Swimming Sports 2014

2014 House Results
• 1st: Chisholm - 757  • 2nd: Delaney - 579  • 3rd: McKillop - 470  • 4th: Champagnat - 422
Dear Parents and Guardians,

We have now passed the half-way mark of first term. Our progress into the second half of the term is heralded by Ash Wednesday and the start of the season of Lent which will take us through to Easter.

Lent is a time of fasting, self-sacrifice, helping others in need, and preparation for the Easter ceremonies centering around the events leading to the death and resurrection of Jesus. In days gone by, the main focus was on “what I am giving up for Lent”. Whilst this focus remains to a certain extent, it is supplemented these days with a stronger focus on doing what we can to help others less fortunate than ourselves, not only financially, but emotionally and practically as well.

We don’t have to look far to find others in need of some kind: those who are marginalized by our society, or even by ourselves; those who are suffering from the rebukes and criticisms of those around them; those coping with hardship of any kind in their lives.

Our challenge is twofold: firstly, in recognizing when others are suffering, and doing something to ease that suffering; and, secondly, the more difficult and challenging task of recognizing when our own behavior is actually contributing to that suffering either by something we are doing, or in many cases, not doing.

We have until April 20 – Easter Sunday – to do something about this. After which, it is fair to question why on earth we would revert to such behavior.

Swimming Sports

Congratulations to all students and parents who attended the Swimming Sports last on Wednesday evening. Given the inclement and thunderous weather of the previous week, the re-scheduled date was a sheer delight weather-wise. It is true that because of the optional nature of our Swimming Sports we have a reasonably small percentage of our students in attendance. That said, those who attended on Wednesday had a great night and provided the basis for our selection of the inter-school team to swim in the Upper Hume carnival this week.

Thanks to the Parents Association team for providing the BBQ throughout the night.

Opening Mass & Presentation Assembly Years 7-9

Our second Opening Mass and Presentation Assembly was a most uplifting occasion. Fathers Mike and Eugene led our celebration of the Eucharist and spoke of the promise of a new year. This was followed by the assembly at which student leaders and last year’s high academic achievers were recognized.

Thank you very much to the parents, grandparents and other family friends who attended the celebrations: your attendance was very much appreciated.

Trivia Night for Timor L’Este

On Friday evening, Jim Samon, Lyndell Petersen and a host of helpers including Patrick Arcuri, Rebecca Hernandez and many parents, led by the indefatigable Mandy and Marty Hogan, mounted an hugely successful Trivia Night and Silent Auction. Close to $5,000 was raised by this function, all of which will go as aid to the Abafala school in rural Timor L’Este (East Timor – Australia’s closest international neighbor) where our staff and students will be heading in a few short weeks. Many thanks to the strong parent, family and staff contingent present on the night.

Looking forward

We have a number of major events still to come this term: 4 x Year 9 Adventure Camps, 5 x Year 11 DECA camps, Ash Wednesday, Lenten Visitor / FIRE Carrier ceremony, Whole School Review, Interim Reports, Timor L’Este Immersion Experience, Athletics Day, Caritas Ks, Parent/Teacher Interviews. First term is certainly a busy time in our school’s year!

Go well as we enter Lent following Ash Wednesday this week.

Best wishes,

Bernard Neal
Principal
Junior School News

Lauren Lee - Junior School Director

A big thank you to all of the parents who joined us this week for the opening school mass. It was a fantastic occasion to welcome all of our new students and parents, especially the Year 7’s into our community. A big congratulations to the many award winners from Semester 2 last year. There were a number of recipients and it was great to be able to acknowledge their hard work and academic achievement.

This week 8/2 were in charge of prayer assembly and their theme “Don’t worry, be happy” was quite relevant considering they lost their banner and some of the pictures they prepared in the clean up from mass. Mrs Annett and her class managed to get through the rest of the assembly encouraging everyone to be happy and take care of one another.

Finally congratulations to all of the Year 7 and 8 students who represented their house in the swimming sports. It was great to see so many bright faces at the end of the pool when they completed their races.

New LOTE staff

From the beginning of this year there have been three new members of staff who have joined the LOTE department: Ms Lauren Wilson (pictured right) who specialises in teaching Italian, and Ms Megan Webster (pictured left) who specialises in teaching Indonesian. Both are fresh and talented young teachers who are passionate about teaching language and learning about other cultures.

The LOTE department is once again lucky to have an Italian Language Assistant, Ms Aurora D’Onorio De Meo, from Formia in Italy. Aurora stated that she came to Australia to do an internship within a school to improve her English language skills. Aurora studied Languages at Università degli Studi di Roma La Sapienza, where she also studied Spanish and Russian and achieved a Master degree in July 2012. Aurora’s first impressions of Australia have been very positive, “People are very polite and friendly with me. I’ve found the Italian Language Assistant job to be very satisfying.” Aurora will complete her internship at Galen on the 4th of April.

Middle School News

Keith Willett - Middle School Director

Welcome to a new year in the Middle School. In particular I would like to welcome the Year 9 group as they make their transition form the Junior School to the Middle School. We have several students for whom 2014 is their first year at Galen. Coming into Year 9 we have Chloe Tate, Thomas Whitechurch. Commencing in Year 10 we have Marli Bryant, Jesse Rickard, Thomas Duncan, Bonnie Fogarty and Taylor Sturzaker.

Middle School Executive

Throughout term 1 the position of Middle School Director will be shared by Rob Walker and Keith Willett. Year 9 Coordinator is James Bourke and Year 10 Coordinator is Liz Morrow. The Middle School Home Room Teachers are as follows:

Year 9
9.1 Laurie Burt   10.1 Kelly Smith
9.2 Paul Walker   10.2 Debra Doyle/Liz Orton
9.3 Wendy Chuck   10.3 Paul Benedetti
9.4 Ashlee Burke   10.4 Shannon Murphy
9.5 Jacqui Pengelly  10.5 James Heath
9.6 Lyndel Petersen  10.6 Elizabeth Holligan
9.7 Tegan McKeown  10.7 Brian Carr

Please contact the relevant person should you have any concerns or queries relative to the Middle School.

Student Leaders 2014

The following students have been elected as Student Leaders for 2014 in the Middle School. These students will be the voice of the Middle School student body and they will participate in leadership activities throughout the year. As well as working with the YLC’s and the Directors these students will also work closely with Laurie Burt who is responsible for student leadership activities across the school.

Year 9
Ainslie Bear   Ben Lyons
Holly Wright   Harry Condon
Maddison Talarico  Kate Saunders
Jesse Levesque  Elysha Colombara
Jaymz Bright   Kate Pitcher
Emma Gamble    Fletcher Stewart
Emma Ackerly   Jade Gibson
Zoe Gephart    Jayden Bear
Meg Amery      Jesse Gardner-Russell
Antonia Diramacca  Zoe Stinson
Josh Bevacqua  Kate Bear

Year 10
Ben Lyons
Harry Condon
Kate Saunders
Elysha Colombara
Kate Pitcher
Fletcher Stewart
Jade Gibson
Jayden Bear
Jesse Gardner-Russell
Zoe Stinson
Kate Bear

Uniform

Uniform to this point has been very good. Just a reminder that shoes must have black leather uppers. Canvas/cloth uppers do meet uniform requirements. Black socks are not permitted. Socks must be white. Hats should be carried at all times during recess and lunchtimes. When in the sun students are required to be wearing their hat. When in the shade they do not have to be wearing their hat. Punctuality has also been very good. Remember that first bell goes at 8.45am and HR commences at 8.50am.

Regards, Keith Willett

A Small Act of Kindness

A big thank you to Jack Reiter, Rebekah Looker, Chloe Thrum and Lily Poole from the music group who offered to help put away the items from the altar and surrounds after the Mass for years 7-9. It was much appreciated. - From Mrs Ellis
DECA Camp
Year 11 students will be completing a two-day Student Driver Program conducted by DECA in Shepparton. This is a terrific opportunity to gain valuable experience in learning to drive. The students will be accommodated overnight at Dookie College. Students will need to be at Galen College by 6:50 am on the date of departure so that they can be organised to leave by 7:00 am. The Student Driver Program runs from 8:30 am until 5:00 pm each day. After completing the program, students will return to the College at approximately 6:20 pm on the second day.

Students will be provided with dinner and breakfast at Dookie College. They should bring food they require for snacks and lunch on the first day. Students are required to bring pens or pencils for use in the classroom. The dates for the camps are listed below. Please ensure all medical and permission forms are returned promptly.

CAMP 1  -  March 3/4
VCE 8 (all)  VCE 11 (Surname A- Gigliotti)

CAMP 2  -  March 5/6
VCE 12 (all)  VCE 11 (Surname Grant-Umanski)

CAMP 3  -  March 11/12
VCE 13 (all)  VCE 11 (Waite Whitten)
VCE 9 (Surname A -Duncan)

CAMP 4  -  March 13/14
VCE 10 (all)  VCE 9 (Surname Ham - Shanley)

CAMP 5  -  March 17/18
VCE 14 (all)  VCE 9 (Surname Taylor – Wright)

News
Year 12 students have settled in a regular work routine as they negotiate initial assessment tasks and unit outcomes. Their responsible approach to silent study has been particularly pleasing.

Internet Safety: Rules of the Road for Kids

“Parenting today means teaching kids to use digital media responsibly. Learn the rules of the road.” - Caroline Knorr February 17, 2014 Parenting Editor | Mom of one

When we were growing up, a permanent record was something your school kept. Now, our kids create lasting records of their lives whenever they post something online. In a world where anything can be copied, pasted, altered and distributed in the blink of an eye to a vast invisible audience, kids must understand that they hold the key to what kind of reputation they create for themselves. More info at: http://bit.ly/MzPpJ1

Parent Access Module Login
Dear Parents, Please remember to check PAM weekly if possible. You can follow your child’s academic progress, attendance history, homework requirements or just check their timetable. Simply go to the link: pam.galen.vic.edu.au

If you’re having trouble navigating PAM please go to to the Galen web site and download the PAM help file or view the video cast on how to use the software. Otherwise just come in to the Senior Library between 9.00am and 3:30pm for help.

On Monday 17th March (Week 8) there will be three, half hour sessions for parents on how to access and use PAM. They will run at the Senior Library and they will be on at 3pm, 4.30pm and 5pm

Thank you to Bruck Textile Mill Wangaratta who donated a substantial amount of remnant fabric to Galen. This will be put to good use in Textiles classes.

Laptop Rollout
The 2nd and 3rd weeks of term were exceptionally busy for both ICT and the Senior Library with the roll out of new Macbook Airs to 4 year levels, and the return of old Macbooks from 3 year levels. Somewhere in the vicinity of 1400+ Macbooks were handled in this period. In the Senior Library, staff were kept very busy. Old Macbooks were packed, scanned and sorted. New Macbooks, with cases and covers were issued and students were then helped to log onto the school network, internet and email. Considering disruptions, this outstanding feat was only achieved by the wonderful level of whole school support.

Thank you to Bruck Textile Mill
Thursday Lunchtime Concerts

Thursday Lunchtime Concerts out front of the Senior Library kicked off last week with three fantastic performers; Billie Taylor, Llewy Wilkinson and Antonia Maher. We had a large audience and welcome even more students to come and have a listen in the future. It is a great way to listen to live music and support the many talented performers we have here at Galen. The next concert is on Thursday 6th March and our performers will be: Jade Gibson, Jai Crispin and Caitlin Stanley.

If you have any questions please email Miss Beth Code: beth.code@galen.vic.edu.au


Bishop Joe Leadership and Spirituality Scholarship

If any student in Year 10 & 11 is interested in applying for the Bishop Joe Scholarship could they please read the information below. If interested could you please let either Mr. Burt or Mr. Sullivan know so an application form can be completed. The closing date for applications is mid March.

This scholarship is for the development of spirituality and leadership in young people and is intended to offer opportunities for young people at each of the Secondary Colleges to participate in spirituality or leadership courses or programs. The scholarships are an expression of the Sandhurst School Education Board policy to: “provide leadership and support in areas of school renewal, planning and development of Catholic Identity, Leadership, Finance, Facilities and Resources, Pastoral Care and Curriculum.”

These scholarships are based on the beliefs that:
• Young people benefit from the opportunity to experience spirituality and leadership programs beyond their schools;
• The diocese has a responsibility to provide a range of professional and educational opportunities to cater for young people’s personal needs and circumstances;
• Young people are significant members of our Church;
• Schools, parishes and the Diocese benefit from the meaningful engagement of young adults;
• Young people can lead change in the hearts of other young people; and
• Future leaders need to be nourished in faith and spirituality.

2. Essential Eligibility Criteria To be eligible potential awardees need to:
• be enrolled in a Catholic Secondary College in Sandhurst in Years 10 or 11 and plan to continue to the end of Year 12;
• have contributed to leadership initiatives in their school/s and/or the diocese (innovation/implementation/evaluation);
• present a detailed proposal for participation in planned or self-designed Spirituality or Leadership Program;

The financial support for successful Bishop Joe Youth Scholarship Awardees may include costs determined by the selection panel in each school to the Awardee as essential to the program, such as:
• accommodation;
• conference costs;
• course costs;
• travel costs. For which THE AWARDEE/s from each of the Secondary Colleges will receive up to $1,000.

Sport Uniform Reminder

This Term the Galen PE staff have been extremely impressed with the participation rates and wearing of the PE uniform during PE lessons overall. However, over the past few weeks we have noticed that an increasing number of students have been wearing football shorts. The PE domain would like to remind students and parents that football shorts are not part of the PE uniform and are not to be worn. The wearing of the Galen football shorts is restricted to those students representing Galen at school football competitions only.  

Above: Students wearing the correct Galen Sport Uniform.

Performing at the recent Years 7-9 Opening Mass.
Mittagundi is an Outdoor Education Centre set on a stunning 400 acre property in the foothills of the Victorian High Country. Every fortnight we hike with twenty odd 14-17 year olds and two clydesdale horses into the property, camping overnight in the mountains. Once there our new friends learn the ropes of milking the cow, chopping wood, baking the bread and getting the everyday farm chores done. All without electricity. Then we all pack a picnic and raft down the Mitta Mitta river and abseil from a picturesque valley rock face before commencing the 2 day hike back out. All in all it is 10 days that provides a moment in time that can’t quite be forgotten. Anyone can come. They just have to be keen to get away and to meet new people.

2014 Program Dates

| Boys 413 | Friday, 7th March | Sunday, 16th March |
| Girls 414 | Friday, 21st March | Sunday, 30th March |
| Boys 415 | Friday, 4th April | Sunday, 13th April |
| Girls 416 | Sunday, 13th April | Tuesday, 22nd April |
| Boys 417 | Friday, 2nd May | Sunday, 11th May |
| Girls 418 | Friday, 16th May | Sunday, 25th May |
| Boys 419 | Friday, 19th September | Sunday, 28th September |
| Girls 420 | Friday, 10th October | Sunday, 19th October |
| Boys 421 | Friday, 31st October | Sunday, 9th November |
| Girls 422 | Friday, 14th November | Sunday, 23rd November |
| Girls 423 | Sunday, 28th December | Saturday, 3rd January 2015 |

Follow-Up Programs For students who have previously participated in a program

| Winter Alpine | Tuesday, 1st July | Saturday, 5th July |
| Farm Days | Wednesday, 1st October | Sunday, 5th October |
| Enterprise | Thursday, 23rd October | Monday, 27th October |
| Woodchop | Friday, 12th December | Tuesday, 16th December |
After having to cancel the first date for our swimming carnival due to stormy weather, we were blessed with fine weather on the evening of 26th February.

It was great to see so many students dressed up in their house colours and cheering on all competitors. Competition between houses was fierce in the novelty event, the noodle relay. Teams of 8 students had to complete 2 laps of the pool, with 2 students being in contact with the pool noodle at all times. Congratulations to Chisholm house who took out this event.

In the hotly contested student/staff freestyle relay, the staff were finally too good for the students, managing to beat the student team with their superior skills and fitness. Thanks to staff members Mim Murray, Pete Watson and Nick Beattie who joined Sport Co-ordinator Carly Bilke in this event. In the wake of their defeat, the student team was quick to lodge a protest suggesting the staff team started before the gun went off. This protest was quickly dismissed by the Sport Co-ordinator, leaving the staff team victorious for 2014.

In the more serious swimming events, a number of records were broken on the night. Congratulations to Kate Brown and Ellie Warren who broke all records in all of the four events for their respective age groups: 50m freestyle, 50m backstroke, 50m butterfly and 50m breaststroke. What an amazing effort, well done ladies!

Other record breakers on the night were:
Jackson Clarke = 50m breaststroke
Lucy Lee = 50m breaststroke
Olivia Storer = 50m backstroke
Bridget Cole = 50m butterfly

Well done to these students, and also to the 20 year old Champagnat girls relay team who broke the relay record by 0.17 of a second.

The final individual event of the night, as always, was the female and male SuperSwim. This event is a 50m freestyle swim between the eight fastest females and eight fastest males of the night.

Representing the females were Meg Rogers, Abby Rickard, Bridget Cole, Kate Brown, Emma Brown, Elli Warren, Paige Cooper and Christina Shanley. In a close finish, Elli Warren capped off a great night by taking out the win over Kate Brown in 29.91 seconds. This is the third year in a row that she has won this event – congratulations Elli!

The eight fastest males were Gabe Watson, Ned Penny, Jacob Reidy, Jackson Clarke, Harrison Clarebrough, Ben Morrow, Ryan Squires and Jayden Bear. Congratulations to Jackson Clarke who not only won by a whopping 2.5 seconds over the 2nd place getter, but he also set a new SuperSwim record in a very fast time of 28.41 seconds. Great work Jackson!

Finally, congratulations are in order for our age group champions. These are the best performers from each age group, males and females, on the night. Each age group champion will be presented with a medallion at an upcoming assembly.

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Gender</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 Yr</td>
<td>Gabe Watson</td>
<td>M</td>
<td>28.41</td>
</tr>
<tr>
<td>14 Yr</td>
<td>Harrison McCarthy</td>
<td>M</td>
<td>29.04</td>
</tr>
<tr>
<td>15 Yr</td>
<td>Ryley Patford</td>
<td>M</td>
<td>29.05</td>
</tr>
<tr>
<td>16 Yr</td>
<td>Harrison Clarebrough</td>
<td>M</td>
<td>29.06</td>
</tr>
<tr>
<td>17 Yr</td>
<td>Tom Judd</td>
<td>M</td>
<td>29.91</td>
</tr>
<tr>
<td>20 Yr</td>
<td>Jackson Clarke</td>
<td>M</td>
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<td></td>
<td>Olivia Storer</td>
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<td></td>
<td>Bridget Cole</td>
<td>F</td>
<td>29.91</td>
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</tbody>
</table>

Thanks to all staff and parents who helped out on the night and to all students for creating such an enthusiastic and fun atmosphere. Special thanks must also go to Allison King of the Parent’s Association who organized the sausage sizzle. Finally a big thank-you to all of the house captains, particularly the senior captains, who played a big role in organizing the relays, encouraging others to participate, generating house spirit, and swimming themselves.

Written by Carly Bilke - Sport Co-ordinator

2014 House Results
1st: Chisholm - 757
2nd: Delaney - 579
3rd: McKillop - 470
4th: Champagnat - 422

WANGARATTA TABLE TENNIS
2014 AUTUMN COMPETITION
Muster Nights : 5th & 12th of March, Juniors at 5:30 p.m. Seniors at 7 p.m.
Free Come ‘n’ Try, Learn, Registration and Grading.
Juniors Ages 7 to 15, All New and Past Players Welcomed.
Comp Starts : 19th of March, Juniors at 5:30 p.m. Seniors at 7 p.m.
Where: The Industrial Building, Wangaratta Showground.
(First building on the left side as you enter the main gates).
For further information call
Robert (Seniors) : 0407228280, Andrew (Juniors) : 0498954081.

Wangaratta Hockey Club registration
The Wangaratta Hockey Club Would like to invite all previous and prospective players to our registration day on Sunday the 9th of March at the Appin St Athletics Oval between 9am and 11am.
Training begins on Tuesday and Thursday the 4th & 6th of March at 6pm to 7pm. So if you are thinking of joining, come down and have a go! Bring a mouth guard before registration. Contact Eric for more information: 0421056184.
The senior girls cricket team played Wodonga Senior Secondary College in glorious conditions on the morning of Thursday 21st February. The girls won their match easily, making the 80 runs required for the win within their first ten overs. Holly Judd showed great leadership in encouraging her fellow team members and providing tactical support, whilst Brooke Morley, Renee Collet and Chloe Thrum were key players throughout the match. Thanks to Amanda White for coaching the team on the day, and for providing excellent umpiring support at square leg.

The senior boys also played on the 21st and won their first match of the day, easily accounting for Marian College at Wareena Reserve. They then played in the final against Wodonga Senior Secondary College, but unfortunately lost a close match by only ten runs. Well done to Tristan Lenaz for his batsmanship on the day, and also to Corey Van Aken for his bowling. Thanks to Nick Beattie and Cody Schutt who organized the team and provided some inspired coaching on the day!

Galen Parents’ Association need your help!

Galen Parents’ Association is looking for a new President. If you would like to be directly involved with what’s going on at your children’s school, this Committee is a great opportunity for that. Unlike Primary school, our secondary school Parents’ Association does not require a very big time commitment, we meet twice a Term, the 2nd Tuesday of each Term and the 2nd last Tuesday of each Term. As we all know a President’s job is to delegate and therefore this can be a relatively easy position to take on. It is very rewarding being able to have a say on where Parents’ Association money is spent throughout the school. Last year we organised and paid for the building of the Senior School tea, coffee, food prep shed, this year we will be looking at perhaps providing some shade shelters for the Year 9s. Our next meeting is Tuesday March 25th at 6.30 pm. We would love to see you there!
What to do when kids catastrophise!

Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome.

“If I don’t do well in this test my whole year will be messed up!”
Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands.
Catastrophisers exaggerate their worries and place enormous pressure on themselves.

The default mechanism in their thinking always goes to the most negative outcome possible. The results won’t just be bad, they’ll be catastrophic!
They won’t just mess up if they give a talk to their class at school. They’ll make total fools of themselves and the whole class will laugh at them, or so they say.
They won’t just fall over in a game. They’ll break a leg, end up in hospital and miss out on going to school camp, or so they say.
They won’t just get a dirty look from their teacher if they arrive late for school. They’ll be kept in at lunch-time, miss out on sport and have all the other kids making fun of them if they are late, or so they say.
Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome.

So what to do with a catastrophiser?
Your approach will depend to some extent on your child’s age.
Under fives generally don’t overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around.
School-aged children need to be encouraged to keep things in perspective. Challenge your child’s propensity to catastrophise.
Here are five ways you can use to challenge your child’s catastrophic thinking:

1. “What’s the most likely scenario?”
Sometimes it’s useful to introduce a dose of old-fashioned rational thinking. “Yep, you could break your leg if you go skiing. But the odds are that you won’t.”

2. “Does it really matter?” “You may be right, but is it the end of the world as we know it?”
One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow.
Take kids to the worst possible scenario and they may see it’s not so bad.

3. “Where does this fit on the disaster meter?”
Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves may not be insignificant to kids, however compared to plenty of other events...well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.

4. “That’s unhelpful thinking.”
Sometimes kids’ thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, ‘everyone must like me’, ‘I must never make a mistake’ and ‘bad things always happen to me’ are extreme and need to be replaced by more moderate, realistic thoughts. E.g. “It would be nice if everyone liked me but not everyone will. It’s important to have some good friends.”

5. Replace extreme words for feelings with more moderate descriptors: Today’s kids talk in extremes – ‘awesome’, ‘the best’ and ‘gross’ roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace “I’m furious” with “I’m annoyed”, “It’s a disaster” with “It’s a pain”, “I can’t stand it” with “I don’t like it”. Sounds minor but by changing kids’ language you change how they think about events and, more importantly, how they feel.

I suspect that many parents will identify strongly with some of the above.
Yes, we all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. So be mindful of your child’s need to jump to the worst from time to time. A bit of reassurance is all that’s needed in these one-off scenarios.
But if you, like your child, are a serial catastrophiser, then it will be useful to challenge your unhelpful or extreme thinking when it happens. Not only will you model realistic thinking for your kids, but you will get an insight into what you need to do to change your child’s catastrophising.

Published by Michael Grose
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