

| | |
|---|------------|
| Newsletter 1 – There is more to Bullying Than Meets the Eye | 03/21/2017 |
| Newsletter 2 – Bullying and Power | 03/27/2017 |
| Newsletter 3 - Dealing with Difficult Situations | 04/03/2017 |
| Newsletter 4 - The Troublesome Teens | 04/17/2017 |
| Newsletter 5 - Challenging Beliefs – Not So Easy | 05/02/2017 |
| Newsletter 6 - The Great Lie | 05/08/2017 |
| Newsletter 7 - True Grit | 05/15/2017 |
| Newsletter 8 – Education the Over-Indulged and Narcistic Child | 05/22/2017 |
| Newsletter 9 – Routine – Support for Student Expectations | 06/03/2017 |
| Newsletter 10 - ADHD Is Real but what does it Mean for Teachers | 06/04/2017 |
| Newsletter 11 - Self-Esteem or Self-Love | 06/12/2017 |
| Newsletter 12 - The Intricacy of Stress | 06/19/2017 |
| Newsletter 13 - Teaching our most Difficult Kids | 06/26/2017 |
| Newsletter 14 - Toxic Shame | 07/03/2017 |
| Newsletter 15 - Locus of Control | 07/10/2017 |
| Newsletter 16 – Time Out | 07/17/2017 |
| Newsletter 17 - Anxiety | 07/24/2017 |
| Newsletter 18 - Teaching Practical Boundaries | 07/31/2017 |
| Newsletter 19 - Integration of Dysfunctional Students | 08/07/2017 |
| Newsletter 20 – Ethical Teaching – Morality in the Classroom | 08/14/2017 |
| Newsletter 21 - Independent Behaviour Programs | 08/23/2017 |
| Newsletter 22 - The Passive Aggressive Student | 08/28/2017 |
| Newsletter 23 - Dealing with Difficult Students | 09/04/2017 |
| Newsletter 24 – The Impact of Neglect | 09/12/2017 |
| Newsletter 25 - Vacuous Shame | 09/18/2017 |
| Newsletter 26 - Characteristics of the Abused Child | 09/26/2017 |
| Newsletter 27 - The Silver Lining | 10/02/2017 |
| Newsletter 28 - Physical Damage from Early Childhood Abuse | 11/06/2017 |
| Newsletter 29 - Effective Behaviour Management | 11/13/2017 |
| Newsletter 30 - Education for the Future | 11/20/2017 |
| Newsletter 31 - Common Mistakes Teachers Make | 11/27/2017 |
| Newsletter 32 – What’s in a Name? | 12/04/2017 |
| Newsletter 33 – Boredom | 12/18/2017 |
| Newsletter 34 – Anger Temporary Madness | 12/11/2017 |
| Newsletter 35 - Educational Myths | 01/29/2018 |
| Newsletter 36 – Boredom – Mark 2 | 02/05/2018 |
| Newsletter 37 - Creating a Purpose | 02/12/2018 |
| Newsletter 38 - Foetal Alcohol Syndrome Disorder | 02/19/2018 |
| Newsletter 39 – Relationships | 02/26/2018 |
| Newsletter 40 - Emotions Direct Attention | 03/05/2018 |

| | |
|--|------------|
| Newsletter 41 - Dopamine | 03/12/2018 |
| Newsletter 42 – Dopamine for Teachers | 03/19/2018 |
| Newsletter 43 – Consequences | 03/26/2018 |
| Newsletter 44 – Consequences not Punishment or Reward | 04/02/2018 |
| Newsletter 45 – Taming that Difficult Class | 04/09/2018 |
| Newsletter 46 - A Question of Choice | 05/14/2018 |
| Newsletter 47 - At the Time – There is No Choice | 05/21/2018 |
| Newsletter 48 - Planning for a Disaster | 05/28/2018 |
| Newsletter 49 - A Question about Control in the ‘Structure’ | 06/04/2018 |
| Newsletter 50 – Rejection | 06/11/2018 |
| Newsletter 51 - Different Expressions from an Abused History | 06/18/2018 |
| Newsletter 52 - Relationships – They Know What You’re Thinking | 06/25/2018 |
| Newsletter 53 - Dysfunctional Behaviour to Deal with Stress | 07/02/2018 |
| Newsletter 54 - Attention Seeking | 07/09/2018 |
| Newsletter 55- Passive Aggressive Personality Disorder | 08/23/2018 |
| Newsletter 56 - The Tribal Classroom | 08/01/2018 |
| Newsletter 57 - Theory of Mind | 08/07/2018 |
| Newsletter 58 – Transference | 08/14/2018 |
| Newsletter 59 - The Impact of Poverty and Neglect | 08/20/2018 |
| Newsletter 60 - Accept Lack of Empathy – Just for Now | 08/28/2018 |
| Newsletter 61 - Let It Go | 09/04/2018 |
| Newsletter 62 – The Danger of Praise | 09/12/2018 |
| Newsletter 63 – Areas of Indifference | 09/17/2018 |
| Newsletter 64 - Getting to the Truth | 09/24/2018 |
| Newsletter 65 - Resilience | 10/15/2018 |
| Newsletter 66 - Boundary Considerations | 10/22/2018 |
| Newsletter 67 – Dissociation | 10/29/2018 |
| Newsletter 68 – Childhood Trauma | 11/05/2018 |
| Newsletter 69 – Rituals | 11/12/2018 |
| Newsletter 70 – Poverty and Student Success | 11/19/2018 |
| Newsletter 71 - Respecting Other’s Boundaries | 11/26/2018 |
| Newsletter 72 – Trust – The Glue that Sustains Relationships | 12/03/2018 |
| Newsletter 73 – Testing Tough Kids | 12/10/2018 |
| Newsletter 74 - End of Year Recovery | 12/17/2018 |
| Newsletter 75 - Tips for Emotional Encounters | 01/28/2019 |
| Newsletter 76 - The Impact of Language on the Behaviour | 02/04/2019 |
| Newsletter 77 - 100 Ways to Say well Done | 02/11/2019 |
| Newsletter 78 – Empathy | 02/18/2019 |
| Newsletter 79 - Creativity | 02/26/2019 |
| Newsletter 80 - A Timely Reminder | 03/04/2019 |
| Newsletter 81 - Motivating Students | 03/14/2019 |

| | |
|--|------------|
| Newsletter 82 - Converting Teacher's lessons to Intrinsic Motivation | 03/18/2019 |
| Newsletter 83 - The Dishonourable Lie | 03/25/2019 |
| Newsletter 84 – Malevolent - The Condemned Disability | 04/01/2019 |
| Newsletter 85 – What are the Chances | 05/13/2019 |
| Newsletter 86 - The impact of Abuse – It Depends how it Happens | 05/20/2019 |
| Newsletter 87 - Perfectly Imperfect | 05/27/2019 |
| Newsletter 88 – Addiction – Behaving to Avoid Stress | 06/03/2019 |
| Newsletter 89 - Faulty Beliefs | 06/11/2019 |
| Newsletter 90 – Mindfulness | 06/17/2019 |
| Newsletter 91 - Beliefs | 06/24/2019 |
| Newsletter 92 - Addiction - It's the Seeking not the Consumption | 07/01/2019 |
| Newsletter 93 – Debriefing | 07/22/2019 |
| Newsletter 94 - The Tribal Teacher | 07/29/2019 |
| Newsletter 95 – Levels | 08/05/2019 |
| Newsletter 96 - Creating Structure | 08/12/2019 |
| Newsletter 97 – Student Stress | 08/09/2019 |
| Newsletter 98 – 'Do or Not Do' - Yoda | 08/26/2019 |
| Newsletter 99 - Looking After Yourself | 09/02/2019 |
| Newsletter 100 - Recovery Time | 09/09/2019 |
| Newsletter 101 - Sense of Self | 09/16/2019 |
| Newsletter 102 - Sense of Self - Part 2 | 09/23/2019 |
| Newsletter 103 – Dreikurs' Model of Behaviour | 10/14/2019 |
| Newsletter 104 – Relatedness | 10/21/2019 |
| Newsletter 105 - Drives and Needs | 11/11/2019 |
| Newsletter 106 - Secondary Drives | 11/18/2019 |
| Newsletter 107 - The Social Teacher | 11/25/2019 |
| Newsletter 108 – Prejudice | 12/09/2019 |
| Newsletter 109 - Another Year Over | 12/16/2019 |
| Newsletter 110 - Sense of Self Continued | 02/03/2020 |
| Newsletter 111 – Special Relationship | 02/10/2020 |
| Newsletter 112 – Expectations | 02/17/2020 |
| Newsletter 113 – Supportive Relationships | 02/24/2020 |
| Newsletter 114 - The Importance of Emotions | 03/02/2020 |
| Newsletter 115 – Conversations | 03/09/2020 |
| Newsletter 116 - The Inner Critic | 03/16/2020 |
| Newsletter 117 - Dealing with the Emotional Stress | 03/23/2020 |
| Newsletter 118 - Developing Social Skills | 03/30/2020 |
| Newsletter 119 – Avoiding Cabin Fever | 04/07/2020 |
| Newsletter 120 - The Hidden Cost of on-Line Learning | 04/27/2020 |
| Newsletter 121 – Trauma and the Environment | 11/05/2020 |
| Newsletter 122 – Purpose | 05/18/2020 |

| | |
|--|------------|
| Newsletter 123. Toxic Resilience | 06/01/2020 |
| Newsletter 124. Nature Vs Nurture | 06/08/2020 |
| Newsletter 125. Structure | 06/15/2020 |
| Newsletter 126. Expectations | 06/22/2020 |
| Newsletter 127. Pedagogy | 06/29/2020 |
| Newsletter 128. The Wounded Child | 07/06/2020 |
| Newsletter 129. Damage to the Brain | 07/13/2020 |
| Newsletter 130. Generating Stress | 07/20/2020 |
| Newsletter 131. The Complexity of Stress | 07/27/2020 |
| Newsletter 132. Routine | 08/03/2020 |
| Newsletter 133. Physical Damage from Early Childhood Abuse | 08/10/2020 |
| Newsletter 134. Anxiety | 08/17/2020 |
| Newsletter 135. Toxic Shame | 08/31/2020 |
| Newsletter 136. Dealing with the Exploding Kid | 09/07/2020 |
| Newsletter 137. The Crisis Response | 09/14/2020 |
| Newsletter 138. Personal Action in Times of Crisis | 09/21/2020 |
| Newsletter 139. Making Matters Worse | 10/13/2020 |
| Newsletter 140. Critical and Creative Thinking | 10/19/2020 |
| Newsletter 141. Be Persistently Consistent | 10/26/2020 |
| Newsletter 142. Creating a Calm Environment | 11/03/2020 |
| Newsletter 143. Designing a Correction Plan | 11/09/2020 |
| Newsletter 144. Dealing with Touching and Restraint | 11/17/20 |
| Newsletter 145. Theory of Mind | 11/23/20 |
| Newsletter 146. Communicating with Difficult Kids in Difficult Times | 11/30/2020 |
| Newsletter 147. Prejudice | 12/08/2020 |
| Newsletter 148. Starting Off on the Right Foot | 01/26/2021 |
| Newsletter 149. Beliefs | 02/01/2021 |
| Newsletter 150. Structure in a Crisis | 02/09/2021 |
| Newsletter 151. The 'Gas-Light' | 02/23/2021 |
| Newsletter 152. Getting to the Truth | 03/02/2021 |
| Newsletter 153. Music | 03/08/2021 |
| Newsletter 154. Authenticity | 03/15/2021 |
| Newsletter 155. Supporting a Sense of Self | 03/23/2021 |
| Newsletter 156. Mono-Cultures | 03/29/2021 |
| Newsletter 157. Tips for Teaching Teenagers | 04/20/2021 |
| Newsletter 158. The Teens – a Time for Specific Change | 04/27/2021 |
| Newsletter 159. A Time for Reflection | 05/04/2021 |
| Newsletter 160. Dealing with the Angry Ant | 05/04/2021 |
| Newsletter 161. Dealing with Justified Anger | 05/18/2021 |
| Newsletter 162. Trauma Informed Teaching | 05/24/2021 |
| Newsletter 163. Restorative Justice - Proceed with Care | 06/01/2021 |

| | |
|---|------------|
| Newsletter 164. The pursuit of Purpose | 06/08/2021 |
| Newsletter 165. Hidden Types of Abuse | 06/16/2021 |
| Newsletter 166. Changing Behaviour | 06/22/2021 |
| Newsletter 167. Just Say No | 07/20/2021 |
| Newsletter 168. Achieving Excellence as a Teacher | 07/27/2021 |
| Newsletter 169. Indirect Bullying | 08/03/2021 |
| Newsletter 170. The Queen Bee | 08/09/2021 |
| Newsletter 171. Girls – They are Different | 08/19/2021 |
| Newsletter 172. Rewards and Punishments | 08/24/2021 |
| Newsletter 173. Competence and Warmth | 08/31/2021 |
| Newsletter 174. Student Discipline – What About Welfare | 09/07/2021 |
| Newsletter 175. Dealing with Students with Severely Dys. Beh's. | 09/14/2021 |
| Newsletter 176. Multi-Tasking | 10/05/2021 |
| Newsletter 177. Emerging from Lockdown | 10/12/2021 |
| Newsletter 178. Dealing with a Crisis | 10/18/2021 |
| Newsletter 179. Dealing with Student Anxiety | 10/26/2021 |
| Newsletter 180. Oppositional Defiance Disorder | 11/01/2021 |
| Newsletter 181. Modern Teenage Challenge | 11/08/2021 |
| Newsletter 182. Teaching Truth Seeking | 11/15/2021 |
| Newsletter 183. Creating Policy for Student Wellbeing | 11/25/2021 |
| Newsletter 184. Supporting a Sense of Self | 11/30/2021 |
| Newsletter 185. Am Ignored but Vital Workload | 12/06/2021 |
| Newsletter 186. Beware of Despair | 12/14/2021 |
| Newsletter 187. Time for revision | 02/01/2022 |
| Newsletter 188. Acquisition and Memory of Behaviours | 02/08/2020 |
| Newsletter 189. The Early Years and Dysfunctional Behaviour | 02/15/2022 |
| Newsletter 190. Early Childhood Modelling | 02/22/2022 |
| Newsletter 191. The Importance of Stress | 03/1/2022 |
| Newsletter 192. Early Childhood Trauma | 03/08/2022 |
| Newsletter 193. Dealing with the Impact of Early Childhood PTSD | 03/14/2022 |
| Newsletter 194. Boundaries - The Point of Contact | 03/22/2022 |
| Newsletter 195. Dysfunctional Boundaries | 03/29/2022 |
| Newsletter 196. Identifying Source of Dysfunctional Behaviour | 04/05/2022 |
| Newsletter 197. Healthy Boundaries | 04/27/2022 |
| Newsletter 198. Stress | 05/02/2022 |
| Newsletter 199. Toxic Stress and Trauma | 05/10/2022 |
| Newsletter 200. Toxic Shame Revision | 05/17/2022 |
| Newsletter 201. Message to Subscribers | 05/24/2022 |
| Newsletter 202. Survival Tips for Casual Teachers | 05/31/2022 |
| Newsletter 203. Expectations for the Beginning Teacher | 06/05/2022 |
| Newsletter 204. The Importance of Personal Presentation | 06/14/2022 |

| | |
|---|------------|
| Newsletter 205. Avoiding Manipulation | 06/21/2022 |
| Newsletter 206. Avoiding Manipulation Part 2 | 06/28/2022 |
| Newsletter 207. Anxiety | 07/26/2022 |
| Newsletter 208. Patience Required for Real Change | 08/04/2022 |
| Newsletter 109. The Purpose of Education | 08/11/2022 |
| Newsletter 210. Fiduciary Relationships | 08/16/2022 |
| Newsletter 211. To Suspend - The Difficult Decision | 08/23/2022 |
| Newsletter 212. Return from Suspension | 08/30/2022 |
| Newsletter 213. Integration of Special Needs Kids | 09/22/2022 |
| Newsletter 214. Changing Students' Beliefs | 09/27/2022 |
| Newsletter 215. Stress | 10/11/2022 |
| Newsletter 216- The Problem of Dealing with Autistic and Neuro--Diverse Students | 10/18/2022 |
| Newsletter 217. Why Changing Behaviour is so Difficult | 10/25/2022 |
| Newsletter 218. Emotional Stupidity | 11/01/2022 |
| Newsletter 219. The Purpose of Education | 11/08/2022 |
| Newsletter 220. Modifying Behaviour | 11/15/2022 |
| Newsletter 221. Three Strikes and You're Out | 11/22/2022 |
| Newsletter 222. The Pain of Rejection | 11/29/2022 |
| Newsletter 223. Suspensions and Equity | 12/11/2022 |