



# Mallacoota P-12 College

## Newsletter

Tuesday 11th August, 2020  
Week 5 of 10

### PRINCIPAL'S REPORT



#### Collaborative Parenting wins the day during COVID-19

The close-quarter living that most of us have experienced during the COVID-19 pandemic has tested the patience and communication skills of even the most assured parents. The constancy of everyone living together is a test of family management skills, revealing any flaws or limitations that exist.

Those that rely on a coercive (“do as I say”) approach have probably discovered that dominance works well in small doses, but fails miserably over the long-term, with family harmony severely impacted.

Parents who use a *laissez-faire* (“she’ll be right”) approach may have found that one or more children struggled with a lack of structure. In the absence of positive leadership, a child has more than likely stepped up to fill the void, rendering parents with limited influence.

Those who use a parallel (“you go your way, I’ll go mine”) approach may have experienced a relatively quiet parental existence, but this will more than likely come at the expense of group cohesion and children’s mental health.

#### Collaborative Family Leadership

Life in the family cocoon has suited parents that use a more inclusive, collaborative parenting style. This is a style that gives children a voice, commensurate with their developmental stages, in how the family conducts itself.

#### Features of a Collaborative Family

Parents who adopt a collaborative approach impact

... continued over

### WHAT’S ON?

#### AUGUST

- 12 Early finish 2.15 pm  
Student Showcase  
2.30 - 5.30 pm
- 13 Student Showcase  
3.40 - 5.30 pm
- 17 - 21 National Science Week

#### SEPTEMBER

- 18 Term 3 ends

#### OCTOBER

- 5 Term 4 begins
- 7 GAT Exam

### Reminder: Student Showcase

The Student Showcase is on this Wednesday (2:30-5:30pm) and Thursday (3:40-5:30pm).

All classes (both onsite and in the Virtual classroom) will finish at 2:15pm on Wednesday.

Interview bookings are available on uEducateUs until 10:30am on Wednesday. Please contact the office if you need support to book.

All students are encouraged to be available to join the conversation.

All interviews will be conducted via phone. Our teachers will call you at the scheduled time.

The School newsletter will continue to be published and sent by email each week. If you have previously requested a hard copy newsletter, this will be put into your child’s work pack. It is also available to be viewed on our website and through uEducateUS.



# Mallacoota P-12 College

## Newsletter

family culture in positive ways, so that their family becomes a collaborative unit. Here are some features shared by collaborative families:

- **Respect is a key value**

This style of leadership treats kids with respect but importantly, expects respectful, considerate behaviour from children in return. When kids fail or forget to practise respectful treatment of others they are respectfully brought into line and reminded of their responsibility to others.

- **Kids contribute**

Kids in collaborative families generally help out without being paid. A jobs' roster is the preferred method for ensuring kids contribute as authority is diverted from parent and rests with the group instead.

- **Language is cooperative**

Parents who adopt a collaborative approach generally use language that invites children to cooperate. They also use the word "we" a great deal. "We're relying on you to set the table before dinner" reminds a child or teenager of their contribution to the family good.

- **Rituals are strong**

Collaborative families also use rituals such as mealtimes, special days and the like to build strong

family bonds. These structured get-togethers are balanced with plenty of informal, fun activities where members can enjoy each other's company.

- **Decision-making is shared**

Most parents who successfully adopt a collaborative leadership style have a process that engages kids in family decision-making and resolution of conflict between siblings. A regular family meeting or council is a common forum used by collaborative family leaders. These meetings may take time to get right and some effort to convince all family members of their benefits, however once they're embedded they become an invaluable part of a family's culture.

There are many ways and methods you can use to successfully raise a family, however not every method stands up to the scrutiny close of quarter living we've been encountering. With more time at our disposal, a wonderful opportunity exists to implement a collaborative leadership style, that will bring benefits well after the COVID-19 pandemic.

From our good friend Michael Grose.

Our best to all our great school community,  
Tim Cashmore & Kathy Scott

### VALUES RECIPIENTS

WEEKS 3 & 4

<b>Respecting</b>	<b>Learning</b>	<b>Striving</b>
-------------------	-----------------	-----------------

Aliza

Kade

Shelby

Kai

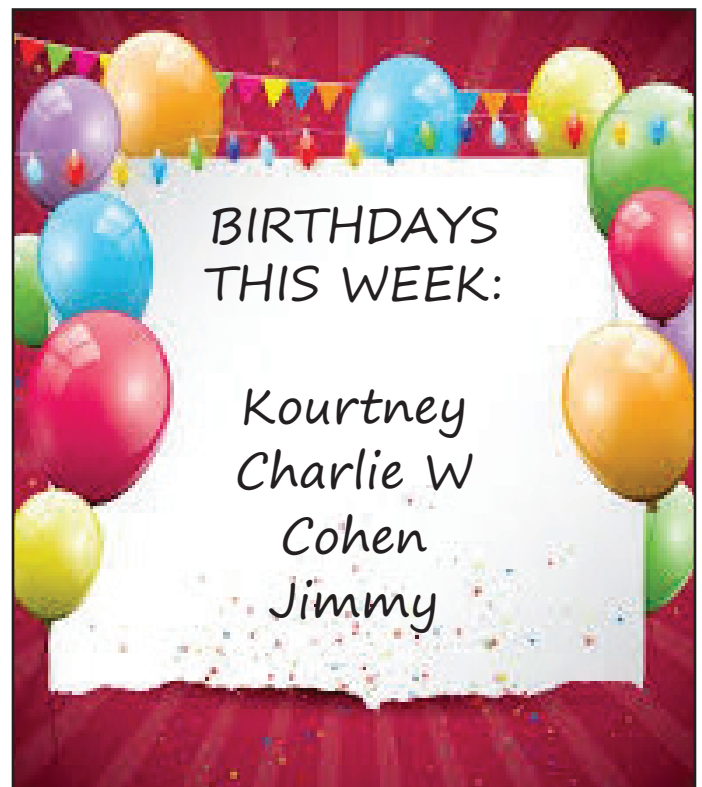
Tristan

Joshua

Isaac

Emma

*Respecting Learning Striving*





# Mallacoota P-12 College

## Newsletter

### 10 Promises to Keep Mentally Well

Here are ten tips to support your mental wellbeing during this challenging time. Thank you for staying safe and keeping your families well. I'm looking forward to seeing your faces and smiles at the other end of this.

#### PROMISE TO...

1. **Disconnect to Reconnect:** Consider how your tech habits might be preventing you from really tuning-in to those around you and those you love.
2. **Live in the Present:** Being stuck in the past or worrying about the future is bad for your mental health. Reduce stress by learning to fully appreciate what's right in front of you.
3. **Stay Active:** To increase wellbeing and reduce symptoms of depression and anxiety.
4. **Get an Early Night:** Getting enough sleep is good for your mind and body. Sleep helps you feel energized, stay focused, and protects your mental health.
5. **Keep Learning:** At every life stage, as a great way to keep the mind active and boost our confidence. Learn a new skill, take up a language, or simply read a book!

6. **Get to Know the Neighbours:** For reduced isolation and a stronger community. Neighbours can even expand your social circle and be a wonderful source of support.
7. **Eat Well:** Eat a healthy diet and limit caffeine and alcohol. A diet that's good for your physical health is also good for your mental health!
8. **Get Outdoors:** To improve your mood and reduce anxiety. Time outdoors has a positive effect on mental as well as physical health.
9. **Be Kind:** Research shows that being kind to others boosts your happiness. It helps build social connections and strengthens relationships.
10. **Seek Help:** Taking action may not be as hard as you think. Talking to friends, family, or your GP is a great starting point. There are lots of online support too.

Self-care and caring for others can make a real difference.

Helen, School Nurse  
 Ref. <https://1010.org.au/make-a-promise/>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 5</b>	August 10	August 11	August 12 Early finish 2.15 pm Student Showcase 2.30 – 5.30 pm	August 13 Student Showcase 3.40 – 5.30 pm	August 14
<b>WEEK 6</b>	August 17 National Science Week	August 18 National Science Week	August 19 National Science Week	August 20 National Science Week	August 21 National Science Week
<b>WEEK 7</b>	August 24	August 25	August 26	August 27	August 28
<b>WEEK 8</b>	August 31	September 1	September 2	September 3	September 4
<b>WEEK 9</b>	September 7	September 8	September 9	September 10	September 11
<b>WEEK 10</b>	September 14	September 15	September 16	September 17	September 18 Term 3 ends