



**SUPPORT EACH
OTHER**



**TRY YOUR
BEST**



**ACT
SAFELY**



RESPECT

**Newsletter No.19
June 24th 2021**

2021 Dates to Remember

- ⇒ Thursday 24th June
Parent teacher interviews 3.30-7pm
- ⇒ Friday June 25th
Parent teacher interviews
Student free day
- ⇒ Monday 12th July
First day term 3
- ⇒ Friday 30th July
Lightning Premiership at Yarrawonga

HOW TO HELP YOUR CHILDREN WITH MATHS

Build on success

Create the impression that learning mathematics well is desirable. Encourage effort and help your children see errors as part of the learning process.

Let them work things out

People learn, not so much by being told things, as by working things out for themselves and linking new ideas to ideas they already have. You can help by asking your children questions, letting them work out answers for themselves, and then discussing their answers and strategies with them.

Be patient

Children need time to think and time to answer. When asking your children questions or talking to them about mathematics, give them time. Be patient. Also, explain to older children that they need to give younger siblings time to answer questions, rather than always answering for them.

Talk about it

Encourage children to talk. Talking about mathematics is an effective way of learning, especially when a mathematical situation arises naturally.

Speak the language

Use mathematical words when you describe things. For example, instead of saying "the big red bucket", you might say "the 10-litre bucket". Instead of saying "the large packet of rice", you might say "the 2-kilogram packet of rice".

Don't rush

There is no hurry. Children develop their mathematics skills gradually and there is no urgency about developing any particular skill. It's necessary to work progressively on helping them to learn mathematics. Start now, but there is no need to accelerate your child's development.

Breakfast Club every Friday Morning at 8.30am.
Great Job ladies and helpers DONATIONS: Hot chocolate, Juice, Margarine & Strawberry Jam
BREAKFAST CLUB on again this Friday.

Happy Holidays

see you next term.

From the Principal's Desk

Thanks to all those parents/carers who have booked an interview to speak with their child/ren's teacher/s later this afternoon/evening. If you forgot to book and would like an interview, please contact Leanne at the office. At this stage, the only times available still, will be on Friday morning.

Just a COVID-safe reminder, that all parents/carers are to check-in using the QR codes at the entrance, and to also ensure that they carry a mask.

QUEST EXPO

What a great turnout of parents/carers, grandparents, friends and family at our Quest Expo on Monday afternoon. It was lovely to walk around the classrooms and see the excited reaction of the students to all the visitors. Then, at assembly, to have so many adults join us, was a real thrill. Thank you for supporting us.

In Term Three the Quest theme will centre around the Olympic Games in Tokyo, with a particular focus on the countries of the world. **We would love to introduce the students to some 'guest' speakers who were born, or who have lived in another country, and can share their experiences about the way of life there. If you know of someone who might like to talk to groups of students, please let me know.**

GOING ON LEAVE

Mrs Doyle is taking leave for the first month of Term Three, so that she, her husband Brent and the kids can head off on a family adventure to explore much of Australia. In her absence, Mrs Marilynne Cleveland (who the students know very well) will teach the 1/2 class until Mrs Doyle returns.

SCHOOL UNIFORM

School Council considered a request from some parents to vary our school uniform, to allow the shorts, skorts or tracksuit pants to be black. This request was made, because some students find the school branded shorts, skorts and tracky pants uncomfortable to wear, and to find replacements from other stores in the school 'green' is nearly impossible. School Council agreed to that request, but asks that our students remain in the green school uniform, unless they fall into the category of finding the above items uncomfortable to wear. The official school polo and hoodie/jacket is still required to be worn.

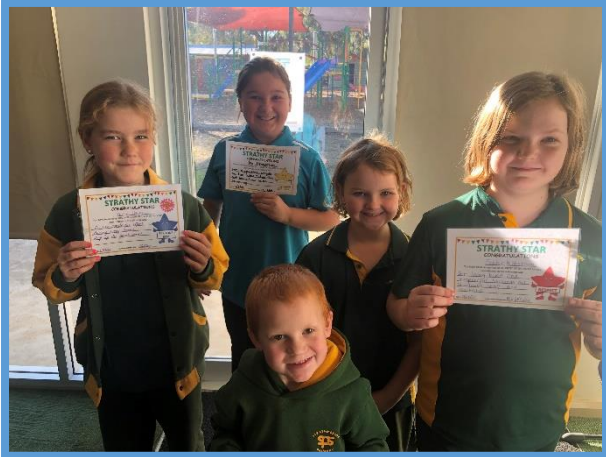
School Council then began a discussion around our current school uniform, and there was general agreement that we should explore the opportunity to create a whole new school uniform based on the Strathy colours of blue, red and white. Next term we will survey all our parent/carers to see what you think of that proposal and to show you some examples of what that uniform might look like. If the change did go ahead with your approval, it would be phased in over a twelve-month period. The feeling among School Councillors was, that with a new school comes the perfect opportunity for a new uniform, to usher in a new era at Strathmerton Primary.

Geoff Weppner

Principal.



STRATHY STARS



Ivy Henderson, Kacey Beurs, Natalie Hibbersn, Sophie Hibberson and Kaiza Coghill-Lynam



Literacy Award

Owen Perry, Jacob Church, Ernie Laidlaw, Phoenix Tonizzo and Kayhden Safe



Maths Award



Levi Spaul, R.J Patmore, Sammie Wren, Oliver Bramich and Angus Berndt



Jazzmyn Safe and Natalie Hibberson are our barrel winners this week.

INSIGHTS

Establishing digital boundaries for a good night's sleep



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night (Source: <https://aifs.gov.au/sites/default/files/publication-documents/lsc-asr-2018-chap4-sleep.pdf>)



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.