



St Andrew's Parish

CORPUS CHRISTI PRIMARY SCHOOL

29 RUSSELL STREET, WERRIBEE VIC. 3030

Telephone: (03) 9741 8440 Facsimile: (03) 9741 8038

www.ccwerribee.catholic.edu.au

NEWSLETTER 5 Wednesday 2nd May WEEK 3, TERM 2

Available on our School App, Website, CC Parent Portal. Paper copies available in the Office

Dear Parents / Carers,

CONFIRMATION MASS

We had two absolutely beautiful and reverent Confirmation celebrations in the St Andrew's Church last week on Thursday 26th and Friday 27th April with Bishop Mark Edwards. Congratulations to all our newly confirmed students. Thank you to all families, sponsors and friends who were able to join us for this most special celebration and we thank you most sincerely for your prayerfulness and contribution throughout the evening. Special thanks go to our Senior Unit staff, Miss Spence, Mr Volkwyn, Mrs Dawson, Mr Donoghue, Miss Craig, Mr Barlow, Mrs Baird, Mrs Walton, Mrs Baird, Mrs Oliva and Miss Mendoza for their wonderful work in preparing the children so well. Thank you also to the great assistance provided by Mrs Viv Adamko and Miss Mendoza as Religious Education Leader, who supported the Senior Team in ensuring that every detail was attended to and addressed in preparation for the ceremonies. I wish to also thank all staff at Corpus Christi who supported the Confirmation Candidates and their teachers in so many ways throughout the program and at the celebrations on Thursday and Friday.

GRANDPARENTS MORNING FRIDAY 4th May 2018

As part of Family Week celebrations we look forward to welcoming our Grandparents to Corpus Christi on Friday 4th May 2018. We will begin the day with a Welcome in the MFR before heading to learning communities for a school tour and to see their grandchildren in action! This will be followed by a Prayer Service in the MFR and then a Shared Lunch with grand-children. (Grandparents can bring a picnic lunch if they would like and have a picnic on the front grass area.) Our special morning will conclude at 11:00am. We look forward to welcoming all our Grandparents to our school.

ST. ANDREW'S PARISH AGM

St. Andrew's Parish Annual General Meeting – All welcome!

Date: Wednesday 2nd May 2018 (tonight)

Where: Penola Community Hub, 33 Mortimer Street, Werribee.

Time: 7:15pm for 7.30pm start.

Please join us tonight if you can as it is a great opportunity to hear about some of the great work occurring in our parish of St Andrew's by many people who give so generously of their time and effort.

SCHOOL CLOSURE DAYS – TERM 2

Thursday 3rd May – Berry Street Education Model – NO SCHOOL TOMORROW

Thurs 31st May and Friday 1st June – Staff Conference

NAPLAN - National Assessment Program Literacy and Numeracy

NAPLAN is a national assessment program for Years 3 and 5 students, testing knowledge and skills in literacy and numeracy.

The results of the tests provide information for students, parents/carers, teachers and principals about student achievements that can be used to support learning and teaching programs.

The dates of the NAPLAN assessments for 2018 are Tuesday 15th May, Wednesday 16th May and Thursday 17th May.

In the event that a parent/carers wishes to withdraw their son/daughter from NAPLAN 2018, signed parental consent using the "Student Withdrawal Form" is required. This form is available from Mrs Peta Cesarec at the school office.

Later in the year, parents/carers will receive their child's personal Naplan report. If you have any queries please contact Mrs Peta Cesarec for further information.

TRAFFIC SAFETY and PARKING - The safety of all our children is paramount

Thank you to the families who always take extreme care when dropping off and picking up children in the school carpark. I would like to encourage all families to continue to be extremely cautious and ensure the smooth flow of traffic through the carpark by not stopping unnecessarily and holding up traffic. ***Please ensure you are parked in a car park bay before allowing children to enter or exit your car!***

Please ensure that you adhere to only SAFE and acceptable practices when parking and dropping off and picking up children. It has been most distressing to observe some very dangerous practices by some parents / carers when driving near school. Please remember that NO child is to leave via the carpark gates unaccompanied by an adult or caregiver. Thank you for your support.

FOUNDATION 2019 ENROLMENTS

Enrolments for Foundation 2019 closed on Monday 30th April 2018. ***Please note that the enrolment of siblings is not automatic and an enrolment form needs to be received by the due date.***

STUDENT ABSENCE FROM SCHOOL * Parents please note update to timeframe

**A reminder for all Parents/ Carers to ensure that the school
is notified of any absence from school by 9:30am**

This can be done via email at : ccschooloffice@ccwerribee.catholic.edu.au OR

Contacting the School Office by Telephone on : 9741 8440

More information relating to school procedure and student attendance reporting requirements can be found under Wellbeing and Community Partnerships in this edition of our Newsletter.

WEEKEND MAINTENANCE PROGRAM

Our Weekend Maintenance Program commenced last Sunday 29th April. Thank you to the many families who attended with such short notice. Please keep a look out for the Roster and in the lead up to your rostered weekend your **Green Reminder Notice**. Families will receive an SMS reminder, usually the Friday before a rostered Sunday.

With kindest regards, Linda.



Education in Faith



SACRAMENTS NEWS Confirmation



Last week our Year 6's celebrated the sacrament of Confirmation at St. Andrew's Church. Both celebrations were reverent, special and memorable evenings. Bishop Mark led the celebrations beautifully. I thank all the families, sponsors, teachers and staff who supported our children throughout their preparation. I congratulate the Confirmation candidates who have said "YES!" to continue their Catholic faith journey and I pray they continue to use the gifts and fruit of the spirit in their lives.

WHAT'S HAPPENING AT SCHOOL?

Grandparents Day Morning

We warmly invite our grandparents and families to attend our Grandparents day morning on Friday the 4th of May.

Timetable of the morning:

- 9:00am** Gather/ Welcome in our MULTI FUNCTION ROOM
- 9:15am** Guided school tours/ classroom visit to grandchild/ren's learning community
- 10:00am** Prayer Service in our Multi-Function Room
- 10:30am** Shared lunch with grandchildren
- 10:55am** Recess/conclusion of special morning



If you have a photo with grandparents and children that you would like to include in our liturgy presentation, please email me a copy rmendoza@ccwerribee.catholic.edu.au



Mother's Day Liturgy

We invite our mothers to a special Mother's Day liturgy on 11th May. More information about this morning will follow.

Upcoming Events:

- 4th May-** Grandparents Day Morning
- 11th May-** Mother's day liturgy
- 24th May-** Feast of Corpus Christi Whole school Mass
- 17th June-** Community Mass

SACRAMENT PROGRAM DATES FOR 2018

First Eucharist - Sunday 19th August at 1:00pm and 3:00pm

Miss Richelle Mendoza, Religious Education Leader

2018 BOOK FAIR!

It is that time of year again, BOOK FAIR. This is an opportunity for children to browse through a variety of books supplied by Scholastic and having the option of purchasing. Money that is raised through Book Fair allows the Library to purchase a variety of books and furniture.

Book fair will be operating from Monday 28th May and runs through till Wednesday 6th June. If you wish you can attend the Fair with your children timetables will be in the classrooms as the event gets closer.

As this is a big event volunteers are needed to help make this a great success, so please if you are able to help on either Wednesday 30th May or Tuesday 5th June or both days let me know by contacting me either by email judieb@ccwerribee.catholic.edu.au, phone 9741 8440 or leave your name at the Office. Please remember that you must have a Working With Children's check.

Yours in Books, Judie Baird

LOTE - PASTA MAKING SESSION - Reminder!

The Pasta Making Session for **Purple Community Italian Group** will be next Tuesday 8th May - Middle Sultana 8:45am to 9:45am
Middle Mobilio 9:45am to 10:45am



Students will need an apron and a rolling pin if they have one at home.

Thanks Signora Parrella, Italian Teacher

ICT News

- A new link to **Learning Journey Term 1 2018** was emailed to parent on Thursday 26th April. If you did not receive the email or have forgotten or do not have a password please contact Anne Walton via email at annew@ccwerribee.catholic.edu.au
- **“Think You Know”** Cybersafety evening is on the **8th May at 7:00pm**. It is recommended that a representative from each family attends. For more information please contact Anne Walton



Thank you from the Art Room!

Thank you for all of the generous donations to the Art Room. We don't need boxes anymore. However, we would now like clean, empty shopping bags like the ones from Coles. Also, keep bringing in newspapers and any sturdy plastic containers with or without lids.

Your help is much appreciated.

Mrs Maria Chetcuti, Arts Specialist Teacher

Wellbeing & Community Partnerships



Think U Know cyber safety: TUESDAY 8th MAY

We welcome all parents and carers to our Think U Know presentation, covering issues relating to children and young peoples' privacy and security online, their relationships with other users and their online reputation. It provides insight into the devices young people are using, as well as the popular websites, apps and social networking sites they're accessing.



This is a parent information session not to be missed. If you are struggling with your child's technology use, concerned about their online safety, or just interested to know more information about the world our young people live in, PLEASE COME ALONG!

Websites for more parent support:

<https://www.thinkuknow.org.au/> The Think U Know website is a fantastic resource for parents and has a Parent Portal feature with tips and fact sheets for parents, as well as information on how to report offensive online behaviour.

<https://www.esafety.gov.au/> Formerly the 'Office of the E-Safety Commissioner' website, this site has excellent Education Resources and links to "iParent", education for parents on how to support children in an online world.

To support parents to navigate the challenges of raising children in an online world, Corpus Christi will also host another cyber-safety parent evening in Term 3, hosted by a local psychologist. **We encourage parents to attend both of these nights if possible.**

What's on in our local community?



Wyndham Library Young Writers competition: Primary and secondary students are invited to enter your story or poem in the Imagination Creation Writing Competition. Prizes awarded in different age categories. Closing date: 31 May 2018.
May the Forth Be With You: Dress up and celebrate everything Star Wars. Build a space ship, join the trivia competition and other fun activities at Tarneit Library. *For more information on these events, pop in to your local library or visit:* www.wyndham.vic.gov.au/libraries

Mrs Elissa Ardizzon, Wellbeing & Community Engagement Leader

Learning & Teaching News

How do you spell that ? The universal question!

Learning how to spell a word is developmental: children need to go through a process of learning about how letters and sounds help us read, write and spell a word. In the early years, reading and spelling are learned together. They learn the initial sounds of each letter and move towards knowing that single letters when combined together in different patterns make new sounds. It is important that in the early years children not just be able to read a word out aloud but are able to spell the word and use it in their writing. Then we know they are not just memorising a whole sentence as one item. As children become better readers, formal spelling lessons help children work out the many and varied sounds in English words. As we know, from our own time at school, our language has many spelling rules but also many more words that don't follow the rule. This can be very confusing for children. The English language is made up of many words that come from other languages; therefore these words don't follow our language rules. In later years of learning children learn the spelling and meaning of many words through reading different texts, writing their own stories, reports, assignments etc. Children at this stage are able to edit their own work and connect the meanings of the words to the spelling of the word which helps them remember them.

Did you Know? There are 44 sounds. (19 vowel sounds including 5 long vowels, 5 short vowels, 3 diphthongs, 2 'oo' sounds, 4 'r' controlled vowel sounds and 25 consonant sounds) in the English language?

Here are some activities to help at home ...






EARLY YEARS


- Children can learn to spell some words by sounding out each letter. Short, simple words are best to learn in the beginning. Encourage your children to write stories and to spell words using the sounds the letters make: especially the M100W words
- Make a puzzle word by writing a word on paper and cutting the letters apart. Magnetic and felt letters can also be used for this activity. Mix the letters and have your children spell the word by putting the letters in order. These are great to keep on the fridge!
- Point out that some words are similar. Talk about how *hop* is similar to *top*, *cop*, and *mop*. Ask your children to say words that are similar to *fun*, *man*, *pay*, and *pin*.
- Say words out aloud, and have your child write them without looking at the word

MIDDLE AND SENIOR PRIMARY YEARS.

- Encourage your child to read lots of different types of writing; this is the best way to learn new words
- Encourage children to have a notepad beside them when they are reading to collect new words
- Write these words five or six times each to place them into memory
- Encourage the use of a dictionary to then find the meaning of the words they have listed
- Use a thesaurus to find other words that mean the same as the list words
- Use the **Have a Go** strategy: children write a word in three different ways. Then check if the spelling is correct

Below are some tip sheets for you to use with younger and older children **Remember the more children Read, the more words they are exposed to!**

LOOK  at the pictures	Get your MOUTH  ready to make the first sound	SLIDE through the whole word 
Spell the word out loud 	Reread Does it LOOK right? Does it SOUND right? Does it MAKE SENSE? If not - STOP, go back, and read it again!	Skip hard words and then go back.  Read... Skip... Go back and read.
Try a different VOWEL sound. a e i o u 	Think of a RHYMING word you do know. "If I know c-a-t spells cat, then h-a-t must spell hat."	"Chunk it" Look for smaller words hiding inside. 

Strategies for Reading Longer Words 	Look for parts you know at the BEGINNING of the word. un- pre- mis- re- ex- non-
Look for parts you know at the END of the word. -ly -tion -ful -less -er -ing -ed -s -ness	Look for VOWEL PATTERNS you know. ai ee ea igh oa ar au or oi oo ow ou
Divide the word into SYLLABLES . kit-ten stu-dent nap-kin fro-zen sis-ter pi-lot	Now, make your BEST GUESS . Does it sound right? Does it make sense? If not, RE-READ and try again.

Word From My Writing	Have-A-Go	Have-A-Go	Correct Spelling	Copied Spelling

Mrs Peta Cesarec, Learning and Teaching Leader

Numeracy News

Today is the beginning of **The Timezone Numeracy Challenge!!** Each fortnight I will write a Maths problem for students to solve in the Numeracy section of the newsletter. The first question for the students to solve is:

Foundation-2 question:

My number is 8. How much more do I need to make 20? Can you write a number sentence to match this problem? Make sure you show your working out in an efficient way.

Grade 3-6 question:

My number is 34. How much more do I need to make 100? Can you write a number sentence to match this problem? Make sure you show your working out in an efficient way.

The children will have 2 weeks to complete and hand in the problem. The cut off time for the first challenge will be **3:15pm on Wednesday, 16th May** with the winners being announced at the whole school assembly on **Friday, 18th May**.

Encourage your child to work out the problem independently (family members may assist if needed). Each child is to show their working out on a piece of paper with their name and grade clearly labelled at the top of the page. Once completed, students are to place their paper into the white Timezone Numeracy Challenge box located near the office. Remind your child to place the paper into the correct box of their year level (F-2 or 3-6). I will collect the boxes after the cut off time and sort through the responses. To be eligible for the final draw, students must show their working out and must use efficient strategies to solve the problem. Please note that the strategies used will count more than just the answer itself. If a paper is handed in with just the answer and no working out then that paper will be ineligible to go into the final draw. On the Friday afternoon at the whole school assembly, I will draw out a Foundation-2 student's name and a Grade 3-6 student's name from each box. These students will receive a Timezone certificate and voucher to be used at the Timezone store at Werribee Plaza.

Just a reminder that this term on **Tuesday 29th May**, we will be having a Family Numeracy Night at the school from **6:00-7:30pm**. We would love to see all parents and students attend this evening. The focus of the night will be on number and there will be different activities that you will have an opportunity to participate in with your child. The purpose of these activities is to show contemporary teaching and learning in Numeracy. Parents will be able to walk away from this night with some activities that you can use at home to support your child in Numeracy. I will also be modelling some questions that you can use to elicit deeper thinking and some ways that you can encourage your child to have a Growth Mindset towards Numeracy. I look forward to seeing you on the night.

Have a great week!

Mr Peter Donoghue, **Numeracy Leader**

MACKILLOP COLLEGE Year 7, 2020 Enrolments

Enrolments for Year 7 2020 - Applications close on Friday 17 August 2017.

For further information regarding the College please visit the College website: www.mackillop.vic.edu.au

PIANO LESSONS AND DRUM LESSONS at Corpus Christi

Interested in having your child learn on of these instruments during school time? Contact Richard Allison on 9388 2251 for availability and pricing.

Learning Community News



FOUNDATION UNIT

Wow what a full on two weeks we have had in Foundation. The students have been working hard in all areas of the curriculum while displaying a real love for learning. It has been great to see the students very enthusiastic about their take home books. They have been developing their knowledge and skills in reading by showing us what they know in small reading groups. In Maths, the students have been looking at teen numbers and what they look like as a collection. We have been and will continue to count forwards and backwards from 20, starting from different numbers.

In Wellbeing, we have been focussing on our emotions and what they look like. We started our unit by watching 'Inside Out' and discussing the emotions they saw in the movie. At home you can prompt your children to talk about their emotions by discussing what this emotion looks like and why they are feeling this way.

We would like to thank all the families for their support and attendance at our Prayer in pyjamas night yesterday. The students did a marvelous job at singing the songs and participating in our activities.

We would also like to thank those who have signed up to be a parent helper in the yellow community, your generosity has been overwhelming. Just a reminder that our Term 2 overview has been displayed at the front of our community, please take a look to see what we will be covering this term.



Stay up to date with the happenings in Foundation on the Remind App @func2018

Yours in partnership, The Foundation Team



MIDDLE UNIT

Persuade, persuade, persuade! Middles hope to persuade you and others by planning and composing different persuasive pieces of writing. They are gaining confidence in putting their opinions forward and supporting these with high modality words.

In Religion, students have been learning about the Fruits and Gifts of the Holy Spirit and what these are, what they represent and connecting these to themselves and others, before they move onto the Holy Spirit in their lives.

In Numeracy, students have been identifying and learning about 'Lines and Angles' and identifying and naming these in their natural environment. They are revising their knowledge of basic 2D shapes and their properties as well as exploring irregular 2D objects, representing and labelling these in their natural and constructed environments.

As we encourage independence and positive choices across our Middle unit, chat to your child about:

- Good choices they have made at school and what's working well for them
- How they can deal with stress when something doesn't work or go the way they planned.



The Middle Community will again be utilising the Remind app. to inform our Middle Community parents about student learning, reminders, exciting activities and goings on in the Middles. The password to access the Middle Community is: **middles18**

We look forward to a new term of wonderful learning,

Yours in partnership, Ms Kim Gleeson, Middle Unit Leader

Learning Community News

JUNIOR UNIT

Thank you to those families that attended our Junior Mass and our school Liturgies and helped with our local walk. It was lovely to see the students showing their respect and presence throughout the events.

The Juniors have begun workshop groups and will be looking at phonics in reading and writing.

In Numeracy, students have enjoyed playing chance and addition games. Next week students will explore data and create graphs to represent their information.

For Inquiry, students will be looking at different materials and structures creating different objects for a given purpose e.g a boat that floats.

Please download the Remind App for more updates and information. Remind App: @ccjun18

We look forward to great term.

Yours in Partnership, Mrs Michelle Surmiak, Junior Unit Leader



SENIOR UNIT

Confirmation last Thursday and Friday nights was a beautiful and reverent celebration that welcomed students as adult members of the church. During the celebration, students were able to share their knowledge of the gifts their chosen Saint highlighted throughout their life story. Students have worked hard on expanding their understanding, knowledge and skills to solve addition and subtraction problems using a variety of strategies. They have worked on being mathematicians that use 'trial and error', work backwards, use addition to solve subtraction problems and be persistent to show their thinking and working out.



During Writing sessions, students will explore some writer's crafts when writing an effective persuasive text to convince an audience whether Australia is a fair and just society. This week we have started a new inquiry learning topic based on the area of Science. Ask your child to share some wonderings from the incursion this week.



Senior TEAL Community Remind Code is @seniorscc

Regards, Leanne Spence, Senior Unit Leader

CORPUS SPORT NEWS



Corpus Christi would like to congratulate the 46 students who represented our school with such determination and pride yesterday at the Werribee District Cross Country Carnival. All students finished their 2/3 km races and displayed exceptional sportsmanship throughout the day. Each student contributed to Corpus coming 2nd overall out of ten schools. Well done on the amazing team effort!

Thank you to Miss Vella, Ms Drezga, Mrs Maple and the many family members that made the trip to President's Park to support our team. We were all very grateful for the beautiful autumn day! Students will be notified in the coming days whether they have qualified for the Western Metro Region Division Cross Country Championships which to be held at Presidents Park on Wednesday 30th of May.

<i>Aaron Cherian Elliot Parker Zachary Fraser Leo Ferlazzo Josh Di Rosa Michael Pateras Samuel Pateras Christopher Templar Lachlan Hollman Ryan Alush Joshua Dart Harry Lowe Ari Pipino Kade Byrne Nathan Dimitriadis Matthew Musarra</i>	<i>Ethan Morris Indra Lumban-Gaol Harry Rowbottom Cooper Dixon Hunter Dickson Noah Tullio Taylor Bond Davide Civilleri Orlando Nguyen Obie Miller Kalan Dart Loritta Bonsange Anneka Redford Caitlyn Musarra Georgie Ware Amilia Portelli</i>	<i>Natalia Trovarelli Ella Duenzl Mia Cowlshaw Charlotte Paterson Grace O'Dea Tanami Murdock Mietta Lazzaro Mali Delaney Sienna Ferlazzo Micaela Trovarelli Rhianna Ware Jasmine Rainone Felicity Buck Mia Burke</i> <i>Sachin Salvador and Adam Limina qualified for the team however could not compete on the day.</i>
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Miss Dee Dundov, Physical Education Teacher

2018 SCHOOL CALENDAR & IMPORTANT DATES

Thursday 3 rd May	<u>SCHOOL CLOSURE DAY</u> - <i>Teacher's Attending Berry Street Program</i>
Friday 4 th May	GRANDPARENTS DAY MORNING, Gather & Welcome at 9am in MFR Whole School Assembly 2:05pm in the MFR
Tuesday 8 th May	Pasta Making Session - Middle Sultana & Middle Mobilio School Board Meeting 6:15pm in Staffroom ThinkUKnow Cyber Safety & Security Presentation at 7pm,
Thursday 10 th May	P & F Mother's Day Stall <i>Students bring money to buy gift for Mum or Special Someone for Mothers Day, Gifts available for purchase priced between \$2 to \$6</i> Purple Community Pasta Lunch Session 10:45am in MFR
Friday 11 th May	Mother's Day Liturgy
Tuesday 15 th May	NAPLAN Day 1 - Yr 3 and 5 Students only P & F Meeting 7:00pm in Staffroom - All Welcome to attend
Wednesday 16 th May	NAPLAN Day 2 - Yr 3 and 5 Students only
Thursday 17 th May	Grade 1 & 2 Camp on Campus Program - Gr 1 & 2 Excursion & Gr 2 Sleepover - Students wear Sport Uniform today & bring snack/lunch in plastic bag with drink bottle Orange Community Pasta Lunch Session 10:45am in MFR NAPLAN Day 3 - Yr 3 and 5 Students only
Friday 18 th May	Grade 1 & 2 Camp on Campus Program continues at School with Activities and Incursion- Students wear Casual Clothes today
Tuesday 22 nd May	Pasta Making Session - Middle Drezga and Specialist Group
Thursday 24 th May	Corpus Christi Feast Day Mass 11:30am in MFR All Welcome! 'Student Activities' during the day & Subway Lunch for Students
Monday 28 th May	BOOK WEEK BEGINS....until Wednesday 6 th June
Tuesday 29 th May	Numeracy Family Night 6:00pm to 7:30pm
Thursday 31st May	SCHOOL CLOSURE DAY—Staff Conference
Friday 1st June	SCHOOL CLOSURE DAY—Staff Conference
Sunday 17 th June	Corpus Christi Community Mass 10:00am - St Mary of the Cross Chapel
Tuesday 19 th June	P & F Meeting 7:00pm in Staffroom - All Welcome to attend
Friday 22 nd June	School Disco
Thursday 28 th June	Whole School Assembly 2:05pm in MFR
Friday 29 th June	Last Day of Term Children dismissed at 1:00pm for Term 2 Holidays
Monday 16 th July	First Day of Term 3, Students return to school from holidays
Friday 20 th July	CC Athletics Carnival Yr 3 to 6 at VU Athletics Track (Back up Date: 27 th July)

insights



Getting the screentime balance right

by Martine Oglethorpe

I am always getting asked, 'How much screentime should I allow my child?'

Here's the thing. I don't believe there is a magic number of hours a child should be 'allowed' or 'not allowed' screentime. There are many other more pertinent questions we should be asking about our kids' screentime, aside from simply 'how much?'.

What are they doing on the screens? Are they safe? Are they engaging in positive interactions? Is their self-esteem intact, or are they comparing themselves to everyone else online who is (in their mind) smarter, prettier, skinnier or has more friends? Are they creating things or merely consuming? Are they in control? Are they able to put away a device without a tantrum?

These are just some of the things we should be looking at when it comes to our kids' use of their screens.

Which is not to say that the amount of time spent on screens is irrelevant. It is still valid to be concerned about how much time screens are consuming of your children's days.

To help alleviate some of the concerns you may have, and to put some strategies in place, here are two things you can focus on when it comes to your kids and screentime.

1. Look at the individual child

How is your particular child coping? Each child is different. A boundary that works for one child may not work for another. Is your child in control of their screen use? Are they coming to the dinner table without a fight? Are they sleeping, eating, keeping up with friends?

Conversely, are they showing signs of not being in control? If so then you may have to look at better ways to manage their time. Discuss the issue with your child and explain why they need better balance. Not because the technology is bad per say, but because they need to ensure there is enough time left in their day for all the other activities that are needed for their growth, development and wellbeing.





2. Are all of their other needs being met?

Are they getting enough:

Sleep time: It's super important that kids are getting a good night's sleep. Keeping devices out of the bedroom when they are young, and avoiding the screens for at least an hour before bed, helps ensure their sleep needs are met.

Bored time: Today's kids don't tend to get as much time to be bored as kids used to. It is an important skill to be able to fill in their time themselves. Bored time promotes creative play and thinking as kids are forced to come up with other ways to amuse themselves.

Connection time: Face-to-face interaction is obviously crucial for children's social and emotional development and wellbeing. Time with friends, siblings and family members must always be a priority. Learning to engage, problem solve and read body language and facial expressions are all crucial skills that need real-life time and experience to develop.

Active time: A healthy body and mind requires activity and movement. Kids still love to get out and play. However, some may need a bit more encouragement to remind them.

Downtime: Whilst playing games may be described by many kids as their downtime (and yes, there is some validity to this argument) kids also need downtime that involves doing very little. It is in these moments of reflection, of thinking and of pondering, that our ideas come to us and our creativity for other activities flows.

Focus time: There are times of the day when all of us need to be focused on other tasks. These may be homework, chores, reading a book or the newspaper, building something or making something. There needs to be time in kids' days where they are able to focus solely on a task without the distractions of a screen.

Mealtime: Getting plenty of good food is of course very important to kids' wellbeing. But it's not just about the food. Sitting at the table with parents, siblings or others, focusing on enjoying a meal together without the need of a screen, helps children to develop good habits while they are young which they can carry into the future.

Obviously there will be times when all these needs are not completely balanced. There will be periods when screens are used more often and times when one or more valuable needs is neglected. But if we can use this as a guide and aim to fit the many key experiences our kids need into each day, we are much more likely to ensure our kids grow up with a healthy respect for their screens and a healthy respect for the many areas of their life that need to be nurtured.



Martine Oglethorpe

Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. For more information head to her website themodernparent.net. Contact details: info@martineoglethorpe.com.au, themodernparent.net, [facebook.com/themodernparent](https://www.facebook.com/themodernparent)



**THINK
U
KNOW**
.org.au

Comfortable talking to your kids about technology and the internet?

A ThinkUKnow cyber safety and security presentation will take place on

DATE: **8th May, 2018 at 7pm**

LOCATION: **Multi Function Room
(Hall)**

The session will cover:

- What young people SEE, SAY and DO online
- The challenges they may face
- How to report and get help if things go wrong

Visit www.thinkuknow.org.au for more information about online safety and security.

OUR PARTNERS



YOU ARE INVITED TO ATTEND
OUR

GRANDPARENT'S DAY MORNING

FRIDAY 4TH MAY

Timetable of the morning:

- 9:00** Gather/ Welcome in our MULTI FUNCTION ROOM
- 9:15** Guided school tours/ classroom visit to grandchild/ren's learning community
- 10:00** Prayer Service in our Multi-Function Room
- 10:30** Shared lunch with grandchildren
- 10:55** Recess/conclusion of special morning



WE WOULD LOVE TO SEE YOU THERE!!