

ST. PAUL'S PRIMARY SCHOOL
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eNEWS 2019 - Term 1 Edition 4

Thursday February 28 2019

Dear Community,

Term 1 is always a busy time as we work together to get the school year started – new routines, a new grade level, new friends, and new teachers – and so the list goes on!

Today I provide you with an article to read, which focuses on your children's use of digital devices (smart phones, tablet devices such as iPads, laptops & computers) and getting right, the amount of time you allow them to use these devices at home, in the car & on holidays. The article is written by Martine Ogleshorpe, who is an accredited speaker with the Office of the eSafety Commissioner; Martine has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator, with a passion for building resilient kids in a digital world.

I hope you find the article a support, in helping your children understand that 'screen time' is not all the time!

GETTING THE SCREEN TIME BALANCE RIGHT

I am always getting asked 'How much screen time 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' screen time. There are many other more pertinent questions we should be asking about our kids' screen time, 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 screen time:

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 and 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 se, 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 and 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 may be 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.

A Word of Warning!

There is currently a 'popup' video embedded in YouTube videos, the 'Fortnite' game & Peppa Pig online videos, called 'Momo Challenge', which all parents need to be aware of. The 'Momo Challenge' is a hoax Internet challenge, which was spread by users on Facebook and media outlets. It was reported that children and adolescents were being enticed by a user named Momo to perform a series of dangerous tasks including violent attacks and suicide. As parents & guardians, you deserve to be provided with the information that you need to safeguard your children. It is worth Googling the 'Momo Challenge' for more detailed information. Please talk to your children about 'pop ups' and how important it is for them to come and show you when they do pop up when they are online.

I hope the above assists & supports you in encouraging your children to be safe & aware 'cyber/online citizens'.



Denis J. Daly

Principal

Introducing the new NCCD Portal

A new Portal has been launched to help school communities participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD).

Every school is required to submit data to the NCCD. The information gathered helps teachers, principals, education authorities and governments better understand and support students with disability.

There is no change to the data submission process this year. However, school communities can access extra support through a comprehensive online resource.

The new NCCD Portal is packed with free and practical resources to support schools and their communities to participate in the NCCD, including e-learning modules, videos, case studies and templates.

The Portal includes step-by-step guides to the NCCD process, explains why data is collected and what supporting evidence is required, and suggests key timelines for action.

The e-learning modules assist school leaders, teachers and teaching assistants to understand their obligations under the *Disability Discrimination Act 1992*, the *Disability Standards for Education 2005* and more.

Parents, guardians and carers can also find tailored information on the Portal.

For more information on the NCCD, visit www.nccd.edu.au.

SCHOOL CLOSURE CANCELLATION – FRIDAY APRIL 5

The school closure scheduled for the last day of Term 1, Friday April 5, has been cancelled. Staff from Catholic Education Melbourne are no longer available to work with school staff. We have therefore, had to look for alternative ways for C.E.M. to work with us, on our School Strategic Plan 2019-2022.

SCHOOL CLOSURE: FRIDAY MARCH 8

On Friday March 8, the school will be closed for staff professional learning, with a focus on 'Workplace Wellbeing'.

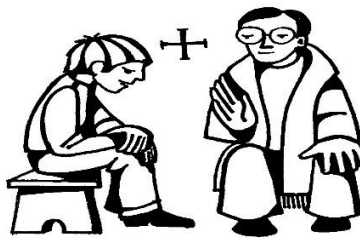
School CLOSURE

LABOUR DAY PUBLIC HOLIDAY

This year's *Labour Day Public Holiday*, will take place on **Monday March 11**.

SACRAMENT OF FIRST RECONCILIATION

Year 3 Catholic students will celebrate their *First Reconciliation*, on **Thursday March 28, at 7.00 pm in St. Paul's Church**.



SACRAMENT OF CONFIRMATION

In preparation for the Sacrament of Confirmation, Year 6 students & their families, will take part in a '*Confirmation Family Night*', on **Thursday March 21, at 7.00 pm** in the school hall. They will receive the *Sacrament of Confirmation*, being confirmed by Bishop Mark Edwards, on **Friday May 10, at 7.00 pm in St. Mary MacKillop Church, Keilor Downs**.



2020 FOUNDATION (PREP) STUDENTS – ENROL NOW

We will shortly be advertising for 2020 Foundation (Prep) Enrolment enquiries. To ensure that we set aside a place for any of our existing families who have a child eligible to enroll next year, we ask that you contact the school office to obtain an Enrolment Application form. Alternatively, an Enrolment Pack (including an Enrolment Application) can be downloaded from the school website at www.spkealba.catholic.edu.au. We would appreciate that you complete the application and return it to us as soon as possible.



2019 SCHOOL PHOTOS – REGISTER ONLINE FOR PHOTO ORDERS

School photos will be taken this year, on **Thursday March 7**. Photo Order details were sent home in hard copy yesterday. This year you are able to **register online with Arthur Reed Photography** and order your school photos online, when they are available for viewing after 'School Photo Day'.



PARENTS GROUP EVENTS: TERM 1

The following are a list of events & activities to be organized by the Parents Group & supported by school staff, in Term 1:

- **Special Food Day – Pizzas: Thursday March 14**
- **Bunnings Sausage Sizzle Fundraiser: Saturday March 23**
- **Family Entertainment Books Fundraiser: commencing Monday April 1**
- **Easter Bonnet Parade & Easter Raffle Draw: Thursday April 4**

CULTURAL DIVERSITY WEEK

Cultural Diversity Week takes place this year from **Monday March 18 to Friday March 22**. The school will celebrate & acknowledge the many cultural / ethnic groups represented in our St. Paul's 'family', on Monday March 18, with a '**Cultural Diversity Day**'. More details will come home soon.



2019 CALENDAR

TERM 1

MARCH

- WED 6 – ASH WEDNESDAY
- WED 7 – NO FOUNDATION STUDENTS (PREP
- THUR 7 – SCHOOL PHOTOS
- FRI 8 - SCHOOL CLOSURE
- MON 11 – SCHOOL CLOSED PUBLIC HOLIDAY
- WED 13 – FOUNDATION (PREP) STUDENTS COMMENCE FULL TIME
- THUR 21 – EXCURSION GRADES 5 & 6 – IMAX
- THUR 21 – CONFIRMATION FAMILY NIGHT 7.00PM
- THUR 28 – SACRAMENT OF FIRST RECONCILIATION 7.00PM

APRIL

- THUR 4 – END OF TERM 1 – SCHOOL FINISHES 1.50PM
- FRI 5 – SCHOOL CLOSURE
- THUR 18 – HOLY THURSDAY
- FRI 19 – GOOD FRIDAY
- SAT 20 – HOLY SATURDAY
- SUN 21 – EASTER SUNDAY
- MON 22 – EASTER MONDAY
- TUES 23 – TERM 2 COMMENCES



Dear Lord,

Thank you for my family, for hugs and kisses and special times together.

Thank you for my friends, for laughter and chatting and sharing.

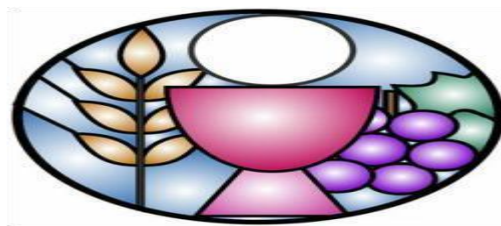
Thank you for my home, for rest times, bath times and bed times.

Thank you for food, for breakfast, lunch and dinner and snacks and treats.

Thank you for playtimes, for toys and games and books.

Thank you for fun, for giggles and for silly happy times.

Thank you for making all these lovely things and for helping me to enjoy them all



MASS TIMES

ST PAUL'S CHURCH

SUNSHINE AVENUE

KEALBA

Monday	No Mass
Tuesday	No Mass
Wednesday	9.30 am
Thursday	9.30 am
Friday	No Mass
Saturday	5.00 pm (Latin) 6.30 pm
Sunday	8.00 am (Maltese) 10.00 am

RECONCILIATION:

Saturday: 6.00 pm

ST MARY MACKILLOP CHURCH

ODESSA AVENUE

KEILOR DOWNS

Monday	9.30 am
Tuesday	9.30 am
Wednesday	No Mass
Thursday	No Mass
Friday	9.30 am
Saturday	5.00 pm
Sunday	9.00 am 11.00am 5.30pm

RECONCILIATION:

Saturday 4.30 pm



LUNCH ORDERS WITH FLEXISCHOOLS

A large number of families have now logged on to www.flexischools.com.au, created an account and are ordering lunches online. Cinzia Brancatisano, Canteen Manager, is happy to answer your questions regarding the account setup procedure and the new online ordering process. Snack items and drinks for the recess break (2nd break), need to be ordered online at the same time as the lunch order, as there are no counter / window sales during winter.

VOLUNTEERS NEEDED!!!!

I am asking for any parents, grandparents or guardians who have any free time to come and help and be part of a great volunteer team to provide lunch for our precious children. We desperately need volunteers on MONDAY, WEDNESDAY AND FRIDAY each week. If you are interested, please complete the section below and return it to the school, as soon as possible.

Please note that you must have a current 'Working With Children Check' registration to be able to assist in the canteen.

CANTEEN VOLUNTEER:

I

Eldest Child..... Grade.....Teacher.....

am available to work on the following day(s).....

Contact No.....



Paws 4 kids support for children and young people in care to learn

For some children, school isn't always an easy place to be, this is especially true for many children living in residential or foster care. They often find it hard because beyond the school gate they're dealing with some tough issues: family violence, neglect, living out of home or social and/or emotional behaviours, which mainstream schools can find difficult to manage.

MacKillop Family Services' specialist school in Maidstone and educational outreach programs, support hundreds of children living in Melbourne's west to get the best education they can. One of the innovative programs they have introduced is PawPals, a canine-assisted learning program to make school and learning a fun, positive experience for kids who have struggled to engage with mainstream education.

Over the last year, Millie, PawPals' first education therapy dog, has worked her magic with kids living in residential or foster care. Kids like 16-year-old Laura*, who says,

"I never really liked school because of the bullying. My emotional state was so bad I couldn't focus. I did try and push through, but it got really difficult.

"Working with Millie made me feel much safer and more confident. I used to be so quiet and, in a shell that I didn't want to come out of. But knowing that Millie can come with me and that I'll have that support has made me feel like I can do anything.

"When I'm with Millie, I forget about everything bad. Every bit of stress that I'm latching onto just goes."

PawPals has been so successful, that demand has already exceeded capacity. To expand the program, MacKillop is holding a matched giving day, **Paws 4 Kids**, on **Wednesday 6 March**. Paws 4 Kids is a one-day campaign where key supporters will multiply all donations by 4 to help reach the fundraising goal of \$200,000.

The funds raised by the campaign will allow MacKillop to recruit and train two staff members, and up to four dogs, to deliver canine-assisted learning support for up to 500 children.

Principal of MacKillop Specialist School, Anne Henderson, sees how children who find it difficult to engage with learning have benefited from their interactions with Millie,

"The change has been remarkable. We've seen children who wouldn't previously open their bedroom doors to interact with our education outreach workers, now get so excited about Millie's visits, that they plan in advance what books they want to read to her. One of our teenagers who hadn't been to school for months, has developed an interest in photography and is designing a calendar featuring the pictures she has taken of Millie.

Help expand the Paw Pals program by donating on or before **Wednesday 6 March 2019** to have your donation multiplied by 4. If you give \$25, MacKillop will receive \$100. Have four times the impact and give four times the hope at www.paws4kids.org.au



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Instrumental Music Lessons
On School Campus!



Small Group & Private Lessons

- Primary Music Institute offer instrumental music lessons right here on school campus!
- To find out all about the music lessons please visit PMI's website. You can check which instruments are available, get up to date program details and apply for lessons online
- Please **ENROL TODAY** via PMI's website
- Lessons are held once per week on school campus – with lessons typically during school hours
- Only \$16.95 per child per small group lesson (2-5 students for 30 minutes)
- Our small group lessons provide a fun and affordable opportunity to learn instrumental music
- Private lessons (1-on-1) and pair lessons (max 2 students) are also available
- Instrumental music can improve your child's school results – including for reading, maths, coordination, IQ, abstract reasoning, performance confidence... and is great fun!

P: 1300 362 824

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www.primarymusicinstitute.com.au