This Month

**AUGUST**

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Thur 1 &amp; Fri 2</td>
<td>Rockhampton &amp; District Track &amp; Field held at Emmaus College</td>
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<tr>
<td>Fri 9 &amp; Sat 10</td>
<td>North Queensland Rowing Championships in Townsville</td>
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<tr>
<td>Wed 14</td>
<td>Principal's Lunch for Parents of Year 10 to12 students 12.00 to 1.00pm</td>
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<td>Wed 14</td>
<td>P&amp;F Meeting Staff Lunch room 7.00pm to 8.30pm</td>
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<td>Thur 15</td>
<td>125 Celebrations Committee Meeting 4.30 to 5.30pm Staff Lunch room</td>
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<td>Sat 17 &amp; Sun 18</td>
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Contact Us

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<tr>
<th>Service</th>
<th>P: 4930 0907</th>
<th>F: 4930 0906</th>
<th>E: <a href="mailto:boarding@rggs.qld.edu.au">boarding@rggs.qld.edu.au</a></th>
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<td>Boarding Enquiries,</td>
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<td>Outing Requests (before 9.00am, after 2.00pm weekdays)</td>
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<td>Health Centre</td>
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<td>F: 4922 4809</td>
<td>E: <a href="mailto:reception@rggs.qld.edu.au">reception@rggs.qld.edu.au</a></td>
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Mariah Lane, Elle Roche, Meggan Beutel, Sarah Skinner in safari themed costumes at the Senior School Social.
Social Scene

James Lye
Director
Students@rggs.qld.edu.au

Whether it was dancing through the decades or a wild safari trek, Girls Grammar had it all! On Friday 21 July, students from Years 7-9 enjoyed a Dance of The Decades themed social. With poodle skirts, robot outfits and any other popular dance trend, the Middle School had a fantastic time dressing up to the theme and dancing along to the biggest hits from the past.

The following Friday, 29 July, it was the senior students chance to bust a few moves and dress up to the theme of Safari. Years 10-12 were given the chance to invite one other person to accompany them to the social. With animal prints galore and many different animals the night was a success as all of the students enjoyed dancing to the music from our very own senior student DJ.

A huge thank you to all students and staff who helped make both events possible.

Mariah Lane

Primary News

Scott Fuller
scottfuller@rggs.qld.edu.au

VIRTUES PARENT INFORMATION EVENING

Parents went back to school last Thursday evening. They didn’t learn about numeracy or literacy, rather they learned about the Virtues Project that will be conducted in the Primary classrooms as part of the Care Program. More information can be found at www.virtuesproject.com

This was the first evening in the series that will be conducted on a Thursday evenings from 5.30 - 6.30pm in the Mouritz Multi-purpose Hall. The evenings are designed to provide information about current educational curriculum to parents. The next two sessions are.

8 August, 5.30-6.30pm
Academic Data
Dr John Fry, Director Learning

22 August, 5.30-6.30pm
Technological Innovation
Ryan Cheers, Director of Technologies

Please rsvp to Scott Fuller at DirectorPrimary@rggs.qld.edu.au if you wish to attend, so resources can be organised.

If you are unable to attend the evening, Information will be available from Scott Fuller or the ELC Parent Information Corner.

DISTRICT ATHLETICS

Our Primary Athletics team successfully represented the school at the Greater Rockhampton and District Athletics Carnival. The Carnival was conducted over two action packed days on 22 & 23 July. Each girl did
her very best and as a result our team finished in second place in the “C” schools girls competition. We congratulate Katie Skinner and Molly Harwood who placed in their respective events in the overall competition. Katie gained selection in the Greater Rockhampton Primary Schools Athletics Team to compete in the Capricornia Athletics Team Trial in August.

PRIMARY COCOURRICULAR

Primary cocurricular activities are up and running, literally. Girls in Primary are involved in the running club, Get Active, AFL Auskick, Netball and Touch Football. Culturally, Art Club and Music lessons are available and academically, maths tutorials are running. The breadth of this cocurricular program provides an outstanding complement to the learning undertaken in our classrooms.

AUSTRALIAN CURRICULUM

Our Primary School undertakes the Australian Curriculum in all areas of academic study. Our smaller class sizes enables the teacher to focus on the individual educational needs of each student. Innovations in technology such as tablet computers in the Year 4 classroom allows our students to be fully immersed in their learning. If you have any questions regarding the content of the curriculum please do not hesitate to contact either Dr John Fry Director of Student Learning or Scott Fuller Director of Primary.

PHYSICAL ACTIVITY MOVEMENT & MOTOR SKILLS

Prep and Year1 Girls have been involved in a gross motor and movement program. The girls have been developing their skills in movement, catching and throwing, all while having large amounts of fun. The program will continue for the rest of the term culminating with the Primary School Ball Games Carnival on 20 September. Please mark this event in your calendar and join us to celebrate the wonderful Girls Grammar Spirit.

PRIMARY STUDENT ACHIEVEMENTS

At our last assembly we celebrated academic, sporting and artistic achievement. The following girls
have received medallions to acknowledge their achievement. We congratulate the recipients.

Year 4
Academic Merit  Lilliana Harrison
                Michaela Klopper
                Tahlia Lawrie
Academic Excellence  Lujaine Hussain

Year 5
Academic Merit  Jayme McKellar
Academic Excellence  Molly Harwood

Year 6
Academic Merit  Mackenzie Morgan
Academic Excellence  Isla Houston
Primary Athletics Year Level Champions

Prep  Shakeeta Yates
Year 1  Ella Mitchell
Year 2  Alexandra Brand
Year 3  Meg Skuthorp
Year 4  Sophie Thompson
Year 5  Tahlee Kuhl
Year 6  Katie Skinner

Emma-Bree Lye Highly Commended in the Ludwig Leichhardt Art and Essay competition.

A representative of Senator Sue Boyce presented Emma-Bree with her award. Part of Emma-Bree’s prize was a collection of history books for the school library. Emma-Bree was Highly Commended out of 750 entries. Thank you to Mrs Renee Steinhardt for her assistance with providing Emma-Bree the opportunity to participate in this competition.

OZTAG

As part of the Primary physical activity program we have Kirby from Oztag conducting practical lessons. The Junior Oztag session starts with a sign on in September and the competition runs for ten weeks. The Primary girls will have brought home a flyer after this week’s physical activity lesson. For further information contact Ryan Scott at www.rockhamptonoztag.com or telephone 0419741678
Prep were having a great time creating our Virtues Tree.

The Preps have been learning about the virtue of ‘Honesty’. We talked about being honest then the students drew a picture what they thought being honest meant. Joelle has drawn a picture of herself being honest.

Year 2 have started a vegie garden as part of their learning in science. We have planted tomatoes, snow peas and lettuce in the bed. We are learning about life cycles in the ‘Watch it Grow’ unit and are focusing on plant life cycles through our vegie garden and classroom experiments at growing bean seeds.
From the Enterprise Manager

Kim Dixon
EnterpriseManager@rggs.qld.edu.au

Loretta Hicks and Heidi Smith are now larger than life. A 3 x 3 meter banner features a great photo of them taken during the Literature Festival earlier this year. This banner is double sided and features Abigail Donaldson on the reverse side. While the banner accompanied Mrs Dixon to Emerald AgGrow and Paradise Lagoons Campdraft, the featured girls and their families were able to see it in action. It certainly has impact!

Pictured is Prefect Nicola Cole (who was very involved in the planning committee and ably assisted Jessica Pearce and Kim Dixon) with Kay Becker and Melinda Scazh on Assembly.

Business & BCT

Chris Read
ChrisRead@rggs.qld.edu.au

Term 2 saw the Business girls studying Business Innovation and Enterprise. Topics discussed included entrepreneurial skills, innovation and invention, team work, organisation and time management skills. Also included in this was the preparation and planning of their small businesses which ran in Week 7 and 8. There was a variety of businesses including service run and inventory based ideas. The food and drinks businesses were particularly popular with the students and were very well supported by all year levels. Thank you to all who participated, including parents, family and friends.

GIRLS GRAMMAR GIRLS SUPPORT WORTHY CHARITY

Kay Becker, CEO of Capricornia Helicopter Rescue Service, was very pleased to attend our Assembly on Wednesday 24 June. Kay is a past student and was touched that we decided to give the proceeds of a multi-draw raffle at our Gaia Festival and Open Day to her service. The multi-draw raffle raised $459.00, with prizes given by each of the 60 stall holders in lieu of a site fee. The many students, staff and parents who were involved should feel very proud of this outcome.
Year 11 and 12 BCT students studied a unit in Term 2 on International Business. Within this topic students learnt about a variety of different countries investigating: how they do business, who they do business with, specific protocols, etiquette and gratuities. We also focused on cross-cultural communication and discussed differences such as: time zones, currency, religion and political views. Year 12 students chose a variety countries to investigate including: Japan, Thailand and the UAE. While Year 11 students concentrated on both India and China. To celebrate the completion of the unit and a successful term, the students were able to experience some of the unique tastes and flavours that some of these countries have to offer.

Drama Department

Jessica Lamb
JessicaLamb@rggs.qld.edu.au

PRIMARY PUPPETRY

This term in Primary Drama, Year 2 and 3 students have been exploring puppetry. The girls have loved exploring this theatrical style and have gone above and beyond in gathering together puppets for use in class. The Year 2 class has practiced using a variety of puppets, including hand puppets and marionettes, to create short performances for their class mates. Meanwhile, the Year 3s have used recycled materials to create their own puppets. Working with puppets is a great way for younger students to develop characters and create imaginative performances.
Music Notes

Christina Bond
ChristinaBond@rggs.qld.edu.au

Jessica Dawes
JessicaDawes@rggs.qld.edu.au

INSTRUMENTAL MUSIC TUITION

Lessons for instrumental and vocal private tuition commenced in Week 1, with students attending lessons and practicing for upcoming performances this term. Some students will be taking AMEB exams this term and are busily preparing. Students who were signed up for private tuition in Term 1 and 2 need to resign to learn this semester, unless payment was made for the entire year at the commencement of Semester 1. To continue lessons through the program, the instrumental form needs to be resigned and payment needs to be made before Week 4. This is the last intake of new students for the year. If your daughter wishes to learn an instrument or take vocal lessons, now is the time to sign up. There will be a new intake at the commencement of 2014. Please contact Christina Bond or Jessica Dawes for further information regarding the program.

LORETO COLLEGE VISIT

On Friday July 19 students from Loreto College Coorparoo visited Girls Grammar for a combined music rehearsal. Students from Loreto joined in with a Girls Grammar concert band rehearsal and our students played through the Loreto College Jazz Band repertoire.

It was an afternoon of fun music making and making new friends. This was a great opportunity for both schools to mingle and learn from each other.

We look forward to more exchanges in the future.

GIRLS GRAMMAR MUSIC GALA

Students are preparing for the inaugural Music Gala to be held on Friday night, 23 August. This event will include students from Prep to Year 12, with performances from all the Girls Grammar music ensembles. The performance will be held in McKeague Hall and will commence at 6.30pm.

MUSIC CENTRE OPENING HOURS

The new Music Center opening hours are 7.30am-4.45pm Monday to Friday. During this time, students have access to the music center and practice rooms to rehearse on their chosen instrument.

QUEENSLAND SYMPHONY ORCHESTRA

We have 13 free tickets available for the QSO performance on Wednesday 28 August. The night commences at 7.00pm. Be swept away by a selection of classical pieces pressed into the service of the magnificent world of film. Wagner’s dark and stirring Ride of the Valkyries is linked to Apocalypse Now, while Johann Strauss’ Emperor Waltz is so suggestive of elegant ballrooms filled with swirling waltzing partners it triggers scenes of cinematic dancing in our minds. Conducted and presented by favourite Guy Noble and featuring QSO’s Principal Horn, Malcolm Stewart. Journey with the QSO through popular films such as Harry Potter, Pirates of the Caribbean, The Lord of the Rings and many, many more. If you are interested in a ticket please come and see Christina Bond or Jessica Dawes in the music rooms and register your interest.
Commonwealth Bank Foundation’s award winning financial literacy program is returning to Girls Grammar on Monday, 12 August, 2013. This free program was well received last year and we are happy to accept their offer to return to present to this year’s Year 10 cohort. During the session, information is presented that helps young people learn about money and money management. It is designed to inspire and motivate students, targeting common financial issues students face. Topics include managing mobile phones, accounts, saving and budgeting, getting a first job and controlling impulse spending. It gives students the confidence and competence to make smart decisions about money by providing the essentials of smart money management through stories, practical examples and activities. More information can be found at http://www.startsmart.com.au/Secondary/rural-and-regional-program/.

Art Department
Nora Hanasy-Cheers
NoraHanasyCheers@rggs.qld.edu.au

The Year 11 students have been looking at the Urban Environment. Students had to represent their understanding and research on a skateboard deck. The artist we have used as inspiration is Silas Finch.

StartSmart
Program Visits the Year 10s
Melanie Brooks
MelanieBrooks@rggs.qld.edu.au

facebook.com/GirlsGrammar
Agricultural Science

Ku Lacey
kulacey@rggs.qld.edu.au

COWS CREATE CAREERS

Year 9/10 girls are participating in a program called Cows Create Careers. This is a national program, and is aimed to increase students’ knowledge of the dairy industry and in particular to make young people more aware of the food chain in which they participate.

As part of this program, the girls will be “Mummy” to 2 beautiful dairy calves, Milo and Oreo. The calves are going to be living on the school grounds for the next 3 weeks and the girls need to feed them milk twice per day as well as monitor their growth. The girls are required to produce a scientific report as well as a sculpture or video with the information that they have acquired during the calves stay. It is a very exciting time for the girls who have been eagerly awaiting arrival of the calves.

Rowing News

Robin Fay
Facilitiesmanager@rggs.qld.edu.au

On June 22 our Year 9 rowing students placed 4th in the final of the quad and 3rd in the final of the double scull in the Central Queensland Schools Championships that were held here in Rockhampton.

This weekend our girls will be training hard in the Fitzroy River in preparation for the championships to be held in Townsville.

On Friday 9 August, the Girls Grammar rowing team will be travelling up to Townsville to compete in the North Queensland Schools Rowing Championships. In the past few weeks we have been training in
preparation for the upcoming competition on Saturday 10 August.

While in Townsville, the Girls Grammar Rowing team will be supported by three staff – Ms Hannah Mounsey, Mr Joel Morrison and Mr Robin Fay. Hopefully we will return to Rockhampton with a few victories.

From the Chef

Mark Thompson
rngs@alliancecatering.com.au

EATING A COLOURFUL VARIETY EVERY DAY

You probably already know that a healthy diet includes a variety of vegetables. Most are lower in calories and higher in fibre than other foods.

As part of a healthy diet, eating vegetables instead of high-fat foods may make it easier to control your weight. Compared to people who eat only small amounts of vegetables, those who eat more generous amounts, are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, heart disease and high blood pressure.

Community Notices

PET REGISTRATION

Did you know an unregistered cat or dog can incur a $220 fine?

Animal Registration Notices have been mailed out. This year payment is due by 31 August. If you are claiming a discount, make sure you bring along your desexing and microchipping documents to receive the discount at the time of payment.

For more information contact Rockhampton Regional Council on 1300 22 55 77 or 4932 9000.

SUMMER FUTSAL SEASON

Rockhampton
Five a side Indoor Soccer
Free sausage sizzle & sign on at Aquatic Place
North Rockhampton
Saturday 17 August 10.00am to 12.00pm for more information please call Gail on 0408780612 or email gail@australianfutsal.com

JASON RICH FOUNDATION

What is this foundation?

Jason Rich passed away in a car accident on the 30th of December 2009, not long after his 21st birthday. This foundation has been set up to ensure that this one life lost, will save many more. The short term aim of the Jason Rich Foundation was to fund 100 senior students through defensive driving courses in 2011. This goal was achieved and duplicated in 2012. Initially, we sponsored students from the Capricorn Coast. We have now expanded into all Rockhampton state and private schools high schools, including Mt Morgan and are about to sponsor our first group from Emerald. By the end of 2014, we will have sponsored over 600 students. Our long term vision is to have a road network free of avoidable tragedies like this one, especially in our community. We do all this through community fundraising.
GIRLS GRAMMAR PARENTS AND FRIENDS ASSOCIATION presents:

Spring Morning Tea

Friday 30th August

COMMENCING AT 10AM
To be held in the courtyard of the Centenary Arts Building at the Girls’ Grammar School
Access via Little Athelstane St.

* Delicious Morning Tea
* Cent Sale
* Multi-Draw Raffle
* Entertainment and Fun

FASHIONS PRESENTED BY TS14+

Adults $15
Seniors $12
Students $10

INVITE YOUR FRIENDS - BOOK A TABLE FOR 10

For table or individual bookings, please contact: Sally 49 300 900 or Leonie 0448 291 222.
Parenting in Today’s World

Keeping you and your computer cyber safe
In today’s world security of your personal information is essential. This session will show you how to reduce the risk of “identity theft” and malicious damage to yourself, your family and your computer.

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<tr>
<th>Date</th>
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<tr>
<td>Tuesday 20 August</td>
<td>10am – 1pm</td>
<td>Technology Centre Room 2, Rockhampton Regional Library</td>
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<tr>
<td>Tuesday 27 August</td>
<td>10am - 1pm</td>
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Understanding and promoting protective behaviours in children
Parents want to keep their Children Safe, but don’t always know how to deal with the different questions around sexuality. This session will help you to understand the stages of sexual development and provide you with strategies to support young people to grow up sexually healthy.

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<td>Friday 2 August</td>
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<td>Monday 12 August</td>
<td>10am -12pm</td>
<td>Fitzroy Room Rockhampton Regional Library</td>
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<td>Wednesday 23 October</td>
<td>6pm – 7.30 pm</td>
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<td>Wednesday 27 November</td>
<td>6pm – 7.30 pm</td>
<td>School of Arts Building Mount Morgan</td>
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<td>Wednesday 4 December</td>
<td>6pm – 7.30 pm</td>
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Raising children’s confidence and self esteem
Recognising how we perceive our own self esteem can help us to support our children to develop and improve their self esteem.

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<td>Thursday 3 October</td>
<td>10am -12pm</td>
<td>Fitzroy Room, Rockhampton Regional Library</td>
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<td>Tuesday 8 October</td>
<td>10am –12pm</td>
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Living with teenagers
Parent sometimes struggle to understand and live with teenagers. This session will offer practical information or better understanding and living with Teens.

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<td>Monday 28 October</td>
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<tr>
<td>Wednesday 30 October</td>
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Communities for Children is an Australian government initiative funded by the Department of Families, Housing, Community Services and Indigenous Affairs. The Smith family is the facilitating partner for communities for Children in the Rockhampton LGA.

Community Development
School of Arts | 230 Bolsover Street Rockhampton QLD 4700
Phone number— 4936 8569 | communitydevelopment@rrc.qld.gov.au
Smacking is back in the news. It was reported in *The Age* recently that the Royal Australian College of Physicians has called for a legal ban on smacking. They claim that physical punishment can easily escalate to abuse. Their research shows that physical punishment can lead to a range of negative outcomes including depression, anxiety and substance abuse later on.

When an esteemed group such as this speaks out, then it’s time to listen. However I’m not sure that legislation is the answer. It would be so hard to enforce.

**Smacking is an emotive issue.**
I know some parents smack out of frustration, or even desperation. That too, is a little different. They don’t want to, but their kids or circumstances get the better of them. Guilt and recrimination often follows.

Most reasonable people rile at the notion of abusive treatment but there are many people who believe a little smack in the right circumstances is okay.

I’m not so sure. You either believe smacking is okay or you don’t.

Parenting should reflect the real world that we are preparing our children for. Our discipline needs to reflect the times in which we live. We expect civil treatment in all our dealings with others so we need to reflect the same expectations in our treatment of kids.

We don’t condone corporal punishment in childcare centres, preschools and schools, so we shouldn’t condone it at home.

Besides, I’m not convinced that smacking works in the long term. There is a considerable body of knowledge that suggests that learning self-regulation and impulse control are keys to responsible, social behaviour in children. Smacking works against this by encouraging avoidance of certain behaviours rather than promoting self-regulatory behaviour. It also leads to resentment when repeatedly used.

**What are the alternatives?**
For disciplinary techniques other than smacking, parents need look no further than the methods used in childcare centres and schools. The use of consequential learning and restorative justice leads to better outcomes.

Discipline is an important part of the parenting process, but it doesn’t need to include corporal punishment. There are plenty of effective alternatives to smacking, and they don’t come with negative side effects including resentment and possibly, bullying.
techniques, when properly applied are effective and strict enough to help kids regulate their behaviours.

These sound like complicated terms but the tips below are examples of these techniques in practice.

Some children, whether due to an individual condition or their temperament, need individual behaviour management plans. None of these involve smacking. They do require a great deal of parental attention, patience and energy to make work. Your local general practitioner or your child’s teacher are good people to talk to initially if a child’s behaviour is overwhelming you.

Parents don’t parent well in isolation so reach out for assistance, particularly when a child’s poor behaviour is wearing you down.

Alternatives to smacking:

1. Time out: This is designed to either give kids a chance to think about their behaviour or just break a pattern of poor behaviour. It doesn’t work for all but it’s a better alternative than smacking. Time out doesn’t have to be in their bedrooms; sometimes a chair or mat near you is enough.

2. Parental time-out: Make sure your kids are safe then go to the bathroom for a time if you are about to lose your cool.

3. Behavioural consequences: Implement a consequence (e.g. remove from a their friends if hurting them, go home if misbehaving in public) that is related to the crime, reasonable and respectful to kids. Don’t over talk while putting it in place and stick to your guns because kids can say things to make you feel guilty.

4. Tactical ignoring: Recognise that some misbehaviour is designed to get up your nose so don’t let it work.

5. Pre-empt poor behaviour: I know kids can be unpredictable but smart parents will get on the front foot and minimise the likelihood of poor behaviour. Think ahead and prepare kids and yourself when you go into public spaces. Make sure your routines are child friendly. And make sure the kids get good attention when they are behaving well, because some kids mess up just to be noticed.

The job of parents is to socialise kids so they can take their place in the world. Discipline is essentially a teaching process that requires a mixture of explanation, limits and boundaries, and a willingness to follow through with respectful action. It also requires a strong backbone, a compassionate heart and heaps of patience, but under no circumstances does it require a firm hand.

You can get more discipline tips and ideas by subscribing to Happy Kids, Parentingideas’ free weekly parenting guide available now at www.parentingideas.com.au/parents