Dear Parents,

Welcome to a new school year... another year of teaming up to form your children! Would you believe that we have been doing this for 35 years already? Yes, PAREF Southridge will be celebrating our 35th year as a school and our chosen theme for this year-long celebration will be: 35 Years of Active Home-School Collaboration. With this major milestone, we strongly urge you to continue with your wonderful role of deliberate parenting...a daily role more urgently needed now in our society, where our family values continue to be challenged.

Let the recent canonization of Blessed John Paul II (who is referred to as the “Pope of the Family”) spur us on to continue in this heroic role. As parents, let us make a resolution to attend all the Personal Formation activities so we can learn new and better ways to be great parents!

Here’s our challenge...let us all work together to form other parents, even those from non-PAREF schools. In this way, we can start with our own small way of improving society...one family at a time, starting with your relatives and friends. Perhaps you can share with them a digital copy of Parents First to jump-start them with some ideas. Give them the back issues (which contain timeless articles on Parenting) that are found in our website. Maybe you can invite them to Educhild talks and parenting courses in your area.

In behalf of your Southridge family, I am looking forward to another fruitful year of working together with all of you in forming very important members of our society...your sons!

Happy Parenting!

Jose Maria A. Magalona
Executive Director
7 STEPS TO MOTIVATE OUR CHILDREN

A group of mothers sat around a table chatting over tea and pastry. One remarked, “Tomorrow, I will have my son inoculated against polio, tetanus, smallpox, flue and heaven knows what else.”

“That’s awful! The poor boy will suffer so many injections,” a concerned mother lamented.

“Oh, didn’t you hear that you can get all that in less than three shots?” the mom replied confidently.

“Really?” the other mothers exclaimed.

“If that’s so, then I’ll have all my kids vaccinated too! Where did you say this clinic was?” another one said.

“How I wish,” one of them suddenly interrupted the group, “that someone could devise a vaccine against failure and unhappiness when my children grow up?”

When the other mothers heard this, they became very quiet and pensive. Most of them nodded in agreement: this was indeed something to want for their children, more than just their health.

* * *

This demonstrates how parents naturally want only the best for their children now and in the future! But for our children to be truly happy, that is, a happiness that transcends mere material and biological security, we must be ready to give them a daily dose of the effective medicine of our good example and timely advice.

Here are some ideas that may guide us to help our children become personally and academically motivated, responsible and cheerful.

- **Be Pro-parent:** I am a parent before being a businessman/woman, cook, saleslady, etc. Have a clear awareness of your identity and your marvelous responsibilities. Be confident about your authority as a parent, and explain serenely why your children must respect it. This responsibility is enormous, and must be exercised lovingly, understandingly and coherently. Your children’s confidence in your firm and affectionate guidance will help them see your parental vocation before God.

- **Have a Clear End in Mind:** Remember you are raising children to become mature and responsible adults. Think of what they will be, not just what they will do or what they must have. Think about their future, not only their careers, but their character as well. Your job is not to only keep them amused and materially comfortable, but to lead them to become competent, responsible, considerate, generous, and ready to commit themselves to live by principles of integrity.
• **Parents First**: Learn to prioritize by teaching them great character strengths (the *virtues* of prudence, justice, fortitude, temperance, and charity). This is done in three ways: by your personal example, directing their behavior, and your verbal explanation of right and wrong. But we have to teach mostly by example – parents first! This includes the four great pillars of civilized dealings with others: “please,” “thank you,” “I’m sorry,” and “I give my word…” Making use of these habitually in speech becomes the bases for recognizing the respecting the rights of others.

• **Win-Lose-Win**: Realize that “no” is also a loving word, and they must hear it from time to time in order to acquire self-control. Children who never experience loving parental control cannot form the concept of self-control – and this can later spell disaster. Teach them to wait and earn something they want. Raise them to be producers and not consumers, born to serve, not to shop. Practice “affectionate assertiveness” by correcting the fault and not the person. Teach them the meaning of the word “integrity” (both internally and externally) means the unity of intention, word, and action – that we mean what we say, we say what we mean and we keep our word.

• **Seek First to Understand, then to be Understood**: Listen and communicate with your children sincerely without the interruption of any third-party individuals or gadgets (i.e. T.V., cell-phone, Internet, sport, and sometimes homework). When you keep the media under your control, you will have much more time to dialogue with them. Learn what is going on in their developing minds, and guide them with your own responsible judgment. Live as a responsible adult who’s on top of life, and let them learn what this means.

• **Synergize – Be Family**: Do things as often as you can as a family. Always involve everyone in the material concerns and maintenance of the house. Explain to them how their respective chores are of a great importance in keeping the bright, cheerful and warm ambiance necessary to harbor the proper ambiance for work, prayer and service. Foster in them a spirit of “togetherness” by acquainting them with the family’s traditions, customs, ancestry and friends. Show them too that you count on their prayers and efforts.

• **Reheating the Soup**: Do not be afraid to make mistakes. Never be discouraged. Be ready to rectify immediately and to take advantage of this situation to show them that you also count on their help and understanding. Thus, “negative” fields can easily be positive occasions to talk things over with them, distinguishing between the objective and the subjective. Be ready to have the initiative to awaken in them new lessons from family experiences and social events. Never take things for granted (i.e. that it’s the schools role, the tutor, the teacher, etc.) - Fr. Francis B. Ongkingco, School Chaplain of PAREF Southridge School)
MAKE CHARACTER DEVELOPMENT A HIGH PRIORITY

In the graduate course I teach on character education, I ask my students to write about their own character development. One young woman wrote, “I was an only child, and my parents let me have my own way most of the time. I know they wanted to show how much they loved me. But I have struggled with selfishness my whole life.”

The educator James Stenson, author of Compass: A Handbook on Parent Leadership, observes, “Successful parents see themselves as raising adults. They view their children as adults in the making.”

This means we need to take the long view. How will what do as parents now affect our child’s character in the future? What kind of character do we want our children to possess when they are grown men and women? Will they be hardworking, generous, and responsible adults? Will they make loving husbands and wives and capable mothers and fathers? How is our approach to parenting likely to affect these outcomes?

Many parents today attach a great deal of importance to their children’s getting good grades and having high self-esteem. In fact, however, a child’s character—the kind of person he or she is becoming—is much more relevant to leading a good and fulfilling life.

Our character consists of our habits. The habits we form as children and adolescents often persist into adulthood. Parents can affect, for good or ill, their children’s habit formation. Imagine that your children will be asked someday, “How did your parents influence your character development?” What do you hope they will say?

(Characters Matters: How To Help Our Children Develop Good Judgment, Integrity, and Other Essential Virtues by Thomas Lickona)

FORMATIVE ACTIVITIES FOR FATHERS

HOLY MASS
- Daily 12 noon Mass at the Chapel of the Holy Family.

RECOLLECTIONS
- 1st and 4th Sunday Recollection for Fathers (Holy Mass for the Families at 11 am)
- 3rd Thursday Recollection at Molave Study Center

BASIC CATHOLIC DOCTRINE CLASSES
- Every Saturday, 10:15 – 11:00 am at the Academic Office Conference Room, 2nd Floor of the Southridge Main Building (for fathers)
- Every 4th Sunday, 8:30-9:00 am (for Afternoon School fathers)
- Every 4th Sunday, 9:15-10:45 am (for Afternoon School mothers)

CONFESSION/SPIRITUAL DIRECTION
- By appointment

FORMATIVE ACTIVITIES FOR MOTHERS

THEOLOGY CLASS - every 1st and 2nd Thurs, 9 to 10 am, Function Room
RECOLLECTION - every 3rd Thursday, 9:15 - 11:00 am & every 4th Thursday, 4:30 - 6:30 p.m.
CONFESSION - Monday to Friday except Wednesday, 9 am - 12 noon

For inquiries, you can contact PAREF Woodrose School at 850-6380 to 83; 809-5508 or 807-6735 (local 123 for the Chaplain’s Office or 118 for the Family Orientation Office or locals

RETREAT SCHEDULES FOR MOTHERS

June 5-8 (Thu-Sun) Makiling Main
June 5-8 (Thu-Sun) Makiling West Wing
July 3-6 (Thu-Sun) Makiling West Wing
July 14-16 (Mon-Wed) Makiling Main
July 17-20 (Thu-Sun) Makiling Main
July 28-30 (Mon-Wed) Makiling Main
July 31-Aug 3 (Thu-Sun) Makiling Main
Aug. 25-27 (Mon-Wed) Makiling Main
Aug. 28-31 (Thu-Sun) Makiling Main
Sept. 1-3 (Mon-Wed) Makiling West Wing
Sept. 8-10 (Mon-Wed) Makiling Main
Sept. 18-21 (Thu-Sun) Laguna Hills
Sept. 18-21 (Thu-Sun) Tagaytay (invitational)
Sept. 25-28 (Thu-Sun) Latag*
Oct. 16-19 (Thu-Sun) Makiling Main
Oct. 16-19 (Thu-Sun) Makiling West Wing
Nov. 6-9 (Thu-Sun) Latag
Nov. 13-16 (Thu-Sun) Latag*
Nov. 27-30 (Thu-Sun) Tagaytay Center
Nov. 28-30 (Fri-Sun) Sangandaan (Open)

*for Young Professionals

Retreat fees (inclusive of meals):
Makiling Conference Center (West Wing)
Mon to Wed - Solo Room (P4,050); 3-in-a-room (P2,280)
Thu to Sun - Solo Room (P4,500); 3-in-a-room (P3,150)
Makiling (Main) & Tagaytay Conference Center
Fee is P5,400 (single room)

For reservations and inquiries, please contact Ms. Leila Lerios of The Philippine Foundation at 818-6004 local 201 or 0928-5063888 or email philfoundation@pltdsl.net.