Upcoming Events - February

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 8th</td>
<td>Friday</td>
<td>8.30am</td>
<td>Whole School Mass led by Year 5/6 Rooms 21, 22 &amp; 23</td>
</tr>
<tr>
<td>February 13th</td>
<td>Wednesday</td>
<td>9.15am</td>
<td>Ash Wednesday Mass</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>No school for Preps</td>
</tr>
<tr>
<td>February 15th</td>
<td>Friday</td>
<td>8.30am</td>
<td>Whole School Mass led by Year 3/4 Rooms 12, 13 &amp; 15</td>
</tr>
<tr>
<td>February 20th</td>
<td>Wednesday</td>
<td></td>
<td>No school for Preps</td>
</tr>
<tr>
<td>February 21st</td>
<td>Thursday</td>
<td>7.00pm</td>
<td>Sacramental Journey Prayer Service</td>
</tr>
<tr>
<td>February 22nd</td>
<td>Friday</td>
<td>9.15am</td>
<td>Opening of School Mass</td>
</tr>
<tr>
<td>February 23rd</td>
<td>Saturday</td>
<td>8.30am</td>
<td>Working Bee</td>
</tr>
<tr>
<td>February 24th</td>
<td>Sunday</td>
<td>10.30am</td>
<td>Prep Welcome Mass and Parish Fun Day</td>
</tr>
</tbody>
</table>

Dear Families,

Welcome back to the 2013 school year. I hope all families had a great Christmas and a very happy New Year.

A special welcome to all of our new families and children in Prep. We hope we can develop a strong partnership with you to provide the best possible education for your child.

Our school community is made up of individuals with their own special qualities. When these qualities are shared within the school community, we will enjoy the benefits; and the children will prosper both academically and personally. Like the home, our school must be supporting yet not smothering, loving yet disciplined, encouraging yet challenging. We have been given this year to use, as we will. We can waste it or use it. We can make it a long year to be remembered for its joy, its beauty, its achievements, or it can be filled with pettiness. What we do together this year is important, for at the end we will all be different to the way we were at its beginning. The type of difference depends upon each one of us.

Working Together

Something we learn in life is that ‘when we all work together we can achieve great things’. We saw this many times over the last month when people who have been flooded were given much needed assistance by volunteers. This was also evident in many instances last year when parents and staff worked together to improve the education or some social concerns of a child; when parents worked together with school and parish staff at our sacrament workshops, working bees and Parish events to discuss aspects of faith and work towards improving and getting to know others in our parish community; when we worked together to fundraise for much needed resources; and when parents and staff worked together in the classroom and assisted all children; and when parents, staff and students worked together to make the school year such a success. Yes, when we worked together it was the child who benefited. So this year, I encourage all parents to work together with us the staff, so we can achieve great things for all at Resurrection Catholic School.
Brief History & Profile

Resurrection Primary School was opened in 1978 and gained registration in February 1979. The area covered by Resurrection Parish, and therefore our enrolment clientele, encompasses Kings Park, Delahey, part of Taylors Hill and Burnside Heights, Cairnlea and Albanvale.

The founding leaders of Resurrection planted deep seeds of pastoral care and community involvement, which are the hallmark of the Resurrection community some thirty five years later. The strong links between school, Parish and the wider community continue to be that which makes Resurrection a special place, which nurtures and cares for each individual belonging to this community.

Time Capsule

This plaque is located in the garden outside the office.

It reads ‘Resurrection School Celebrates Twenty One Years of Life in 1998.
This Time Capsule Was Buried 8th May, 1998.
To Be Lifted 21 Years From This Date.’

When our 2013 Preps are in Year 6 (in 2019) this time capsule will be opened. We will then find out the information stored in it and create a new time capsule to be opened in the year 2040.

Welcome New Staff

We welcome the following new staff members for 2013:

Mr Matthew Dalton (Year 3/4 teacher), Helen Frigo (Aide) Maria Long (Prep teacher), Bridget Welham (Year 2 teacher) and Leah Wilkinson (Year 1 teacher)

We welcome Jessica Davis as the Oral language teacher (Jessica has worked at our school as an emergency and relieving teacher over the past 18 months). We also welcome back Mrs Maree Shields (PE teacher). Maree has been on maternity leave.

We hope their time with us is enjoyable and rewarding!
Fr. Noel’s 70th birthday celebrations

Last Saturday night the parish celebrated Fr. Noel’s 70th birthday. It began with Mass where some of his brother priests attended to concelebrate mass with Fr. Noel. After Mass people gathered in the hall including Fr. Noel’s family, friends, school staff and parishioners. Fr. Noel’s mother attended (she is 97 years old) and his brother come from Brisbane and his nephew from Sydney. The photos below show a snapshot of what occurred on the night.

Fr. Noel’s brother saying a speech on behalf of the Brady family.
ASH WEDNESDAY

Next Wednesday is Ash Wednesday and it begins our Lenten journey. Lent is about getting things into perspective. It focuses our attention on what really is worth living for, on what life is about, and where we are heading. We begin with the powerful symbolism of Ash Wednesday, putting the ashes on our foreheads, under the sign of the cross with the words: “Repent & believe in the Gospels.” The ashes remind us, in no uncertain terms, that death awaits us. In ancient times people put ashes on their heads when they were in mourning and grief. We acknowledge the shortness of our lives, and resolve to turn away from sin and be faithful to the Gospel. The ashes challenge us to set our hearts on the things that really matter. Our school will celebrate Ash Wednesday Mass at 9.15am all families are invited to attend. There will also be a Mass at 7.15pm at Resurrection Church.

INVITATION TO THE OPENING OF THE SCHOOL YEAR MASS
Friday 22nd February at 9:15am

Celebrated by

Father Noel Brady

All Families are invited to celebrate this Mass with the School Community - Students, Staff and Parishioners

Morning tea with the School Staff will follow after Mass in the Community centre.

All Welcome!!

FUNDRAISING MEETING

You are invited!!

Please come along on Tuesday 19th at 9.00am in the Community room (toddlers welcome) and join in our discussions for 2013 fundraising ideas. We invite and would welcome any parents with an hour to spare to contribute to our 2013 fund-raising ideas. It is a great way to meet other parents and become involved in school life.

All Welcome.
Last Thursday many parents and children came to school for their initial ‘chat’ with their 2013 teacher/s. If you missed this opportunity please contact your child’s teacher and make an interview time.

**Sacramental Journey 2013**

Parents need to decide now if this year is the right time for their child/ren to celebrate the Sacraments of Reconciliation (Year 3), First Communion (Year 4), or Confirmation (Year 6).

On Thursday 21st February the Sacramental journey for all Year 3, 4, and 6 students begins at 7.00pm in the church.

The evening will take the form of a Prayer Service that will include faith sharing from invited speakers. It will begin at 7.00pm and conclude by 8pm. All children who are celebrating a sacrament together with their parents are expected to attend. It is part of the faith journey leading to the celebration of the sacraments.

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**Resurrection Parish Prep Welcome Mass And Family Fun Day**

*Sunday February 24th, 2013*

Resurrection Parish are welcoming prep families at the 10.30am Mass and having a Family Fun Day to be held on Sunday February 24th. Mass begins at 10.30am and the Fun day begins **from 11.30 am** in the school/parish car park. This day is open to everyone - new families to our school/parish, all the community and of course our regular parish and school community. There will be ‘FREE’ rides. We also have a **sausage sizzle costing $2.50 each** and various drinks. Bring the family, tell your friends, don’t miss out on this great family event!

Parish Social Group

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**Medical Forms**

Student medical forms were sent home today, please fill in and return it to your child’s home room teacher ASAP.
How is funding for Victorian Catholic schools allocated by Government?

Both the Australian and Victorian Governments are important providers of funding for Catholic schools along with families who contribute to the costs of Catholic education through fees and fundraising. Catholic schools are resourced at 10% less than government schools. On average, the income per student in Catholic schools is lower ($10,008) than in government schools ($11,132).

What do our school fees ($700.00) go towards?
School fees pay the running costs of the school. The bills you receive at home (power, water, gas, insurance, cleaning costs, loan repayments, plumbers, electricians, telephone, maintenance items etc) are the same bills we receive however ours are much higher in dollar values for example our insurance bill is $43,000 per year our phone bill per month on average is $355.00 etc. The school fees pay these costs which we do not receive government support for.

What do our $200 levies go towards?
The levies pay for the items used by your child within the school year.
The breakdown on $200 levies is as follows:

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Literacy classroom resources</td>
<td>$55.00</td>
</tr>
<tr>
<td>Excursions/Incursions</td>
<td>$45.00</td>
</tr>
<tr>
<td>Classroom stationary, art materials and books</td>
<td>$56.00</td>
</tr>
<tr>
<td>Performing Arts resources</td>
<td>$5.60</td>
</tr>
<tr>
<td>Religious Education resources</td>
<td>$10.30</td>
</tr>
<tr>
<td>Mathematics resources</td>
<td>$28.40</td>
</tr>
<tr>
<td>Computer software licenses and materials</td>
<td>$13.86</td>
</tr>
<tr>
<td>Physical education equipment</td>
<td>$16.00</td>
</tr>
<tr>
<td>Italian resources</td>
<td>$4.70</td>
</tr>
<tr>
<td><strong>Total Cost</strong></td>
<td><strong>$234.86</strong> (The school will through fundraising and other income put in the extra $34.86 per child.)</td>
</tr>
</tbody>
</table>

What does our $50 ICT (computer/digital devices) levy go towards?
The levies raised go towards our total ICT costs. The levies collected will cover minimal costs associated with our ICT deployment. We will raise $15,000 of the $161,250 required each year for ICT requirements.

<table>
<thead>
<tr>
<th>Year</th>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep-Year 2</td>
<td>PCs and iPads</td>
<td>$42,500</td>
</tr>
<tr>
<td>Year 3 and 4</td>
<td>PCs</td>
<td>$17,500</td>
</tr>
<tr>
<td>Year 5 and 6</td>
<td>1:1 Mac Book Pro</td>
<td>$80,000</td>
</tr>
<tr>
<td>ICT Technicians</td>
<td>ICT hardware and software support</td>
<td>$21,250</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$161,250</strong></td>
<td></td>
</tr>
</tbody>
</table>

If you have any difficulties with payment of fees please see me ASAP so that an arrangement can be worked out. We are able to assist families in need!
If you were on a payment arrangement in 2012 please come and see me for a new 2013 payment arrangement. Please note: Independent auditors review our financial records to ensure money has been spent appropriately and according to the guidelines. To date our auditors reports have always found correct procedures and disbursements are in place of all financial transactions.
WORKING BEES -2013
This year we will continue to have one working bee a Term. Our first working bee is on Saturday February 23rd (8.30am -12.30pm) and I invite parents who have their eldest child in Level 4 (Year 5/6) to attend as your one working bee commitment for the year.

Other working Bees:
June 15th - Eldest child in Level 3 (Year 3 & 4 children)
September 7th - Eldest child in Level 2 (Year 1 & 2 children)
November 30th - Eldest child in Level 1 (Prep children)

Remember that working bees are a vital way of improving our school environment. There are many parents who, due to work and other commitments, cannot assist during our normal school week. Our working bees are a great opportunity to meet other parents and assist your child’s school at the same time. To enable us to plan the work could you please indicate below if you are able to attend.

Dear Mr. Kremers,

The __________________________ family are able to attend the working bee on Saturday 23rd February.

Number of adults ___________ Eldest child’s name __ ___________ Year ____ Room ___

PARENTS NEEDED ! - THE BUSY BOX

This year we hope to utilise parents to assist with creating staff resources in an area called “The Busy Box”

Some examples where we might need your help will be with:
Cutting; Laminating; Colouring in; Gluing; Collating; etc

Where: Community Room
When: Every Tuesday and Wednesday
Time: 2.15 pm onwards

Why not come before you pick up your child from school, grab a cup of coffee, and help staff with all the work that needs to be completed?

Our aim is to have this work finalised for staff within a week from the time they hand it in. I know with your help we can achieve this.
**SCHOOL UNIFORM**

Children are expected to wear their **full school uniform** (including black leather shoes) every day except on sports days when they will wear their sports uniform. Runners are **ONLY** to be worn on sports days. If it is a cold day weather forecast, children may continue to wear their winter uniform. Parents, please send a note if your child/ren is not in the correct uniform. If children are not in the correct PE uniform they will be unable to participate in PE lessons.

**SUMMER UNIFORM**

**GIRLS**
- Red check dress or *Primary Schoolwear*
- Navy shorts, white socks
- (long or short), black school shoes (no heel),
- School windcheater with logo.

**BOYS**
- Red polo shirt with logo, *Primary Schoolwear*
- Shorts, navy blue socks, black school shoes, school
- Windcheater with logo.

**Note:** No other shorts, other than *Primary Schoolwear*, are to be worn.
The school hat, with logo, is compulsory in Terms 1 & 4.

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**Computer Network & Internet**

**Student Code Of Conduct:**

**Years Prep ~ 5; 2013**

**The School Network:**
- I will follow the teacher’s instructions when using the computers.
- The settings on the computers will not be changed.
- I will **only** logon onto the computers in my **own** name and save to my **own** folder, these are personal logins to the network.
- Before printing I will ask the teacher’s permission and I will **only** print once
- I will only use USB drives; DVD’s; CD ROM’s from school - no **software** from home.
- School USB drives will be available for loan, but must ~
  - **ONLY** be used for school project or assignment work’
  - **ONLY** be used for completion and transfer of work between the classroom and home
- Be scanned by ICT Co-ordinator - Mrs Duyndam, before being plugged back into
  - Computers at school
- **Always** remain the property of the school and must be replaced if lost

**The Internet:**
- I will **ONLY** use **my own username** and password to log on to the Internet.
- I will follow the rules of copyright ….I will not copy information from the internet and present it as my own work– as outlined and discussed in classes.
I will use the Internet in a responsible manner, but if I find myself in an unsuitable location I will immediately click on the HOME button or turn the monitor off and tell the teacher.

I will not give out any personal information/images for anyone when using the Internet.

**EMAILS (Years 5&6 only):**

- Will be limited to school addresses only,
- Will only be able to be available at school
- I will only open e-mail attachments if I know what the attachment contains
- I will not respond to any messages that are inappropriate
- I will not respond to any messages that I feel uncomfortable about and I will tell a teacher immediately.
- I will use language I understand and that is acceptable, including correct letter writing standards.

I will always use correct netiquette (good manners on the Internet).

I will not download any material from the Internet onto the school hard drives.

Pictures can only be used in a student’s work if correctly noted with the website address they came from..... Definitelly not to be saved to folders or our servers!

I will not load any material (files/music/pictures/etc) to the school computer network – the Servers or computers in the Classrooms or Lab.

I will not print information from the Internet without first checking with a teacher to see if it is legal to do so.

I will not join in chat rooms or answer any advertising questionnaires...educational questionnaires are acceptable if asked to do so by your teacher.

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**EDUCATION MAINTENANCE ALLOWANCE**  
*(EMA Health Care Card)*

The eligibility amount for 2013 is $200 per Prep child and $150 per Year 1-6 child. The payment will be paid in two instalments and to be eligible the claimant must:

- Be a parent / guardian of a primary school student.
- Hold a current CENTRELINK CONCESSION, OR HEALTH CARE BENEFIT CARD, OR VETERANS AFFAIRS (TP) PENSIONER CARD and the card must be current on 29th January, 2013.
- Application must be submitted to the school by 28th February 2013.

Parents, if you are eligible please apply **NOW.** You must bring your Centrelink Card with you to be photocopied.

**NO LATE APPLICATIONS WILL BE ACCEPTED AFTER THE ABOVE DATE**
**Thought for the Week**

"Education is a social process. Education is growth. Education is, not a preparation for life; education is life itself."

*John Dewey*

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**CATHOLIC REGIONAL COLLEGE CAROLINE SPRINGS**

**Enrolment for Year 7, 2013**

Parents of current Grade 6 students who are zoned to Catholic Regional College Caroline Springs have until **Friday 1st March 2013** to submit their applications for enrolment for Year 7 in 2014. This is the final date of acceptance for applications.

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**CATHOLIC REGIONAL COLLEGE ST ALBANS**

**Enrolments for Year 7 2014**

The College is now taking applications for Year 7 in 2014. Interested families requiring more information are asked to contact Anne Stokie for an enrolment information package. This can be done by phone (9366 2544) or email at astokie@crcstalbans.com.au. There will be school tours on the 14th and 18th February at 9.30am.

The enrolment application form is also available from the College website at [www.crcstalbans.catholic.edu.au](http://www.crcstalbans.catholic.edu.au).

Applications for Year 7 2014 close on **Friday 1st March 2013**.

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**SHROVE TUESDAY**

Next Tuesday the 12th of February is Shrove Tuesday. As part of our Social Justice Action the Year 1 and 2 students will be making pancakes (with the help of parents and teachers). The funds raised will be sent to one of our chosen charities. This is a good way to show the children the meaning of ‘mission’ and reaching out to others.

**Cost:** 20c each

**Toppings:** Syrup or plain

**Ingredients:** Self-raising flour, milk, egg, sugar and syrup (optional).

Parents of students in Years 1 and 2 are most welcome to help if they have a current Working with Children Check. Please speak to your child's teacher if you are able to assist.

Thanking you

Junior teachers
Sports News from Mrs Maree Shields & Miss Michelle Gilbert

District Level Sports Trials for State Sports Teams
District trials for School Sport Victoria Deer Park District are being held again this year. These trials are held as the starting point in gaining entry to State sports teams for students of exceptional ability. Trials are being held for Swimming on February 20, Basketball, AFL, Soccer and Netball on March 6 and Tennis on March 7. Parents are required to accompany their children to these trials. If your child is interested in participating in one or more of these extra-curricular activities, please come and see Mrs Maree Shields for more information.

RUNNERS CLUB & BEEP TEST CLUB
As part of the Physical Education Program for all year levels, we are pleased to offer students the opportunity again to be a part of Resurrection Primary School’s Runners Club. This is a healthy way to improve a student’s fitness and will be used by the Physical Education teachers to assess a student’s fitness for school and district events. We will be holding Runners Club every Tuesday and Thursday mornings (weather and circumstances permitting) from 8.25am for the 2013 school year starting from Tuesday 12th February, and we encourage all students to join, no matter what your fitness level.

We are also offering, through the Physical Education department for those students interested in years 3-6, the Beep Test Club on Wednesday afternoons during Afternoon Play. This is especially offered to those who are dedicated to attend school and district extra-curricular events, such as Athletics carnivals and cross country.

While we encourage everyone who is interested to join either one or both clubs, it is compulsory that you attend both of these events if you are planning on competing for the school.

Please detach the following slip and return to the office before the commencement of the first sessions.

I would like to be a part of Runners Club and/or Beep Test for the 2013 school year. I commit to attending all sessions and to trying my hardest. If I am unable to attend Runners Club or Beep Test Club on any particular day, please notify either Mrs Shields or Miss Gilbert the day before.

Please tick one or both of the following:

☐ I would like to be a part of Runners Club 2013
☐ I would like to be a part of The Beep Test Club

NAME:.................................................. GRADE:..........................

Maths Problem Solving
Welcome back to all students and parents and a special welcome to all of our new students and parents. Each week, the newsletter will feature a math’s problem for our junior, middle and senior school to solve. If questions are too easy/difficult, students may choose to answer the question from another level.

We invite all students to have a go at answering the questions for this week. Each entry will earn 5 points for your house colour, regardless of whether the answer is correct. We encourage all to ‘have a go’.

Entries are due by Monday mornings at 9am. You may write your entry on the space provided, cut it out and give it to your teacher to place in your classroom office tub by Monday. Thank you ☻
**This week’s questions:**

<table>
<thead>
<tr>
<th>Junior School: Prep – Year 2</th>
<th>Middle School: Year 3/4</th>
<th>Senior School: Year 5/6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Name:</td>
<td>Name:</td>
</tr>
<tr>
<td>Year Level &amp; Room Number:</td>
<td>Year Level &amp; Room Number:</td>
<td>Year Level &amp; Room Number:</td>
</tr>
<tr>
<td>House Colour:</td>
<td>House Colour:</td>
<td>House Colour:</td>
</tr>
<tr>
<td>Problem:</td>
<td>Problem:</td>
<td>Problem:</td>
</tr>
<tr>
<td>How many pairs of numbers can you list that add to 10?</td>
<td>How many numbers can you make using the digits 1, 2, 3 and 4? You can only use each digit once in each number. What is the largest? What is the smallest?</td>
<td>What is the largest number you can make using 1, 0, 2, 7, 8 and 4? What is the smallest?</td>
</tr>
<tr>
<td>Working out:</td>
<td>Working out:</td>
<td>Working out:</td>
</tr>
</tbody>
</table>

**STEWARDSHIP ENVELOPES**

The Stewardship (Thanksgiving) envelopes are being distributed this weekend 9/10\(^{th}\) February 2013. Resurrection school families' will have Stewardship envelopes distributed on Friday 8\(^{th}\) February. These envelopes are given to your eldest child. Please check their school bags, if you do not receive your set of Stewardship envelopes. If you have not joined our Stewardship program of if you have any queries please contact Marian D’Rosario at the Parish Office 9367 8177.

To keep our records up to date if the names and address on the envelopes or statements are not correct can you please let us know either by phone or email KingsPark@cam.org.au

Thank you to all who have updated your parish records.
PARISH NEWS

Parish Ministries

You will notice some extra pages in this week’s bulletin. You will find a description of parish ministries. Please take the time to read about the ministries and see where your gifts can enhance parish life at Resurrection. There is something there for you.
You will also find a sign-up sheet to fill out and send to the Parish Office during the week or bring it with you to Mass next weekend.

Ash Wednesday

This Wednesday is Ash Wednesday (13 February) the beginning of Lent. There will be two Masses 9.15am with Resurrection Primary school children and 7.15pm.

Palm Branches

Should you be able to supply any palm branches (large or small) for this year’s Passion Sunday (24 March) please contact the Parish Office, or leave your details at the Welcome Desk.

Lenten Groups

There are four opportunities each week during Lent for parishioners to reflect and discuss the following Sunday’s Gospel. Each participant is asked to buy a booklet entitled “We Wish to See Jesus”, the cost is $8. The booklet is produced by the Archdiocese of Brisbane. It has the Sunday Gospel readings for Lent, reflections on the Gospel, and thoughtful questions to provide a focus for sharing.

Times and facilitators are as follows:

Monday 9.15am Margaret Vilardo
Tuesday 7.30pm RCIA (all welcome)
Wednesday 1pm Jane Caruana
Wednesday 7pm Dan Christie

There are sign-up sheets in the church narthex.

Lenten Regulations

Ash Wednesday and Good Friday are days of both fasting and abstinence. Copies of the Lenten regulations are available from the Parish Office or from the Welcome Desk. There is also a copy on the church notice board.

Working Bee

At last Wednesday’s Parish Meeting Night the Working Bee Preparation Group were busy planning our first working bee for 2013. Planning is important but ultimately the success of a working bee depends on parishioners willing to come and “get stuck into it”. Some parishioners have hardly missed a working bee in 15 years.
What about some new faces?

The working bee is on Saturday 23 February from 8.30am till noon. Morning tea and lunch provided.
Help kids face their fears

Navigating fear is part of growing up. It’s important to remember that fear decreases (and sometimes disappears) with positive experiences.

All kids experience fear at some stage.

Many fears are normal and developmental, such as fear of separation, fear of the dark and fear of new situations.

Other fears – such as fear of the dentist, fear of new social situations and fear of dogs – are more individual. They are often learned, or occur due to a bad experience.

Author Gisela Preuschloff, in her book Raising Girls, describes a recent longitudinal study that showed how girls are more fearful than boys. The physical signs of fear, including increased heart rate and enlarged pupils, are greater in girls than boys. As androgens (male hormones) have a calming effect, boys show less fear.

Jerome Kagan, Professor of Psychology at Harvard University, believes that excessive fear in girls is related to overprotective but well-intentioned caring they receive from parents and carers.

It’s been noted that many parents allow boys to take more physical risks than girls, and have different views of danger for each gender.

Fear is okay

Navigating fear is part of growing up. Fear plays an important role. It makes us cautious and causes us to prepare for a new or risky situation. The preparation may be physical (“I’ll walk on the other side of the street to avoid that mean dog.”) or psychological (“I’ll be brave when I visit the dentist!”)

Sometimes normal, healthy fears are confused with anxiety. Fear is unhealthy if it overwhelms kids, dominating their thinking and behaviour, or if it paralyses and prevents them from participating in everyday life. Fear is normal if it makes them wary but is not overwhelming.

Fears need to be faced

It’s important to remember that fear decreases (and sometimes disappears) with positive experiences. Walk past a scary dog without being bitten often enough and you’ll learn that it’s not so scary after all. Give enough talks at school and kids will wonder what all the fuss was about.

Scaffolding is one way to help kids beat their fears. That is, if they are fearful of going into a new situation on their own, go with them for a short time, then find an excuse to leave once they have settled. Alternatively, leave them to spend just a short time in an unknown situation at first. Increase the time as kids get used to the situation. Scaffolding beats avoidance and helps overcome fear.

Validate your child’s fears but let them know you have faith that they will be able to face them. Point out that they have conquered fear before – when they rode a bike for the first time, gave a talk, slept on their own with the light off for the first time – and they can do so again.

Other ways to help kids be brave and reduce their fears:

1. Increase their physical skills. Increased physical confidence comes when children explore and learn to control their bodies. Gymnastics and martial arts are two activities that give boys and girls greater physical confidence.

2. Teach them how… Parents protect kids best by teaching them how to navigate new situations rather than by preventing participation. Teach kids how to hold a knife, how to walk home from the park safely on their own, and how to climb a tree and get down again.

3. Teach kids simple relaxation techniques. Babies learn to self-soothe by sucking their fingers. Older children use other relaxation methods ranging from deep breathing, singing and self-distraction by, say, reading a book or listening to a story.

4. Show confidence and hope. Kids often take their cues from their parents, so if you want your child to be brave then you need to be brave too. I’m not suggesting you be dismissive of real fears, but your confidence and reassurance can really help when kids have to face their fears.