



The Poppet Head

Weekly newsletter of Quarry Hill Primary School
Wednesday February 13th 2019
Newsletter No. 2

Our Vision:

QHPS students are empowered to be engaged learners. Our community fosters a culture of respect and belonging.

2019 TERM DATES

Term 1 January 30 – April 5
Term 2 April 23 – June 28
Term 3 July 15 – September 20
Term 4 October 7 – December 20

Principal: Jo Menzel
School Council President: Tim Shanahan
PFA President: Clive Enever

~OUR VALUES~

Kind

I understand that everyone is different
I co-operate
I respect myself, others and the environment
I am community minded
I belong

Curious

I am a learner
I seek knowledge
I ask questions
I explore and wonder
I create

Brave

I am honest
I am independent
I have high expectations
I am resilient
I am open to feedback

IMPORTANT DATES

	Time	Details
FEBRUARY		
Friday 15 th	9.00am	Book Club closes
Friday 22 nd	3.00pm	Assembly- Jacinta Allan badge presentation
Tuesday 26 th Wednesday 27 th Thursday 28 th	Various	Teeth On Wheels dental visit
Thursday 28 th	All day 5.30pm-7.30pm	School Census Day Welcome Back Picnic-Bushland
MARCH		
Friday 1 st	Various	Teeth On Wheels dental visit
Wednesday 6 th	All Day	Pupil Free Day
Monday 11 th	All Day	Labour Day public holiday
APRIL		
Tuesday 2 nd -Wednesday 3 rd		Grade 3/4 Swan Hill Camp Rooms 15A & 15B
Wednesday 3 rd -Thursday 4 th		Grade 3/4 Swan Hill Camp Rooms 4, 14A, 14B

Reminder:

Teeth On Wheels dental van will be visiting Quarry Hill on February 26th, 27th, 28th and March 1st. Please return all forms.



Kind



Curious



Brave

Dear Parents and Carers,

LAUNCH OF OUR NEW VISION AND VALUES

At last Friday's assembly we officially launched our new vision and values with our community.

Our new Vision Statement, which is our inspiration or picture of what we want for our students in the future is:

Quarry Hill Primary School students are empowered to be engaged learners. Our community fosters a culture of respect and belonging.

Our three new values, are not the only values we hold dear, but are high priorities for us - and will be our driving force as we define how we want individuals and groups to operate and behave now and into the future.

Each value has a list of statements that describe some of the actions that we want our community to do. This list is not exhaustive as there are many other actions that sit within the values.

Our three new values are:

1. Kind

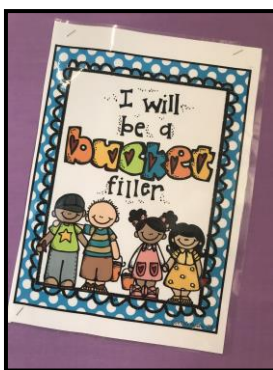
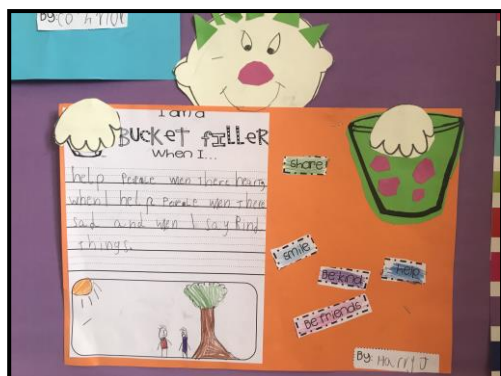
- I understand that everyone is different
- I co-operate
- I respect myself, others and the environment
- I am community minded
- I belong

2. Curious

- I am a learner
- I seek knowledge
- I ask questions
- I explore and wonder
- I create

3. Brave

- I am honest
- I am independent
- I have high expectations
- I am resilient
- I am open to feedback



All classrooms were involved in activities that helped children gain a deeper understanding of our new values. Students from Mr Shepherd's, Mrs Fry's and Ms Walker's classes shared with the community some of the activities they did during the day.

SCHOOL COMMUNITY PARTNERSHIP

Last week I sent out a Community Partnership invitation to all families via the Compass app. Hopefully you all received this letter.

The school is looking to come up with a documented agreement between all our stakeholders (parents, students, staff etc.) about the responsibilities of everyone involved as they relate to providing the best education for our students at Quarry Hill Primary School.

This is an opportunity for our parents to talk about:

- The things they think the school does well
- The things that they may like to see happen
- What they think their role is in supporting the school?
- How the school might engage with the wider community?

All parents are encouraged to come along and be involved in a conversation around how we can build and maintain a positive partnership. The school has employed the services of an external consultant, John Sloan, to facilitate this work.

Sign-up sheets are at the office. You can sign up for any session time. You can come by yourself or with a group. Conversations will be confidential with only the themes being shared for the purpose of the partnership agreement.

The dates are **Tuesday 26th, Wednesday 27th and Thursday 28th of February**. There are early morning and early evening times available to cater for working parents. Our students and staff will also have an opportunity to be involved in the process. Please come along and be involved.

We are interested in hearing everyone's voice.

SCHOOL CENSUS DAY

Thursday February 28th is School Census Day. If your child is absent on this day it is very important that we are provided with a note explaining the absence. Our budget is determined by the number of children who attend on Census Day and enrolment numbers and information will be subject to audit. We thank you in anticipation for your cooperation with this matter.

LEADERSHIP BADGE PRESENTATIONS

Jacinta Allan, MP, will be attending our assembly on Friday, February 22nd to present our student leaders with their leadership badges. All families are cordially invited to see the children receive their badges.

SAVE THE DATE: WELCOME BACK PICNIC – THURSDAY FEBRUARY 28TH

We will be holding a *Welcome Back Picnic* on Thursday, February 28th 5.30pm – 7.00pm down in the Bushland. All families are cordially invited to bring a picnic tea to share with their family. It will be a great opportunity for new families to meet other members of the Quarry Hill community, as well as a chance for returning families to catch up after the holiday break. It would be wonderful to see lots of our new and returning families attend. A picnic blanket is advised as it is quite dusty down there at the moment.

CURRICULUM DAY – WEDNESDAY MARCH 6TH – PUPIL FREE DAY

A Curriculum Day has been approved by School Council for Wednesday, March 6th. The school will use the day to undertake staff professional development around the implementation of a whole school benchmarking system for reading.

Wednesday, March 6th will be a Pupil Free Day.

PREP REST DAYS IN FEBRUARY PLUS MARCH 6TH

Parents of Prep children are reminded that for the month of February Prep children do not attend school on a Wednesday. Also, with the Curriculum Day scheduled for Wednesday, March 6th (see above) Prep children (along with all students) will have a further rest day on March 6th.

Have a great week.

Jo Menzel
Principal

GRADE 3/4 CAMP TO SWAN HILL

Grade 3/4 camp this year will be to Swan Hill Pioneer Settlement.

This is an overnight camp where the children will undertake activities to develop their understanding of the life of Australia's early pioneers. The cost of the camp is \$135.00 (\$85.00 if you have already paid the deposit) and payments are being accepted now in the office.

Camp dates: Rooms 15A & 15B Tuesday 2nd - Wednesday 3rd April 2019

Rooms 4, 14A & 14B Wednesday 3rd – Thursday 4th April 2019

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
Email: quarry.hill.ps@edumail.vic.gov.au
Website: www.quarryhillps.vic.edu.au
Phone: 5443 3537

STUDENT ACHIEVEMENT AWARDS

KIND

Lucien P (Room 1)	for assisting others during class time.
Charlotte T (Room 2)	for helping our preps settle into routine.
Logan C (Room 2)	for helping our preps settle into routine.
Jimi R (Room 6)	for being a caring friend in room 6, and to others.
Day CG (Room 9)	for being kind to all of her classmates and helping them to succeed.
Piper G (Room 8)	for being a kind and friendly class mate.



CURIOUS

Matilda B (Room 12A)	for thinking deeper during our inquiry lessons and offering insightful opinions.
River H (Room 10B)	for displaying plenty of curiosity during our Literacy connectives lesson.
Sophie G (Room 14A)	for always going further to find out more. Well done!
Anabel H (Room 5)	for asking questions and always aiming to be the best learner she can be.



BRAVE

Paddy EM (Room 14B)	for having high expectations of his own work habits.
Annabelle C (Room 15A)	for taking great pride in her work and setting high expectations.
Max D (Room 15B)	for a wonderful, settled start to Quarry Hill Primary School.
Oscar G (Room 10A)	for always asking questions and being open to feedback.



CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)

A reminder that families or temporary foster parents holding a valid means-tested concession card are eligible to apply for CSEF. Eligible concession holders are entitled to \$125 per year for primary school students. Payments are made directly to the school and are tied to the student.

Parents or legal guardians that have previously not submitted an application can do so now at the office. **Please note if you completed an application last year you do not need to complete one this year.**

To be eligible for the fund, a parent or legal guardian of a student attending a registered Government or non-Government Victorian Primary or Secondary School must:

- On the first day of Term One, or;
- On the first day of Term Two;

a) Be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be the holder of a Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR

b) Be a temporary foster parent, and

c) Submit an application to the school by the due date.

Parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

Application forms should be completed and lodged at school by February 28th 2018, as payments are made from March.

Application forms are available for download or printed copies are available at school. Thank you to those parents that completed their application form on Booklist Collection Day.

SCHOLASTIC BOOK CLUB

Issue 1 of Scholastic Book Club **is due Friday February 15th**. No late orders will be accepted.

To celebrate the start of the New Year, any family ordering from issue 1 will also receive a free 'All About Me' activity Journal when you spend \$10 or more on your first order.

One of the features of Book Club is you can order the books online and pay with your credit card via the LOOP facility (visit <https://mybookclubs.scholastic.com.au/Parent/Login.aspx> for more information).

The LOOP facility eliminates the need to put your credit card number on the order form and/or handover cash.

For paper copy book orders please include your child's name and classroom room number and/or teacher on the top of the form and return to office with correct payment. Thank you

Jane

P.F.A News

NEXT MEETING

The first PFA meeting for 2019 will be **Thursday 21st February at 7.30pm** in the multipurpose building. This is also the AGM & all positions will be vacated.

Any families that are new to Quarry Hill are most welcome to attend and new members are always welcome.

TEETH ON WHEELS

On the 26th, 27th, 28th of February & 1st March 2019, Quarry Hill Primary will be having Teeth On Wheels dental truck visit the school. Consent forms have been sent home and are due back, so if you wish your child to participate, please fill in the forms correctly and drop them into the office as soon as possible.

HEAD LICE CHECK VOLUNTEERS

Over the years, QHPS has participated in weekly classroom head lice checks. We are seeking any parent/carer volunteers with a valid Working with Children's check to assist in keeping this very valuable program running. Days and times are flexible, so if you could spare one hour a week to volunteer please see the office for more information. We really appreciate the support we receive from the QHPS community.

PERMISSION FORMS

It is very important that your child's Update forms including Student Permission, Parent Guardian Privacy Consent & Computer Acceptable Use are all filled out and returned to the office. If you have not completed these please do so as soon as possible.

PARKING AND ROAD SAFETY

Parking and Animal Services from the City of Greater Bendigo have contacted our school and requested that the following information be conveyed to our school community.

The illegal parking of vehicles adjacent to our school poses a safety concern to children, pedestrians and other road users. Parents are reminded that it is essential to comply with parking restrictions when dropping off and collecting children from school.

Motorists must not stop in no stopping areas, even briefly, with or without the motor running. They must not stop next to a continuous yellow edge line, on nature strips, too close to school crossings, park over driveways or double park. A number of schools have short term time restricted areas, such as 2 minute pick up / drop off. These parking areas are in place to allow for ease of access close to schools and these restrictions must be adhered to. Drivers should also be aware that they cannot perform a U-turn over an unbroken or continuous dividing line.

With regard to children's crossings, the law requires that a driver approaching a children's crossing must drive at a speed at which the driver can, if necessary, stop safely before the crossing. Please slow down and take extra care when driving in school zones.

City of Greater Bendigo Parking Officers and Bendigo Police do conduct random patrols throughout the school year at various locations to ensure that motorists are adhering to the Road Rules.



Great news! Teeth On Wheels are coming to your school

Teeth On Wheels are a highly qualified dental team who will be coming out to our facility. They press their focus on diminishing dental anxiety by practicing pain free dental treatment. Their mobile clinics are designed to be child friendly, making a fun and enjoyable atmosphere.

The onsite dental clinic is able to provide all treatments listed below:

- ✓ Examination
- ✓ Scale and Clean
- ✓ X-rays
- ✓ Fluoride treatment
- ✓ Preventative Fissure Sealants
- ✓ Minor Fillings

We highly recommend signing up with this special program to ensure your child's Oral Health needs are met.



**Don't forget to
complete and sign a
consent form for your
child to be seen!**



TeethOnWheels™
a positive dental experience

www.teethonwheels.com.au

TeethOnWheelsAustralia #teethonwheels

All Ages • All Abilities Action Plan

The City of Greater Bendigo is developing a new All Ages All Abilities Action Plan.

This Plan combines the following:

- Community Access and Inclusion Plan
- Municipal Early Years Plan
- Positive Ageing Strategy; and
- Includes the existing Youth Strategy.

By consolidating resources to design a new, all-inclusive action plan we can outline the Council's strategic direction and commitment to improving health and wellbeing outcomes across the age spectrum for all community members in Greater Bendigo.

The project team has just commenced our month of engagement and would love to get as many people involved as possible.

People can be involved through the;

- Online survey - <https://www.surveymonkey.com/r/allagesallabilities>
- Postcards – these have information about the project, space to write or draw a response, links to the survey and are reply paid.
- Library – a display is up at the library for people to contribute to.
- We will be visiting existing groups and committees – to run workshops or introduce the project and pass on information.
- An Agency forum on the 25 February

More information is on the website

<https://www.bendigo.vic.gov.au/allagesallabilities>

Developing an All Ages All Abilities Action Plan for Greater Bendigo

Agency Forum

WHEN

Monday February 25
12.30pm to 2.30pm

WHERE

Banquet Room
Capital Theatre
50 View Street, Bendigo

The City of Greater Bendigo invites you to attend our Agency Forum and contribute to the development of the All Ages All Abilities Action Plan to improve the health and wellbeing of the community.

Hear from a panel of community members about their experiences of living in Greater Bendigo as a child, young person, person with disability and as an older person.

Guests will take part in a workshop that explores why Greater Bendigo is a great place to live, what are some of the health and wellbeing challenges faced by our community and what would make Greater Bendigo a better place to live?

Take part in the survey:
www.surveymonkey.com/r/allagesallabilities

RSVP

Please RSVP by 3pm Friday
February 22, 2019

Light lunch included. Please indicate any special dietary requirements you may have.

✉ healthandwellbeing@bendigo.vic.gov.au

☎ 03 5434 6000
133 667 (TTY National Relay Service)

Accessibility

The venue is accessible
Please advise if you require any special consideration or support to attend

www.bendigo.vic.gov.au/allagesallabilities



Fun fitness & multi-sport after school classes

Our 45min after-school classes are sports science designed for primary school kids (aged 5-13), structured for maximum fun and real results!

Attend unlimited classes weekly for only \$17 a week.
Get fit. Get Gecko fit.

Youngsters [5-8yo]: Monday & Thursday, 4.15-5pm

Midsters [9-13yo]: Monday & Thursday, 4.15-5pm

Bendigo Major League Multisports
Waterson Court, Golden Square

BOOK YOUR **FREE TRIAL** ONLINE NOW
at geckosports.com.au



Franchise opportunities available | 1300 432 565

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
Email: quarry.hill.ps@edumail.vic.gov.au
Website: www.quarryhillps.vic.edu.au
Phone: 5443 3537



CREATING STRONG CONFIDENT PERFORMERS

FEBRUARY IS COME & TRY MONTH
ALL NEW PARTICIPANTS CAN ENJOY 2 FREE TRIAL CLASSES

CLASS SCHEDULE

TINIES	3 – 7 YEARS	THURSDAY	4:30 – 6:30
SUB-JUNIORS	8 – 10 YEARS	MONDAY	4:15 – 6:15
JUNIORS	11 – 13 YEARS	WEDNESDAY	4:30 – 7:00
INTERS	14 – 17 YEARS	TUESDAY	4:30 – 7:00
SENIORS	17+ YEARS	MONDAY	7:00 – 9:00
MASTERS	26+ YEARS	TUESDAY	7:15 – 9:15

All Classes held at Crook Street Hall



★ 2019 ★

cakes & produce
Fun for the kids
Face Painting
Arts & Craft
Bouncy Castle

HOLY TRINITY FAIR

FOOD - FAMILY FUN - ENTERTAINMENT

Holy Trinity - Keck St Bendigo

BBQ & various Food stalls

FRIDAY FEB 22nd
5pm-8pm

Plant Sale
book stall
Bric-a-Brac

Come along for a great evening of fun!

South east bendigo Anglican parish



TENNIS COACHING

for all ages and standards

TERM 1
STARTS
29 JAN

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0422 150 911
AIDAN@GIANTTENNIS.COM.AU

BRANDT FLEMING
0409 518 510
BRANDT@GIANTTENNIS.COM.AU

www.gianttennis.com.au

SOUTH BENDIGO TC
STRATHFIELDSAVE TC
MAIDEN GULLY TC
CASTLEMAINE LTC



EPSOM FC'S FAMILY FUN DAY

FEBRUARY 23rd
3:30PM – 5:30PM

- For all present, past and future players, aged 5 years to 16 years.
- Come to Epsom FC's family fun day at Epsom Huntly Recreation Reserve.
- PLENTY OF SOCCER ACTIVITIES FOR THE KIDS!.
- Meet our Junior coordinators; get all the information you need, for the upcoming 2019 season.
- Our sponsor Sportspower will have samples for players to view and order.
- Epsom FC merchandise will be available.

Email the coordinators juniors@epsomfc.com.au for more information.



ARE YOUR KIDS
INTERESTED IN
PLAYING SOCCER?

COME TO OUR FAMILY
FUN DAY!

MEET OUR JUNIOR
COORDINATORS

FIND OUT ALL
INFORMATION FOR
THE 2019 SEASON

PLENTY OF SOCCER
ACTIVITIES FOR THE
KIDS!

EPSOM FC
MERCHANDISE
AVAILABLE

EPSOM FC
353 Midland Hwy, Huntly, VIC,
3551

www.epsomfc.com.au

Email:
juniors@epsomfc.com.au

www.facebook.com/epsomsoccer

Are you looking for a safe, fun after school activity for your daughter?

The Girls' Brigade can provide the ideal environment for your daughter to grow. GB offers fun, exciting and age appropriate programs for girls aged 5-18. You daughter will enjoy being part of GB and will make new friends on the way. Activities include games, crafts, cooking, camping, outings, Christian teaching and, for the older girls, GB offers a leadership training program that is second to none!

For more info call
Jenny McWilliam on 0429 397 557
vicbendigo@girlsbrigadeaustralia.org.au
<https://girlsbrigade.org.au/>

Monday nights during school terms:
P - yr. 5: 5:30 - 7pm
Yr. 6 - 12: 7 - 8:45pm
Bendigo Baptist Church
757 McIvor Road Junortoun 3551

Girls' lives transformed



End of Summer Kangaroo Flat MARKET

MARKET STALLS
CAR-BOOT SALES
GIANT GARAGE SALE
TRASH & TREASURE
SAUSAGE SIZZLE
DEVONSHIRE TEAS
LIVE MUSIC

@ Kangaroo Flat Uniting Church, High St. (opposite ALDI)

on Saturday 23rd February from 8am - 1pm

Enquiries & Site bookings: Max 54431809 / blume_m@bigpond.com

Empowering, equipping & enabling all girls to flourish, now & into the future.

girlsbrigade.org.au
0429 397 557



Mondays*
5:30-7pm &
7-8:45pm
* During school terms
757 McIvor Hwy
Junortoun

BENDIGO BAPTIST CHURCH

1983 - 2018
125 years



The Sandhurst Junior Football Club are seeking female footballers for the upcoming 2019 season.

We are aiming to field an U13 Girls team in a new division this year. This division will complement our existing U15 and U18 Girls teams, and provide a complete pathway for girls wishing to play from lower age to beyond. This is a wonderful entry level point for any girls wanting to start playing football.

Our focus at Sandhurst is on skills development, personal development and having a whole lot of fun.

Please contact Rohan Donnelly on 0417569695 for all enquires.



**Quarry Hill Junior Football Club
Registration Day**

We welcome both current and new players as well as their families to join our club for the 2019 Season including Boys and Girls Under 9's, 10's and 12's age groups.

We invite you to come along to our Registration Day and enjoy a
****FREE SAUSAGE SIZZLE****

Friday 15th of February 2019

4pm - 5.30pm

Ken Wust Oval

Houston Street Quarry Hill

Club Apparel available to order
EFTPOS/Cash Facilities Available

For further enquiries please contact our:

President - Mick Kealy on 0438 026 661

Secretary - Lauren Kilcullen on 0409 952 840

Registrar - Kristin McManus on 0420 933 191

Vice President- Neki Tzouroutis 0412242321

FRESH FRUIT FRIDAY

Benefiting the health and wellbeing of our Bendigo school children

Proudly funded and supported by:

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
Email: quarry.hill.ps@edumail.vic.gov.au
Website: www.quarryhillps.vic.edu.au
Phone: 5443 3537



12 Metropolitan Drive, Eaglehawk VIC
M 0438 198 031
E brett@kellysports.com.au
W www.kellysports.com.au



QUARRY HILL PRIMARY SCHOOL



MEGA MULTI-SPORTS

TENNIS – CRICKET – T-BALL – ATHLETICS

This program is a fantastic way to challenge and improve your child's motor and coordination skills. Our experienced coaches aim to develop and enhance the wide range of sporting skills of your child, including catching, kicking & throwing. While also improving strength, flexibility, hand-eye co-ordination, spatial awareness, co-operative skills and teamwork, all within a FUN and very SAFE environment

WHEN: Thursday
WHERE: Quarry Hill PS Astro
Turf/basketball courts
COMMENCING: 14/02/19
CONCLUDING: 4/04/19
DURATION: 8 weeks
TIME: 3:40pm – 4:40pm
YEAR LEVELS: P – 6
COST: \$112 inc GST

GET IN QUICK FOR TERM 1 AS PLACES ARE FILLING FAST!!

****EARLY BIRD SPECIAL OFFER**** If you enrol your child in any program before
Sunday 10th February you'll receive 1 session FREE!!



NEW & IMPROVED ONLINE BOOKING SYSTEM!!

SIMPLY GO TO WWW.KELLYSPORTS.COM.AU ENTER YOUR POSTCODE AND ENROL FROM THERE OR
FILL OUT THE BELOW ENROLMENT FORM & SEND WITH A CHEQUE OR CREDIT CARD DETAILS TO:

12 METROPOLITAN DRIVE, EAGLEHAWK VIC 3556

PAYMENT OPTIONS AVAILABLE!

ENROLMENT FORM

☐ Mega Multi Sports

School: _____ Year Level: _____ DOB: _____

Name: _____ Room No: _____

Address: _____ Post Code: _____

Phone: _____ Mobile/Work: _____

Email: _____ Medical Conditions: _____

Emergency Contact: _____ Phone: _____ Relationship: _____

At the completion of after school clinics, does your child? ☐ Go to after care ☐ Get collected Photo consent ☐

Parents' consent: I hereby authorise Kelly Sports to act on my behalf should my child require medical attention, and release
Kelly Sports Bendigo from any liability for injury incurred by my child at Kelly Sports programs.

Parent/Caregiver name: _____ Signature: _____

Amount Paid: \$ _____ Credit card payment: ☐ Visa ☐ Master card

Card Number: Expiry Date: / CVV:

THINGS TO KNOW

Kelly Sports is a Registered Child Care provider

Don't leave forms at the School Office

Spaces are limited so please make sure you enrol online or return form to Kelly Sports

Quarry Hill Primary School, 25 Peel Street, Bendigo 3550
Email: quarry.hill.ps@edumail.vic.gov.au
Website: www.quarryhillps.vic.edu.au
Phone: 5443 3537

insights

Unearthing kids's strengths

by Professor Lea Waters (PhD)



Personality strengths – our character – play a big role in helping us build our our talents. Think about anyone who has built a talent and imagine if it could have been done without character. Imagine Einstein without curiosity, The Beatles without creativity, Mother Teresa without compassion or Neil Armstrong without bravery.

Yet for decades, scientists were blind to character strength. We focused on talent, often on physical strength and skills. In fact, when I first ask young children what they think a strength is, they almost always point to their biceps or talk about being able to lift something heavy.

Once you get familiar with the language of strengths and a framework for seeing them, you'll see character strengths easily in your child. In fact, you may find your child calls on their character strengths more often than on talent to meet life's challenges.

Three key elements of a strength

You've probably seen a child joylessly perform at a piano recital. They may hit all the right keys, but there's no energy or enthusiasm. It's as if they don't want to be there. On the flip side, we've seen the child onstage who's clearly motivated and energised and who fearlessly flails through every mistake – of which there are many.

It turns out that three elements come together to form a strength. For purposes of strength-based parenting, we need to keep our eye on all three:

1. Performance (being good at something).

Watch for when your child shows above-age levels of achievement, rapid learning, and a repeated pattern of success.

2. Energy (feeling good doing it)

Strengths are self-reinforcing. The more we use them, the more we get from them. They fill us with vigour. You'll notice your child has abundant energy when using a strength.

3. High use (choosing to do it)

Finally, look for what your child chooses to do in their spare time, how often they engage in a particular activity, and how they speak about that activity.

For true strengths, these three elements form a beautiful feedback loop: great performance provides the child with a shot of high energy, so the child naturally chooses to do more. In turn, high use – also known as effort or practice – improves performance levels. So, for example, if you notice that your child is energised when they play

the piano, and you provide enjoyable opportunities for them to play, if they're mining a true strength they will likely practise more, which improves their performance, which then energises them ... and so the loop continues.

Keeping this triad in mind will help you avoid pushing your child into an area that seems like a strength just because your child is good at it. It will also help you differentiate between whether your child is bingeing on an activity in an escapist way or expressing a true strength.

For example, when a parent asks me, 'My son is great at computer games and wants to play all the time. Is that a sign of a strength?' I reply, 'Observe his energy levels at the end. Is he drained and cranky? Or energised and full of life? Are you seeing the full triad?' Computer games can tap into a child's strategic and problem-solving skills or stimulate creativity (in some games, you invent whole new worlds). Or they might just be about filling time.

So look for all three signs. When you see your child do something well, with energy, and repeatedly, you'll know you've unearthed a strength.

Professor Lea Waters (PhD)

Lea is the best-selling author of *The Strength Switch*, the President of the International Positive Psychology Association, and the founding director of the Positive Psychology Centre at the University of Melbourne. For further details visit leawaters.com.