



February 3rd, 2016
Term 1 Week 2



The Crest

Respect

Responsibility

Personal Best



Kindergarten 2016

Berowra
Public School



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

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KEERAWALL COMMUNITY OF SCHOOLS

Welcome back to another exciting year at Berowra Public School. The holidays just flew by and now we are back ready to go! I hope you and your family had a very Merry Christmas and a relaxing new year.

I would like to warmly welcome our new families and students who have joined our school community this year and our enthusiastic Kindergarten children and their families. I know that you and your child will enjoy our school's warm, caring learning environment.

A very warm welcome back to our returning staff and new staff. I know the teachers are also excited to be back and are looking forward to another 'action packed' year with your children.

Welcome to Miss Brittani Lloyd, our new year 2 teacher and Mr Ross Pitman who will be taking all classes for RFF (Relief from Face to Face Teaching).

Classes are settled and the academic programs began on Day 1. Thank you to the many parents who sent positive messages regarding class placements.

Congratulations to all students who have started the year so well. The teachers have commented on the renewed energy, enthusiasm and lovely manners of the children in their classes. As educators, we will continue to maintain the motivation and direct the students towards higher achievements.

Parent/Teacher Meetings

These will be held next Monday, 8th February and Tuesday, 9th February. This is a time for you to meet your child's teacher/s and understand their expectations. Procedures and class organisation will be explained during these sessions. The term letters will also be distributed during these sessions.

Monday 8th February:

<i>Kindergarten</i>	6:00pm	Kindergarten Rooms
<i>Stage 2</i>	7:00pm	Library and then into individual classrooms

Tuesday 9th February:

<i>Stage 1</i>	6:00pm	Library and then into individual classrooms
<i>Stage 3</i>	7:00pm	Year 6 classrooms and then into individual classrooms

This is a very important meeting as this is the time your child's teacher will be outlining the programs and expectations for the year. This evening is not an appropriate time to discuss your child's progress. If you have issues or concerns about your child's education, an appointment may be made at a later date to discuss them in private with the teacher.

This evening is also not an evening to bring the children along with you, as there is no supervision available and we do not want accidents to occur if the children are unsupervised in the playground. It would be much safer for your children if you can arrange babysitting for the short period of time you will be here.

Class Parents

We are asking for volunteers to be class parents. Each class needs a Class Parent - the role of the Class Parent is to cascade any information to the class as soon as possible. Depending on the subject, information may need to be gathered and passed back up. You don't have to be a parent who comes to school for drop offs/pickups. The purpose of the Class Contact List is to facilitate social contact between the children and parents and assist the flow of information from the school, your teacher and volunteer groups like P&C. For example, organising reading groups, special events, class specific information, fundraising events and maintenance days.

Please add your name and contact details to the list in the classrooms on the Monday or Tuesday Evening Parent/Teacher Meetings. If you are unable to attend these meetings please send your email and mobile phone details to your class teacher who will add them to the list.

Dogs in school .. just a quick reminder that dogs are not allowed on the school premises.

Swimming Carnival

Our school swimming carnival is on Friday, 19th February at Knox Grammar School Aquatic Centre. All children in Years 3 to 6 **are expected** to attend. This is a school day and the swimming carnival is a school event. If your child is not a strong swimmer they will still enjoy a 25 metre novelty event, cheering on their friends, chatting with friends/making new friends and just enjoying a day of team spirit and school fun. **Please do not keep your child home on this day.**

Work related to this day will be followed up in class over the next few days.

Presentation Day 2016

Presentation Day will be different this year. It will be held at school in our hall and there will be two sessions for this assembly.

All awards/certificates will be presented to all students during these formal assemblies.

This will mean there won't be any Celebrations of Learning on the following Monday.

K-2 Presentation Day Assembly will be from 9:30am to 11:00am on Thursday, 8th December.

Morning Tea will be served from 11:00am to 12:00pm – to thank all our helpers/parents.

3-6 Presentation Day Assembly will be from 12:00pm to 1:30pm on Thursday, 8th December.

Girl's Uniform

As you may be aware the new girl's summer dress has been made in different sizes that do not seem to match our girl's sizing. The uniform does not fit our girls. The Uniform Committee is busy working through this 'hick up' with Midford – and has been during most of their holidays!

If you are unable to find a suitable uniform for your daughter – please allow them to wear their sports uniform.

I ask for your patience during this time.

Di Bower

Principal

LIBRARY NEWS—Welcome back to another literary year in the Library. Our school library has a wonderful collection of books by Australian and international authors as well as ever changing non fiction resources for interest and research. The value of reading quality literature and stories just for fun cannot be underestimated. As Dr Seuss put it so succinctly "The more that you read, the more things you will know. The more that you learn, the more places you will go."

Mrs Jennie Smith and Mrs Kelly Lukic are our school librarians. All children attend library lessons between 40 and 60 minutes each week :-

Monday	1T, 1S, KR, 3A, 3R
Tuesday	2P, 2L, 2C, 3/4P, 4P
Wednesday	KB, 5B, 5K
Thursday	6B, 6K, 1T, 1S, 4C, KY

Please remind children to bring their library bags on their given day. Library borrowing should start on Monday 8th February.

Just a reminder, that our school subscribes to World Book Online. All children have access at school and at home. This is a great resource for both research and reading fun and games.

Our school also runs a Book Club twice a term, where children and parent can purchase their own books with a percentage of the money spent donated to the school. This year we hope to use the funds to purchase laptops and ipads for our Library Media Centre.

Happy reading all

Jennie Smith

Mufti Day

The School Support Group is having a **'Mufti Day'**.

When: Tuesday 16th February

Wear: Mufti

Closed in shoes are a must, no midriffs or bare shoulders and don't forget your hat.

Bring: Gold coin donation, collected in the classroom.

Berowra Public School Support Group will be donating funds to the 2016 classrooms.



PBEL



Growing and Learning Together for Life

DRAMA—Our school has two drama groups as part of our commitment to the performing arts.

Junior Drama (Years 1-3) auditions will be held on Monday 8th February at lunchtime.

Senior Drama (Years 4-6) auditions will be held on Wednesday 10th February at lunchtime.

Audition poems will be available from the library on Wednesday this week. Drama lessons are held in the hall at lunchtime once a week. Calling all budding thespians.....don't forget to try out next week.

Jennie Smith
Drama Coordinator

MUSIC—The Music Support Committee needs you!

Next Wednesday 10th February, 7pm in the staffroom.

Berowra Public School has a great reputation as having a broad range of instrumental groups both in and out of the school, and we intend to keep this momentum going. The diversity includes the recorder ensembles, the rock band, the choirs, the band, the string ensemble and also other less direct ways in which the children can perform and learn. The Music Support Committee (a sub-committee of the P&C) helps in a number of ways to support musical education in the school. At the AGM on Wednesday, we will be saying good-bye to a few of our team and thus need more people to step up and help out. It is a small commitment, but worthwhile as it keeps the music flowing in the school. Please come along and help support the children and their music.

SCHOOL SUPPORT GROUP—Welcome to another school year. We are excited to have more parents joining us this year. There will be lots of opportunities to become involved as we get our activities and fundraisers underway. Our first activity for 2016 was to provide a 'Tea and Tissues' morning tea for the new Kindy parents. Thank you to those who volunteered their time to help.

The SSG is holding a mufti day on Tuesday 16th February. All gold coin donations will be going toward resources for the 2016 classrooms.

Our first meeting for the year will be held on Tuesday 23rd February at 9.30 in the staffroom. Parents, your babies/toddlers/pre-schoolers are welcome to come along with you.

CANTEEN—Welcome back everyone. Remember that the canteen is open Wednesday till Friday and that the summer menu is still current. If you need a new one just ask at the canteen. Wednesday is sushi day so order early. Ordering online with Flexischools is a fast and convenient way to order lunch however you can still order with a paper bag before school. Volunteers are always welcome in the canteen. Please see Heather if you can spare some time. Your children love seeing you there.

**Beginner Recorder Ensemble
2016**

There are still places available in the beginner recorder class for 2016. Sign up now to reserve a place for your child. Classes will start in week 3.

For more details please contact me at sue.thorv@gmail.com.

Please register as soon as possible.

Sue Thorvaldson
(Recorder Ensemble Director)



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 judgment, 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

NOTES YOU MAY HAVE MISSED

Sent Out	Subject	Distribution	Response before
3/2	General Permission	K-6	ASAP
3/2	Dance Group	Dance	ASAP
3/2	Swimming Carnival	3-6	11/2/16

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

Your family can get FREE dental care

Did you know...?

- ALL CHILDREN under 18 years old can have FREE dental care
- Have a Government concession card? You are eligible for FREE dental care
- Anyone listed on your Government concession card are also eligible for FREE dental care
- Waiting times are reducing due to extra funding so it's a good time to register your family!



CLINIC LOCATIONS:

Hornsby•Top Ryde•Cox Rd•Royal North Shore
Mona Vale•Dee Why

PHONE 1300 732 503



Health
Northern Sydney
Local Health District

Diary Dates

FEBRUARY

Mon 8	Meet the Teacher evening
Tues 9	Meet the Teacher evening
Wed 10	Music Support meeting 7pm staffroom
Tues 16	SSG Mufti Day
Wed 17	P&C Meeting 7.30pm staffroom
Fri 19	BPS Swimming Carnival at Knox
Tues 23	SSG Meeting 9.30am staffroom
Mon 29	ABHS (Yr5&6) Open Night 5pm

MARCH

Tues 1	AGHS (Yr5&6) Open Night 5pm
Sat 4	ABHS/AGHS Enrichment Class Testing
Wed 9	Zone Swimming Carnival at West Pymble
Thurs 10	Selective High School Test
Wed 16	Area Swimming Carnival P&C Meeting 7.30pm staffroom
Fri 18	BPS Disco
Mon 21	Harmony Day
Thurs 24	Easter Hat Parade
Fri 25	Good Friday
Mon 28	Easter Monday
Tues 29	Parent/teacher interviews
Thurs 31	School Photos

APRIL

Thurs 7	ANZAC Day Ceremony
Fri 8	Last day of term 1
Mon 25	ANZAC Day
Tues 26	Staff Development Day
Wed 27	Students return for Term 2



EXCITING DANCE CLASSES: ENROL NOW

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- Our bodies make vitamin D when skin is exposed to sunlight?
- We need vitamin D as well as calcium to maintain good health, in particular to keep our bones and muscles fit and strong?
- Sun protection is required when UV levels are 3 and above?

Does sunscreen stop vitamin D?

- Sunscreen filters out most, but not all UV radiation.
- People who use sunscreen regularly (when UV levels are 3 and above) don't have lower vitamin D levels than people who do not use sunscreen.



To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



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ONLINE PAYMENTS

From Friday 4th December 2015

It will be possible for parents to make online school payments, from **Friday 4th December 2015** to the school for amounts owing for students, via a secure payment page hosted by **Westpac**. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website by selecting \$ Make a payment. Please do not click on this option until the go live date on the 4th December.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities. There is also a category called 'Other' which covers items not covered in the previous headings. Other can be used to make a complete payment of a school invoice.

When you access the \$ Make a payment you must enter:

the students name, and
class and reference number OR
the students name, and
date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. **There is also the option to enter the Student Registration Number and Invoice number, these are not used at our school, please leave blank.**

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner. These details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office by emailing berowra-p.school@det.nsw.edu.au or on 9456 1319.

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.stuckonyou.com.au

www.brightstars.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

Developing and implementing individual health care plans for students with more complex needs



An individual health care plan formalises the plan of support for students with complex health care needs.

The principal will initiate the development of such a plan in the following circumstances or when the situation is complex or where a plan would be of assistance in managing support for the student.

Individual health care plans should be developed for:

- **severe asthma, type 1 diabetes, epilepsy and anaphylaxis**
- **any student who is diagnosed as being at risk of an emergency**
- **any student who requires the administration of specific health care procedures**

Information from the student's medical practitioner, provided by parents, will inform the planning process.

The plan will describe the student's needs and how the school plans to meet these needs during the school day, on excursions and in other variations in school routine, such as sport.

The plan must also detail procedures to be followed if an emergency arises. Procedures need to be agreed between the parent and the school, following consultation with the relevant medical practitioner.

Plans should be reviewed annually or when the parent notifies the school that the student's health needs have changed. A review of a student's health care plan can also be instigated by the principal at other times.

The individual health care plan will:

- specify the student's specific health care needs
- describe agreed actions to meet these needs
- include emergency phone numbers for ambulance, the parent and an emergency contact
- include the phone number of the student's medical practitioner(s)
- includes attachments as relevant such as:
 - an emergency care/response plan
 - a statement of the agreed responsibilities of different people involved in support
 - a schedule for the administration of prescribed medication
 - a schedule for the administration of health care procedures
 - an authorisation to contact the medical practitioner

A template for the individual health care plan cover sheet is available from the school office.

The individual health care plan must address circumstances that may impact on the student's health care needs, such as variation in school routine, absence of staff, special transport arrangements, physical activity and environmental conditions.

The possible effects of emergencies arising at the same time with a number of students need to be considered and addressed in individual health care plans.

The principal develops and documents local procedures, which may include utilising the leadership of the deputy principal, other delegated executive staff and/or learning and support teams, to put processes in place to support students and the development of individual health care plans.

The principal is responsible for assessing, in consultation with appropriate school staff, the parent and the medical practitioner, how the school will meet the health care needs of the student. Health care planning needs to take account of the student's full range of learning and support needs.

The development of the individual health care plan may incorporate a risk management process to manage risk to the student or other students or staff.

The principal will arrange a meeting with the parent and appropriate school staff to discuss the management of the student's health care needs.

The meeting with the parent may be supported by input from the school counsellor, learning and engagement officer, members of the school's learning and support team, as appropriate.

A copy of the individual health care plan should be provided to the parent and for students with special transport needs, to relevant staff in the Special Transport Scheme.

In the event that a student changes schools, the parent should be encouraged to provide a copy of the individual health care plan to the new principal. This can assist the process of health care planning in the new school and can also assist the student's transition to that school.

If a health care plan is not in place for a student with medication the student will not be able to take part in off school site activities/excursions.

Set yourself up for a great year

Andrew Fuller

Make this the year that you will remember for the rest of your life as the time you really set yourself on the pathway to success. There are several sure-fire ways to make this the best year so far.

1. Make friends with everyone you know

Parents, teachers, friends, everyone! One of the ways of reducing your stress levels is to set out to have as many positive friendships this year as you can.

2. Acknowledge your inner genius

You are much, much smarter than you know. If you practice doing your best in life you will succeed because very few people ever practice doing their best.

To do your best you have to get out of the habit of predicting that things won't go well for you. If you look for what's going to go wrong, you will always find it. If you look for what works, life just gets a lot easier.

Aim to develop at least one positive aspect of yourself this year. The easiest way to start this is to appreciate the quality you want to develop in yourself.

3. Know that geniuses make mistakes

People who achieve a lot know that you have to make mistakes to learn. In fact, learning often involves making a mistake and then figuring out what went wrong. If you get too scared to make a mistake, you will not do anything different or new in your life and that would be, well, a mistake!

3. Prepare yourself for learning

Thinking positively isn't enough for successfully achieving goals. You have to focus and do things differently. Concentration is hard to achieve and very easy to lose. Find ways to reduce distractions, at least while studying.

Not everyone in your life will be a well-wisher in your self-improvement and learning plans. They may you from your goal. Surround yourself with people who encourage you. Take time to be an encourager of other people rather than being a critic.

4. Live up your life and get enough sleep

Sleep helps you to manage stress, stay happy and also increases your marks. The best way to protect yourself from being stressed or depressed is to get enough sleep.

You need at least 8 hours and sometimes as much as 9 and quarter hours a night. If we don't get enough sleep we often become tired, moody, bored and boring.

5. Be healthy - eat breakfast

Some people skip breakfast, but you often learn best at school in the morning and it helps to have some protein in you to feed your brain. A lack of protein can actually cause headaches, concentration problems and low energy.

6. Do the most important things first

Get into the habit of being effective. Write a to-do list each week. Ask yourself the question, "What is the one thing I could do

this week in each subject area that would improve my results?" Then do it.

6. Use your time well

Many people muck around in school and then wonder why they have to do so much work outside of school. If you can focus and listen well while at school you can save yourself endless hours. Hours that you can spend doing the things you really want to do. Some people find if they sit at the front they are less distracted.

Teachers want their students to do well. Watch your teachers closely. Observe the things that they emphasise or repeat. Take notes of these things. It is a fair bet that these things will feature in tests and exams.

7. From little things big things grow

Do a little bit, often. Succeeding at school can be easy if you do a little bit each day. The best learning occurs when you do spaced interval training. This means do a little bit of practice every day. Interval training is especially powerful in subjects like maths and the sciences.

8. Focus and immerse yourself

For at least some time every day switch all forms of technology off and focus on whatever you're studying. Don't try to watch TV, listen to music or gaze at a screen at the same time as learning something. Technology is not going to be there in exam rooms so you need to be practiced at performing without it,

9. Don't try to predict the future

Most students are really bad at predicting how well they are going to do. In fact, they are hopeless at it. So don't spend the year thinking how awful your results could be. Just

do the most important things first and do them regularly.

10. Be curious

Think of someone you know who always seems to know interesting things- weird facts, strange occurrences, funny jokes, and whacky stories. Try to be one of these people. Look out for and learn things that are fun and interesting.

11. Play more

Be active; break out into a sweat now and then. Lack of blood flow is a common reason for lack of concentration. If you've been sitting in one place for a while, stand up and stretch or bounce one of your legs for a minute or two. It gets your blood flowing and sharpens both concentration and recall. Even if you are really busy three twenty minute bursts of exercise a week makes a massive difference to your stress levels, happiness and sleeping.

12. Decide to be happy

Lots of people wait to be happy. They wait for the situation to be right. Or they wait for the right friends to show up. Some people spend their entire lives waiting to be happy. Decide to be happy now.

Have a look at the things in your life you can feel lucky that you have.

Appreciate the people who like you and love you.

Make the most of the moment and seize the day.

Help and encourage other people.

Be a really good friend.

Laugh more.

Have fun.

Have a fantastic year.

Andrew's most recent book is "*Unlocking Your Child's Genius*" (Finch, 2015).

How to make friends

Andrew Fuller

One way to be happier is to increase the quality of our friendships. Whether you are a sociable person or a loner, friendships are important. One of the easiest ways to remain engaged and interested at school, at work or in life is to enjoy the company of the people that we are with.

Let's talk about how to build friendships (without turning into some sort of gushy, over the top, Ned Flanders type character).

Look people in the eye

Gaining brief eye contact with people communicates interest and trust. One simple way to do this is to mentally remind yourself to notice the colour of other people's eyes as you say hello to them.

Smile and say hello

While the minimalist "hi" accompanied by a shrug may seem cool, it can also come across as disinterested and uncaring. Smile genuinely when you meet people and let them know you are glad to see them.

Call people by their name - a lot

Most people feel liked and reassured when someone calls them by their name. Try to use their name at least twice in a conversation, once when you meet them and once when you say goodbye.

Be where you are

One of the easy ways to stand out as a good friend is to be with people when you are with them. This means rather than checking messages, or scrolling through social media or sending texts you actually stop, talk, look at and listen to the people you are with.

Feel lucky to know them

One of the really simple ways to be a good friend to someone is to decide that you are lucky to know them.

Ask people what they think

One way of getting past the awkward stage in conversations is to ask people just what they have been doing but also what they think about something. Seeking their ideas and thoughts shows that you value them.

Get to know a lot of people

Not everyone you meet will be a close friend. The more people you get to know even a little bit, the more likely you will be able to find friends. It can also be good in life to know some people as good acquaintances as well as having close friends.

Get to know people who are different

One of the ways to live an interesting life is to talk to people who are different than you. Getting to know people from different countries and backgrounds will enrich your life and stretch your ideas.

What young people want in a friend.

I asked over 1,000 young people last year what looked for in a friend. They said:

humour	honesty
kindness and caring	trustworthy
non-judgemental	happiness

Say hello to people you don't know

All of your friends were strangers once. Maybe it is time to start saying hello to some people you would like to be friends with but don't know yet.

The best way to lose an enemy is to make them into a friend- Abraham Lincoln.

How to mend a friendship

All friendships go through some rough times. Generally people seem to know more about how to make friends than they do about how to mend a friendship. This means that if you are going to fix up a friendship you will have to do it- you can't rely on other people knowing how to do it.

Nix it or Fix it

The first thing to decide is whether to nix the friendship and leave it or fix it. Generally it is good to keep as many of your friendships as you can but there are always exceptions. Some friendships just wear out. Others are with people you thought you could be friends with but they end up wanting to control, tease, bully or intimidate you. Not everyone is designed to be your closest friend.

But! Before you just say, "why should I be the one to fix it?" think long and hard about what you want. Good friends aren't easy to come by and shouldn't be treated as expendable.

Forgive

One of the easiest ways to be forgiving towards your friends is to stop and consider how often people may have had to forgive you in order to stay friends with you. We all make mistakes and we all do things that have unintentionally upset or hurt someone else. When you forgive someone, the person who benefits most is – you.

Apologise

Making an apology can fix a friendship. If you feel you have hurt or upset someone even if you didn't mean to do it, apologies. An apology starts with "I" and does not include the word "but". Even if your apology doesn't fix the friendship you will feel better.

Be true to yourself

Don't let the meanness of others run your life. If you feel hurt or insulted by someone, you can either choose to act in mean ways towards that person or you can think about the sort of person you are and keep acting in the way you want to be. If you think you are a kind, caring, understanding, funny and trustworthy person keep being yourself.

When you need to change a friendship

If you have a friend who demands that you do everything that they say there may come a time when you want to change the relationship.

It is not a good idea to let other friends tell you who you can hang out with or what you should or shouldn't do.

Standing up for yourself and doing the things that you think are important is part of being true to yourself. This may come as a shock to your friend who is used to you agreeing with everything they say. At first they may threaten to end the friendship.

Even if they do end the friendship, you may want to ask yourself was it really much of a friendship if it relied on one person doing exactly what the other person other said.

Bullying

Finally don't be a bully and don't hang around with people think it is ok who bully others. Be kind to yourself by being friends with people who are prepared to see the best in other people- you'll have a happier life.

Andrew's most recent book is "*Unlocking Your Child's Genius*" (Finch, 2015).