



August 19, 2015 Term 3 Week 6



The Crest

Respect

Responsibility

Personal Best



Berowra

Public School

Phone 9456 1319
Website www.berowra-p.schools.nsw.edu.au
Email berowra-p.school@det.nsw.edu.au



Last week at the Town Hall and a few weeks ago at the Opera House and NIDA our students were brilliant and, though admittedly biased, I think the BPS kids were outstanding both in their actual performances as well as in the way they behaved in these situations. All round they are very lucky children who are well behaved and appreciative of all the extra curricula activities offered to them by the dedicated and talented teachers of BPS.

Festival of Instrumental Music

Congratulations to the Opera House performers who participated in the Jacaranda Strings and Recorder Concert Wednesday evening, 5th August. It was a wonderful concert and a great experience for students, parents and teachers. Once again, thanks to Dr Sue and Dr Erik Thorvaldson for their dedication and skill in training the students for this event. Congratulations also to Fiona T (4W) who performed a recorder solo on both Tuesday and Wednesday concerts.

Coles Berowra Opening

Thank you to Abbey T and Liam D (6K), school prefects, who represented our school at the Coles Berowra opening last Wednesday. Abbey and Liam 'cut the ribbon' during the opening ceremony and were very positive ambassadors of Berowra Public School.

Our school concert band performed as well and sounded fantastic.

Arts Alive Choral Concert

I had the great pleasure of once again attending the Arts Alive Choral Concert last Tuesday night. Thank you to Mrs Withford for looking after the boys and girls last week during rehearsals and ensuring that they were primed for their performance. Thank you to Mrs Withford for the work she has put into preparing the choir. Congratulations to the boys and girls in the choir for their dedication in preparing for the concert. Their hard work paid off in spectacular fashion, with the voices of all of the choir members from different schools combining beautifully. There were a variety of school bands, smaller choral performances and instrumental performances and our choir members got an up-close view of these talented children in action. Thank you to the parents who supported the event, we were all very impressed with the performance. I hope that the experience of performing at the beautiful Town Hall is one that the children will remember for a lifetime.

Parent Survey

Many thanks to the 88 parents who have already filled in our parent satisfaction/communication survey that I emailed out last week. If you have a spare few minutes could you please fill in the survey to help us with our planning for next year.

Kindergarten Enrolments for 2016

We are now taking Kindergarten enrolments for 2016. If you have a child who will be enrolling next year, please assist us by registering your child at the office and completing an enrolment form. Please bring your child's birth certificate/passport and immunisation documents with you. If you are aware of a family in the area with a child who will be enrolling in Kindergarten next year, please ask them to contact the school office. Your assistance in this matter helps with planning for next year.

Di Bower

Principal

LIBRARY NEWS - Great excitement in the library. The lounges arrived last week! The children now have comfortable seating to enjoy their solo reading, listening to stories and smartboard lessons. A relaxed and happy atmosphere in the 'fireside' part of the library. More upgrades on the way, thanks to the generous School Support Group's financial help.

ENROL NOW FOR KINDERGARTEN 2016

Enrolments for Kindergarten are well underway.

If your child or you know of a child ready to start school next year make sure they are enrolled.

Our orientation programs begin this term with the Kindy Fun Day on Thursday 3rd September.

Berowra Beginners Program commenced Week 2 Term 4 and Orientation Day in November.

For more information contact the school office on 9456 1319.



BOOK WEEK is almost here! This years theme 'Books Light Up Our Life!'. To celebrate, next Tuesday K-6 will have our annual Book Character Parade beginning at 11.45am in the hall. Followed by the whole school literary trivia competition held outside the Library at 2.10pm.

Classes are busy studying a short listed book and preparing displays for the library. Book Week is a wonderful way to celebrate our multi talented Australian illustrators and authors who do indeed 'light up our lives!'

DONATED BOOKS - thank you once again for your generosity in donating 70 books to the Library from the Open Day Book Fair. The books are now ready for your children to take home. All donated books will be distributed this week. Thank you to our wonderful library assistant Mrs Lynne Lee for her invaluable help.



Jennie Smith
Librarian



Music - BPS Concert Band had the opportunity to perform at the re-opening of the local Coles Supermarket. The Band performance was fantastic and the customer and staff at Coles were impressed. Well done Concert Band. A big "Thank You" to Mike, Vanessa and Crestina for helping to transport kids and equipment to the shopping centre, it would have been a much tougher job without your support.

The Concert Band is still working hard towards our first performance at UNSW School Band Festival on Sunday 23rd August. This will be a great opportunity for the band to perform on stage with other school bands from outside the area.

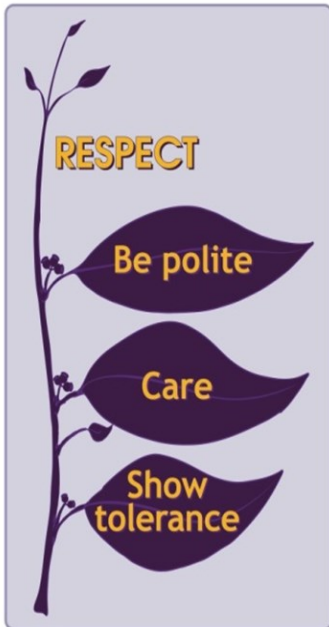
In term 4, the NSW Police Band will be coming to Berowra Public School to conduct a workshop and also put on a concert for the school. They always put on a good performance and demonstrate each instrument section of the band. This will be a good opportunity for younger students who are considering joining the band to hear how the instruments sound.

Did you know that learning a musical instrument helps to boost team skills?

Team skills are a very important aspect of being successful in life. Playing an instrument requires you to work with others to make music. In band and orchestra settings you must learn how to cooperate with the people around you. Also, in order for a group to make beautiful music, each player and section must learn how to listen to each other and play together.

Iain Howick
Band Director

Positive Behaviour For Engaged Learning



Term 3 – Weeks 5 - 7:



What can we learn from a box of crayons?

- ⇒ We could learn a lot from crayons. ... They all are different colours, but they all exist very nicely in the same box.
- ⇒ What a boring world it would be if we were all alike — like a picture drawn with only one crayon. The diversity in the world makes it like a wonderful box of crayons with endless colours.
- ⇒ Each crayon has something special to offer to the picture — green for the grass, blue for the sky and yellow for the sun. Many colours makes for a beautiful picture...embrace the colours...show tolerance!

SCHOOL SUPPORT GROUP - Our next meeting will be on Tuesday 25th August. We would love to see you there!
FATHERS DAY STALL will be held on Tuesday 1st September. Assorted items will range in price from \$2-\$10. A fun time for children to choose their own gift for dad, grandad, uncle or someone special in their lives.

COMPETITION RESULTS - Congratulations to our ICAS Spelling competition award winners :-

High Distinction: Matthew C (4W)
Distinction: Freyja C (3A) , India H (4W), Ryan J (3/4P), Molly H (5K), Polly V (5K), Jai C (6K)
Credit: Anna O (4W), Eden S (3/4P), Mikayla S (4W), Zoe V (3/4P), Caitlin C (5B)
Merit: Kamden H (3A)



COMMUNITY NEWS -

Hornsby Junior Oztag is looking for kids to come play!! Competition commences Monday 7th Sept till end of Term 4.
When: Competition starts Monday 7th September 2015
Where: Foxglove Oval, Mt Colah
Registration Dates: 17th and 24th August 2015
Contact Scott for more information on 0418 467 233 or hornsbysjunioroztag@yahoo.com.au

ARTS ALIVE COMBINED PRIMARY SCHOOL CHOIR – TOWN HALL PERFORMANCE

On Tuesday 11th August, 21 children from years 4, 5 and 6 performed in the combined Primary Choir at the Town Hall, in the Arts Alive Concert. All those who attended have commented on how wonderful the combined choir sang and what an enjoyable evening it was. The Town Hall is a wonderful place to perform and the sound was amazing.

The children should be commended on their beautiful singing and learning all the words to all 10 challenging songs. They have rehearsed every Friday morning before school since March. I would like to thank all the children for participating and also all of the parents for bringing their children each week to the rehearsals, I think at least half of the Friday mornings were raining and cold!!

Thank you also to the parents for their support on the night and for buying tickets to the concert! I know the children appreciated your support and enjoyed seeing you in the audience. I would also like to thank Mrs Bower for helping and for singing with the altos in the concert, I think she was the only Principal in the choir!

Alison Withford
Primary Choir Teacher



TOWN HALL CONCERT by Abbie C 4W

Do you love singing and new experiences? Then Town Hall choir is for you.

Our big concert was on Tuesday 11th August 2015 in the City at the Town Hall which is just amazing, there is a pipe organ that takes up the whole back wall. There was so much standing on the day we were so glad that the seats were super comfortable. The Combined Primary Choir sung 10 different songs, my favourite songs were Chattanooga Choo Choo and Alone in the Universe.

The concert started with a special version of Advance Australia Fair. There were about 200 students singing in the combined choir which is a lot of students to keep in unison!



The talented Mrs Withford taught us all of these songs which gave us this opportunity and we all want to say a huge thank you.

Being part of the Town Hall Choir will be one of my special memories for a very long time.

I love Town Hall Choir!





Life Education NSW will be visiting our school

Harold's Surprise	Early Stage 1 (K) – Healthy food choices, importance of physical activity, safety.
Harold's Mystery Tour	Stage 1 (Yr1) – Body workings, safe use and storage of medicines, peer pressure and coping strategies, safety, decision making.
Harold's Heroes	Stage 1 (Yr2) – Environmental health issues, emergency procedures, individual needs for medicines and safe use and storage.
All Systems Go	Stage 1 & 2 (Yrs 2-3) - Function of body systems, peer pressure, second hand smoking, safety with medicines.
Harold's Diary	Stage 2 (Yr 3) – Friendship, resilience, expressing emotions, coping strategies, healthy food choices, active lifestyles.
bCyberwise NEW!	Stage 2 (Yrs 3 & 4) – Explores cybersafety through animation, vox pops of children, relevant scenarios, discussion & problem solving.
Mind Your Medicine	Stage 2 (Yr 4) – Safe and unsafe situations, medicines and consequence of misuse, peer influence and friendship, positive communication.



THE COST IS \$12.00 PER CHILD

If you would like your child to attend The Life Education Program at school **between Wednesday 2nd September and Tuesday 8th September 2015**, please send \$12.00 payment to your child's class teacher in a signed payment envelope by Thursday 27th August.

GREAT BOOK SWAP



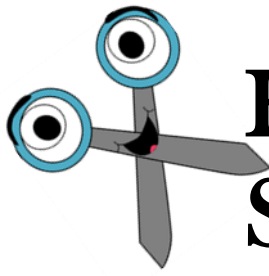
For the Indigenous Literacy Foundation!

Our school is holding a **Great Book Swap** on **Monday 31st August 2015** to support the Indigenous Literacy Foundation (ILF).

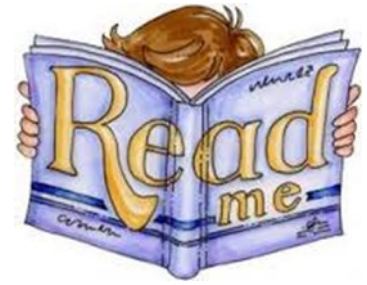
To take part you need to bring along a gold coin and **ONE** book relevant to your stage, that you are happy to swap. Students donate the gold coin and a book for the right to choose a 'new' book.

The ILF will use these funds to provide books and literacy resources for children and families in remote Indigenous communities across Australia. In the past five years, with the support of many schools, they have sent more than 120,000 high quality books to over 230 remote communities.

Please support us by bringing your book to school by Friday 28th August and your gold coin donation on Monday 31st August.



K-2 Snippets _____



As usual, K-2 is thriving with activity. Visits to the post office; wonderful Big Writing across the years as well as preparing for our new Kindy's next year. Here are more exciting adventures from K-2:

Kindergarten- The Happening Year!

For Talking to Learn Kindergarten have been talking about their bedrooms. They did a great job using descriptive language to describe their bedrooms to the class.

In KBlue the students drew their imaginary bedroom and made a house on the carpet and talked about what is in each room of the house. In KRed the students made their own imaginary bedroom by cutting out pictures from magazines and placing their items into their bedroom scene.



Year 1 - The Movers and Shakers

1T have been making arrays and playing maths games using dominoes, cards and dice. This week we also used water and different containers to measure volume.



Year 2 – The Big Mob

Mrs Meacock and 2R have been learning about irregular 2D shapes and some of their properties.



***Snippetly Yours,
Sally Till and the K-2 Staff***

K~2 Assembly



Beeswax



Premier's Spelling Bee



On Wednesday the 12th August, the schools round of the Premier's Spelling Bee took place for Stage 3. They got up to round 4, Arts and Entertainment words.

The Year 5 participants were; Molly H, Caitlin C, Miranda A, and Kayla P.



The Year 6 participants were; Cameron R, Jai C, Renée B, and Elin D.

The winners were Jai, from Year 6, and Molly from Year 5.

The afternoon was exciting and fun!



INTERSCHOOL SPORT

Friday 21st August

PSSA Senior Boys Football

Quarter Final vs Turramurra PS at Montview Oval

PSSA Senior Netball

Quarter Final vs Mt Colah PS at Montview Oval

PSSA Junior Netball

friendly game vs Waitara PS at Montview Oval

PSSA Junior Boys Football

Quarter Final vs Wideview PS at Berowra Oval

PSSA Girls Football

Quarter Final vs Wideview PS at Berowra Oval

PSSA AFL at Foxglove Oval

BCoS Football and Netball at Warrina St Oval

P.S.S.A Netball

On Friday 7th August we played against Waitara Public School. The juniors lost 5-2 and seniors lost 8-3. Although both teams lost we all had a great time and did our best until the very end of the game.

On the 14th August we played against Wideview. It was a tough game, the juniors lost 14-4 and the seniors lost 21-19. It was a very close game for the seniors who fought hard and played until the final whistle.

Thank you to all the friends and family who came to watch.

By Eliza R and Alannah B



Stage 2

3A spent last term learning about heat and how it is effectively transferred. This term they designed and made solar ovens.

To see which design was the most effective, we tried to melt Freddo frogs.



In Maths 3A have been learning about area. We made a metre square so we could measure the area of larger objects. We were surprised our handball courts were 12m^2 .



Well done to all the stage 2 contestants in the Premiers Spelling Bee and congratulations to Mathew Clayton and Ryan Jones who will go on to represent the school at regional finals.



3P investigation mass and area.





3P busy at work with their "Big Write."



Stage 2 maths group demonstrating mental addition and subtraction strategies.

3P refining their shot put technique.



Stage 3 Teachers.



HAVE YOU CHANGED YOUR ADDRESS or CONTACT DETAILS?? ARE THERE NEW MEDICAL DETAILS?

Please make sure you advise the school of any changes to your details—particularly your phone numbers which are used in the case of an emergency, as well as changes to your address.

If your child has any medical conditions that you feel we should be aware of, please advise us immediately.

Phone the school office on 9456 1319



THANK YOU

Thank you to everyone who has paid for their children's student pack as well as the voluntary school contribution.

Every student received a student packs which could consist of things such as :- Mathletic, Spellodrome and Reading Egg licences, exercise books, scrap books, school magazine or show me student whiteboards and markers. Every year was different.

These resources are used in the classroom every day by your children and we appreciate your help.

If you are unsure if you have paid for the student pack or school contribution, please contact the school office.

Class Awards 5 Aug - 18 Aug

1C	Lucy H, Oliver M
1F	Spencer L, Taj G, Tara T
1T	Matt S, Jade V
2C	Harry S, Anna P
2R	Finn L, Benjamin O
3/4P	Jonathan C, Ryan J, Sarah H, Pearl M, Kaelin S
3A	Kamden H, Liam C, Abbie S, Freyja C, Daniel V
3P	Monique C, Jensen G, Anthony D
4W	Kiana L, Laura R, Bronte L
6K	Elin D, Joshua A, Jack J

NOTES YOU MAY HAVE MISSED

Sent Out	Subject	Distribution	Response before
18/3	Voluntary Contributions	K-6	ASAP
13/5	Classroom resources	K-6	overdue
28/7	Term 3 Gymnastics	Year 1	overdue
5/8	Term 3 Tennis	3-6	overdue
12/8	Fathers Day Stall	K-6	-
12/8	Great Book Swap	K-6	-
12/8	Book Character Parade	K-6	-
19/8	BPS Disco	K-6	3/9
19/8	Life Education	K-4	27/8

Most notes are on the BPS website under 'Our School' tab—'Missed a Note?'

Diary Dates

AUGUST

Thurs 20/8	Zone Athletics at Narrabeen Sports
24/8-28/8	Book Week
Tues 25/8	School Support Group 9.30 in staffroom Book Character Parade and Trivia
Thurs 27/8	Living Safely with Dogs for K-2
Mon 31	Great Book Swap

SEPTEMBER

Tues 1	Fathers Day Stall
2-8/9	Life Education for K-4 Scientist in School for Stage 3
Fri 4/9	Fathers Day Breakfast BPS Disco
7-9/9	Stage 3 Canberra excursion
7-18/9	Year 2 Special Swimming Scheme
Fri 11/9	Berowra Musica
Mon 14	Choir rehearsal at Mt Colah PS
Wed 16/9	Scientist in School for Stage 3 P&C meeting in staffroom at 7.30pm
Fri 18.9	Last day of Term 3

OCTOBER

Tues 6/10	Students and staff return for Term 4
Mon 12	Music Festival matinee performance
Wed 14	Music Festival evening performance
Sat 24	Family Portraits
Tues 27	School Support Group 9.30 in staffroom
Fri 30	Day For Daniel—Coloured Fun Trek

NOVEMBER

Wed 18	P&C meeting 7.30pm in staffroom
25 & 26	some Year 4 at Gibberagong overnight
Sat 28	P & C Trivia Night
30 & 1	some Year 4 at Gibberagong overnight

DECEMBER

Thurs 3	High School Orientation Day
Fri 4	BPS Disco
7-9	Year 3 at Gibberagong overnight
Tues 8	Stage 1 Christmas Concert
Thurs 10	Presentation Day
Fri 11	Stage 3 Surf Education
Mon 14	Celebration of Learning assembly Year 6 Farewell
Wed 16	Party Day Last day of term
17 & 18	Staff Development Days

"Amped Up"

AUDITIONS

Berowra Public School's
rock band "AMPED UP" will be
holding auditions for 2016.

Where - At the school Hall

When - Monday Mornings

After week 3 during term 4

For more details call Mike on
0413034080



Fathers Day Stall Tuesday 1st September

Gifts will range from \$ 2 to \$ 20

Your child can purchase gifts for dad,
stepdad, granddad, uncles or that
special one in their lives.

Please remember to give your child
money and a bag to put the gift in on the
day.

HAPPY
FATHER'S
Day!

Thank you
School Support
Group

Day For Daniel - Coloured Fun Trek

Berowra Public School, Wideview Public School, Berowra Christian Community School, St Bernards Catholic Primary School and Cowan Public School will be holding a fundraising event on the Day For Daniel, Friday 30th October.

This event will raise money for The Daniel Morcombe Foundation which continues to deliver a number of unique resources and life skills that empower children and adults to stay safe. It also provides financial support to child victims of crime and their families with direct and often, urgently needed assistance to help get their lives back on track.

The event will be a 'Coloured Fun Trek' starting at Berowra Oval and concluding at Warrina Street Oval. Participants will be showered in coloured powder as they move through the course whilst also participating in fun activities.

The school will be raising money from both the local communities as well as the wider communities. If you could forward the below link to as many people as you can it would be appreciated.

<http://makingadifference.gofundraise.com.au/page/berowraschools>.

What's more, when you open the above link you can share this page on social media.

Whilst schools are still in the initial phase of planning, we are encouraging students to buy a plain white t-shirt for the occasion. We also ask that parents keep this date free if possible as it will be a large event and we will be looking for as many parent helpers as possible.

Regards

Mr Taran Jones



AN INVITATION

BEROWRA PUBLIC SCHOOL

KINDERGARTEN 2016 FUN DAY

THURSDAY 3RD SEPTEMBER 2015

The students and staff of Berowra Public School would like to invite you and your family to visit our school and meet your new Kindergarten playmates.

Our Kindergarten Fun Day commences at 10.00am until 11.15am on Thursday 3rd September 2015. Please meet at the Hall.

- | | |
|----------------|------------------------------------|
| 10.00am | Welcome in the Hall |
| 10.15am | Activities |
| 10.45am | Visit Kindy classrooms for singing |
| 11.15am | Finish |

Come along and visit our school. Tea and coffee for parents is provided by the School Support Group.

Kind regards

Di Bower
Principal





BPS P & C

Racing Trivia Night

Saturday 28th November 7pm



GREAT PRIZES FOR TRIVIA, BEST DRESSED AND OTHER FUN GAMES!!!
BRING PLENTY OF GOLD COINS!

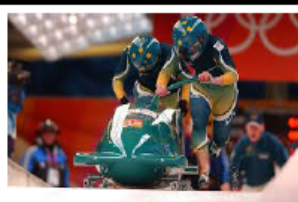
Venue: Berowra RSL

Price: \$25.00 per person – Adults only, includes Finger Food

BYO – Decorations for Table, Gold Coins for games

Dress/Theme: Racing

Tables: Please organise teams of 8-10 people



TABLES WILL SELL FAST SO BOOK IN EARLY!!

PLEASE RETURN TO SCHOOL OFFICE OR BOOSH COTTAGE BY Friday 13th November 2015

Name: _____

Child's Class: _____

Table Name: _____

No of People: _____ Amount enclosed: _____

Payments can be brought to the school office or to BOOSH COTTAGE by 30th October by cash or cheque made payable to *Berowra Public School P & C* in an envelope marked "Trivia Night" or by EFPOS at BOOSH or Uniform Shop (Monday morning, Thursday afternoon)

Enquiries by email to Lisa Jewkes : bpsfaircoordinator@gmail.com or phone 0413367580, or Tara Andis 0411 882 861

Donations of prizes for the event are also welcome – Please contact Lisa or Tara



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LEARN TO SWIM!



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INTENSIVE HOLIDAY PROGRAMS:

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Berowra location

BPS Rockband Vocal Coach 

WWC Certified

GUITAR and BASS Lessons

School Rock Band "Amped Up" Music Director

MIKE GORDON

is available for tuition at the school in 2015

& also at his home on Saturdays

Kids (ages 8 and up) and adults welcome.

For more info call 0413034080 or

email ampedupband@musician.org



**Amped
Up!**



Lessons are also available at Mike's School

The Learning Lounge at Turramurra

9488-9970

All instruments and styles taught!

Become an Ethics Teacher or Coordinator at Berowra Public School

Primary Ethics provides the opportunity for NSW public primary school students who don't attend scripture classes (SRE) to participate in philosophical ethics classes.

We have a few vacancies for volunteers to teach ethics classes in Stage 1 and Stage 3. The classes teach children how to approach ethical issues and develop their capacity for considered moral judgement, which will enable them

to respond more thoughtfully to many of the problems and issues they will face in their lives.

Volunteer Ethics Teachers are trained to deliver our age-appropriate curriculum every week and to use the accompanying learning and teaching materials.

For more information, please contact:

Jessica Norris

Ethics Coordinator for Berowra Public School

jess@fn.com.au or 0478 221155



ASQUITH BOYS HIGH SCHOOL URBAN ART COMP

Graffiti, Vector Art, Character Design

Linking theme:

'Celebrating our cultural Diversity'

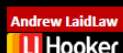
Entries close **Monday 7 September 2015 3.00 pm**

To enter email

abhscommunityfunday@gmail.com

Terms and conditions
upon entry

**All Works exhibited
Prizes for winning
works**



SCHOOL SUPPORT GROUP FUNDRAISING

NAME LABELS

Please help Berowra Public School raise money when you are buying name labels for clothes, school items and lunch boxes etc.

By using a fundraising code (BPSS) that links to Berowra Public School, the school will receive a percentage of the money spent! The websites we are registered with are :-

www.brightstars.com.au

www.stuckonyou.com.au

OUR SCHOOL FUNDRAISING CODE IS BPSS

To place an order, create a personal account online and then enter the fundraising code BPSS at the checkout/payment section. The code is the same for both organisations.

Money raised will go towards school resources and projects.

Thank you



Northern Districts Little Athletics Centre

2015 / 2016 SEASON REGISTRATION

BEROWRA HEIGHTS- IGA SUPERMARKET

Sunday 23rd September, 2015
10.00am till 12.00pm

MT COLAH - FOXGLOVE OVAL

Saturday 5th September, 2015
11.00am till 2.00pm

Uniform Shop will be open at Foxglove Oval

AGES UNDER 5 - UNDER 16 (Ask about our Tiny Tots Program)

Competitions are held at Foxglove Oval, Mt Colah
on Saturday mornings from 8.15am - 11.30am
Training (optional) on Thursday Nights 5.30 - 7.30pm

www.ndlac.org.au / registrar@ndlac.org.au

10 signs you're over parenting your child

Advertisement

Well-intentioned and loving parents, beware! Over parenting is a 'thing' and even intelligent and devoted parents are doing it, says Dr Wendy Mogel, clinical psychologist and author of The New York Times best-selling parenting book, *The Blessing of a B-Minus*. According to Mogel, over parenting is a new normal for today's mums and dads who, as dedicated as they may be, still succumb to overindulging, overprotecting and overscheduling their children.

So what is fuelling these parental behaviours?

It's fear, says Mogel. "Parents today are either afraid for their children or afraid of their children." And in an effort to control a world that is seemingly spinning faster than ever before, parents try to control the one thing they believe they can—their children. It's no surprise then, that behaviours that help parents alleviate their fears are common in the signs of over parenting. Here are some signs of over parenting and tips to work through them, from Dr Mogel's program, Overparenting Anonymous (for good parents gone bad):

1. You forbid activities that scare you

Parents are mistaking their child's vulnerability for fragility, explains Mogel. But in order for children to learn increasing independence and gain self-confidence, parents should let their child try age-appropriate (legal!) activities. Adolescence is tricky ground for parents. Taking calculated risks is necessary preparation for post-childhood life. Mogel suggests freedom should be granted based on a child's demonstrated responsibility and accountability.

2. You panic when your child gets a bad grade

Parents panic because they react to one snapshot as if it's the epic movie of their child's life, states Mogel. And to some parents, one bad grade conjures images of their child being forever behind the pack. Instead of critiquing everyday marks, appreciate your child's persistence and hard work, says Mogel. It reinforces the skills and habits that lead to success.

3. You find it hard to say no

Rather than let a child feel disappointment or even hunger, parents are indulging their child, and are afraid to say no to them. Mogel points to the generation of fussy eaters who have learned to be fussy because their parents confuse wants with needs. Work up the courage to say no, is Mogel's advice. You don't always need to reach a consensus.

4. You do everything for your child

You carry their school bag, you shuttle them here and there, you are their personal stylist, cook and cleaner. As children get older, let them do things for themselves, recommends Mogel. Abstain from doing everything for them and let them gain competence in ordinary work.

5. You try and 'fix' your child

You examine your child as if they are your work of art, then unsurprisingly, you find flaws that need to be 'fixed'. Your child is not your masterpiece, states Mogel. Their grades, popularity, or personality traits are not the only measure of them (or you). 'Don't fret over or try and fix what's not broken.'

6. You talk more than you listen

You offer solutions, admonishments and explanations before your child has finished talking. You chime in before they get a chance to finish their sentence. Dr Mogel suggests using this technique before jumping in: Ask, why am I talking (W.A.I.T)? And listen four times more than you talk.

7. You leap quickly into alarm mode

Another fear response in action, explains Mogel. Be alert, yes, but not automatically alarmed. If your child comes to you bleeding, it's not necessarily an emergency situation, explains Mogel. Same for the 'bad' report card or not making the hockey team. Ask: is this alarming, or simply a challenge?

8. You let your child quit quickly

Sometimes children don't like the feeling of being mediocre at something and the learning process before accomplishment can be uncomfortable. Your child can determinedly press their case to quit and you can feel drained by trying to sway their opinion. But quitting is not always the answer, advises Mogel. Listen to your child's concerns and consider them. Also, let your child know that first impressions can change, commitment is honourable, and your investment of time and money is not to be disregarded.

9. You constantly compare your kids with others

Social media is a perfect platform for the brag alert from parents who publish their child's accomplishments and it's easy for parents to react to others' highlights reel. Avoid thinking your child is in some sort of race or competition with other kids, advises Mogel. Don't react as if your child has no prospects for their future— it simply isn't the case. And other parents lie, adds Mogel.

10. Your child has no time to play

Extracurricular activities fill your child's schedule (and yours). In an effort to give your child every opportunity, you deplete your finances and your energy. And everybody else's children are equally busy, so it feels like you are swimming against the tide if you don't provide your child with lots of scheduled activities. Don't undervalue nature and playing outside, utilising all five senses, advises Mogel. Get outside with the kids, or let them have time outside without you hovering by their side.

Mogel's model emphasises guidance and empathy over control and micromanagement. Parents who try and smooth the road for their children are missing the point, asserts Mogel. It's the self-reliant and resilient children and teenagers who will be better prepared for the road ahead of them.

This story was found at: <http://www.essentialkids.com.au/younger-kids/kids-behaviour-and-discipline/10-signs-youre-over-parenting-your-child-20150724-giir54.html>