



# St. Mary's News

58 Clegg Road, Mount Evelyn.

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No. 36, 4<sup>th</sup> November, 2015



Dear Parents,

We hope that you have all enjoyed an extended break and are feeling refreshed for it. It is a timely break for the children and will hopefully rev them up for the remainder of the year.

Last week our Senior students ran their Carnival Day and it was a great hit. There was certainly a wide variety of activities; something for everyone, so all the children enjoyed their time at the Carnival. Congratulations and thank you to the Seniors on their planning, organisation and cooperative work,

which all added up to a great day for the whole school!

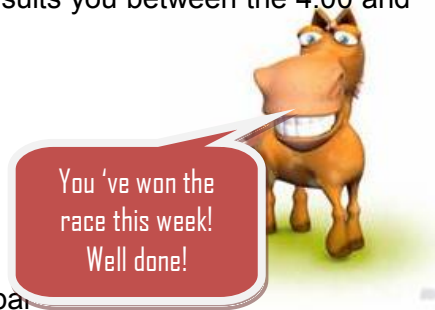
We are deeply saddened to announce that, after a very long illness, Eloise Pedersen, mother of Summer (3/4T) and Isaias (1/2H) passed away peacefully this morning. As a school community we extend our heartfelt sympathy and continue to offer our prayers and support to the children, Eloise's parents, Annette and David, her sister Cherie Pynaker and all her family.

Just another reminder that annual Art Show to showcase the children's art will be held next Thursday in the hall. There is no cost involved and you just come and have a look around at a time that suits you between the 4.00 and 5.30pm. The children love to show off their learning in the Visual Arts!

Congratulations to our Students of the Week:

|                |                |                        |
|----------------|----------------|------------------------|
| PB: Casey S    | PF: Riley A    | 1/2F Teneal W/Amelie L |
| 1/2U: Cody H   | 1/2H: Tommy P  | 1/2R: Lachlan C        |
| 3/4M: Nathan E | 3/4C Jorja R   | 3/4N: Tayah E          |
| 3/4T: Summer P | 5/6B: BaileyT  | 5/6L: Sebastian R      |
| 5/6F: Ebony D  | 5/6S: Connor S |                        |

With my prayers and best wishes for the coming week, Mrs Lynne O'Meara Principal





# What's Coming Up!

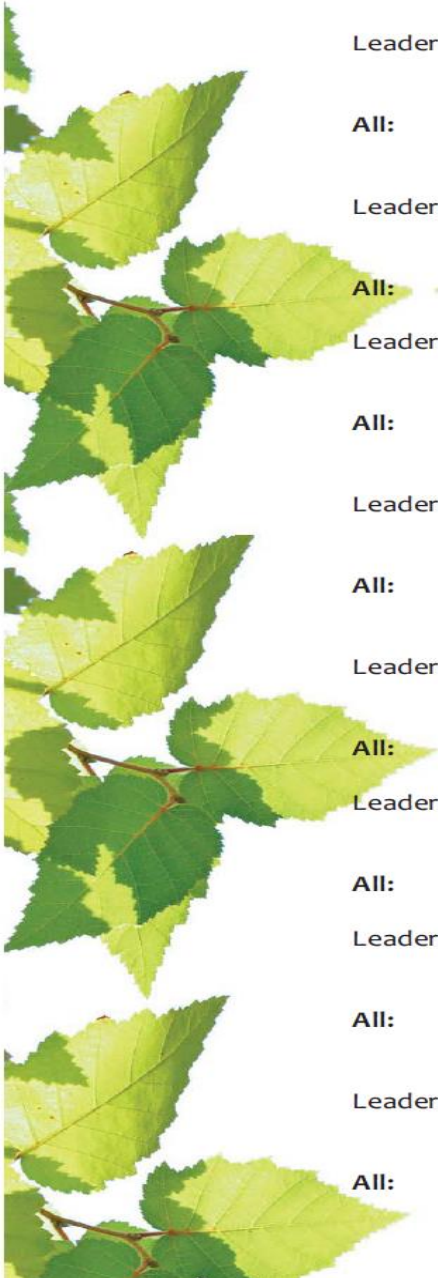
|                  |                                     |                              |  |
|------------------|-------------------------------------|------------------------------|--|
| <b>Week Five</b> | Monday, 2 <sup>nd</sup> November    |                              | <ul style="list-style-type: none"> <li>Curriculum Day – <b>SCHOOL CLOSURE</b></li> <li><b>Cup Day – SCHOOL CLOSURE</b></li> <li>2016 Prep Orientation Session 1</li> <li>2016 Prep Parent Literacy session</li> <li>School Assembly</li> </ul>                     |
|                  | Tuesday 3 <sup>rd</sup> October     | 10am –12                     |  |
|                  | Thursday 5 <sup>th</sup> November   |                              |  |
|                  | Friday, 6 <sup>th</sup> November    | 11.40am                      |  |
| <b>Week Six</b>  | Monday, 9 <sup>th</sup> November    | 9.00am                       | <ul style="list-style-type: none"> <li>Gr 1/2 Smart Start Program</li> <li>Ed Board Meeting</li> <li>Staff Meeting</li> <li>Prep Orientation Session 2</li> <li>2016 Prep Parent Maths session</li> <li><b>School Art show</b></li> <li>School Assembly</li> </ul> |
|                  | Thursday, 12 <sup>th</sup> November | 2.00pm<br>3.30pm<br>10am -12 |  |
|                  | Friday, 13 <sup>th</sup> November   | 4pm -5.30<br>11.40am         |  |

**Just a reminder...**



## The Heart of Eternal Love

- Leader: Heart of Love, Source of all kindness,  
Teacher of the ways of goodness:
- All:** You are hidden in the pockets of daily life,  
waiting to be discovered.
- Leader: Heart of Gladness, Joy that sings in our souls,  
the Dancer and the Dance:
- All:** You are Music radiating in our  
cherished times of consolation.
- Leader: Heart of Compassion,  
the Healing One weeping for a world burdened and bent:
- All:** You are the heart we bring to the wounded, worn and weary.
- Leader: Heart of Comfort, Sheltering Wings of Love,  
Refuge for sad and lonely ones:
- All:** You embrace all who bear loss,  
gathering their tears with care.
- Leader: Heart of all Hearts,  
the First and Best of all Companions:
- All:** You are the Gift hidden in our depths,  
connecting us with others.
- Leader: Heart of Understanding, One who gazes upon the imperfect,  
the incomplete, the flawed, the weak:
- All:** You never stop extending mercy.
- Leader: Heart of Freedom, the Uncontained Spirit bearing truth,  
Great Liberator, forever calling to us:
- All:** You urge us toward unrestrained trust.
- Leader: Heart of Generosity,  
Abundance of insight and hope:
- All:** Daily you offer us gifts of growth,  
leading to continual transformation.
- Leader: Heart of Deepest Peace, Centre of Tranquillity,  
Resting Place at the core of our being:
- All:** You are waiting always for our return to this sacred home.



# ***ST MARY'S NEWS***

**CAR PARK RULES..... CAR PARK RULES..... CAR PARK RULES.....**

**PARKING IN THE DRIVEWAY BEFORE 3.15pm IS PROHIBITED**  
**UNLESS ALL CAR PARKING SPACES ARE TAKEN.....**



**ST MARY'S MASS TIMES MOUNT EVELYN**

**Saturday 5.00 pm & Sunday 10.30 am & 5.00 pm**



## **REMINDER THAT SCHOOL FEES.....**

**need to be paid in full by the 20<sup>th</sup> of November unless other arrangements have been made with the office.**

**St Mary's BSB/ACCOUNT Details**

PLEASE SEE BELOW OUR BSB DETAILS FOR ONLINE TRANSFERS

**St Marys Primary School**

**BSB 083-347 Account Number 676054930**

## **UNIFORM SHOP - NEW OPENING TIMES**

**Opening hours**

**Tuesday Afternoon 3.00pm - 3.30pm &**

**Thursday Morning 8.30am - 9.00am**

**Order forms available at the office. Payment of cash or cheque**  
**MUST be included with your order.**

## **ST MARY'S NEW WEBSITE**

**Check out our new website.... The newsletter and other items are uploaded every week for your convenience.** (Weekly newsletters will no longer be emailed)

**Also including this week, Uniform Order Form**  
**Tuckshop Menu & Car Park Rules**  
**[www.smmountevelyn.catholic.edu.au](http://www.smmountevelyn.catholic.edu.au)**

## **2016 FEE INCREASE NOTICE**

**2016 annual family fee will stay the same at \$990.00, the student levy will increase slightly to \$245.00 per child.**

School fees include course and subject levies, and the costs of all curriculum excursions and activities. School Fee Statements will be issued at the commencement of the school year on 3rd February 2016 with payment schedules and forms for direct debits. Reminder Statements will be issued at the beginning of each term for your information.

**To pre pay fees or set up your own payment schedule through your internet banking, please include your eldest child's name as the reference.**

**St Mary's BSB/ACCOUNT Details**

**St Marys Primary School**

**BSB 083-347**

**Account Number 676054930**

Dear Parents,  
On behalf of Mt.Evelyn Primary School OSHC we would like to invite you to our Vacation Care Program open to your wonderful school. You can receive your Booking Form for January School Holidays from your school office. You may also email, phone or pop in and see Melissa at the School OSHC office at Mt.Evelyn Primary School 9736 2233 [osh@mtevelynps.vic.edu.au](mailto:osh@mtevelynps.vic.edu.au) Monday – Friday 7.00am – 3.00pm  
Melissa will be very happy to assist you and organise an enrolment package for your child/children. It is a great opportunity for our local school community to support a wonderful program. Kind regards, *Melissa Mc Donald*

|  |   |   |  |
|--|---|---|--|
| <b>11<sup>th</sup> Jan</b><br><u>High Tea</u><br><b>Vacation Care Daily</b><br><u>All Children</u>   | <b>15<sup>th</sup> Jan</b><br><u>Time Zone</u><br><u>Excursion</u><br>(Max 50 Children)<br><u>Game Zone Activities</u><br><b>Vacation Care Daily</b>          | <b>20<sup>th</sup> Jan</b><br><u>Mine Craft Day</u><br><b>Vacation Care Daily</b><br><u>All Children</u>  | <b>25<sup>th</sup> Jan</b><br><u>Reading Cinemas</u><br><u>Excursion</u><br>(Max 50 Children)<br><u>Aussie Craft Day</u><br><b>Vacation Care Daily</b> |
| <b>12<sup>th</sup> Jan</b><br><u>Build a Bear</u><br><u>Incursion</u><br><u>All Children</u>   | <b>18<sup>th</sup> Jan</b><br><u>ANZ Kids First Basketball Clinic</u><br><u>Incursion</u><br><u>All Children</u>  | <b>21<sup>st</sup> Jan</b><br><u>Bop to you drop Rockstar disco</u><br><u>Incursion</u><br><u>All Children</u>  | <b>26<sup>th</sup> Jan</b><br><b><u>Closed Australia</u></b><br><b><u>Day</u></b><br><br><i>Mt. Evelyn Primary School</i><br><i>OSHC Coordinator</i>   |
| <b>13<sup>th</sup> Jan</b><br><u>Melbourne Zoo</u><br><u>Excursion</u><br>(Max 50 Children)<br><u>Animal Craft Day</u><br><b>Vacation Care Daily</b> | <b>19<sup>th</sup> Jan</b><br><u>Jump Deck</u><br><u>Excursion</u><br>(Max 50 Children)<br><u>Jumping Castles/ Carnival Day</u><br><b>Vacation Care Daily</b> | <b>22<sup>nd</sup> Jan</b><br><u>Guide Dogs Victoria</u><br><u>Excursion</u><br>(Max 50 Children)<br><u>Use your senses</u><br><b>Vacation Care Daily</b> |  |
| <b>14<sup>th</sup> Jan</b><br><u>Multi Medi Day</u><br><b>Vacation Care Daily</b><br><u>All Children</u>   |   |   |  |

# ITALIAN DAY- ST. MARY'S 2015

Dear Parents,

The annual St. Mary's Italian Day will be held this year on **Tuesday, November 24<sup>th</sup> 2015.**

The day will include:

- \* Fun activities at each level
- \* A fashion parade to rival the catwalks of Milan and Rome
- \* Artworks that would amaze even Michelangelo
- \* Mouth-watering pizza and gelato.



Students can join in the fun by dressing in Italian colours or as their favourite character.

**Please complete the form below and return to the class teacher no later than- Thursday, November 19.**

Looking forward to an enjoyable day.

Signora Bartilotta  
(Italian teacher)



**PLEASE RETURN BY THURSDAY, NOVEMBER 19<sup>th</sup> 2015**

**CHILD'S NAME:** ..... **GRADE:** .....

**PIZZA:** \$1.50 per slice

**MARGHERITA** \_\_\_\_\_ slices @ \$1.50 \_\_\_\_\_

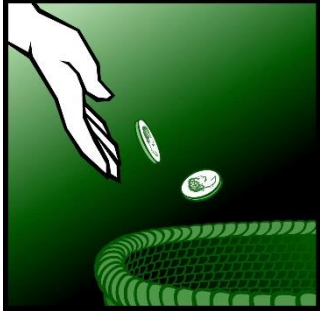
**HAWAIIAN** \_\_\_\_\_ slices @ \$1.50 \_\_\_\_\_

**GELATO:** Max 1 Dixie cup per child @ \$1.00 Chocolate or Lemon (please circle flavor)

**TOTAL:** \$ \_\_\_\_\_

(Please enclose correct amount no change will be given!)

# Religious Education News



Sunday, 8 Nov 2015: Thirty-second Sunday in Ordinary Time - Year B  
Mk 12:38-44

A reading from the holy Gospel according to Mark

*This poor widow has put more in than all who contributed.*

In his teaching Jesus said, 'Beware of the scribes who like to walk about in long robes, to be greeted obsequiously in the market squares, to take the front seats in the synagogues and the places of honour at banquets; these are the men who swallow the property of widows, while making a show of lengthy prayers. The more severe will be the sentence they receive.'

He sat down opposite the treasury and watched the people putting money into the treasury, and many of the rich put in a great deal. A poor widow came and put in two small coins, the equivalent of a penny. Then he called to his disciples and said to them, 'I tell you solemnly, this poor widow has put more in than all who have contributed to the treasury; for they have all put in money they had over, but she from the little she had has put in everything she possessed, all she had to live on.' *The Gospel of the Lord*

**Spot the difference** Can you spot the seven differences between these two pictures?



**Class Masses this week:** 3 / 4 C and 1 / 2 U will celebrate Mass in the church on Thursday at 9.00a.m.  
All welcome to attend.





St. Mary's Parish School Community  
warmly invite your family to our  
**ANNUAL  
ART SHOW**

to be held between 4.00pm & 5.30pm  
on  
Thursday 12th November  
In the hall



### Mount Lilydale Mercy College Old Collegians Memorial Mass

You are cordially invited to a special Mass for Old Collegians and their families who have entered into Eternal Life.

**Venue:** Our Lady of Mercy Old Collegians' Memorial Chapel

**Address:** 120 Anderson Street Lilydale

**Date:** Sunday 15 November **Time:** 2pm.

Mass will be followed by afternoon tea in the Staff Dining Room. The Heritage Rooms will also be open for all those interested in our rich history at Mount Lilydale Mercy College.

If you have any queries, kindly contact Patricia Olson or Leonie Ziolkowski on 9735 4022

## St. Mary's Christmas Eve Family Mass



Thursday 24<sup>th</sup> December 2015



If your child would like to participate in this special occasion, please fill out the form below and return to the office by the 29<sup>th</sup> November.

Please tick which part you would like to be considered for:

Gospel Play:

Talking Parts available

- Angel
- Mary
- Joseph
- 3 Inn Keepers
- 3 Wise Men
- Shepard

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Readings:



- Prayers of the Faithful
- Offertory
- Collection
- Entrance Procession
- Choir

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|  |
|  |

Childs Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Contact Mobile: \_\_\_\_\_ Email Address: \_\_\_\_\_

# CRAFT CLUB VOLUNTEERS REQUIRED

Term 4 at craft club we will be focussing on Christmas. We have loads of activities planned but for us to be able to run these sessions properly we are desperate for some volunteers.

If you can help on any of the following days please fill out the form below and return to the office.

Craft Club is run every Friday during first recess. Volunteers are required from  
10.50am until 11.50am (1 hour duration approximately)....

We are still taking donations of any craft type items.....Drop them off at the office if you have anything we can use.



Name \_\_\_\_\_ Contact Phone Number \_\_\_\_\_

I am available on the following Friday/s from 10.50am - 11.50am

- |   |   |
|---|---|
| <input type="checkbox"/> Friday 30 <sup>th</sup> October  | <input type="checkbox"/> Friday 27 <sup>th</sup> November |
| <input type="checkbox"/> Friday 6 <sup>th</sup> November  | <input type="checkbox"/> Friday 4 <sup>th</sup> December  |
| <input type="checkbox"/> Friday 13 <sup>th</sup> November | <input type="checkbox"/> Friday 11 <sup>th</sup> December |
| <input type="checkbox"/> Friday 20 <sup>th</sup> November | <input type="checkbox"/> Friday 18 <sup>th</sup> December |



Please tick and return to the office...

## LAST WORKING BEE 2015

We believe that having a safe and pleasant school environment is important. Thank you to all families who have helped with school maintenance during last year.

To assist planning for this year we are asking each family to attend **ONE Working Bee** and to indicate which session,(listed below) suits best.

In an effort to cater for everyone, we will hold Working Bees across a range of days and times.

The alternative to attending a Working Bee is to complete the payment details below which are for a **\$60.00** contribution toward hiring maintenance help as required.

Please complete and return the form below as soon as possible (families who have not replied by Feb 16<sup>th</sup> will be contacted).

Yours faithfully,  
THE MAINTENANCE COMMITTEE. EDUCATION BOARD.

✂ \_\_\_\_\_

### PLEASE COMPLETE AND RETURN TO THE OFFICE

NAME: \_\_\_\_\_ ELDEST CHILD'S GRADE: \_\_\_\_\_

Wednesday 2<sup>nd</sup> December ☐  
(8:45-10:45am)

Please debit my credit card for \$60.00:

(Please circle) **Visa** / **Mastercard**

Name on the card \_\_\_\_\_

Credit Card Number: [ ] [ ] [ ] [ ] [ ] - [ ] [ ] [ ] [ ] [ ] - [ ] [ ] [ ] [ ] [ ] - [ ] [ ] [ ] [ ] [ ] Expiry Date: [ ] [ ] [ ] [ ] [ ]

# P & F Newsletter

**FACEBOOK** A reminder that there is a St Mary's parent Facebook group (St Marys Mt Evelyn - parents). This group is run by the parents for the parents not by the school. It's very handy if you need to ask for lost spelling words or find out which days uniform shop is open if you forget!

## FOOD BANK - DONATIONS REQUIRED

We are still asking for donations of, lasagne sheets, pasta sauce, tomato paste, cheese, stock and anything else we can use to make up trays of yummy lasagne and Bolognese sauce. We would also appreciate monetary donations so we can purchase food stuffs to try some new recipes.

If you know of anyone from St Mary's Primary school that may need some help with a meal for their family, please contact the office.

**NEXT  
COOK-  
UP  
TBA  
AT ST  
MARY'S  
TUCKSHOP.  
HELPERS  
REQUIRED  
FOR ALL  
ENQUIRIES  
PLEASE CALL  
Karla  
0418271755**



**Our School, St Mary's is having a Christmas Fair!**

**DATE:** Thursday 3rd December

**TIME:** 5:00 - 7:30pm

### STALL HOLDERS WANTED

We are looking for people who are interested in holding a stall at this year's Christmas Fair. If you are interested please contact either Michelle Jones, Jane Ward or Rebecca Dunn on the details below to secure your spot.

Stalls will be \$20 each (This money will be donated to the school) and a donation of your product for the raffles.

**To secure your spot we MUST know by Friday November 6th.**

### DONATIONS WANTED

We are currently seeking donations to put together raffles for the event. If you know of any businesses that may like to donate some vouchers or gifts, or you have any new unused gifts yourself you'd like to donate we would appreciate your help and donations.

The donation box will be located in the office from Monday 26th October.

**Michelle Jones - 0425 754 906**

**Jane Ward - 0425 712 144**

**Rebecca Dunn - 0418 352 88**





# WEEKLY ADVERTISEMENTS

travel counsellors

## RELAX

With the promise that all your holiday plans are in the safest possible hands.

At Travel Counsellors we're all about you. Your individual needs, wants and desires. Your aspirations and dreams. So if you're looking for a holiday to remember and a personal, caring service that you won't find anywhere else, contact me - your local Travel Counsellor - now.

Call Me: Olivia Glover  
0433 877 086  
TRAVEL COUNSELLOR

Your personal licensed Travel Agent right here in Mount Evelyn!  
olivia.glover@travelcounsellors.com.au

With us...it's personal!

## Care for your career

Always wanted to work in Aged Care, Disability or Home & Community Care?

We have Courses happening in your area!  
Boronia, Box Hill, Lilydale, Ringwood.

This training is delivered with Victorian Government funding. Places are limited. Enrolment is subject to a selection process.

**e employee**

Find out more about your Government Funded opportunity by calling Charley on 0761 2158

## The Sweat Playground

Fitness Studio  
113 Beresford Rd Lilydale 3140 Ph:0411 536 643

### KIDS FITNESS CLASSES



Encouraging kids to move and have fun. Our kids classes are \$7 per session and go for 30min.

**MONDAY 10.30am Boogey Beats**  
"for the little ones"  
10.30AM Boogey Beats—a fun class to get Pre-school age kids moving & dancing.

**Tuesday Fit Club**  
4pm (5-8yrs) 4.45pm (9-13yrs)  
Fit Club will teach your kids the benefit of being active, whilst learning different exercises they will also be playing fun games.

**Wednesday & Friday Body Beats**  
4pm (5-8yrs) 4.45pm (9-13yrs)  
"a basic version of the adults class"  
Body Beats is a fun dance class that teaches coordination and gets their cheeks rosy red whilst dancing to their favourite songs.

No booking required for any TSP class, adults & kids.  
www.thesweatplayground.com

## MOUNT LILYDALE MERCY COLLEGE

### Year 7 2017

Applications for Year 7 2017 are now DUE!

If you wish to enrol please forward applications to:

The Registrar  
120 Anderson Street  
Lilydale VIC 3140

No later than Friday 9 October 2015  
PH: 9735 4022




## smalltalk Supported Playgroups

### Supporting Families Through Play

### What is it?

At supported playgroups, a trained early childhood facilitator provides activities for you and your child to enjoy together. Weekly **smalltalk** topics are introduced to explore how young children develop and learn.

Groups operate throughout the Yarra Ranges during school terms and are free for families to attend.

Together we can:

- ☺ Make friends
- ☺ Play games, sing songs
- ☺ Make & create
- ☺ Listen to stories
- ☺ Explore nature
- ☺ Dance, climb, balance, jump
- ☺ Learn about: preschools, early childhood & community services, activities & events
- ☺ Have fun!



### Are you eligible?

Families with a child/children aged under 4 years and current Health Care Card (or equivalent) are eligible to come and try an exciting FREE supported playgroup.

**Would you like to know more about Supported Playgroups in your area?**

Please contact the Early Years Team at Yarra Ranges Council  
Email: [earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au)  
Phone: 9294 6323



BOOK TODAY

**RAVAE**  
Acupuncture and Chinese Medicine

Acupuncture  
Chinese Herbal Medicine  
Cosmetic Acupuncture  
Chinese Remedial Massage (Tui Na)  
Cupping, Moxibustion & Gua Sha  
Dietary & Exercise Therapy

6 Hereford Rd, Mt Evelyn  
[www.ravae.com.au](http://www.ravae.com.au) | 9736 2888



EXTENSIVE RESEARCH SUGGESTS THAT .....

## LEARNING MUSIC IMPROVES CONCENTRATION

YOUR CHILD DESERVES THIS CHANCE

Enrol NOW in .....  
**PIANO ON KEYBOARD LESSONS**  
\$16.50 per half hour lesson

- \* Convenient — in school time
- \* Inexpensive
- \* Learn with Friends (max 3 per group)
- \* All equipment provided
- \* INDIVIDUAL tuition

**ONE FREE LESSON IF YOU ENROL NOW**  
Phone 9761 9058

# ST. MARY'S TUCKSHOP

## Term 4, 2015

**ORDERING:** Please put your child's Name, Grade, Order and Amount (and change) clearly on a paper bag. Correct change if possible (wrap money in paper) For Families paying together, please write on each bag name and grade of each child.

| HOT FOOD                          |      | DRINKS                                       |      |
|-----------------------------------|------|--|------|
| Beef Pie                          | 2.50 | Nippies Milk                                 | 1.50 |
| Party Pie                         | .90  | (Choc ,Strawberry)                           |      |
| Party Sausage Roll                | .90  | Mineral Water                                | 1.20 |
| Hot Dog                           | 2.00 | Orange, Cola, Apple Raspberry or Blue Heaven |      |
| Dim Sims                          | .70  | Just Juice                                   | 1.20 |
| Chicken tenders                   | 1.10 | Apple or Paradise Punch                      |      |
| Party Pasties                     | .90  | Fruit Tingle Flavoured Water                 | 1.20 |
| Lasagne                           | 2.50 | Zooper Dooper                                | .50  |
| Mac n Cheese                      | 2.50 | Dixie Cup                                    | 1.00 |
| Extras                            |      | SNACKS                                       |      |
| (Please write as a separate item) |      | Jam Doughnut                                 | 1.10 |
| Soya Sauce                        | .30  | Ring Doughnut                                | .90  |
| Tomato Sauce                      | .30  | Chocolate or Strawberry                      |      |
| Brown Paper Bags                  | .20  | Choc Chip Cookie                             | .70  |
|                                   |      | Low Salt Popcorn                             | 1.00 |
| ROLLS                             |      | Chips:                                       |      |
| (white only)                      |      | Vegie Chips Salt & Vinegar                   | 1.20 |
| Buttered                          | 1.00 | Low salt plain                               | 1.20 |
|                                   |      | Honey and soy                                | 1.20 |
|                                   |      |  |      |
| ADD                               |      | SPECIAL TREATS                               |      |
| Vegemite                          | .30  | Limit 1 per order                            |      |
| Cheese                            | .50  | Red Skins                                    | .30  |
| Mayo                              | .20  | Milko Sticks                                 | .30  |
| Lettuce                           | .50  | Ovalteenies                                  | .90  |
| Tomato                            | .50  | Sunfruit Lollie Bag                          | .90  |
|                                   |      |  |      |





## *Building parent-school partnerships*

WORDS Michael Grose

# Manage like a cat, nurture like a dog



Here's how to get the mix of firmness and nurturing right when communicating with young people.

When speaking about raising teenagers I make the planned observation that parents should 'manage like a cat and nurture like a dog'. So what does this mean?

Teenagers need a mix of firmness and nurturance from their parents. Like toddlers many teenagers wear L-plates when it comes to navigating their expanding world. Of course, the world a teenager inhabits is far broader than that of a toddler so the risks are multiplied hundredfold. They still need to be managed, but not necessarily in controlling or confrontational ways.

Due to physiological changes most teens will revert straight to their reptilian brains when they feel threatened or experience angry, aggressive discipline. They will fight you all the way, or escape conflict by going to their rooms or withdrawing into themselves. Better to manage like a cat so they hear your message rather than pick up your vehemence.

### Finding your inner cat

We all have some cat and dog in us. It's just a matter of accessing those parts and bringing them out when we need them. The cat is the credible side we all have, but find difficulty accessing. It is always expressed through your non-verbals – that is, your tone of voice, your posture and your head.

A cat speaks with a flat, clipped voice. His or her head is very still and body upright and confident. The quickest way to access your inner cat is to speak with you palms facing the ground. You can try this now. Stand up with both hands in front of you with your palms facing the ground. Now start speaking. You'll find you'll naturally speak like a cat – clipped voice, still head and body and more serious expression. This is your credible (and calm) side.

When you speak from your cat side people will usually believe what you have to say. It gives you authority.

Australia's foreign minister Julie Bishop is a good example of using cat behaviour.

Like her or loathe her you can't deny she has authority. That's because she accesses the cat side of her nature in public.

You manage a teen like a cat by speaking calmly, quietly and staying still when you speak. Cats will also withdraw eye contact rather than stand and argue so look away or respectfully walk away rather than become involved in argument.

Cats also look for ways to manage visually (look away to indicate not arguing) or kinaesthetically (a touch on the shoulder, move close and whisper) rather than repeating themselves. If they do repeat themselves they are more likely to lower their voice than raise it to get attention. These cat behaviours work well when managing teens.

### Using your inner dog

We also have a dog side to our nature. This is the approachable, conversational, relationship-building side. When you access this side you'll speak with lots of inflection in your voice.

**more on page 2** >>

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## ... Manage like a cat, nurture like a dog ...

Your head will bob up and down. You'll probably lean forward as you speak and you'll smile a lot. The quickest way to access your dog nature is to speak with your palms up. You can try it now. Stand up; put your hands out with your palms up and start speaking. You should notice a big difference in how you deliver your message from when you spoke with palms facing down. If not, alternate speaking with palms up and down until you see a difference.

The dog side of our natures is what many of us feel more comfortable with. If you are in a management position there is a fair chance that you spend more time accessing your cat than your dog. Although effective managers will move seamlessly between the two accessing their dog when networking and relationship-building then finding their cat for negotiations or when making decisions.

Actor Hugh Jackman is an example of a public figure who is dog-like as he usually speaks with lots of cadence in his voice, a big smile and open body language. However, I've seen him switch to cat mode in interviews when he talks about something serious. He will invariably speak quietly, calmly and his head will

stay very still. We believe him when he speaks. He's no lightweight. It's his ability to switch from cat to dog and back again that makes him so charismatic.

### Bringing cat and dog to your parenting

From experience I've found that effective parents nuance their communication. That is, they alter their style to suit the situation rather than let their moods dictate their communication styles. This is not necessarily conscious. However do it often enough and switching from cat to dog and back again becomes a habit.

My challenge for you is to bring your cat to the table when you want to manage teenagers and access your dog side when you encourage them, build relationships and listen to them.

**Get your cat and dog wrong and you'll be ineffective. Manage like a dog and you'll do one of three things:**

- 1 Whine at your kids
- 2 Use an angry voice
- 3 Do nothing because you don't want to offend them.

Build relationships like a cat and you'll be distant, stiff and unapproachable. Get the mix right and you'll be able to give

your young person exactly what they need. That is, the leadership and safety that cats provide and the nurturance and encouragement that comes naturally to dogs.

So does the cat side or the dog side come more naturally to you? Think about it. When you discover what you default to then you need to be aware of two things. First, you will need to work a little harder to access the other side. Second, make sure you don't rely on one side of your nature to do the work in your communications with your young people. If you do then you will more than likely either manage or nurture well but rarely do both well. However get the mix right and your parenting (or leading of any group of people) and you'll have discovered the key to charismatic parenting and leadership.

*'Manage like a cat, nurture like a dog.'*  
Who would have thought it's that simple!

Michael Grose



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