Another term draws to a close and with it the end of the year’s first semester. Your children’s teachers have been working diligently compiling new comment banks to make the reports more informative and personable, in that they will provide specific advice regarding what they need to do to improve.

Earlier this year all primary teachers, a number of our teacher aides and our secondary English teachers attended a weekend training course regarding THRASS (foundational level), which is a strategy we are introducing in the early phase of learning to teach reading and spelling. What I particularly like about THRASS is that it provides a framework on which students can base their spelling and reading choices. We have plans for the eventual implementation through the rest of the school. The early phase teachers, Geralyn Mathiasen, Julie Hall and Silver White, accompanied by Master Teacher Melissa Caruana recently travelled to Brisbane to complete the Proficiency level training of THRASS.

Melissa Caruana conducted an introductory level THRASS course for parents last Wednesday and we were impressed by the number of parents who turned up to hear more about it. We will conduct another such information session next term for those parents who were unable to make it to the last one. There is no reason that people who attended last time can’t return, as a refresher is always useful. Melissa has included an article about the information session in this newsletter.

With the end of semester break, no doubt many of our students and their parents of course will have a range of sporting events and carnivals. In the past couple of weeks our students have accomplished wonderful achievements in their field of interests. Jorja and Hanna and Hayden recently travelled to Townsville to compete in the Athletics North Queensland Sports Carnival and have successfully claimed first, second and third ribbons and trophies. Amee was recently awarded 1st Runner Up Charity Prince in the CQ Rescue Model Search competition. At present two of our students Nakeda and Varonica are in Hawaii where they have been placed 4th in the world in the International Cheerleading competition. They missed third place by 1.5 points. We may be a relatively small rural school but our students certainly punch above their weight in the achievement stakes. We are proud of all of them.

Have an enjoyable and relaxing break with your families and return refreshed and revitalized as next term starts a whole new semester on which to make your mark.

Best wishes.

Brian O’Neill
Principal
P&C COLUMN

Thanks to all of the parents that came to this week’s meeting - it was great to see some new faces! To all of the parents who brought in home cooking for the sports day, thanks for your contribution! Also thanks to the parents who helped set up, worked and packed up the sports day canteen. If you haven’t liked the P & C’s Facebook page yet, please do so, to get all the latest news on up and coming events. Calen Casino Night is coming on the 27th August 2016, so remember to book your babysitters in early! Have a fantastic holiday - stay warm and safe!

Casey Lindsay
President

CDSC FUNDRAISING GROUP

For those of you who don’t know me, my name is Melanie and I’m really passionate about our community, our school and ensuring our children have the best resources available to them. It was my drive and passion for wanting to raise money specifically for student resources and helping improve facilities that saw me elected as the Fundraising Co-ordinator at the P&C’s Annual General Meeting (AGM) in March 2016. It was agreed that a sub-committee of the P&C was to be formed with the specific purpose of fundraising and CDSC Fundraising Group was born.

A wonderful team of like-minded parents and I are hosting and overseeing various fundraising activities, with funds raised going directly to much needed school resources. Our first fundraising activities were the ‘Bin of Booze’ Raffle and ‘Lolly Guess’ competition at the Calen Derby Day, with our most recent event being our joint sausage sizzle at Bunnings North Mackay with Calen C&K Kindy.

We raised $1175 at the sausage sizzle with this money being shared equally between the School and Kindy. Michelle [Kindy Director] and I would like to thank all the amazing parents who took time out their busy Saturday schedules to help us and especially big thanks to P&G Harvesting for donating the 500 sausages, McGuire Air for donating the bread and the Vandaele family for donating the condiments, trays and serviettes.

So far the CDSC Fundraising Group has raised over $2040 for the school, with our next activity being a Krispy Kreme Fundraiser next term, followed by our major event the Calen Casino Night in August. We have received such wonderful support for our Casino Night and thank the many businesses who have sponsored our event so far. We’re really looking forward to creating a fun (adults only) evening that will hopefully become an annual event, but most importantly raise important funds for our school.

For further information about our fundraising activities or if you would like to help out or contribute to any of our events, please don’t hesitate to call me 0417 731 687.

SCHOOL PHOTOS

Group photos have now arrived and are displayed in the office foyer. Group photos available are: Sports Captains, Primary Student Council, Secondary Student Council, School Captains and Vice-Captains, Different Strokes, Year 12 Muck Up, Diverse Learners. If you would like to purchase any of these, please order online or collect an envelope form from the school office. ENVELOPE ORDERS are to be received at the school office by Friday the 29th of July, after this date a late fee will be charged by Advanced Life.

KEEP A WATCH ON OUR SCHOOL

School Watch is a community based awareness and crime prevention program aimed at safeguarding Queensland schools against vandalism, theft and arson.

We depend on the local community to . . . . Look, Listen and Report. If you see something suspicious outside of school hours or during school holidays, please do not attempt to intervene. Call School Watch on 13 17 88 and let the authorities deal with the matter.
## UNDER 8s DAY

On Friday, 3rd June, all students under 8 went across to the Calen Kindy to celebrate. The teachers involved set up activities for the kids to enjoy. The activities ranged from face painting, playdough, slime, obstacle courses, construction and lots more. It was great to see all of the students getting together and interacting with each other. Special thanks to Michelle and Leanne who opened their Kindy for us to participate.

Geralyn Mathiasen
THRASS PARENT WORKSHOP

Parents were invited to attend a parent information session on Wednesday 15th June 2016 from 9:00am until 10:45am at the Calen District State College library. The morning introduced parents to THRASS, a new pedagogical tool being used throughout the primary school to teach literacy. Parents came along to learn about the new, exciting tool their children are using to unlock the code of English language. Parents who attended received their very own THRASS chart to take home. These charts are an invaluable resource to use to support children’s learning at home.

PRIMARY SCHOOL DISCO

Superheroes Storm Street of Calen

Superman, Spiderman, Wonder Woman were only a few of the superheroes that flew to the Calen RSL to help the primary students dance the night away. Music blurted from the speakers and lights flashed around the room to the beat of many familiar songs. Hokey Pokey, Nutbush, Macarena and (Tchip Tchip [Birdie dance]) were just of the few old time favourites that the students stomped their feet to.

Overall, the night raised $254 for the Primary Student Council. This money helps to subsidise Rewards Day and buy other resources that are used by the students.
## STUDENT RECOGNITION

Congratulations to the following students for receiving an award – WELL DONE!

### PRIMARY AWARDS

<table>
<thead>
<tr>
<th>YEAR</th>
<th>Student</th>
<th>Award and Reason</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td>Logan</td>
<td>Award for identifying initial sounds in words</td>
<td>Mrs Mathiasen</td>
</tr>
<tr>
<td>Prep</td>
<td>Brooke</td>
<td>Award for being able to write independently</td>
<td>Mrs Mathiasen</td>
</tr>
<tr>
<td>Prep</td>
<td>Meisha</td>
<td>Award for doing a super job with your reading</td>
<td>Mrs Mathiasen</td>
</tr>
<tr>
<td>02</td>
<td>Bianca</td>
<td>Award for consistent work effort</td>
<td>Mrs White</td>
</tr>
<tr>
<td>03</td>
<td>Ella</td>
<td>Award for consistent work effort</td>
<td>Mrs White</td>
</tr>
<tr>
<td>03</td>
<td>Hannah</td>
<td>Award for consistent work effort</td>
<td>Mrs White</td>
</tr>
<tr>
<td>03</td>
<td>Mason</td>
<td>Award for consistent work effort</td>
<td>Mrs White</td>
</tr>
<tr>
<td>04</td>
<td>Candice</td>
<td>Award for working quietly and completing set tasks</td>
<td>Mrs Rankin</td>
</tr>
<tr>
<td>04</td>
<td>Chloe</td>
<td>Award for working quietly and completing set tasks</td>
<td>Mrs Rankin</td>
</tr>
<tr>
<td>05</td>
<td>Chaycee</td>
<td>Award for showing improvement when working mathematically</td>
<td>Mrs Rankin</td>
</tr>
<tr>
<td>05</td>
<td>Paige</td>
<td>Award for completing all tasks before due dates</td>
<td>Mrs Rankin</td>
</tr>
<tr>
<td>05</td>
<td>Dylan</td>
<td>Award for showing improvement in classwork</td>
<td>Mrs Rankin</td>
</tr>
<tr>
<td>05</td>
<td>Michael</td>
<td>Award for working hard and independently completing his assessments</td>
<td>Ms Rivers</td>
</tr>
<tr>
<td>05</td>
<td>Brian</td>
<td>Award for working quietly and completing set tasks</td>
<td>Mrs Rankin</td>
</tr>
<tr>
<td>06</td>
<td>Zoe</td>
<td>Award for working hard and participating in class discussions</td>
<td>Ms Rivers</td>
</tr>
<tr>
<td>06</td>
<td>Kane</td>
<td>Award for working hard and independently on his assessment</td>
<td>Ms Rivers</td>
</tr>
<tr>
<td>06</td>
<td>Emma</td>
<td>Award for trying her best and working independently in class</td>
<td>Ms Rivers</td>
</tr>
<tr>
<td>06</td>
<td>Hayden</td>
<td>Award for leading in the playground</td>
<td>Mrs White</td>
</tr>
</tbody>
</table>

### SECONDARY AWARDS

<table>
<thead>
<tr>
<th>YEAR</th>
<th>Student</th>
<th>Award and Reason</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>07</td>
<td>Savannah</td>
<td>Award for diligent work everyday</td>
<td>Ms Ward</td>
</tr>
<tr>
<td>08</td>
<td>Kirra</td>
<td>Award for diligent work everyday</td>
<td>Ms Ward</td>
</tr>
<tr>
<td>08</td>
<td>Sophie</td>
<td>Award for diligent work everyday</td>
<td>Ms Ward</td>
</tr>
<tr>
<td>08</td>
<td>Bethanie</td>
<td>Award for diligent work everyday</td>
<td>Ms Ward</td>
</tr>
<tr>
<td>09</td>
<td>Jack</td>
<td>Award for diligent work everyday</td>
<td>Mrs Donovan</td>
</tr>
<tr>
<td>09</td>
<td>Emmalese</td>
<td>Award for diligent work everyday</td>
<td>Mrs Gardner</td>
</tr>
<tr>
<td>09</td>
<td>Kiara</td>
<td>Award for diligent work everyday</td>
<td>Ms Ward</td>
</tr>
<tr>
<td>10</td>
<td>Kelly</td>
<td>Award for diligent work everyday</td>
<td>Ms Ward</td>
</tr>
<tr>
<td>10</td>
<td>Emma</td>
<td>Award for diligent work everyday</td>
<td>Mrs Gardner</td>
</tr>
<tr>
<td>10</td>
<td>Gorgia</td>
<td>Award for diligent work everyday</td>
<td>Ms Ward</td>
</tr>
<tr>
<td>10</td>
<td>Ella</td>
<td>Award for diligent work everyday</td>
<td>Ms Ward</td>
</tr>
<tr>
<td>10</td>
<td>Isaac</td>
<td>Award for diligent work everyday</td>
<td>Ms Ward</td>
</tr>
<tr>
<td>11</td>
<td>Luke</td>
<td>Award for diligent work everyday</td>
<td>Mrs Spreadborough</td>
</tr>
<tr>
<td>11</td>
<td>Joel</td>
<td>Award for diligent work everyday</td>
<td>Mr O'Keefe</td>
</tr>
</tbody>
</table>

## SPORTING SCHOOLS

A reminder to parents the last day for Sporting Schools for Term 2, will be Wednesday the 22nd June 2016. More information about what is happening for Sporting Schools in Term 3 will be made available after the holidays.

## MACKAY SHOW DAY PUBLIC HOLIDAY

There will be no school next Thursday the 23rd June 2016, due to the local public holiday for the Mackay Show.

## SPORTS SHIRT FOR SALE

Size 10 Neptune Sports shirt for sale $10 - Please call Sharon 49587983.
Newsflash: Parents at Calen District State College have been THRASSED!

At Calen District State College we strongly believe that literacy and numeracy are the foundations of learning, and we remain committed to improving student outcomes in literacy and numeracy across all learning areas. This year, staff at Calen District State College have engaged in ongoing professional learning to deepen our knowledge of how to use THRASS as a tool to improve student outcomes in reading and spelling. On the pupil free days at the beginning of the year a number of our teaching staff attended a two day introductory course at Seaforth S.S, and this term our P-2 teachers travelled to Brisbane to complete the next level of training.

On Wednesday we held our very first parent information session to introduce parents to THRASS. We were thrilled at the level of parental support we received for this session, with over 20 enthusiastic parents attending! The aim of the session was to introduce parents to THRASS as a tool that they can use to support their child’s learning, and provide some background information regarding the basic principles that underpin THRASS, and common terms that are used in THRASS.

We know that parents, families and carers are some of the most important influences on a child’s education. Research overwhelmingly indicates that parent involvement not only positively affects student achievement, it contributes to higher quality education and better performance of schools overall. At Calen District State College we take pride in the relationships we establish and foster with our students, their families and the wider community. I would like to personally thank the parents that attended the information session, and commend you for taking an active role in supporting your child’s education.

I know that a number of parents have indicated that they were unable to attend the first information session and would like the opportunity to attend a session at a later date. With this in mind, I am planning to offer a repeat of this session early in Term 3. Information regarding the specific dates and times will be provided at a later date. For those parents unable to attend the sessions a copy of the powerpoint from the presentation has been loaded onto our school website for you to access – refer to the link at the bottom of this page.

Once again, thank you for your support and have fun THRASSing!

Melissa Caruana
Master Teacher

https://calendsc.eq.edu.au/Supportandresources/Formsanddocuments
SCHOLASTIC BOOKFAIR

Thank you to all staff, parents and students who supported our school’s Bookfair. It was a huge success and will provide the school with some great new books for the students to enjoy.

AUSTRALIAN NATIONAL LEADERSHIP CAMP

Congratulations to Emmalese, Sasha, Jack, Isaac, Shania and Jacob for being nominated as potential leaders and therefore invited to attend the Australian National Leadership Camp (NLC) from 7th to 10th July 2016. The students will be flying to Sydney on Wednesday 6th July and return Sunday 10th July 2016. NLC is a highly interactive, challenging and motivating program that brings together students from across Australia. The program focuses on developing personal character and a sense of value, identity and purpose whilst also enhancing leadership and character resiliency skills. Over four jam-packed days, NLC will delve into vision, values, resilience and service to enable leadership growth and development. Only 130 students are accepted nationally for the program and this small group experience enables NLC to provide students with mentoring through keynote speakers, interactive seminars and outdoor team challenges.

AUSKICK FOR PRIMARY STUDENTS

AFL Queensland will be offering their AusKick program next term to our primary students. The schedule for the program for Term 3 is that Auskick will be on a Monday afternoon from 3:15pm-4:00pm, commencing on 25th July 2016 (week 3). A representative from AFL Queensland will come and promote the program to our primary school students during the first two weeks of Term 3.

RHYTHM AND RHYME – RADIO ROCKS PROGRAM

Last Thursday the 9th June 2016, Group B of our Radio Rocks program had the pleasure of interviewing Alan Dunn during their Rhythm and Rhyme broadcast on 4CRM 107.5 Mackay. Alan spoke with Isaac about the upcoming book We, Us & Co which will be launched on Saturday 25th June 2016 from 10:00am at the St Helens Bowls Club. This book covers the history of Calen and you will be able to purchase the book for $35 (cash only) at the book launch, or copies can be pre-paid and ordered by emailing prattstory@gmail.com. Below is an image of the session and pictured from left to right are: Brian O’Neill, Jonas (German exchange student), Ella, Gorgia, Jack, Alina (German exchange student), Isaac and Alan Dunn.
ITEMS NEEDED FOR SCIENCE

Mr Hislop is looking for a few items to be used as consumables in science. If anyone is able to donate the following items, he would greatly appreciate this, so that our students can conduct science experiences.

- An old Trampoline mat. Pieces of canvas or hessian. Pieces of Tulle or chiffon. Nylon or cotton fabrics. Maybe off a broken pool chair? I am after any colour, preferably clean, if it’s torn that’s fine. I want materials for exercises in Science. I am only going to cut them up into lengths and do tests on them.
- Any old CDs of any sort, scratched/out of date/old advertising CDs. I want to use the CDS to make wheels for science exercises.
- Fishtanks, if anyone has any old fishtanks in any size. It doesn’t matter if the tanks have small cracks, I can just silicon the cracks - as long as they hold water. Wanted for Aquatic Practices.
- Any type of cardboard but not corrugated cardboard. Heavy card like the hard cover of a book.
- Empty 1.25L Coke bottles. Must be coke bottles and must be the 1.25L bottles with lids. Preferably clean.
- Styrofoam packaging. The large pieces, not the little pellet sized ones.
- Also any pieces of PVC, maybe electrical conduit or narrow pipe, any fans from broken computers, small pieces of dowel, bearings, small clamps, wiring, marbles, hinges, cardboard postal tubes, springs, screws and nails.

Please contact Mr Hislop with any queries. Any donations can be left at the Secondary Science E Block, which is the next building after the Covered Play Area (CPA) - located opposite the BBQ area/pool.

END OF SEMESTER REWARDS DAY EXCURSION

A reminder that the Primary students will be attending their end of Semester Rewards Day Excursion to Cape Hillsborough next Wednesday 22nd June 2016. The bus will be departing our school at 9:00am and returning before the 3:00pm normal buses depart. All children will need to bring their own morning tea and drinks, as well as a hat/sunscreen, shoes/socks and a change of clothes (must be sunsafe).

REPORT CARDS – END OF SEMESTER

Report Cards for the end of Semester 2 will be sent home next week. Your child will receive their report card towards the end of the week and please ask them for it when they come home. Any student who is not present at school when report cards are handed out, will have their copy posted home.

PRECAUTIONARY ADVICE FOR SHINGLES

Our school was notified by a parent of a secondary student after visiting their doctor that the child had Shingles. Shingles is a condition caused by the chickenpox (varicella-zoster) virus. While most children have been vaccinated against Chickenpox, a letter was sent home with students on the 6th June 2016 as a precautionary advice in case some members of the community may not have been vaccinated.

The Childhood Immunisation Program has included vaccinations for Chickenpox (Varicella) for children at 18 months since 2003, therefore children born between 2002 and now should have been vaccinated under this program. A catch up has also been done for secondary school children in year eight in recent years.


MACKEY SUGAR SAFETY MESSAGE

Mackay Sugar would like to remind everyone that the crushing season has commenced. With consideration of the extensive rail movement activity commonly experienced during the crushing season (June-November), Mackay Sugar urges motorists within the Mackay region to remain vigilant when approaching railway crossings and do not become complacent.

Parents should also remind their children of the safety hazards associated with playing near cane train lines and crossings.
ITEMS FOR TENDER

Calen District State College has several printers available for tender. Below is a list of the printers available, the age and model of these printers vary. Please note all of the printers come with a power cord but do not come with the USB printer cable that plugs into the computer (these printer cables are generic and are relatively inexpensive to purchase).

<table>
<thead>
<tr>
<th>Item No.</th>
<th>Make &amp; model</th>
<th>Purchased</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>HP P2015n</td>
<td>April 2008</td>
</tr>
<tr>
<td>2</td>
<td>HP P2035</td>
<td>May 2010</td>
</tr>
<tr>
<td>3</td>
<td>HP Pro 400 M401dn</td>
<td>June 2012</td>
</tr>
<tr>
<td>4</td>
<td>HP P2055</td>
<td>November 2009</td>
</tr>
<tr>
<td>5</td>
<td>HP P2015n</td>
<td>September 2008</td>
</tr>
<tr>
<td>6</td>
<td>HP P2035n</td>
<td>May 2010</td>
</tr>
<tr>
<td>7</td>
<td>HP P1320n</td>
<td>June 2006</td>
</tr>
<tr>
<td>8</td>
<td>HP P2035</td>
<td>May 2010</td>
</tr>
<tr>
<td>9</td>
<td>HP P2025n Colour</td>
<td>February 2012</td>
</tr>
<tr>
<td>10</td>
<td>HP P2035n</td>
<td>May 2012</td>
</tr>
<tr>
<td>11</td>
<td>HP P2015n</td>
<td>February 2007</td>
</tr>
<tr>
<td>12</td>
<td>HP P2035</td>
<td>May 2012</td>
</tr>
<tr>
<td>13</td>
<td>HP P2035</td>
<td>May 2010</td>
</tr>
<tr>
<td>14</td>
<td>HP P2015</td>
<td>July 2007</td>
</tr>
</tbody>
</table>

If you are interested in one of these printers—please fill out the slip below and return it to the school office either in person or by post to:

The BSM
Calen District State College
C/- Post Office
Calen 4798

Tenders close 3:00pm on Friday 15 July 2016

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SCHOOL CANTEEN

The last day for canteen this term will be Wednesday 22\textsuperscript{nd} June 2016 - as we near the end of term, stock will be limited and there may be no milk drinks available next week. If anyone is unsure about how the Canteen works, orders need to be written on a Canteen Order Form (copies available from our website or from the school office). The completed order form together with cash payment, needs to be put into an envelope and placed in the blue canteen box outside the staff room in the administration building before 8:50am. Thank you to everyone who have supported our School Canteen this Semester and we look forward to another successful term - enjoy your holidays.

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HEAD LICE INFORMATION

The presence of head lice is a very common childhood occurrence in the community. In some schools, the management of head lice infestations is a recurring and challenging matter. It requires commitment from the whole school community in a concerted effort to treat outbreaks and minimise transmission. Communication and support within the school community can be conducive to minimising future infestations. When facilitating a whole-of-school approach to the management of head lice:

- Our school advises parents of head lice outbreaks through letters to parents of students in affected classes
- Regularly inform parents, particularly during peak periods of infestation, to be vigilant in checking their child for head lice or lice eggs and to treat all infected household members
- Providing general information regarding head lice in the school prospectus, school newsletter, or on the school website for parent reference
- Ask parents to notify the school if their child is affected

Suggestion for head lice prevention: mix 25 drops of tea tree essential oil, 25 drops of lavender essential oil with 25 drops of essential eucalyptus oil with water into a 250ml spray bottle. Spray hair daily with mixture to ensure hair is slightly damp and style as normal.
NATIONAL BLOOD DONOR WEEK

National Blood Donor Week, held from 12 to 18 June, is a time to celebrate the almost half million life-saving Australians who donate blood. Did you know that one donation can save the lives of three people? We all lead busy lives and finding the time to give blood can be a challenge. It only takes an hour to donate blood, but it could change someone’s life. There are plenty of ways to publicly demonstrate your support during Blood Donor Week, but the best gift of all is to make an appointment by calling 13 14 95 or online via http://www.donateblood.com.au

LIFE EDUCATION

Life Education’s mission is to see every Australian student live to their full potential. They aim to empower every student to make safe and healthy choices, now and into the future. Education is one of the best preventative measures that we can use to get this message across. However, it takes a consolidated effort from Life Education, schools and parents to have the best outcomes. Check out Life Education’s Parent Hub where you will find helpful resources, links to great articles and ideas about how you can start those conversations with your kids about healthy lifestyles. There are also suggestions for how you can engage with your kids about what they have learnt from the Life Education program. http://www.lifeeducation.org.au/parents

THEME PARK ENTRY FOR ONLY $39

This offer will expire 30 June 2016, so buy your tickets today!

Experience a host of amazing attractions at the Gold Coast’s favourite theme parks! Become a Hollywood star at Warner Bros. Movie World, fall in love with Sea World’s enchanting animals, or ride and play all year long at Wet'n'Wild Gold Coast. Saddle up for a captivating journey to the high country in Australian Outback Spectacular’s amazing new show. Get the kids out of the back seat and into the front seat at Bros. Movie World's Junior Driving School and experience Wet'n'Wild Junior, a huge new zone just for little adventurers. Plus, meet Nickelodeon’s Teenage Mutant Ninja Turtles and check out the brand new dolphin show now at Sea World.

Primary school is a steep learning curve, and that’s just for the parents

A miracle has occurred in our house. After uttering the phrase “unpack your lunch box” every day for 10 years, my children, on an insignificant Tuesday in March, actually unpacked their lunch boxes. What’s more, they did it without being asked. Critically, they BOTH did it, which I acknowledge is luck rather than teamwork or peer pressure. Regardless, it was momentous. While I doubt it meant I can now retire from motherhood, it’s a parenting milestone that coincides with the youngest finishing primary school. Graduating from primary school is a HUGE deal. Not for kids, who appear to exit with two well-honed skills: excellence in losing stuff and proficiency in grunting.

Rather, it’s the parents who deserve the certificates – for exemplary effort in filling in notes, fashioning costumes from egg cartons, and not losing our minds when the carrot sticks return uneaten through Years 1-5 (if you’ve not given up trying by Year 6, you’re at ricks of losing your dignity). So here’s a cheat sheet for surviving primary school, learned via trial, error and more error.

Don’t say: “Yes, I was bad at maths too.”
This is the academic equivalent of sending them to school on a breakfast of Coke and Twisties. Telling your kids that you were rubbish at a subject leads them to believe they’ll be the same and robs them of the motivation to try. Instead, be excited by maths. Tell them Batman credits all his best work to mastering perimeters and square roots.

Accept that they're going to lose stuff.
This drove me spare. Jumpers, shoes, more plastic containers than the local curry house dishes out in any given week. When the clarinet went AWOL, I may or may not have flung my wallet on the floor and shouted: “Go on, go for your life, you’ve squandered the rest of it anyway”. An hour later, I remembered I was the parent and reasoned that them losing stuff was the equivalent of me getting parking tickets – it happens sometimes.

Don’t rescue.
Driving their forgotten lunch box to school is robbing them of the chance to problem-solve. Mark Zuckerberg would never have created Facebook if Mrs Z had dropped off his misplaced sports uniform.

“I love to watch you play.”
These are the only words necessary when watching your child do anything – sport, singing, chess, guitar lessons. It’s not about whether they make the A team, or if they missed a goal, it’s about the doing. Achievement is its own reward.

Becoming school captain shouldn’t earn them an iPhone, and swimming 50m in under 32 seconds doesn’t warrant $50.

The power of “yet”.
Your child will tell you they can’t spell or can’t catch a ball. That’s when you say: “Ah, you can’t do that YET.” Psychologist Carol Dweck argues that all of us can benefit from having a growth” rather than a “fixed” mindset.

Exchange words for hugs.
At the end of a long day being and doing their best, most kids don’t want any more words, especially these four: “How was your day?” Make a smoothie, give them a cuddle, leave them alone.

Homework is a contract between kids and their teachers.
Your job is to show interest and support, not turn it into a battleground. The teacher will deal with it if it’s an issue.

“Practice makes perfect, but it doesn’t make new.”
I love that line from psych guru Adam Grant. He argues that gifted kids rarely change the world because they conform to rules rather than inventing their own. If you want creative kids, he says, you need to focus on values rather than rules and encourage them to find joy in what they do.

Don’t give up on reading.
Reading is the gateway to everything that matters – curiosity, communication, wonderment. Make it joyful and, when reading to your kids, ask questions. “What will Harry Potter do next? Which character, are you most like?”

Don’t criticise teachers.
Imagine if every year 30 people stood outside your workplace critiquing how good you are at your job. That’s how it is for teachers. Support them.

Finally, you can’t make friends for them, but you can model how to be a good friend. Teachers will educate our kids, but it’s up to us to show them what it means to be a good person.

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