

NORTH SHORE NEWSLETTER

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A Message from National Managing Director *Mr Anson Mak*

As we head towards the end of the year, it is a wonderful opportunity to reflect on achievements however small or big throughout a challenging year, and to start considering new goals for 2024 which is fast approaching!

Setting good habits and behaviour from a young age can only have a positive effect on your child's future development. These habits and behaviours can be developed through everyday action in the home and at school. A simple "good morning", "please" and "thank you" can go a long way in life in terms of building rapport, and developing etiquette and soft skills in human interaction. Our National Deputy Principal, Mr David Koina, has a thought-provoking and practical article on encouraging good behaviour in pre-teens and teenagers which we can all reflect on.

It is unfortunate that the COVID word is popping up again. **May I request our families to exercise vigilance and follow public health mandates and exercise a common-sense approach to stay healthy and well.** Please stay at home if you have cold or flu symptoms. Wash your hands regularly using soap and water or hand sanitiser. Consider wearing a mask in crowded indoor areas and be kind to people who choose to wear a mask. We would be grateful if you would remind your children of the same.

I continue to be delighted to hear of the good news of the OC Placement Test results and ongoing scholarship offers. We are always excited to celebrate success with our students and families. **For any students who have wonderful news to share, please contact your Campus so that we can reward you and offer you discounts for ongoing study with North Shore.**

Our charity organisation continues to be committed to supporting the community and charities. **Recently we have supported The Run Beyond Project - which is an experiential program that supports young people as they work towards the accomplishment of a challenging but achievable Goal Event, which ranges from a 10km fun run to a half-marathon in distance.** As students prepare for this event, they acquire goal-setting, commitment and resilience skills and the confidence to apply these skills, beyond the context of running, to all aspects of their lives!

A reminder that **NAPLAN** - a national assessment for Years 3, 5, 7 and 9 students, occurs in March each year. **We have holiday and term programs that give our students a mock examination experience.** For this and other information about our **Summer Holiday Programs**, please speak with your Campus.

A friendly reminder also that our early bird discount for Term 1 and Holiday programs ends on Tuesday 5 December 2023 - so enrol early to save and secure your spot for 2024.

Finally thank you to all our wonderful staff, parents and students for your support in 2023. It is a joy and privilege to be part of your child's education journey. **May I wish you and your families a very Merry Christmas and a happy and healthy 2024.**

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How to Encourage Good Behaviour in Pre-teens and Teenagers

Mr David Koina
National Deputy Principal

Good behaviour in pre-teens and teenagers starts with positive communication and warm relationships. This lays the foundation for guiding your child's behaviour in a positive way.

Here are some practical tips for putting this positive approach into action.

Tips for good behaviour

1 Take time to actively listen

Actively listening means paying close attention to what your child is saying, both with their words and their body language. This lets you tune in to your child's thoughts and feelings. And it shows your child that you care and are interested in them.

2 Set clear rules about behaviour

Family rules set clear expectations about behaviour. If you can, involve all family members in the discussions about rules. Try to keep the rules positive. For example, instead of saying 'Don't be disrespectful', you could say, 'We treat each other with respect'.

3 Broken rules: follow up calmly, firmly and consistently

You can do this by using a brief and fair consequence that you and your child have agreed on in advance. It helps if you link the consequence to the broken rule – for example, 'Because you didn't come home at the agreed time, you'll need to stay home this weekend'. This also helps you communicate your expectations about future behaviour.

4 Encourage self-reflection

If you need to use a consequence, it's good to encourage your child to reflect on what they could do to stop the problem coming up again. For example, you could say something like, 'Sam, I get worried when you stay out late without telling me what you're doing. Next time, I'll pick you up at 10 pm. What could you do differently next time so you don't get a consequence?' Follow up by asking your child what a fair consequence would be if it happens again.



5 Be a positive role model

Children – even teenagers – do as you do, so being a role model for your child is a powerful and positive way to guide your child's behaviour. For example, when your child sees you following the family rules yourself, they get a powerful example.

6 Choose your battles

Before you get into conflict over your child's behaviour, ask yourself, 'Does this really matter?' and 'Is this really worth fighting about?' Less negative feedback means fewer opportunities for conflict and bad feelings.



7 Take your child seriously

Your child is an individual and needs to know that they're valued, accepted and respected for who they are. One way to do this is by taking your child's developing ideas and opinions seriously, even if you don't necessarily agree with them.

8 Give your child responsibility

Learning to handle responsibility is one of the biggest challenges of adolescence, and an important step towards becoming an adult. Giving your child responsibility in certain areas – can help increase autonomy and independence. It can also help you avoid battles over the little things.

9 Tackle problems in a positive way

Whether it's an argument with your child or a disagreement with your partner, using positive problem-solving skills helps to keep you calm. It also gives your child a great example to follow.

10 Praise your child

Descriptive praise and encouragement are powerful motivators. When you notice and comment on your child's responsible choices and positive behaviour, you encourage them to keep behaving that way. Just remember that teenagers often prefer you to praise them privately rather than in front of their friends.

BEHAVIOUR

Encouraging good behaviour in pre-teens and teenagers

11 Plan ahead for difficult conversations

When you need to have difficult conversations, it's a good idea to think ahead about what you'll say and how your child might feel. This can help you avoid conflict. Arranging a time and place where you can have some privacy also helps. For example, 'Lauren, I'd like to make a time to talk with you about some things that are happening around the house. We can talk about it over pizza on Saturday night. OK?'



12 Keep 'topping up' your relationship

It might help to think of your relationship with your child as a sort of bank account. Spending time together, having fun and giving help and support are 'deposits', but arguments, blaming and criticism are 'withdrawals'. The trick is to keep the account balanced – or even in the black.

13 Share your feelings

Telling your child honestly how their behaviour affects you can be good for your relationship. 'I' statements can be a big help with this. For example, saying 'I really worry when you don't come home on time' will probably get a better response than 'You know you're supposed to ring me after school!'

14 Learn to live with mistakes

Everybody makes mistakes, and nobody's perfect. It's all about how you deal with mistakes – both your own and your child's – when they happen. Taking responsibility for mistakes is a good first step, and then working out what you can do to make things better might be your next move. Saying sorry to your child when you make a mistake helps to keep your relationship going well. And if you show self-compassion, it models self-compassion for your child too.

15 Look for ways to stay connected

You can stay connected with your child by spending special and enjoyable time together. The best moments can be casual and unplanned, like when your child decides to tell you about their day at school over the washing up. When these moments happen, try to stop what you're doing and give your child your full attention. This sends the message, 'You're important to me and I love you'.

16 Respect your child's need for privacy

Teenagers crave some privacy and a space of their own. Asking for your child's permission to enter their room and not going through their phone or belongings are ways to show respect for this need. Another way might be to think about what you really need to know, and what can be left as private between your child and their friends.



17 Encourage a sense of belonging

Family rituals can give your child a sense of stability and belonging at a time when many other things around them – and inside them – might be changing. Some families might choose to have Friday family pizza nights, pancakes for breakfast on Sundays, or particular traditions for celebrating birthdays.

18 Keep promises

When you follow through on promises, good or bad, your child learns to trust and respect you. Be clear and consistent, and promise only what you know you can deliver.

19 Have realistic expectations

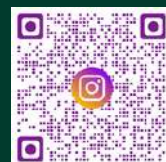
Your child will probably slip up and break the rules sometimes. Teenagers and their brains are still under construction – they're still working out who they are. Testing boundaries is all part of the process, so it helps to be realistic about your child's behaviour.

20 Look for the funny side of things

Laughing or making jokes can help diffuse tension and possible conflict, and stop you and your child taking things too personally. You can also sometimes use a joke or a laugh to kick off a difficult conversation.

FOR ANY ENQUIRY, PLEASE
Call us on 9415 1860, or
Speak to our Campus Director

Follow us on social media





NORTH SHORE COACHING COLLEGE CHARITY FOUNDATION

North Shore Coaching College Charity Foundation in Memory of Mrs Demi Mak was formed to continue Mrs Mak's philanthropic legacy, generous heart and desire to make a difference in the education space.



North Shore Coaching College Charity Foundation in Memory of Mrs Demi Mak has recently supported The Run Beyond Project.

The Run Beyond Project is an experiential program that supports young people as they work towards the accomplishment of a challenging but achievable Goal Event, which ranges from a 10km fun run, to a half-marathon in distance.

As students prepare for this event, they acquire goal-setting, commitment and resilience skills and the confidence to apply these skills, beyond the context of running, to all aspects of their lives! Learn more from [here](#).



What do Parents say about North Shore...

"I started North Shore later than other students, having been to other tuition centres previously. However, North Shore is by far the best, with a great team and the most positive mindset. They know that knowledge is not memorizing, but by understanding, and they strive to help you to understand and not just rote learn. My teachers instilled the importance of hard work, and everyone wants the best for you to succeed. "

- Hannah, 2023

"Awesome service and very friendly staff, I have seen an extreme increase in my grades from C's to consistent A's very good.

I would recommend it extremely."

- Epic, 2023



For Year 3, 5, 7 & 9 Students
NAPLAN ONLINE
Exam Preparation Program



How can it benefit your child?

- Mock NAPLAN Online Adaptive Tests
(Reading, Writing, Spelling, Grammar, Numeracy)
- Familiarise with the NAPLAN format
to reduce test anxiety
- Review Online Test Questions
(Incorrectly answered questions)
- Receive Tailored Test Report
- Learn Time Management

Prepare Your Child for NAPLAN with Confidence

Over 65 campuses in Australia & Hong Kong www.north-shore.com.au

YEAR 3,5,7,9 NAPLAN

North Shore Coaching College will be offering the **NAPLAN Online Exam Preparation Program** at selected campuses in the January holidays and Term 1 to Year 3, 5, 7 and 9 students in 2024 to provide students with familiarity with the NAPLAN exam.

- Familiarise your child with an “adaptive testing” experience
- Review online test questions
- Receive a tailored test report
- Learn time management

YEAR 3-4 OC EXAM

For students aiming to sit the OC placement test, North Shore Coaching College offers specialised **Exam Preparation Programs** alongside our keystone **Fastrain Programs**.

Compare your level with other students and experience a variety of test questions from our 30+ years of experience preparing over thousands of students for exams each year!

YEAR 3-4

OC EXAM PREPARATION

TUITION THAT WORKS!



OVER 30 YEARS OF SUCCESS STORIES
Preparing students for exam success since 1991.



YEAR 5-6

SELECTIVE SCHOOL/ SCHOLARSHIP

EXAM PREPARATION PROGRAM

YOUR PATH TO CONFIDENCE AND SUCCESS



30+ YEARS OF SUCCESS STORIES
Preparing students for exam success since 1991.



20+ CAMPUSES IN NSW
Over 20 campuses in New South Wales and online learning options available.



HEADSTART FROM COMPETITION
Getting ahead with full-length mock tests and familiarising with exam-style questions under exam conditions earlier to reduce test anxiety and improve performance.



YEAR 5-6 Selective School & Scholarship Exams

The ACER-CSTP Scholarship Exam date is
Saturday 24 February 2024.

The Selective High School Placement Test date is **Thursday 9 May 2024.**

Join our Year 5-6 **【Exam Preparation Program】** to allow your child to have mock exam practice. We allow students to be familiar with the test formats and the demands of the exam situation in order to maximise their chances of success in the public examinations.

Contact your local Campus Director today for further information and to enrol.

PREPARE FOR 2024 EXAMS

Private School Interview

An exciting course for students preparing for scholarship & school interviews. Also for students seeking to develop personal presentation & confidence.

- How to succeed in a private school interview?
 - How do you prepare for the school interview?
 - School interview tips for success
 - Interview group activities and more.
- (Selected campuses)

PRIVATE SCHOOL Interview & Personal Presentation Skills

An exciting course for students preparing for scholarship & school interviews. Also for students seeking to develop personal presentation & confidence.

ENQUIRE NOW

www.north-shore.com.au



HSC SUCCESS

YEAR 11 & 12

English - Extension 1
English - Advanced
English - Standard
English - EAL/D
Maths - Extension 1&2
Maths - Advanced
Maths - Standard
Physics
Chemistry

JOIN OUR PROGRAM

- Comprehensive newly revised workbooks
- Tailored for HSC Success
- Gain strong knowledge and deep understanding of concepts and exam techniques
- Qualified tuition by expert tutors
- Free HOMEWORK support

HSC Success

Our HSC courses cover key topics, reinforce foundations and focus on typical examination questions, so students will be more confident at school.

We currently offer:

- English
- Maths
- Chemistry
- Physics

Reminder

SUMMER HOLIDAY & TERM 1 2024

EARLY BIRD DISCOUNT

AVAILABLE ON OR BEFORE **5 DECEMBER 2023**

Contact your local Campus Director today for further information and to enrol.

PREPARE FOR 2024 EXAMS

Congratulations!



A big congratulations to all our 2023 NSW AMC award winners. Your effort and determination does not go unnoticed. North Shore is so honoured to share this important milestone with you all.

Thank you for allowing us the opportunity to be your source of knowledge and guidance throughout the year. All the best in the next exciting chapter of your journey!

PETER O'HALLORAN CERTIFICATE

Oscar H.

William D.

PRIZE

Nicole S.

Oscar H.

William D.

HIGH DISTINCTION

Alex Y.

Claire W.

Elvin D.

Ethan C.

Hanzhen G.

Huanzhi Z.

Irene D.

Iris L.

Jackie C.

Jayden P.

Jeremy R.

Jonathan W.

Nathan Z.

Nishanth M.

Ray Y.

AMT.
AUSTRALIAN MATHS TRUST

AMC.

Problem Solving \$300 Prezzye North Shore Smart eGift Card Prize Winner

Congratulations to Pranav K, our lucky prize winner for completing the North Shore Problem Solving Assessment.

Thank you to all our Year 3 and 4 students who have been part of our Problem Solving Assessment Project. You can join up any time by clicking on the link in your Problem Solving Assessment report.

If you have any further questions on how we can develop your child's problem solving skills alongside our North Shore programs, contact our team via email problemsolving@north-shore.com.au.



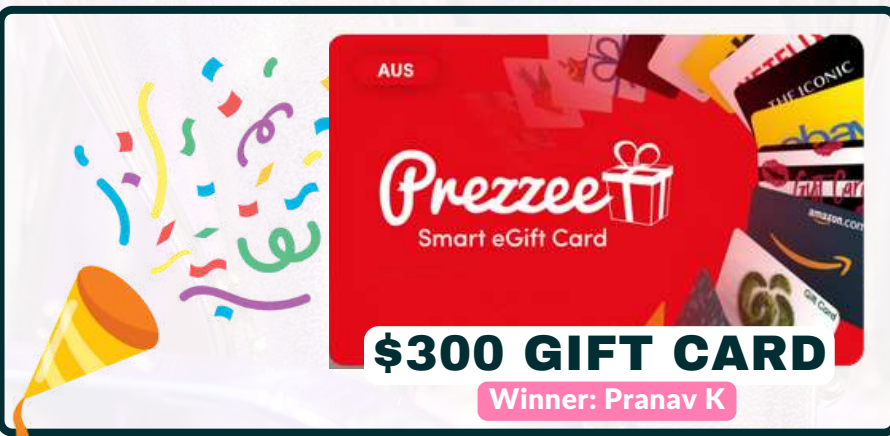
NSCC Problem Solving Platform

User Name *

Password *

☐ Remember me

SIGN IN



It is time to refill your child's bookshelf! Join North Shore Bookshop this Black Friday and receive 20% off on all orders.

For all your educational shopping needs, please visit our online shop: www.northshoreshop.com.au. We have 1000+ book titles, past exam papers, puzzle books and more! **Use the promotional code: BF20 to receive 20% off your online purchases. Available for Friday, 24 November 2023 only.**

BLACK FRIDAY

20% OFF ON ALL ORDERS

CODE: BF20, 24 NOV 2023 ONLY



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Tuition That Works!

WE WISH YOU A
★
**Merry
Christmas**
AND A HAPPY NEW YEAR