



## TAKING TIME

**We have come to the end of another academic year.** Some students are just moving from one class to the next, others are **transitioning** from Junior to Senior School and some are doing their HSC. Regardless of which stage they are at, this is an ideal time to look beyond their grades and chat about how their core skills are developing. Students often tell me that they really want for their parents to be proud of them, but they fear their parents will be disappointed in their results and struggle with feeling that they are disappointments to their parents.

Parents are often focused on what do I do to ensure that my child is successful in life. How do I **motivate** my child to do better? Children want to know that they will be loved even if they are not a great student and that your love for them is not conditional.

In my experience, a useful way to navigate this conversation is to focus on both the academic results and then to focus on the skills that are required to support them to have success at College and in Life.

Not all our children are academically inclined, but they can all benefit from developing their:

- Organisational skills
- Time Management
- Self-Discipline
- Problem solving and
- Study Skills

Parenting is hard, SchoolTV has a range of fact based articles that can support you to raise happy and resilient children. If your child is Transitioning to year 7, you can explore what you can do to

support them by clicking the button below.

### [Transitioning](#)

If your child has just started to do their HSC, you can click on the button below to learn more about what you can do to support them to cope with stress, look after themselves, have balance in their lives and study smarter not harder.

### [HSC Stress](#)

If there are any areas that you have concerns about like addressing screen time with your children, you can also access more information about how to do this by clicking on these buttons:

### [Managing Screen Time](#)

### [eSafety Commissioner](#)

I wish you a Blessed Christmas and that you can delight in your children, because they are so precious.

**Mrs Jacoline Petersen**

*Director of Student Counselling*

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