Dear Parents and Caregivers,
I was able to go and support our athletes at the Mid North Coast Athletics Carnival today. It makes me extremely proud of our school every time our students represent us with such great pride. Great work, Boambee!
This was passed on to me this week and I thought I would share it with you – certainly an interesting read.

The Effects of Overparenting on Young Adult Children

Most of us have heard the term ‘helicopter parenting’. It’s a term used to describe overly involved parents who hover over their kids, ready to swoop down and resolve any problems their child may encounter. The term is most often used in reference to parents of late adolescent or young adult children. It’s a version of overparenting in which parents demonstrate excessive involvement in their children’s lives and apply developmentally inappropriate parenting tactics by failing to allow for levels of autonomy and independence suited to their child’s age.

In a recent study, overparenting was hypothesised to be associated with dysfunctional family processes and negative child outcomes. So researchers tested 500+ parents and young adult children in a study designed to examine associations between overparenting, the quality of parent-child communication and both positive and negative traits in young adult children.

The findings showed that this undoubtedly well-intentioned parenting practice is associated with otherwise flawed family processes, it does not contribute to flexible traits in young adult children, and appears to cultivate a sense of entitlement in young adult children.

Key messages:
- The study showed that overparenting is associated with lower quality parent-child communication.
- When children are overparented they come to expect that problems will be solved for them and that they should not have to tolerate going without what they want.
- Overparenting is associated with problems of emotional regulation in children.
- In very young children, overparenting has been linked to anxious, withdrawn, depressive and insecure tendencies.
- In young adults, parental control is similarly linked to problems with emotional regulation and management, especially in the areas of depression and frustration.
- Overparenting is often a by-product of tangled family systems in which the parents’ goals and desires are projected onto, and confused with, the child’s.

Things you can do:
- Keep a check on how much parental time and effort is being put into keeping your child constantly happy.
- Try not to be at the beck and call of your child or feel they must be constantly entertained.
- Allow them to try, have a go, make an attempt, experience mistakes.
- Encourage resilience and resist the urge to rescue.
- Don’t protect them from natural consequences, but rather allow them to learn from these.
- Instigate age-appropriate responsibilities that don’t require a high level of parental support or monitoring.

Source: The Association Between Overparenting, Parent-Child Communication, Segrin, et al., Family Relations: Apr 2012; 61, 2; ProQuest, p237

Have a wonderful weekend.
Brad Lyne - Principal

Paper Planes
Elimination will take place on Monday, 17th August at school and the school finals will be on Tuesday, 18th August.

Premiers Spelling Challenge
The Spelling Challenge will be held next week for all students in Years 1 to 6. The spelling list can be downloaded from the Premiers Spelling Challenge website and the password is “robot”. The winners will attend Toormina Public School to participate in the next stage of the competition.

NAPLAN
We are expecting to receive the NAPLAN results on Monday. They are scheduled to be sent home on Friday, 21st August with the Newsletter.
**Soccer**

Last Friday our girls soccer team took on Korora Public in round four of the state-wide PSSA knockout. The girls played with tremendous team spirit and were unlucky to lose 1-0 in the dying seconds of extra time against a very strong Korora side. Well done to all the girls involved and a big thank you to all the parents who assisted with travel. Not bad for a side containing only two Year 6 girls!

**3/4B’s Yummy Fresh Snow Peas**

We are excited to let you know that we have eaten some of our delicious snow peas, fresh from our school garden. When we bit into them we could feel how fresh they were. The burst of the little peas inside were so sweet, so juicy, so tremendously crunchy! They are nutritious and healthy snacks that everyone should try!

Written by 3/4B Students

**ASSEMBLY Week 4 CLASS AWARDS**

Congratulations to the following students for their fantastic week at school.

- **KL**: Chloe Paine & Isiah Jedyn
- **KD**: Baianna Ward & Ivy Sothman
- **KTD**: Sam Tee & Isaac Ryan
- **K/1F**: Jasmine Dunstan & Brodie Hill
- **1A**: Hendrix Ward & Bodhi Pink
- **1G**: Macsen Carter & Sofia Zariquey
- **1/2S**: Lachlan Joice & Emma Totzl
- **2H**: Liam Foster & Billy Taylor
- **3/4B**: Trinity Schweitzer & Lily-Grace Herden
- **3/4G**: Savarna Wheatley & Rory Buhler
- **3/4M**: Noah Baldwin & Mitch Shaw
- **3/4R**: Amelia St Leon & Bradley Szabo
- **5/6G**: Zac Cracknell & Megumi Ikehara
- **5/6TH**: Niall Swatridge & Jessica Joice

**1/2S won the Gus Award last week.**

**Muffin Awards**

Maddison Jedyn was the very deserving Muffin Break winner last week.

**Muffin Break Awards**

All students who have a Ridgy Didge Pie Certificate at home, please take it to Muffin Break at Coffs Central to redeem it.

**Nit Alert**

Please check your child’s hair. If nits or live lice are found please treat them. Headlice are extremely contagious and students are to be kept home until treatment has been finalised. Thank you.
Fete Preparation 17th September 2015

Lucky Number Containers or Chocolate Wheel Stall
Just letting you know that Cadbury share bags are on sale at Woolies for $2.29, half price, and also Mars share bags at Coles, 2 for $5. If you would like to donate some chocolates for the fete, it’s a great time to buy up big.

Trash n Treasure
Now is the time to have a clean out. Please start bringing in your treasures for our fete. Toys, books, jewellery, and household items sell well.

Plants Stall
Please be on the look out for plants that can be potted for the plants stall at this year’s Fete.

Jump Rope for Heart
Jump Rope for Heart is going well with $2933.13 raised already. If you run out of space on your form, your child can obtain another from the school office. The preferred method of payment for Jump Rope for Heart is online but we will accept cash payments at the school office.

Monster Fathers Day Raffle
Tickets are only $2.00 each. The prizes are vouchers kindly supplied by AMART SPORT. Every book sold will receive an entry into a special draw with some great prizes. We have already raised over $2413.00. Please return all raffle tickets and money by 31st August 2015 sold or unsold. The Raffle will be drawn during assembly on Friday 4th September 2015.

Maintaining your Smoke Alarm
1. Test your smoke alarm batteries every month by pressing and holding the test button for five seconds. Replace batteries every 12 months.
2. Vacuum dust off alarms every six months.
3. Replace smoke alarms with a new photoelectric alarm every ten years or earlier, if specified by the manufacturer.

For more information on smoke alarms visit: fire.nsw.gov.au and planning.nsw.gov.au

Webber Circus
The Webber Circus will be held at Coffs Harbour Showground on 21st to 30th August. The cost varies from $14.00 for B Reserve chairs to $40.00 for VIP Chairs. Tickets are on sale 1 hour before each show, cash only. On site box office open 10.00am to 5.00pm Wed to Sun. All children pay ages 3-14 and are to be accompanied by an adult. Online Bookings: www.webercircus.com Phone Bookings: 0448 247 287 from 9.00am to 7.30pm.

School Starting Time
To avoid disruptions to your child’s class, please make sure they are at school by 8.50am. Thank you.

Uniform Shop Price Change
Due to an increase in prices to our school uniform, there is some small changes in prices. We try and make all uniforms affordable and at the lowest price possible. The uniform shop is open every Monday morning from 9.00am to 10.30am. You can leave your order with payment at the school office at any time and it will be filled on Mondays and given to your child. (EFTPOS is available at the school office for payments) Please remember the office has a supply of school hats that may be purchased at any time for a cost of $12.00.

Skorts (size 4-16) $16.00
Shorts (size 4-16) $14.00
Shorts (unisex size 4-16) $12.00
Polo Shirts (size 4-16) $19.00
Polo Shirts (Small Adult) $21.00
Fleece Jacket (sizes 4-16) $30.00

Canteen News
Pizza Boat and Milk $4.50
Hot dog roll lined with pizza sauce filled with your choice of ingredients and warmed. Choose any 3 ingredients from ham chicken, tuna, egg, tomato, pineapple, onion, avocado, corn and cheese.

Canteen Roster
Wed 19 Aug Leanne Krainik & Trista Shanahan
Thurs 20 Aug Leonie Woodward, Bec Ellem & Jo Dunstan (10.00am)
Fri 21 Aug Susan Dean-Hickey, Karina Ryan, & Kate Kelly

Bingo Roster
Tuesday evening at 7.00pm eyes down at the Coffs Ex Services Club. Come along and support your school.

Tuesday 18th August - Team 1
Alison Szabo, Penny Smith, Ann Beynon & Keiran Richards

Important Dates
21.08.15 No Assembly
28.08.15 NC PSSA Athletics
08.09.15 2016 Kinder Expo 10.00 - 11.00am
17.09.15 Mini Fete
18.09.15 Final Day for Swimming Payment
Cost: Kinder to Year 4 - $30.00 and Year 5 & 6 - $40.00.
“Kinder Sport”