PRINCIPAL’S MESSAGE

Teacher professional learning
Teacher professional learning is a very important part of what we do at Castle Hill High School. Most of it is “in-house”, conducted by our expert teachers and facilitated by the senior executive. This year our focus is on the national curriculum in Terms 2 and 3 and this term, teachers are reflecting on what makes a difference in the classroom.

Research has a lot to inform us on this, but our expert teachers who implement best practice on a daily basis are well placed to demonstrate skills and methods that are hard to articulate.

We invited our staff to nominate teachers they would like to see teach and to use what was seen as a conversation starter around discussions on the complexities and subtleties of making a difference in the classroom. A film of some of the nominated teachers has been made and learning teams of teachers will observe an edited version (by Chris Hughes, one of our technology support officers, who is so interested in film making, he has entered Tropfest on a number of occasions), critiquing and evaluating what was seen.

Ten of our teachers have been filmed. And yes, they’ve been nervous, but also excited to demonstrate their skills for colleagues. It’s always hard to see yourself on film, particularly if horizontal stripes are part of your wardrobe choice!

Mr Ross Warren, Mr John Wright, Mr Peter Kerrigan, Mr Brad Tudman,
Ms Lindy Jones, Mrs Cheryl Clifford, Miss Alison Burke, Mr Peter Jolly, Ms Clarissa Greenhalgh and Mr David Hovelmann are to be congratulated on their bravery. You will, of course, not be surprised that other teachers want to see their work.

I believe strongly that it is only in a supportive, collegial, safe environment that we can learn, un-learn and re-learn important parts of our professional craft. There is no right way or one way to be a teacher who makes a difference. And there is certainly no instant formula. What I do know is that discussion and evaluation in a context that is supportive helps everyone improve. The opportunity for personal reflection of what we do is invaluable for all, no matter their job or station in life.

Discussions of those films will take place over the next few weeks in our professional learning time on Thursday mornings from 8.30 – 9.30.

### Year 12 parent/teacher interviews

On Tuesday March 5 parent/teacher interviews occurred for Year 12 parents. With Half Yearlies less than four weeks away for HSC students, this was a timely reminder for all on the importance of structure, planning and commitment prior to these important exams. Thank you to those parents who were able to attend these interviews.

### Laptops

The last round of DER laptops will be distributed to Year 9 students next week. As I understand things, there will be no more federal money allocated for this wonderful program.

On another level, I suppose we should be grateful that we had this program for four years. Certainly students have been advantaged and stimulated by this technology with its associated high-end software. Knowing that there were several politicians who thought the program should have been scrapped from the start makes me worry about education vision and direction.

With the amount of slashing and burning that’s going on in public education currently, we will need to take a large breath come September 14, for there are some dark clouds on the horizon, regrettably. Politicians need to hear us. They need to have your children’s education funding (remember that the Gonski review showed schools should have an additional $6 billion a year) as a priority. Less is just not possible.

I am not optimistic.

Vicki Brewer

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### BACK TO THE 80’S

**Congratulations** to all those students who auditioned and made to casting process so difficult.

| Corey Jnr | Callum Oldfield | Kirk | Erik Baskeyfield |
| Tiffany | Madelaine Caldwell | Cyndi | Chandra Serrett |
| Michael | Alec Tonkin | Mel | Tonaya English |
| Eileen | Hannah Spinks | Kim | Katherine Appleby |
| Feargal | Lucas Yoo | Billy | Luke Arthur |
| Miss Brannigan | Demi McFarlane | Lionel (Belinda) | Shania King |
| Mr Crocker | Aaron Venhuizen | Huey | Jasper Chick |
| Corey Snr | Liam McDonald | Laura | Courtney Randell |
| Alf | Nikki Freris | Debbie | Sophia Mitrovich |

**Featured Ensemble**

Henrietta Amevor, Liam Attard, Harrison Goudappel, Chloe Ho, Sarah Moore, Madeline O’Connor, Jessica Peake, Chloe Turley, Hayley Unsworth, Jonathon Young

We look forward to another brilliant musical this year showing on Wednesday 29 May, Friday 31 May and Saturday 1 June.
We are having a party!

Castle Hill High School turns 50 this year.
We are planning to celebrate this wonderful occasion.
Do you have any ideas on what we can do?
Would you like to be involved?
Would you like to sponsor an event?
We have already talked about the students celebrating our birthday in spirit week.
Perhaps a fancy ball or cocktail party?
A picnic day where ex-students can tour the school and view photos of the school throughout our history?
So what do you think?
Please email any suggestions you have to peter.kerrigan@det.nsw.edu.au
Year 7 Have Landed!!

Wow - 237 bright eyed excited students descended upon the Hall for their first day of term. Nervous yes, but also attentive and ‘uber-keen’; they have made a tremendous impact on the school already, none more so than last week during CAMP!!

Can I say that my year group was a pleasure to take away. They got involved, had fun, made us laugh and made new friends – it was great to witness the change in them as a year group and I am sure that the memories they have of the ‘Aussie Bush Camp’ will stay with them for a very long time.

A very big thank you goes out to the staff that came with us – without their time and dedication, camp cannot happen.

So read on – Jess and Maddison’s account of camp really sums up the fun we had.

Mrs Sharon Shaw
Year 7 Adviser

From Wednesday 20 to Friday 22 February, Year 7 attended the great ‘Aussie Bush Camp’. The two and a half hour bus ride was long, yet everyone was so excited.

When we arrived, everyone piled off the bus heaving bulging and over packed suitcases. We sat on the logs around the instructor as she told us our cabins, groups and first activities.

For our first activity, we were going canoeing on the creek. The three person canoes were paddled along the creek using team work and co-operation. Some were splashed by the instructors and some nearly capsized – it was so much fun! From then on, it was straight to our next activity – vertical challenge. This required people climbing up different structures to reach the top. No matter how high they went – people proved that they challenged themselves. That night after dinner, the groups split up to play either commando or night games. The camp seemed like so much fun already and it was only our first night. Then we were off to bed with some chocolate milk and cookies!

From canoes, to harnesses, to weaving in and out of the bush, at night. It gets even better when you’re getting down and dirty, messing around in mud world! We covered ourselves from head to toe in the stinky and slimy mud, looking more like Martians than people. The obstacle course was challenging with constant slips and shoes that literally got ‘stuck in the mud.’ Once we found our way past the New York traffic into a shower, we headed over to the giant swing!

People were pulled up to the top and then just as quickly lost their stomachs as the instructor yelled 3,2,1 and the rope was pulled. People overcame their fear of heights and screamed their way down to the ground where at last, they weren’t swung back and forth! High ropes were next and another harness was slipped on. Our buddies helped us through the course and it was all over with the rush of the flying fox! Moving on, crate climbing was enjoyable with someone stacking and climbing a record of ten crates!

The evening drew nearer and the camp fire was quite a sight, with people toasting and burning their marshmallows. Another night of games and commando was enjoyed by all, especially when our group managed to save a hostage! We lay on our beds exhausted and tired.

Our 6am wake up started off with the packing of suitcases and cleaning of rooms. Once everyone stuffed their suitcases, breakfast was had and we were off to our next activity. The dual flying fox felt like we were really flying over the lake and free like a bird. Our last activity was raft building. In groups we constructed rafts made of rope, wood and inflatable tires. Many rafts did not survive and sunk, but our raft managed to sail safely back to shore. At the end of the activity, we realised that camp had officially ended.
The main highlight for us was reaching the top of the giant swing and having exceptional fun in mud world! Mud world was something we may not ever do again. It’s not often when you get to wipe mud all over your best friend! Year 7 camp is something definitely we are going to remember for the rest of our lives and something we are always going to reflect upon.

On behalf of all of Year 7, we would like to thank all the teachers and people that made it possible for us to attend this camp. We would especially like to thank Mrs Shaw and Mr Warren for their outstanding efforts in organising the camp for us. We are very grateful.

Jessica Peake and Madi Sandiford
HPV VACCINATION
ATTENTION PARENTS OF YEAR 7 STUDENTS AND YEAR 9 MALE STUDENTS

Giving all students a shot at a safer future

The national Human Papillomavirus (HPV) vaccination program is being extended to boys this year.

The free vaccine is being offered to boys in Year 7 & 9, and will continue to be offered to girls in Year 7. The extension of the HPV vaccination program follows the success of the female program, which is credited with significantly reducing HPV-related infections among vaccinated women since it began in 2007.

The vaccine is delivered in three doses over a six month period by qualified immunisation providers. We have scheduled the first dose at school on Tuesday 9th April.

While you may be aware HPV can cause cervical cancer in females, there are benefits for males too. Vaccinating males against HPV will help protect them from a wide range of cancers and disease, including genital warts. Vaccinating males will also help to protect females from cervical cancer and HPV-related disease by reducing the spread of the virus.

It is important that the full course, all three doses, is completed to make sure students have the best protection.

The vaccine has been tested to ensure it is safe for males and females. Close to seven million doses of the vaccine have been administered in Australia so far.

HPV is transmitted by sexual contact and affects both females and males. It is believed that four out of every five people will have a HPV infection at some time in their lives. Most infections don’t have symptoms, so people don’t realise they are carrying it.

What you should do:
- Year 7 students will be receiving their vaccination forms during week 6. Please ensure that you complete and return the form promptly to Mrs Shaw at the TAS staffroom (bottom B-block).
- Year 9 boys will be receiving their vaccination forms at their year meeting on 27th March (week 9 this term). Please ensure that you complete and return the form promptly to Miss Burke (bottom of E-block).
- Explain the importance of completing the full three-dose course to your child
- Read more about the vaccine and HPV at australia.gov.au/hpv

For more information and information in other languages go to australia.gov.au/hpv
Year 12 Boys’ Mentoring

This month’s points were tight for last place with Team Albatross narrowly escaping a second loss in a row, finishing five points ahead of “Do you even.” Apparently, they don’t even. On Friday morning, the losing teams were up bright and early to cook bacon and eggs for the other teams, the teachers, and some other students. During the week, Mr Kerrigan and Mr Tudman kept us on track with diary checks, weekly challenges and study targets. This week’s physical challenge was a 30 v 30 game of elimination soccer in the gym, followed by a game of brandings. Mr Kerrigan’s team won convincingly in both games.

By Joseph O’Reilly
Year 12 Boys’ Mentoring team “Do you even”.

THE RYPEN PROGRAMME

On Sunday 2 February 2013, Anna Caisley, Taylor Stone and I made our way over to Collaroy for the weekend to participate in the Rotary Youth Programme of Enrichment (RYPEN). RYPEN is sponsored by Rotary Australia and we were fortunate to be selected by staff at our school to represent our local Rotary Clubs in Castle Hill and Kellyville.

The aim of the RYPEN programme is to help the youth in our community that come from different backgrounds develop themselves both personally and contribute as a whole through leadership.

The main participant outcomes for the weekend were:
- Increase motivation and improved life skills.
- Improve self-image and increase self-pride.
- An understanding of setting and achieving goals.
- Increased confidence to overcome problems and take control of their future.

Personally I feel that all these outcomes of the programme were met over the weekend, even exceeded. The leaders were fantastic mentors and were really helpful assisting us in finding ourselves. This experience made me realise potential, that prior to this opportunity I didn’t think was possible.

Unfortunately, it rained all weekend but that didn’t dampen our enthusiasm or our ability to work with our teams. The Blue team, my team, worked really well together and ended up winning the overall points system being declared the overall winners. Together with being an Airforce Cadet, a Peer Support Leader and having experienced leadership camps like this, I feel I have been given a great start to my future. I would like to take this opportunity to thank the school for giving me this opportunity. It was a really worthwhile experience which I would thoroughly recommend to anybody who is lucky enough to have the opportunity to be chosen.

Rowan Simpson – Year 10
SPORTS SPOTLIGHT

JOHN HENSMAN
CRICKET

What does the sport of Cricket involve?
Cricket involves eleven players batting, bowling and fielding their way to victory. There are three different forms of Cricket including T20, one day matches and five day test matches. Each team will bowl and bat and at the end of the competition the team with the most runs are the victors. A Cricket game is controlled by two umpires who influence the game by making key decisions and ensure the smooth completion of the game.

What level of representation have you achieved in Cricket?
I have achieved the following levels of representation in Cricket: Emerging NSW Speed Blitz Blues under 16’s squad, five years of representative Cricket with Blacktown Cricket Club which has included playing in the Green Shield Cricket competition and being named captain in 2011/2012; playing in the Poidevin-Gray Shield competition in 2012/2013 which is an U/21 Sydney Cricket competition and being selected to play 3rd grade for Blacktown in the Open Men’s Sydney Grade competition in the 2012/2013 season.

What training do you do for Cricket?
I complete the following different types of training for Cricket: Blacktown grade Cricket training twice a week for two and a half hours, which includes practising all aspects of Cricket – batting, bowling and fielding; batting training for one hour sessions three to four times a week; training with NSW coach once a week which includes individual training for one to two hours and finally NSW Blues training once a week, working predominantly on fitness and fielding.

What do you enjoy about Cricket?
I enjoy the tough mental and physical battle that occurs in Cricket. The game gives an individual the opportunity to strive with the team, as well as personally and individually. The mental side of the game is by far my favourite aspect, the nerves and pressure of opening the batting as well as the sledging from the opposition tests the players character and courage. Cricket has the most joyful moments as well as the harshest moments, which makes it stand out in Australian sport.

What other sports do you participate in?
I involve myself within gym based activities.

Thanks for the interview

Sports Council
Revised Notification

School Photo Day Friday 22 March 2013
with THE SCHOOL PHOTOGRAPHER

How to purchase:

1. Every student must have an envelope and complete their personal details on the front of the envelope.

2. Complete the package selection options on the front of the envelope by entering the quantity you require. If paying in another family member’s envelope, please record the name, year and PC of the paying student. Every student wishing to receive photos must have an envelope.

3. **CASH:** Please enclose correct money as no change can be given. Please note that the envelope goes directly to the photographers and the school does not carry sufficient funds to issue change.

   **CHEQUE/MONEY ORDER:** Please make payable to THE SCHOOL PHOTOGRAPHER. Please record the child’s name and address on the back of the cheque – please note cheques may not be processed immediately.

   **Online payments, eg paypal or credit cards:** We only process these orders online at: www.theschoolphotographer.com.au. When you have made your payment you will be issued with an ORDER NUMBER, this must be recorded on an order form. If paying for more than one child you can pay the total amount owing in a single online transaction and record the same order number on each of the separate children’s order envelope. Please note that a $1 surcharge will apply to the transaction.

4. **Please seal** the order envelope and bring to school to hand to the photographers on photo day, **Friday 22 March 2013.**

**Guarantee.** If for any reason you are not happy with your photos, please call our office (The School Photographer 9674 9824) and we will endeavour to fix any problem or if you are not satisfied we offer a money back guarantee.
Chess News

Chess is the royal game accessible to all players of all ages and this helps young people develop strategic thinking skills and provides an outlet from the rigors of the playground. In over thirty countries Chess is a compulsory school subject and we are lucky enough to have this five thousand year old game of Kings available for students of Castle Hill High.

In our school we have a variety of students who play in our chess club at lunch times. In A12, after a period of learning and practice, students enter tournaments which can overlap into the next term. In the present tournament we have eleven players battling for the 2013 semester one Summer Championship.

This tournament will continue through Term One and end in Term Two, given the other demands on the competitors of examinations and other extra curriculum activities. The competitors for this tournament include a number of past medal winners, some past players as well as new competitors. The tournament players for the Summer Championships are Alistair Butler, Joshua Hall, Brennan Kinley, Arran Loganathan, Darnell Pose, Muhammad Qureshi, Joel Randell, Alex Ray, Jack Ray, Thomas Robinson-Hallahan and Sunny Wang. These players vary from Years 7 to 12.

Each competitor brings to each game their own strengths and weaknesses. As the tournament progresses and with each game, they are able to exploit the other’s weakness and their own skills continue to improve. The well thought out strategies and tactics of each player and the continual playing will help each competitor to improve. This will enable various individuals to reach the finals.

All students also have the opportunities to partake in External competitions as they arise. The competition is in the playing and the fun is in the challenge. Win or lose each player improves with every game played.

Mr D Singer
Chess Coordinator

UNIFORM SHOP NEWS

<table>
<thead>
<tr>
<th>Junior Girls Winter Uniform</th>
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</thead>
<tbody>
<tr>
<td>Royal Blue Skirt</td>
<td>Sizes 1-22</td>
<td>$65.00</td>
</tr>
<tr>
<td>Blouses</td>
<td>Sizes 6G – 14G, 6 – 22</td>
<td>$40.00, $40.00</td>
</tr>
<tr>
<td>Tab Tie</td>
<td></td>
<td>$5.00</td>
</tr>
<tr>
<td>Jumpers – Wool/Nylon</td>
<td></td>
<td>$70.00/$75.00</td>
</tr>
<tr>
<td>Cotton/Polyester</td>
<td></td>
<td>$70.00</td>
</tr>
</tbody>
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| Junior Boys                  |          |          |
| Shirts                       | Sizes 32 – 40 | $35.00, $35.00 |
| Long Sleeve Shirts           | Sizes 32 – 40 | $40.00   |
| Long Grey Trousers           | Sizes 12 – 2XL | $35.00  |

| Girls                        |          |          |
| Long Sleeve Blouse           | Sizes 6G – 10G | $45.00  |

Limited stock is available for long sleeve shirts and blouses. Orders are accepted during uniform shop opening hours.

OPENING HOURS FOR TERM 1 2013:

Weeks 2 – 11 Monday and Friday  8.15am – 11.30am
## CALENDAR 2013 - TERM 1

<table>
<thead>
<tr>
<th>DATE</th>
<th>CALENDAR EVENT TERM 1 WEEK 7B</th>
<th>DATE</th>
<th>CALENDAR EVENT TERM 1 WEEK 8A</th>
</tr>
</thead>
</table>
| **Monday 11 March 2013** | • Diversity Week  
• Year 9 PASS Excursion | **Monday 18 March 2013** | |
| **Tuesday 12 March 2013** | • Diversity Week  
• Assembly Years 7-9 Hall  
• Year 10 Year Meeting – Sess 2 – Gym  
• Mufti Day | **Tuesday 19 March 2013** | • CHHS Year 7 2014 G & T Testing |
| **Wednesday 13 March 2013** | • Diversity Week  
• Assembly Years 7 – 9 Hall  
• Yr 10 year meeting Sess 2 Gym  
• Mufti Day | **Wednesday 20 March 2013** | • Year 11 Biology & Senior Science Excursion  
• Assembly Years 7-12  
• Peer Support Session 5  
• P & C Meeting 7.30pm Common Room |
| **Thursday 14 March 2013** | • Diversity Week  
• Selective High School Placement Test | **Thursday 21 March 2013** | • Year 7 Scripture Seminar |
| **Friday 15 March 2013** | • Diversity Week | **Friday 22 March 2013** | • School Photo Day |

### 2013 TERM DATES

**Term 1**  
Friday 12 April  
Last Day of Term 1

**Term 2**  
Monday 29 April  
Teachers and Staff Resume  
Tuesday 30 April  
Staff Development Day  
Wednesday 1 May  
Students Resume  
Friday 28 June  
Last day of Term 2

**Term 3**  
Monday 15 July  
Teachers and Staff Resume  
Tuesday 16 July  
Students Resume  
Friday 20 September  
Last Day of Term 3

**Term 4**  
Tuesday 8 October  
Teachers, Staff and Students Resume  
Wednesday 18 December  
Last Day of Term 4 for Students  
Friday 20 December  
Last Day of Term 4 for Teachers and Staff
CASTLE HILL COMMUNITY NEWS and ADVERTISING

17 Mulheron Ave, Baulkham Hills 2153
For discount prices see www.brennandrivingschool.com.au

ARE YOU CONCERNED THAT YOUR CHILD HAS...
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$39 CHIROPRACTIC EXAMINATION FOR YOUR CHILD
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• Posture Correction
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Ringing: 9659 4540
for an appointment

We also offer qualified massage therapy for 30-90 minute remedial massage.
HiCAPS processing for Payments

Mention Castle Hill High School and for each referral, $2.00 will be given to the school from Taylored Physiotherapy

School’s out this autumn

Wesley Vision Valley holiday camps are on!
• adventure day camps
• horse riding camps
• overnight camp out
• 3-5 day holiday camps
Climb a rock face, fly through the valley, ride a horse along a rugged trail, or try to stay dry in a canoe.
Our camps are packed full of fun and adventure, and are designed to

Promote confidence and give every individual the chance to grow.
Don’t miss out: book your place now by calling 1800 043 344 or visit our website wesleyvisionvalley.org.au
Childcare rebate is available.

EXCELLENCE INNOVATION SUCCESS
School Telephone: 9634 4199 School Facsimile: 9899 6527 Website: http://www.castlehill-h.schools.nsw.edu.au
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HILLS RELAY FOR LIFE
WALKATHON 2013
Help us beat cancer one step at a time

DON’T FORGET
MAY 4TH 2013
HILLS

The Hills Relay for Life event takes place;
4th – 5th May 2013 at
Wrights Road Reserve Kellyville
www.hillsrelayforlife.com

Family Fun Activities • Entertainment • Silent Auction

When:
Saturday 6th April
10.00am to 3.00pm

Where:
Rouse Hill Town Centre

Register on the day at
Rouse Hill Town Centre
water fountain.

Entry: $5 per person
which goes to help
Cancer Council.

Have fun and join in. Visit the different checkpoints
around Rouse Hill Town Centre at participating shops and
participate in some fun activities. Get a stamp in your passport
when you complete the activities for your chance to win.

Fill your passport for a chance to
WIN $100 SHOPPING VOUCHER
at Rouse Hill Town Centre.

Mums and Dads, join in with the kids or enjoy being pampered
with a massage or perhaps make a bid on a silent auction item that
has been donated by one of the stores. Lots of kids entertainment
throughout the day. All proceeds go to help Cancer Council.

More information can be found at
www.hillsrelayforlife.com
The pitfall of using other children as benchmarks

Benchmarking children’s progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Have you ever compared your child’s behaviour, academic progress or social skills with a sibling or your friend’s children?

Comparing your child with others is a stress-inducing and, ultimately, useless activity.

But it’s hard to resist, as we tend to assess our progress in any area of life by checking out how we compare with our peers.

When you were a child in school you probably compared yourself to your schoolmates. Your teachers may not have graded you, but you knew who the smart kids were and where you ranked in the pecking order.

Now that you have kids of your own do you still keep an eye on your peers? Do you use the progress and behaviour of their children as benchmarks to help you assess your own performance as well as your child’s progress? Or perhaps you compare your child to yourself at the same age?

Benchmarking children’s progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Kids develop at their own rates

Each child has his or her own developmental clock, which is nearly impossible to alter. There are slow bloomers, early developers, bright sparks and steady-as-you-go kids in every classroom. The slow bloomers can cause the most concern for parents who habitually compare children to siblings, their friends’ kids and even themselves when they were in school.

The trick is to focus on your child’s improvement and effort and use your child’s results as the benchmark for his or her progress and development. “Your spelling is better today than it was a few months ago” is a better measure of progress than “Your spelling is the best in the class!”

Gender matters

It’s no secret that boys’ and girls’ brains were developed by different architects. One major difference lies around timing, or maturity. The maturity gap between boys and girls is anywhere between 12 months and two years. This gap seems to be consistent all the way to adulthood.

Quite simply, girls have a developmental head start over boys in areas such as handwriting, verbal skills and relationship skills. Boys benefit greatly from teaching strategies designed for their specific needs. They also benefit from having teachers and parents who recognise that patience is a virtue when teaching and raising boys, as it seems to take longer for many boys to learn and develop.

Kids have different talents, interests and strengths

So your eight-year-old can’t hit a tennis ball like Novak Djokovic, even though your neighbour’s child can. Avoid comparing the two as your child may not care about tennis anyway.

It’s better to help your child identify his or her own talents and interests. Also recognise that the strengths and interests of a child may be completely different to those of his or her peers and siblings.

Avoid linking your parenting self-esteem to your child’s performance

As a parent you should take pride in your children’s performance at school, in sport or their leisure activities. Seeing your child do well is one of the unsung pleasures of parenting. You should also celebrate their achievements and milestones, such as taking their first steps, getting their first goal in a game or getting great marks at school.

However, you shouldn’t have too much personal stake in your children’s success or milestones, as this close association makes it hard to separate yourself from them. It may also lead to excessive parental pressure for kids to do well for the wrong reasons – to please you!

The maxim “You are not your child” is a challenging but essential parental concept to live by. Doing so takes real maturity and altruism, but it is the absolute foundation of that powerful thing known as “unconditional love”.