



ETTALONG  
PUBLIC SCHOOL

HOMENOTE

KARINGI ST ETTALONG BEACH NSW 2257

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Term 1 Week 6

5 March 2019

DATES FOR YOUR DIARY	
Sat 9 Mar	Working Bee 8.30am – 10.30am
Tues 12 Mar	Zone swimming carnival
Wed 13 Mar	P&C AGM 7pm all welcome
Thur 14 Mar	Selective high school tests; AECG meeting at Mingaletta 3.30pm
Fri 15 Mar	Day of Action Against Bullying
Fri 22 Mar	Harmony Day Gold Coin Donation to P&C for Easter Egg raffle

Dear Parents and Carers

Preparations are in place for Parent/Teacher interviews which will be held in Week 10, the first week of April. Bookings will be available online and I encourage you to make an appointment to discuss your child's progress with the classroom teacher. These are not general information sessions, they are an opportunity for you to discuss your child's education in a confidential setting. If you are unable to meet during the times available, please contact the classroom teacher to arrange another mutually agreed time.

Our students did a fantastic job of cleaning up around our school last Friday for Clean Up Australia Day. We encourage children to take pride in their school and local environment on a day to day basis but when the whole of the country pitches in, it demonstrates to the children that their efforts are worthwhile. We are so lucky to live in such a beautiful area.

If you can spare a small amount of your time this Saturday morning, we are having a working bee from 8.30am – 10.30am only. We're hoping 'many hands make light work' and will be very appreciative of any time you can spare. You may even meet some new friends as you help to make our school look even better. Thank you very much to the P&C for organising this initiative. Don't forget our P&C AGM on Wed 13 March at 7pm.

Students continue to be rewarded for following our core values of Respect, Responsibility and Ready to Learn and this year, our Wellbeing Committee has further increased the number of reward activities available for students to attend. These are in addition to the highly successful Principal's Awards and pizza lunches.

Bullying is an issue in many walks of life, including school and the workplace and it is up to us as adults to role model respectful behaviour to teach children that bullying is unnecessary and absolutely unacceptable. On March 15 we will participate in the National Day of Action Against Bullying with students joining in lessons and discussions about why people bully, how to deal with bullies and better ways to behave rather than being a bully. We will also soon be celebrating Harmony Day when children will be encouraged to wear something orange in exchange for a gold coin that will be donated to the P&C to purchase Easter Eggs for our Easter Raffle eggstravaganza.

We wish our Zone swimmers all the very best of luck for next Tuesday 12 March. We know you will do us proud.

Lynn Balfour

Principal

### 3R's AWARDS

KA	Vivian H	KZ	Dakota T
	Jasmine S		Kory W
KR	Reuban L	KM	Scarlet S
	Ivy A		William H
1H	Navita H	1P	Cash T-K
	Archie W		Jordan P
1L	Petrea A	2P	Jaiden T
	Clayton G		Mason H
2S	Ava R	2C	Jordan T
			Pearl H-M
2/3R	Sam H		
	Charlie M		

### PRINCIPAL'S AWARDS

Congratulations to these students who have been consistently demonstrating the 3Rs  
Respect, Responsibility, Ready to Learn

Jazmin C
Bastian C
Lara C

### PLEASE BE REMINDED...

School supervision begins each morning from 8:30am

### Some of our beautiful children having fun reading



### LIBRARY NEWS

There are still a limited number of good quality book bags available at \$5 each. Please encourage the students to make use of this opportunity to take fabulous books home for the week. New books are appearing frequently on our shelves. Happy Reading!

## P & C NEWS

Our Annual General Meeting will be held Wednesday 13 March 2019 at 7pm in the school library. All positions will be declared vacant, and the following positions will be appointed for 2019:

Executive positions:

- President
- Vice President
- Vice President
- Secretary
- Treasurer

Non-executive positions:

- Uniform Shop Co-ordinator

Further information regarding these roles and responsibilities, or a full copy of the agenda, can be obtained by emailing [epspandc@gmail.com](mailto:epspandc@gmail.com).

**Working Bee** – Saturday 9 March from 8:30 - 10:30am - come along and help tidy up the garden near Araluen so the students can re-commence gardening club for 2019. All welcome. Please wear enclosed shoes and bring along sunscreen, a hat and any gardening tools you think you may need. Your help is much appreciated to ensure gardening club can be up and running asap.

**Harmony Day** – wear something orange in exchange for a gold coin donation. Proceeds to be put toward upcoming fundraising initiatives.

We will be operating an **Election Day BBQ and cake stall** on Saturday 23 March. If you would like to help, there are still timeslots available between 9:00am – 12:30pm. For more information, or to let us know your availability, please email us at [epspandc@gmail.com](mailto:epspandc@gmail.com). Alternatively, you can leave the below slip at the office and someone will be in touch.

**Cake Stall** – if you would like to donate baked items for the cake stall, please look out for cake trays in next week's Homenote.

I am able to help at the **Election Day BBQ and Cake Stall** event on Saturday 23 March 2018.

I am available between the following time/s: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## COMMUNITY NEWS





## **PARENTING TIPS**

### **There are better questions than 'How much screen time?'**

'How much time should my child be allowed in front of a screen?' 'What about my five-year-old?' 'How long should I let my 13-year-old play Fortnite?' As a digital wellness and online safety expert, these are some of the questions I am most frequently asked.

They are certainly all relevant questions as parents fumble about trying to make rules and boundaries around their child's screen time habits. Obviously we all want to prevent the screen time obsessions we hear about in the media. We want to maintain a sense of control over our child's screen time habits.

As the digital world is far more complex and nuanced, our approach and questions need to mirror those complexities. We can certainly apply some time limits, and prescribe times when devices are not to be used. But it's wise to ask more pertinent questions to help us make more informed choices about the rules and boundaries we set up for our kids.

In particular, there are three important questions we should ask. These are:

#### **1. 'What is my child doing with his or her screen?'**

There's no point worrying about how long your child is on a screen if you have no idea what they are doing when they're on it. Handing a child a device without guidance can lead to a vast range of different experiences. One child might spend the time researching the dietary habits of a green tree frog, or learning how to make the best paper plane to fly with a younger sibling. Another might watch a funny cat video, or even watch hard-core pornography. These are vastly different ways to spend their time online.

#### **2. 'What is the effect of the screens on my child?'**

Is your child enjoying socialising online because it allows them deeper connections with their friends, provides them with support and gives them a sense of belonging? Alternatively, is he or she feeling excluded or being cyberbullied? A child's online experiences can help or hinder wellbeing. If online activities lead to tantrums when transitioning to offline tasks, or even aggression then it may be a sign that online use is having a negative impact.

#### **3. 'What is my child missing out on?'**

Children and teens benefit from involvement in a wide range activities so they can maintain optimum physical, social and emotional development. Spending time outdoors, enjoying active sports, connecting face-to-face with friends, sharing family meals, keeping up with homework and assisting with household chores are the types of activities that most experts agree are beneficial for children and young people. If the amount of time a child spends on digital devices excludes him or her from these types of activities then it can be considered excessive. If this is the case, then it's reasonable to expect that, with your assistance, your child begins to place some limits on their screen use.

Digital devices present new challenges for parents to manage. As a result parents need to shift the focus away from simply managing a child's time to helping him or her successfully integrate screen use into their daily life in ways that support learning, development and wellbeing.

Michael Grose Presentations.

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[www.parentingideas.com.au](http://www.parentingideas.com.au)