

How do we help our children find that work life balance when they are still at school? It is a very hard thing to manage as adults, and we have to be careful not to give our bad habits to our children.

As parents we want our children to grow and mature into well rounded, well grounded citizens in our community. We want them to be productive, well mannered, informed, inclusive, and capable. We want them to study hard, be successful, work hard, get further than we did - BUT we also want them to be happy and enjoy their teenage years.

For many kids a part time job is a normal rite of passage in their teenage life.

Whether it is at the local fast food place, the supermarket, local shops or businesses, the farm, baby sitting,

available for work.

Many larger employers are good at managing teenage employees and are therefore flexible in some conditions that make them ideal if your child is looking for a school employment balance. Some also offer traineeships and apprenticeships which make them very sort after employers for teenagers looking to enter the workforce after school.

Parents need to be mindful if the job puts too much pressure on your students, you need to ensure that the right things are prioritised and for each child that will be different, but you should be involved with

It all comes down to
balance

tutoring or a family business. I should disclose here that all of my children used to work in our family business and that now the two eldest work at a multinational fast food family restaurant and have since they were each 14. It gives them a grounding for work later, it gives them pocket money to buy things they want, it has shown them what good and bad managers look like, and helped them to decide on certain career paths. It helps them understand the value of the dollar that they had to work hard to earn and are now more careful in spending. And it has lately fuelled my coffee frappe addiction as reward for taking or picking them up from work, 30km from our house.

But how do we ensure that the job doesn't overshadow all other aspects of their life? A few suggestions; get to know their employers, be able to support them in bringing up any concerns, while if your child is old enough for a job they should be responsible for some of the dealings with their employers it is helpful if you can help with the more delicate negotiations, just like you would in a school setting. This may be around your child feeling pressured to take shifts or lose their job, the number of shifts per week, start or finish times or when they may not be

your student as to which they see is the priority for them and for their future.

Young adults as our senior students are, often have things they want to do and feel they need the money for including socializing with friends, upkeep of cars, end of year/school celebrations and "schoolies"

Yr12 is a time to support your student to take a break from some of the other extra curricula activities. This is sometimes hard as they are becoming independent young adults, however if they play sport, sing, dance, debate, play an instrument these things can certainly help bring balance but maybe they could forgo a practise, performance, game or competition. My own daughter kept up her dance classes this year but did not compete.

Just try to keep in mind that very quickly this time of their life will be over, and they will be starting a new chapter. Try to help them balance and keep in perspective all competing factors in their lives, try hard to not let any one commitment dominate, including exams - It's all about Balance.

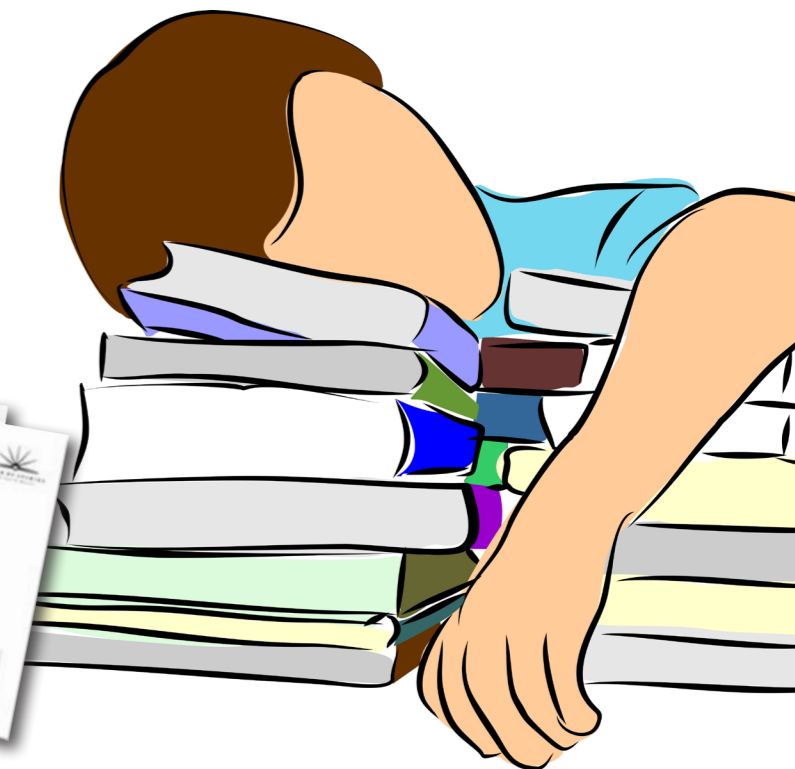
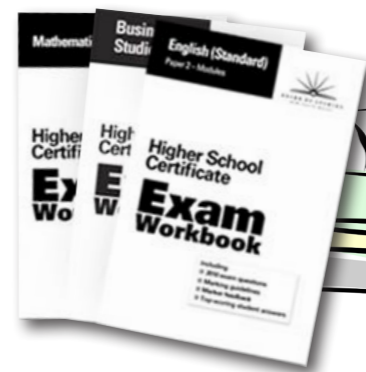
Rachel Sowden

HSC help is here with exam workbooks

As a Higher School Certificate (HSC) parent I found this workbook to be a great resource for both my child and myself. These resources give students a clear and concise guidelines and supports, which help to scaffold their learning and preparations for the HSC exams.

As a parent it is often at an HSC level hard to support our children's learning and studies, not like when they were in primary school and we are often more able to help with projects. These book help us to ensure that what our children are studying is relevant and on task for their HSC. They show examples of what a good answer is which allows our students to model their preparation on best practise. By being produced by the Board of Studies you can be assured that the feedback from markers will really tell you and your child what the examiners are looking for in the student's answers.

This handbook and the others in the range help to allay some of the stress that is part of the day to day existence of both the HSC student and their families



Spencil is running their ridiculously popular school book cover fundraiser for 2013 Back To School – and you don't have to do a thing!

As many book lists aren't handed out to parents until the end of term 4, it can be frantic to run a school book cover fundraiser before the school year finishes – so this year Spencil has come up with a cunning plan to stop all the stress.

Simply tell your parents to buy their Spencil book covers (either at their local newsagent or online at www.spencil.com.au) from 1 October 2012 – 28 February 2013, register their sale on the Spencil website, and Spencil will donate 10 cents from each book cover sale to the school fundraising committee.

For more information, and to register your school for the fundraiser, visit us at www.spencil.com.au, enter 'lets go shopping' and click on the fundraiser button. What could be easier?



Spencil book covers are reusable non toxic plastic slip on school book covers. There are over 50 colourful designs to choose from – in exercise, A4 and scrapbook sizes.



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