Dear Parents/Guardians

Social and emotional intelligence involves understanding your feelings and behaviours, as well as those of others, and applying this knowledge to your interactions and relationships. Research has shown that those with high emotional intelligence have better attention skills and fewer learning problems and are generally more successful in academic and workplace settings. Many social and emotional skills are developed over time and some adults are stronger in this area than others, as is the case with children.

A recent study tracked 750 youngsters in 4 different communities from 1991, when they were in kindergarten, until they were 25 years old. They found that those with good social skills (sharing things with others, resolving peer problems on their own, cooperating with peers without prompting, being helpful to others, listening to others’ point of view, understanding other people’s feelings etc.) were more likely to graduate from high school and college and have full-time jobs; and less likely to drop out of school, commit crimes or need government assistance.

When it comes to our children, we’re the ones who can fuel their flight and building their social-emotional intelligence is a sure way to do this. We can’t choose their temperament and we can’t choose their personality, but we can shape it. Below are some things that we can do to help develop their social emotional intelligence.

The words have it

Our kids won’t always remember our words, but they’ll remember how the words made them feel, and those will be the feelings with which they relate to the world. As the parent, you represent to them the very best the world can be. If they interpret that as judgemental or critical, they’ll approach the world with a defensiveness and disconnection that will stifle them.

Model imperfections

Own your humanness - embracing your own imperfections will help your children to embrace theirs. Give them permission to fail and to get it wrong. Nothing feels better than someone embracing us when we’re not that deserving of that embrace.

Make kindness a priority

Most parents will say that kindness is important but kids aren’t getting that message, believing that grades are the most important thing to parents. Though grades are very important,
kindness is at the heart of social competence, relationships, and connection. Telling them to be kind is one thing, but letting them see you being kind to yourself, to them, to people you know and to strangers is what they need.

Disagree but don’t stop listening

Being able to effectively negotiate different points of view is an important part of maintaining relationships and preserving a sense of self in those relationships. Let them disagree with you sometimes without trying to change their mind: ‘I understand what you’re saying, though I see it a different way.’ Understanding someone doesn’t mean you agree with them. What it means is that you respect their right to their opinion and that you want to keep the connection and dialogue open. People will always value those who respect their opinions, even if they disagree.

Share your own feelings

We all get sad, mad, scared, jealous, insecure – and pretending that you don’t runs the risk of your kids feeling ‘less than’ when they feel off-balance. Whenever it’s appropriate, share your feelings with them, but be careful not to dump your own troubles onto them.

Relationship is critical

Staying connected is the biggest and best way to ensure you have influence, so let the relationship take priority over pretty much everything. If they’ve come to you with a confession that has you scrambling for breath, take a moment, breathe, and focus on the behaviour you want to increase (their honesty, the connection, their willingness to talk to you), rather than the behaviour you want to decrease. Acknowledge how much their honesty means to you, then gently discuss the behaviour you want to change. You’ll always have more influence when they feel connected to you. Their relationship with you will form the foundation for their relationships with the world.

David Holloway
Head of Primary

GRADE 7/8 SPORT RESULTS

<table>
<thead>
<tr>
<th>Sport</th>
<th>VS</th>
<th>Results</th>
<th>Most Valuable Player</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys Netball</td>
<td>St Andrews</td>
<td>Lost 33/5</td>
<td>Isaac John</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Lighthouse</td>
<td>Won 2 to 1</td>
<td>India Kennedy</td>
</tr>
<tr>
<td>Soccer</td>
<td>Lighthouse</td>
<td>Draw 2/2</td>
<td>Noah Alvarenga</td>
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</table>

CSEN

On Tuesday the 19th of July the HCC Cross Country Team participated in the annual Christian Schools Event Network. We left at 8.30 am and piled onto two buses. I congratulate those who participated in the event, who tried their hardest and ran their best. I think that everyone competed well and we had an awesome day.
Our very first cohort of VET Hospitality students have just completed their respective two year training at our purpose built Trade Skills Centre and to celebrate this milestone we held a VIP dinner night on Tuesday 2 August at the Salt cafe.

The hospitality students’ immediate family and other staff members who were directly involved in this program were invited to five course meal starting with mocktails and canapés to barista made coffee and petite fours.

The evening also provided our students the opportunity to showcase what they have learnt over the two year period. A very special thanks to our parents for supporting this new initiative at Heatherton Christian College.

Nowell Abraham
VET Hospitality Teacher
WARNING

THIS SHOW CONTAINS NON-TOXIC SMOKE MACHINE EFFECTS; FOOTAGE AND SOUND EFFECTS OF WWII BOMBERS, WHICH MAY BE DISTRESSING TO SOME AUDIENCE MEMBERS AND SCENES OF SIMULATED VIOLENCE, WHICH MAY NOT BE SUITABLE FOR VERY YOUNG CHILDREN.

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- School Holiday Program
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Heatherton Christian College Presents

THE LION, THE WITCH AND THE WARDROBE

by C.S Lewis
Adapted by Glynn Robbins
by arrangement with ORIGIN™ Theatrical,
on behalf of Samuel French, Ltd.

Wednesday 10th & Thursday 11th
of August at 7.15pm
at The Shirley Burke Theatre
64 Parkers Road, Parkdale

Admission is $22 per person and $15 for a child

Seats are limited, so book early!
https://www.trybooking.com/M1K
https://www.trybooking.com/2H31O

WARNING

THIS SHOW CONTAINS NON-TOXIC SMOKE MACHINE EFFECTS; FOOTAGE AND SOUND EFFECTS OF WWII BOMBERS, WHICH MAY BE DISTRESSING TO SOME AUDIENCE MEMBERS AND SCENES OF SIMULATED VIOLENCE, WHICH MAY NOT BE SUITABLE FOR VERY YOUNG CHILDREN.
National Christian Schools Sports – Athlete Nominations for 2017

National Christian Schools Sports is a high quality multi-sport carnival that honours God and recognises excellence in student sporting endeavour. The NCSS is held every two years and in 2017 will take place in Sydney, with expected competitor numbers to reach eight hundred athletes from five states. The sports on offer in 2017 include Basketball, Netball, Soccer, Tennis and Volleyball. Students that are enrolled in a CSEN member school are eligible to nominate for selection in these sports.

Date of NCSS 2017 — Saturday 13th May – Friday 19th May, 2017.

Nomination Process – Students from Years 6 – 11 in 2016 that wish to be selected to represent Victoria at the National Christian Schools Sports (NCSS), must nominate via the green “NCSS Representative Teams” button on the CSEN website (www.christianschoolssport.com.au) no earlier than Friday 22nd July, 2016 and no later than Thursday 15th September, 2016.

Trial Process – Compulsory trials for Basketball, Soccer and Tennis shall take place on Monday 12th September 2016, with successful athletes invited to a second trial day on Thursday 6th October, 2106. After the second trial the final Victorian teams will be selected.

Expected Costs – Although final figures are not yet available, the cost to athletes shall not exceed $1400.00. (Uniforms extra).

Further Information – can be found on the CSEN website (www.christianschoolssport.com.au) under the NCSS tab, or by contacting the either the Victorian Coordinator Karen Davidson (csen@csa.edu.au) or your school’s Sports Coordinator.

Bu Ida Driving School

If you are looking for someone to teach you how to drive, from early stages of driving to an already experienced driver trying to pass your driving test. I am here to help and assist you to reach your goal!

Available any day and time! Pick up and drop off at chosen location. This can be at your home, work, school, university, etc. Spoken languages: English, Indonesia and Malaysian.

For more information and package deals information please do not hesitate to contact me!

Ida Simanjuntak: 0404301965
(Past HCC parent)

Celebrate BOOK WEEK 2016 with the

HCC Book Character Parade

Thursday 25 August – Open to all Primary Students

Come dressed as your favourite book character.
Remember to bring the book too!

Gold coin donation please!

Note to parents....
Let’s keep those costumes simple and fun!

HCC will also be running a Koorong bookstall in the college auditorium during Book Week. Please come and support our school community by doing all your Koorong Christmas shopping with us!!
PRAYER DAY FOR SCHOOLS 2016
ALL WELCOME!

The Lord will guide you always; he will satisfy your needs in a sun-scorched land and strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Isaiah 58:11

GUEST SPEAKER: Debbie Prescott, currently on pastoral team at Melbourne Life Christian Church.

DATE: Friday, 2nd September 2016

TIME: 10am-1pm (9.45am registration)

VENUE: St. Andrews Christian College Innovation Centre
130 Tyner Road, Wantirna south (Melway 64 A12)
Parking available at Rembrandts
(kindly enter from Tyner road & follow signage)

Come and be encouraged by other Prayer Groups throughout Victoria.

Light Refreshments provided.

For further information contact Marilyn on (03) 9874 5764 or email: prayergroupsforschools.net
WORKING BEE

A big thank you to the parents who turned out for the working bee last Saturday 30 July.

A lot of work was accomplished including: the complete weeding and mulching of the vegetable gardens next to the chicken house; the pruning of the bushes outside of the classrooms; the weeding and mulching of the garden bed between the chicken house and the fence; all outdoor furniture was painted; the sand pit was refilled; bubble tap troughs were cleaned; classrooms were spring cleaned; and almost every cob web around the building was removed! It truly was a case of “many hand make light work”.

We are trialling something different at the next working bee on Saturday 22 October. We will be having a morning and afternoon session for the working bee on this day. Families may attend either the morning (9.30 am to midday) or afternoon session (1.00 pm to 3.30 pm). We are hoping that this provides more options for families to attend. Hope to see you there.

Peter Cliffe
Principal

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wed 10 Aug</td>
<td>Secondary Production 'The Lion, The Witch and The Wardrobe' (Shirley Burke Theatre, 7.15 pm)</td>
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<td></td>
<td>Y7/8 Sport</td>
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<td></td>
<td>Primary Mini Olympics</td>
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<tr>
<td>Thu 11 Aug</td>
<td>Secondary Production 'The Lion, The Witch and The Wardrobe' (Shirley Burke Theatre, 7.15 pm)</td>
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<td></td>
<td>Parents' Forum (Salt Café, 9.00 am-10.00 am)</td>
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<td>G3-4 Hoop Time</td>
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<tr>
<td>Fri 12 Aug</td>
<td>G6 Snow Trip (6.00 am departure)</td>
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<tr>
<td>Mon 15 Aug</td>
<td><strong>Curriculum Day - no school for all students</strong></td>
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<tr>
<td>Tue 16 Aug</td>
<td>'Managing Screen Time' Parents' Evening</td>
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<td></td>
<td>Outdoor Ed Ski Trip</td>
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<td>Wed 17 Aug</td>
<td>Y9/10 Sport</td>
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<tr>
<td>Thur 18 Aug</td>
<td>French Excursion - French Film Festival</td>
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<td></td>
<td>Parents’ Forum (Salt Café, 7.00 pm-8.00 pm)</td>
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<tr>
<td>Fri 19 Aug</td>
<td>Secondary One Day Ski Trip</td>
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<td></td>
<td>French Activity Day</td>
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<tr>
<td>Mon 22 Aug</td>
<td>Book Week</td>
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<tr>
<td>Tue 23 Aug</td>
<td>Book Week</td>
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<tr>
<td>Wed 24 Aug</td>
<td>Book Week</td>
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<td></td>
<td>2017 Y7 Information Night</td>
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<tr>
<td></td>
<td>Y7/8 Sport</td>
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</tbody>
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TERM DATES 2016

Term 3: Wednesday 13 July to Friday 16 September
Term 4: Monday 3 October to Thursday 8 December

WORKING BEES 2016

Saturday 22 October: L-Z Families
9.30 am-Midday and 1.00 pm-3.30 pm

COLLEGE OPEN DAYS

Monday 24 October

Parents’ Prayer Group

17 Aug 14 Sep
19 Oct 16 Nov

Parents, please note that there will be no Grade 3 to Year 11 Maths Competition tomorrow, 6 August. Apologise for any inconvenience caused.

College Connection Issue 11 5 August 2016