting concept that every parent and teacher needs to understand.

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. They are flexible enough to cope with changes such as moving from one school to another. They keep working hard in school even if they don’t succeed at first. They have resilient spirits.

Unfortunately, not every child has such natural resilience.

The good news is that most of the research into the area indicates that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets - independence, problem-solving, optimism and social connection. There are many ways parents can develop these skills but the key is for parents to allow kids to fully contribute to their family. By developing children’s self-help skills parents promote a real sense of independence as well as their children’s resourcefulness.
Parents also need to resist sorting out children’s social problems and skill them up to solve their own friendship challenges. Sometimes parents can create more problems by interfering in children’s disputes. From the resilience perspective parents are better off coaching kids through some of their more challenging moments and reviewing what they may have learned for next time.

Kids learn optimism from home. Martin Seligman, the author of The Optimistic Child, found that kids pick up the explanatory style of the parent they spend most time around, usually mothers, by the age of eight. So a parent’s optimistic, can-do attitude pays-off.

Regular positive parent-child interactions are perhaps the best way for kids to pick up basic social skills that enable them to interact with their peers as well as more subtle resilience skills such as humour, goal-setting and persistence. So parents need to look for as many opportunities to spend time with and talk to their kids as humanly possible.

Children’s life experiences contribute to their resilience. The seemingly small disappointments that kids experience such as not being invited to a party, missing being picked in a sports team, or not achieving success in a school project the first time help them learn to cope with hardships and frustrations. Coping with minor development issues such as change, sibling conflict and even failure build up a psychological hardiness that helps them when they face some of life’s big challenges in adolescence and beyond.

In Jack’s case the rejection by his friend is unpleasant but not abnormal. Kids at this stage can be cruel to each other. Misunderstandings are common. The best way his father could help was to listen to his son, show understanding but also to see this incident as a teachable moment. I advised this dad to lead his son through some possible solutions and also show faith in his ability to get by. A genuine show of faith in kids’ abilities to cope rather than simply a ‘get over it’ attitude gives kids great hope when they face difficulties. The hardest part of parenting is keeping kids chins up when life doesn’t go their way.

Complete the following Parenting for Resilience Quiz. State whether these resilience concepts apply to your family or not?

1. Kids don’t always get what they want. The Rolling Stones were right when they sang, “You can’t always get what you want, but you can try” all those years ago.
   Yes / No

2. They have plenty of opportunities to solve their own problems without adults trying to fix everything for them.
   Yes / No

3. Children are expected to help at home from a young age without being paid.
   Yes / No

4. Parental expectations for success are positive, realistic and based on child’s interests and aptitudes rather than on adult wishes.
   Yes / No

5. Children receive liberal amounts of encouragement but moderate amounts of praise.
   Yes / No
6. Children have plenty of free time to do three essential things – play, have fun and to daydream. But they need to have the opportunity to initiate all three, rather than have them initiated by someone.
Yes / No

7. Children are involved in family decision-making.
Yes / No

8. Children have the opportunity to identify their strengths and then build on these to develop their unique identities through adolescence.
Yes / No

9. Children grow up in families that have their own rituals, rights of passage and celebrations. Yes / No

10. The adults in children’s lives are resilient and lead balanced lifestyles.
Yes / No

ANSWERS:

1. Yes. The outcomes are better for children who can practise impulse control and learn to wait until things improve.

2. Yes. Children will only develop their inner resources and problem-solving skills when given the opportunity to develop their resourcefulness.

3. Yes. Children learn to be useful and the skills of participation when they help at home.

4. Yes. Expectations for success need to be pitched just ahead of where children are at. Too high and children may give in. Too low and they will reach them!

5. Yes. Praise is like French fries – kids want them but they don’t need them. They need something a little more substantial than quick fix, feel-good praise. They need something substantial like encouragement to help them grow and develop.

6. Yes. These three essentials help insulate human beings when life gets out of control.

7. Yes. They learn to impact positively on their environment.

8. Yes. When children develop their strengths they are more likely to reach their full potential.

9. Yes. These rituals provide important anchors to children as they develop and grow away.

10. Yes. Resilient children need to be surrounded by resilient adults rather than adults who are continually stressed and have no real life aside from children and work. A hobby is a good place to start if you feel that life is all work (and kids) and no fun.

SCORE:

9-10: Outstanding. You are helping your children develop strong psychological muscles.

5-8: Good. Just need to pick up a couple of areas.

2-4: Hmm! May need to make some adjustments.

0-1: Total overhaul needed. Start at No. 10:
LIGHTNING PREM!
ATTENTION PARENTS

If your child is absent we would like you to inform us by using the email facility on our website. Simply go to

http://www.kps.vic.edu.au/ and find the icon below. Fill out the online form and submit it. You can then be sure we have the necessary and accurate details of your child’s absence.

Please click here to report a student absence.

Time is running out.

Kananook Primary School will be going to a paperless newsletter in Term 4!

Have you subscribed to KPS website: www.kps.vic.edu.au?
Have you downloaded our School App at Tiqbiz.com?

Are you following our Kananook Primary School Official facebook page?
Parents, Teachers and Friends (PTF) News

**Special Lunch**

Our next special lunch will be next Friday 16th September, the last day of term. The lunch will be a hot dog and/or meat pie with a juice box. Vegetarian hotdogs are available, please mark this box on the form. The order form is coming home with today’s newsletter, extra forms can be found at the office or on the Kananook website. Orders are due by 9am next Wednesday 14th September. We need help counting orders Wednesday morning in the KOOSH room and on Friday from 12 noon in the Kid’s Kitchen for preparing and serving the lunch. All welcome to come and lend a hand!

**Second Hand Uniform Sale**

There will be a second hand uniform sale next Tuesday morning 13th September from 8.50am in the Mirrabooka courtyard

**Father’s Day Stall Thankyou**

Once again thankyou to Nickie for leading the Father’s Day Stall organisation and thankyou to Rebecca for giving us a hand sorting out the gifts ready for the day. Thankyou Leanne, Carmen, Kristy, Jenny, Rebecca and Grace for their help successfully running the stall last Thursday and packing up afterwards!

**Kananook Primary School Musical**

“*It’s a small world*”

**Tickets on sale from 9am Friday 2nd September**

Ticket prices are

- Adults $18.00
- Children $8.00
- Toddler’s in seat $8.00
- Toddler's on parent’s laps Free
FRIENDLY STARS

Are children who have been recognised as displaying friendly and positive behaviours in the yard. Thankyou for helping make Kananook a happy place.

Teinaki, Maya, Willow, Taya & Jesse

Kananook ‘Sponsor of the Week’

See a full list of our sponsors on the Kananook website

School Assembly

Assembly presentations
Every Thursday at 3:00.
As always we are inviting parents & guardians to attend.
Assembly is each week 3:00pm on a Thursday.
Parents & guardians please check the website often each week to see what is happening around Kananook Primary.