Werribee Primary School is …

A supportive and diverse learning community pursuing excellence in the development of skills, behaviours and attitudes in education, so that students are empowered to interact positively throughout their lifetime, with confidence, creativity and enjoyment.

Our shared values are • Courtesy • Cooperation • Respect • Responsibility

Our education priorities are • Literacy • Numeracy • Social Competency

CANTEEN ROSTER – TERM 1 & TERM 2

<table>
<thead>
<tr>
<th>Date</th>
<th>Staff Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 26th March</td>
<td>Deb Cowton, Fadia Othman, Judy Puli, Pauline Oakes</td>
</tr>
<tr>
<td>Wednesday 4th April</td>
<td>Gail Penaluna, Michelle Bailey, Sarah Rigo</td>
</tr>
<tr>
<td>Wednesday 23rd April</td>
<td>Sarah Rigo, Michelle Bailey, Rachael Connolly, Jane Puli</td>
</tr>
<tr>
<td>Wednesday 30th April</td>
<td>Deb Cowton, Fadia Othman, Michelle Buysen,</td>
</tr>
</tbody>
</table>

FOR SALE

WPS Kilt, size 8, elastic back, original hem, excellent condition, $30 (RRP new ~$60). Call Pam on 0403709120

PARENTS: PLEASE TALK TO YOUR CHILDREN ABOUT THE CORRECT WAY TO CROSS THE SCHOOL CROSSING. WE HAVE HAD REPORTS OF CHILDREN RIDING THEIR BIKES ACROSS THE CROSSING AND NOT LISTENING TO THE CROSSING SUPERVISORS. THE SUPERVISORS ARE THERE FOR YOUR CHILDREN’S SAFETY.

VOLUNTEER NEEDED

If there is a parent or someone you may know who would be interested in cleaning our sporting memorabilia, we have a number of trophies/plaques etc that are tarnished. Please contact the office.
PRINCIPAL’S REPORT

Woolworths Earn & Learn Promotion
Congratulations and thank you to our wonderful Werribee community for supporting the 2013 Woolworths Earn & Learn promotion. This effort has resulted in the presentation of learning materials by Mr Matthew Fewster from Woolworths for the students of Werribee PS at assembly this week.

Around the School
We have a very busy schedule over the next couple of weeks with lots of activities planned. Information regarding what’s on can be found further in the OWL or on our website. We also attach articles that can be found on our homepage to the email alert you receive regarding the availability of the OWL. Happy reading.

End of Term 1
Just a quick reminder that Term 1 is quickly coming to an end and school will finish early on the last day (Friday 4th April) at 2.10pm. Please make arrangements to have your child collected from school at this time or alternative care arrangements are in place. Our Year 5 & 6 students attending camp during the last week of Term will be back by 2.10pm on the last day.

School will resume for the start of Term 2 on Tuesday 22nd April. Please note that Monday 21st April is a public holiday for Easter Monday and the Friday of the first week is also a public holiday for ANZAC Day. The first week of Term 2 is three days on the Tuesday, Wednesday and Thursday. Our first assembly for Term 2 will be held in the second week of term on Monday 28th April.

Planning Week
The second last weeks of Terms 1, 2 and 3 are what we call Planning Weeks. This is when our staff are released from class for a day to work with their team members to collectively plan the curriculum and activities for the following term. Next week (Week 9: 24-28 March) is our first Planning Week for the year. An alternative timetable will be in place for this week and your child will have a different teacher and all their specialist classes on the one day. The planning days for each teaching team are as follows:

- Tuesday 25th March – Foundation Team
- Wednesday 26th March – Year 3/4 Team
- Thursday 27th March – Year 5 and Year 6 Teams
- Friday 28th March – Year 1/2 Teams

Year 5/6 Camp
Our Year 5 & 6 staff, students and parent volunteers will be attending camp from Tuesday 1st April til Friday 4th April. They will be staying in Creswick and travelling around the Ballarat area during their stay. The purpose of the camp is to explore events in Australian history including European settlement, the development of the colonies, and the gold rush. We hope everyone enjoys the camp and the fantastic educational opportunity it provides along with building resilience, social skills, interpersonal and team development.

Enjoy your fortnight everyone

David Quinn
Principal
Meet Some of Our Teachers

My name is John Helmore and I am a new addition to the Werribee Primary School family teaching Year 3/4H. A recent graduate, I spent the past 20 years working in the advertising industry in various capacities (marketing, creative design, and IT) before deciding to pursue a new career challenge. My first teaching role was as a PE teacher at Hamlyn Banks Primary School in Geelong. As a father of two sons, I lead a fairly busy life but still manage to squeeze in a ride (road or mountain bike) and a game of squash each week. In case you were wondering about my last name ... it’s true, I am in fact married to Mrs. Helmore in the 1/2 team!

My name is Linda Perkins and I am the Foundation Team Leader at Werribee Primary School and the Year 00T class teacher. I had a very short stint here at Werribee PS in 1991 and then left work to have my family. I came back here in 2010. After spending most of my teaching career with the upper primary classes, I found myself teaching Preps in 2013. What a change! I don’t know what took me so long but I just love teaching the little ones and our leadership team will have to drag me out kicking and screaming if they want me to go anywhere else now. I was bitten by the travel bug when I was 19 and will travel any chance I can get. I don’t mind where I go, I just have to go. I love movies, singing (even though I can’t), sports, especially AFL and Formula 1, and spending time with my family and friends. I enjoy reading real life stories about inspiring individuals who have done great things with their lives.

My name is Belinda Temuskos. I have been a teacher for 5 years and I am teaching Year 00T this year. I started my career as a Kindergarten Teacher at Emma McLean Kindergarten and decided to continue my studies in Primary Education at Deakin University. I started working at Werribee Primary School in 2010 and couldn’t be happier! Away from school, I enjoy my holidays by travelling and visiting my family all over the globe. My favourite place is Mexico and dream about returning every day. I also love reading, riding my bike and spending time with my family and friends.

My name is Jo-anne Wembridge and I am currently the Yr 3/4W teacher at Werribee Primary School. I started my career at Simpson Primary School 30 years ago. Since then, I have worked in ten different schools in Colac, Melbourne and Geelong areas. I have enjoyed working at Werribee Primary School for the past 6 years and have been a member of School Council for 5 of those years. I appreciate the great staff I work with and the wonderful community. My focus during my time at Werribee PS has been promoting a healthy lifestyle for students, whether that is by walking to school or looking after our environment.

I have been married for 29 years to my wonderful husband Robert. Away from work I enjoy spending time with my family of 5 children and 8 step-grandchildren ranging in age from 14 to 5 years old. I love reading and watching movies in my spare time. My favourite topic is historical fiction. I enjoy working in this community and hope to be doing so for many years to come.

My name is Prue Haggerty and I have been at Werribee Primary School as a classroom teacher since 2000. I started as the PE teacher and then made my way into a 3/4 classroom. I have taught every year level except Preps since starting here. I am not in a classroom this year as I am currently in my last week of work for 2014 preparing to take maternity leave to have my second baby.

I love travelling, spending time with my family and friends as well as relaxing with a good book or cooking a yummy sweet to eat. I love my job and look forward to returning in 2015.
**Calendar of Upcoming Sports Events**

- **Friday 21st March**: Year 6 Interschool Sport (WPS v TCPS – HOME)
- **Tuesday 25th March**: Regional Swimming Carnival (Geelong)
- **Friday 28th March**: Years 5 & 6 Sports Trials

**DIVISION SWIMMING CARNIVAL**

On Thursday 13th March, 20 of our Year 3-6 students participated in the Division Swimming Carnival at the Werribee Outdoor Pool. Congratulations to our students for progressing to this level of competition. Thank you to Gillian Perry and Gary Dancey for timekeeping for the duration of the event. Results from the day were:

**Breaststroke**
- Coen Chang-Kum 12/13 Boys 3rd
- Jake Berias 11 Boys 3rd
- Emma Free 9/10 Girls 5th

**Backstroke**
- Blake Rubeli 9/10 Boys 4th
- Zahra Abela 11 Girls 1st
- Lucas Rubeli 12/13 Boys 3rd

**Butterfly**
- Lucas Rubeli 12/13 Boys 2nd

**Freestyle**
- Zahra Abela 11 Girls 2nd
- Josh Puli 9/10 Boys 4th

**4x50m Freestyle Relay**
- 12/13 Boys 2nd Coen Chang-Kum, Lucas Rubeli, Garrett Spinks & Thomas Smith
- 11 Boys 3rd Joel Edwards, Lachlan Reynolds, Sam Krause & Luke Lincoln
- 11 Girls 4th Zahra Abela, Jamie McKinnis, Gracie Shorney & Lowri Dancey
- 9/10 Girls 3rd Jorja Caserta, Bailey Radevski, Jessica Evans & Lauren Edwards

**4x50m Medley Relay**
- Open Boys 4th Coen Chang-Kum, Lucas Rubeli, Garrett Spinks & Joel Edwards

The Regional Finals will be held at Kardinia Park (Geelong) on Tuesday 25th March. Zahra Abela will be competing in the 11 Girls backstroke and freestyle and Lucas Rubeli the 12/13 Boys Butterfly. We wish both students the best of luck!

**YEAR 3-6 HOUSE CROSS COUNTRY**

The Year 3-6 House Cross Country Carnival was conducted on Tuesday 11th March at Wyndham Park. We were extremely fortunate with the weather conditions. The rain stayed away and the clouds helped to keep the temperature much lower than had been forecast. It was fantastic to see so many students dressed in their House t-shirt colour and giving their best to complete the 2 & 3km courses.

Thank you to Naomi Cochrane, Sam Reynolds, Narelle Wietschorke, Emily Dunn, Ahmed Yusuf, Brenda Caserta, Gillian Perry, Kerry Liangos, Kristine Willems and Rick Spinks for assisting as Course Marshalls, Recorders and Timekeepers on the day.
Students were awarded with their ribbons at this week’s assembly. Results from the day were:

<table>
<thead>
<tr>
<th></th>
<th>8/9 GIRLS</th>
<th>10 GIRLS</th>
<th>11 GIRLS</th>
<th>12/13 GIRLS</th>
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</thead>
<tbody>
<tr>
<td>1st</td>
<td>Tara Vallance</td>
<td>Jessica Evans</td>
<td>Zahra Abela</td>
<td>Maddy Brennan-Geoghegan</td>
</tr>
<tr>
<td>2nd</td>
<td>Lauren Edwards</td>
<td>Jorja Caserta</td>
<td>Chelsea Cooper</td>
<td>Romy Junker</td>
</tr>
<tr>
<td>3rd</td>
<td>Marry Lah Pay</td>
<td>Candle Paw Liner</td>
<td>Larni Vallance</td>
<td>Milla Wietschorke</td>
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<table>
<thead>
<tr>
<th></th>
<th>8/9 BOYS</th>
<th>10 BOYS</th>
<th>11 BOYS</th>
<th>12/13 BOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Joshua Owen</td>
<td>Liam Streeter</td>
<td>Jai Kelly</td>
<td>Lucas Rubeli</td>
</tr>
<tr>
<td>2nd</td>
<td>Finn Coker</td>
<td>Conor Dunne</td>
<td>Alex Horvat</td>
<td>Jonte Jones</td>
</tr>
<tr>
<td>3rd</td>
<td>Brayden Smith</td>
<td>Blake Rubeli</td>
<td>Jake Berias</td>
<td>Patrick Brennan-Geoghegan</td>
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<thead>
<tr>
<th></th>
<th>RED</th>
<th>GOLD</th>
<th>BLUE</th>
<th>GREEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>127</td>
<td>123</td>
<td>114</td>
<td>76</td>
</tr>
<tr>
<td>2nd</td>
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<td>3rd</td>
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<tr>
<td>4th</td>
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</table>

The WPS Cross Country Team has now been posted. Training for this event will take place Monday lunchtimes. The SSVWD Cross Country is being held at Presidents Park on Wednesday 30th April.

**YEAR 6 INTERSCHOOL SPORT**

Round 2 Results – Westgrove PS

<table>
<thead>
<tr>
<th>SPORT</th>
<th>WERRIBEE PS</th>
<th>WESTGROVE PS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (A)</td>
<td>16</td>
<td>42</td>
</tr>
<tr>
<td>Basketball (B)</td>
<td>34</td>
<td>24</td>
</tr>
<tr>
<td>Cricket (A)</td>
<td>189</td>
<td>106</td>
</tr>
<tr>
<td>Cricket (B)</td>
<td>125</td>
<td>52</td>
</tr>
<tr>
<td>Softball</td>
<td>8</td>
<td>14</td>
</tr>
<tr>
<td>Volleyball (A)</td>
<td>25, 25</td>
<td>21, 17</td>
</tr>
<tr>
<td>Volleyball (B)</td>
<td>25, 25</td>
<td>9, 6</td>
</tr>
<tr>
<td>Bat Tennis</td>
<td>22 games</td>
<td>48 games</td>
</tr>
</tbody>
</table>

Thank you to Davin Kroeger for his invaluable assistance at basketball.

**Friday 21st March – Round 3 – Thomas Chirnside Primary School (HOME game)**

Bat Tennis, Volleyball & Basketball – Werribee Primary School  
Cricket – Galvin Park  
Softball – Presidents Park  
Games are played from 9.30am – 10.30am in Term 1 only. Spectators are welcome.

Payment for the Year 6 Interschool Sport program is now overdue. If you have not made payment or returned the medical form, please do so immediately. Also families that elected to pay in instalments, please note the second and final instalment of $20 is due by Friday 4th April.

**5/6 DISTRICT SPORTS TRIALS**

There is the opportunity for any Year 5/6 student who excels in Football, Soccer, Basketball or Netball to participate in the District Sports Trials on **Friday 28th March**. This is an opportunity for our talented athletes to make State Teams in their respective sport. If your child would be interested in participating in these trials and is currently playing at a “Representative Squad” level in their chosen sport, please contact me immediately. **Please note:** The trials are conducted at Westgrove Primary School and Manor Lakes P-12 College at 9.30-10.30am on Friday 28th March. Parents are required to transport their child to and from these trials.

*Tanya Staehr*  
Sport Coordinator
Rollathon 2014

Yesterday we held our annual school 'Rollathon'. The day was a huge success with students completing many laps around the school by riding bikes, scooters and skateboards or by rolling basketballs or hoops.

We received an outstanding amount of parents and friends who helped the day to run smoothly. We would like to THANK all who volunteered their time to assist on the day. We would like to also say a special thank you to our School and House Captains, our Student Representative Council Leaders and other students who helped throughout the day for all of their hard work!

Just a reminder that all money donated needs to be handed in by next Wednesday the 26th of March as prizes for year levels will be drawn at assembly on the following Monday the 31st of March. Every $5.00 donation received, earns students 1 raffle ticket for a chance to win great prizes.

Does your family love books? Do you love giving books as gifts? Do you love a bargain?

If the answer to any of these questions is yes then Social Club Books may be of interest to you. Social Club Books is a bookseller which offers huge discounts on a variety of books and more including: children's books, adult fiction, non-fiction, cooking, stationary, calendars, diaries, puzzles, toys and greeting card sets.

Their entire range can be ordered online from: www.scb.com.au

In addition to great bargains you can also help our school as a percentage of sales placed by our school community are returned to us. All you need to do is enter the following at checkout: Account Code WERPS and Account name: Werribee Primary School.
Consent forms will be sent home soon. Once your consent form is returned you will be registered to take the challenge. In the meantime record sheets are available in the library or from your teacher to record all of the books you are reading. Read great books that you can choose from the booklists and you can easily find these in our library using stickers as your guide.

- Books with a green sticker are suitable for Foundation and Years 1 & 2
- Books with an orange sticker are suitable for Years 3 & 4
- Books with a yellow sticker are suitable for Years 5 & 6

Then log in to record what you’ve read and vote for your favourite. If you meet the Challenge this year, the Premier of Victoria will send you a certificate of achievement. To meet the Challenge you need to read between 15 and 30 books (depending on your Year level) by a set date and keep a record of them.

**REMINDEERS for Library**

- The library is also open for borrowing and returning library books **every day** during lunch time eating time.
- Books can be **returned** (no borrowing) before and after school on any day but they must be handed to library staff or put in the returns box just inside the door.
- All students should have received a plastic library bag and a borrowing card for this year.
What a Success National Ride2 School/Rollathon day was!!
Getting to school in an active way is a fun and easy exercise.
It’s a perfect way to spend some time together before or after school.
The year level results for active travel were:
Foundation M – 50%
Yr 1/2 M – 60%
Yr 3/4 E – 75%
Yr 5 S – 81%
Yr 6S – 65%
That’s an average of 56% active travel.
This is an increase of 25% since last month.
Even Energy Frog was part of the action. Keep up the good work!!

MULTI-CULTURAL DRESS DAY
Here are some children from the 3/4 year level dressed in their family’s national traditional dress. Don’t they look fabulous!

One Team, One Goal – Celebrating Diversity
At Werribee Primary School we always encourage students to be respectful and supportive of each other. We are excited to be participating in a new AFL and Victorian Government competition using football as a way to celebrate multiculturalism and diversity.
In the competition – One Team, One Goal – Celebrating Diversity – our school can win a $5000 grant, a football clinic with an AFL footballer, tickets to an AFL match during Multicultural Round and limited edition AFL footballs.
To enter, students need to design a poster about multiculturalism, teamwork and diversity that will be printed in the Football Record.
This is a wonderful opportunity to talk to your children about diversity and to support them to develop a poster.
The competition website has more information about how to enter: www.education.vic.gov.au/oneteam.
Our school has registered to be part of the 2014 National Day of Action against Bullying and Violence, being held nationwide on Friday 21 March.

The National Day of Action is Australia’s key anti-bullying event for schools. It’s a day where school communities across Australia ‘take a stand together’ against bullying and violence.

Werribee Primary School is dedicated to creating supportive school environments, free from bullying, harassment and violence. By working together we are sending a clear message to young people that bullying and violence, in or outside of school, are not okay at any time.

[www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) website offers practical resources and information to help schools, parents and students counter bullying, harassment and violence.

**EARTH HOUR** is an hour of the day where you turn off as much electricity as you can, and will be happening on the Saturday the 29 of March 2014, between 8:30 to 9:30. During that time you should turn off non-essential things such as:
- lights
- TV
- air conditioners
- heaters
- computer
- video games

Imagine one black balloon contains 50g of carbon pollution. The home produces 160,000 black balloons of carbon pollution a year. Multiply that by around 400 Werribee Primary School homes and that’s 64 MILLION black balloons being released into the atmosphere each year.

**How Many Planets Do We Really Need?**

We only have one Earth, but....

On Friday 28 March, Werribee Primary School will have an energy free day – that means no lights, heaters, air conditioners, netbooks, in order to reduce our carbon pollution.

Are you up to the challenge!!!
Do you have a child in year 4, 5 or 6?

Have you missed out on thousands of dollars?

In 2001 the Government introduced the ‘First Child Tax Offset’ and surprisingly many Australians did not know about it and have NOT claimed any benefits.

If you have ANY child that was born between 1 July 2001 and 30 June 2004 you may be eligible to receive up to $12,500 of entitlements.

The government has a 30 June 2014 deadline on this entitlement so please email childoffset@twelve.com.au today to receive more information.

Twelve Chartered Accountants  ABN 61 712 859 747
www.twelve.com.au  Principal: Derek Nolan CA

Your Family Tax Specialist
COMMUNITY NOTICES

The Werribere Fire Brigade has a long and proud history of volunteerism within the community of Wyndham. Within this esteemed history, for the past 37 years, we have been collecting donations for the Royal Children’s Hospital Good Friday Appeal.

We are seeking support via teachers, students and parents to be involved on Friday 18th April 2014.

This is an inaugural one day on the Fire Brigade calendar.

Children will be bussed to various locations, under adult supervision and will be provided with the appropriate adult support throughout the collection period. Lunch and other provisions will also be provided for each collector.

Collections for 2013 exceeded $75,000 and we are looking to surpass this total.

Further information can be provided by contacting the Secretary at: dsicura@mackillop.vic.edu.au or petermay@bigpond.com

RACE TO THE CITY – WEDNESDAY APRIL 2ND AT 7:30AM COMPETITION

Who will make it from Wyndham to the City first?
The Get Wyndham Movign Campaign and the Wyndham Transport Advisory Committee are organising a ‘Race to the City’; a competition between driving, public transport and bike riding.

1. Volunteers will travel from Manor Lakes, Truganina and Point Cook to Federation Square, Melbourne.
2. Travelling by driving, public transport and bike riding.
3. Guess the closest travel time and win!

PRIZES: $150 Rebel Sport Voucher/$500 Sports Equipment or garden supplies voucher to the school that enters the most guesses.

Walk West

Walk for the kids Sunday 6th April 9:00am – 1:00pm
Events: Walk or run: 5km/10km/15km
Where: Footscray Park, Ballarat Road, Footscray
To Register: www.walkwest.com.au

Werribee Hockey Club Holiday Program

These Easter holidays, Werribee Hockey Club in conjunction with Hockey Victoria are offering a FREE holiday program to primary school children of all ages.

When: Tuesday 8th April
Time: Session 1 - 9:30 to 12:00
* Session 2 – 12:30 to 3:00
(* if numbers permit)

Each session will conclude with a sausage sizzle and drink for all children.

This is the perfect opportunity for children to participate in this exciting and popular sport before the 2014 Winter Season begins.

For more information or bookings, contact Tim Dean at dean.timothy.a@edumail.vic.gov.au

All bookings to be made before March 30, 2014.
Term 2 Tennis Coaching

Tennis Programs Victoria (TPV) is a leading deliverer in tennis coaching and is offering all interested children to come and join our Hot Shots Program at the Westside Indoor Sports Centre on the Cnr of Grieve Parade and Dohertys Rd Altona North. All programs are run indoors so there is no chance of washouts and with coaching now seven days a week, places are filling up fast. With all our programs, new enrolments will receive a free tennis racket and also a Hot Shots t-shirt. Programs are available for ages 4 and up and lessons are 30 to 60 minutes in duration depending on age and standard.

Please feel free to also come and have a trial lesson before making a commitment to join our popular classes.

For new term bookings or for your free trial please call Paul Mick on 0415 511 150, or email p.emick2011@gmail.com or feel to visit the TPV website tennisprograms.victoria.com

Woodville Basketball Club invites boys and girls of the following age groups to play basketball in 2014!
From Under 8’s through to Under 20’s.
New season starting in April, sign up early and receive a special introductory fee of $120, a 40% saving.
INQUIRIES woodvillebc@iprimus.com.au

TWILIGHT STREET MARKET
In the Piazza, Wedge & Watton Streets, Werribee – Friday 21st February 3:00pm until dusk
Entertainment
Tai Chi
Sausage Sizzle
Stalls Galore
Managing kids who won’t take no for answer

Kids can be very strategic at getting you to agree to what they want. But two can play at that game!

Ever had a child who keeps asking for a favour or a treat over and over until they get the response they want?

These kids generally use one of two strategies. They may either nag or hound you until they get an affirmative response or they seek out another adult who will give them the answer they want.

**Pester power wears you down!**

From a kid’s point of view, the first method, which is based on persistence, is generally very effective with tired parents and sole parents who are more vulnerable to this type of behaviour.

“All right have the ice cream. Anything for some peace and quiet,” is a response that most people who have spent time around children are familiar with. The same applies to adolescents: “Okay, you can go to the party. Just stop nagging me about it!”

**Playing one parent off against the other**

The second method is a little more devious but very effective and usually occurs in dual parent families. You know the situation. A child’s request for a treat, favour or outing is turned down for good reason (“No Jessica you can’t have an ice cream now. Wait until after dinner”). The child then goes to the other parent (without sharing the conversation they’ve just had with you) in the hope that he or she may well give them the positive answer they are looking for.

These situations can drive parents crazy and are indicative of two people operating on different parenting planes.

If it happens every now and again then it is no big deal. However, if one parent is always granting a child his or her wishes without consultation or thought about what the other parent thinks, then it’s probably time to step back and reflect on how you can both work better together.

**One “no” is enough**

Be firm with a child or young person who goes to another parent in search of a ‘yes’ after they have received a knock back.

“Where did you get that ice cream from? I already said no.”

“Daddy said I could have it.”

“I am sorry but you should not go to Daddy after I said ‘No’."

**If in doubt, defer**

The other technique that you can use when one parent tends to give in more often is to agree to defer to each other whenever a child or young person asks something tricky.

“Okay Jessica, I’ll just check with Dad and get back to you.”

This strategy can be wearing and even artificial but it’s helpful in bringing the other parent into the picture and it also demonstrates that you are double act.

It’s the smartest way to manage teens as they have a propensity to corner you into making quick decisions. The principle here is to control the timing of your responses and not be railroaded into snap decisions.

**Take it in turns saying “no”**

Most dual parents play good cop/bad cop, with one being the disciplinarian or hard-line manager and the other more the play director. That tends to be the way of families. This is wearing on the bad cop so it helps if you can swap roles (or even backbones) occasionally so that the ‘bad cop’ parent gets a break. Sole parents play both roles, which is draining.

Managing children who won’t take no for an answer demands teamwork, a willingness to hold your ground and, most importantly, good communication skills. The aim is to reach a point that when you say “No, not this time” (or however you say it), your kids actually believe what you say.