

# NEWS LETTER

Term 4 | Week 6 | 20 November 2018



Teamwork Respect Responsibility Honesty



Gillian Stuart—Principal

## Important Dates

Term 4	2018
Monday to Wednesday 26/11 to 28/11	Year 4 Camp
Thursday 29/11/18	Visiting Performance "Brilliant at Being Resilient"
Tuesday 4/12/18	Year 6 Orientation Macksville HS
Thursday 6/12/18	Presentation Night 5.30pm
Monday to Friday 10/12 to 14/12	Swimming Scheme
Thursday 13/12/18	Year 6 Farewell Dinner 6.00pm



## Adventures of Little Whales this week!

Little Whales and their buddies had a fantastic time down at the beach on Monday morning!

Making sandcastles, dipping their toes in the water and some fun with the parachute!

The Little Whales are confident, happy and so excited to start school next year!



**"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."**  
**Maya Angelou**

## Indo Corner **Bagian-bagian rumah - Parts of the house)**

Pintu gerbang - gate

Halaman belakang - backyard

Ruang keluarga - lounge room

Kamar mandi - bathroom

Garasi - garage

Halaman depan - front yard

Taman - garden

Dapur - kitchen

Kamar tidur - bedroom

Kolam renang - swimming pool

Ada \_\_\_\_\_ di rumah saya. There is/ there are \_\_\_\_\_ in my house

e.g. Ada tiga kamar tidur di rumah saya.

There are three bedrooms in my house.

Ada dua kamar mandi di rumah saya.

There are two bathrooms in my house.

## Principal's Column

Hello, Giinagay, Hai,

We were fortunate to have Ben and Bree from Technology Education Australia in our school again last week. They shared some great tips with the students about the Digital Diet. Please take some time to ask your students to share with you what they learnt about robotics, gaming, screen time and gaming addiction.

One great tip was to mark a water bottle in thirds. After each game they had to drink a third of the bottle and after the third game it was time to take a break and do a physical activity.

According to a recent survey by the toy company Melissa & Doug, 70 per cent of parents want their children to spend less time watching electronic media and 62 per cent want them to spend less time on electronic devices. Current studies show that screen time is associated with higher levels of obesity, shorter attention spans and more psychological problems, including higher rates of depression. The new year is as good a time as any to rethink your house rules.

But keep in mind, you cannot simply remove the devices and offer nothing in return. As any nutritionist will tell you, deprivation is not sustainable, substitution is. When you take away phones and tablets, you have to give your kids other things — more time outside, more low-tech toys or more time with you.

Digital Dieting Tips: From Information Obesity to Intellectual Fitness

1. Set screen time
2. Keep meals media-free
3. Turn off so you can tune in
4. Don't use screens to control behaviour
5. Bedrooms are for recharging bodies

What is surprising to hear are the numbers of students who are accessing screens during the night, so keeping devices secured for limited access would support a good night sleep.

Next week the Year 4 students are heading off for their school camp. Thanks to Bu Cass for all her hard work in organising this great opportunity and experience for our students.

I am looking forward to seeing our Valley 10 schools students art being displayed and enjoyed at the Creative Art exhibition on Saturday night. The opening night will be held at the Stringer Gallery, Nambucca Community and Arts Centre at Nambucca Heads from 6-7.30pm. Hope to see you there.

Thanks, yaarri yaraang, terima kasih.

Bu Gillian



**Gillian Stuart—Principal**

### This Week's Whale Awards and Class Academic Awards



## NRL Gala Day

- Date:** Friday 23rd November 2018
- Venue:** Scotts Head Sporting Reserve Fields
- Time:** Team Arrival - 9:45  
Games Start - 10:15 am - 2:00pm
- Divisions:** Year 2/3/4 Mixed League Tag  
Year 5/6 Mixed League Tag
- Referees:** NRL Game Development staff, Student Referees
- First Aid Officers:** NRL Level 1 Sports Trainers
- Rules:** NRL Gala Day Rules - Games will be 15 minutes straight with a 5 minute turn around for the next games.
- Cost:** Nil
- Canteen:** Yes – Scotts Head P&C
- Staff:** NRL Game Development Staff
- Team Numbers:** 6 x players per team 3 x boys and 3 x girls preferred plus reserves

 Scotts Head Public School P&C Association NRL Gala Day Canteen Menu 23/11/2018		
Hot Dog: (Bbq/Tom sauce)	\$3.50	
Hot Dog Sausage on long bun		
<b>Taco Boat:</b>	\$5.00	
with Mince, Salsa, Salad, Cheese		
Custard or Fruit & Custard Cups	\$1.00ea	
Jelly Cups	\$1.00ea	
Slice or Muffin - Homemade	\$1.00ea	
<b>Box of Popcorn</b>	\$1.00ea	
<b>DRINKS:</b>		
Poppers	\$1.00ea	
Bottled water	\$2.00ea	
Tea & Coffee	gold coin	



**Visiting Performance - Brilliant at Being Resilient - Thursday 29 November at 9.15am.**

Notes were sent home last week for the Visiting Performance Brilliant at Being Resilient. Performance cost is \$6.00, notes and money to be returned to the office by Wednesday 21 November. Student assistance is available, please see the office for a form.

**Book Club Issue 8**

Orders are due in to the office by Friday 23 November.

**School Swimming Scheme**

Our swimming program will commence in Week 9 this term - Monday 10 to Friday 14 December. More information to come soon.

**End of Year Presentation Night**

Our end of year presentation night will be held on Thursday 6 December starting at 5.30pm, on the basketball court.

**Year 6 Farewell**

The Year 6 farewell will be held at Club Scotts on Thursday 13 December starting at 6.00pm. More information to come. Put the date in your calendar!

**Year 6 to 7—Macksville High School**

**Monday 3 December 2018** Parent Information Evening - MHS school hall from **6-7pm**.

**Tuesday 4 December 2018** Orientation Day - only for students enrolled to attend Macksville High School in 2019. A completed and returned enrolment form is required.

**Links**

School website:

<http://www.scottshead-p.schools.nsw.edu.au/>

School facebook page:

<https://www.facebook.com/scottsheadpublicschool?fref=ts>



Skoobag Application:

Search "Scotts Head Public School" in the app store.

**Remember to send in a note if your child is absent from school. After 7 days, the system automatically records as an "Unexplained Absence".**

**Head Lice**

There has been a couple of outbreaks of head lice with students. Please check your child's hair on a regular basis and treat immediately.

**Change of Phone Number**

It is extremely important to notify the office if there are any changes through the year. If there is an emergency, we need to be able to contact you.

**Payments to School**

Payments can be made to the school using the following options:

- EFTPOS – at the office.
- Parent online payment POP - via the school website—using the 'Make a Payment' button.
- Cash and cheque are still accepted at the office.

**Bell Times**

8.30am	Morning Supervision in cola
<b>Start School</b>	<b>8.55am</b>
9.00am until 11.00am	Morning Session Crunch and Sip
<b>11.00am</b>	<b>Lunch</b>
11.50—1.30 pm	Middle Session
<b>1.30 pm</b>	<b>Recess</b>
2.00pm-3pm	Afternoon Session

**Arriving Late / Leaving Early**

If your child arrives at school late, or needs to leave early for an appointment, you must call into the office to sign your child in or out. All absences are computerized and needs to be recorded in case of an emergency.

**P&C News**

**P&C email** [scottsheadpandc@hotmail.com](mailto:scottsheadpandc@hotmail.com)

**2019 Canteen Roster**

As the 2018 year draws to a close we would like parents who may be able to help out with the Canteen to email or contact the office and leave details for rostering next year.

The more people to help, the less days you will be asked to assist.

**Canteen Roster**

<b>Week 6</b>	
MON 19/11	Kathleen / Carol
WED 21/11	Jo B / Mel
<b>Week 7</b>	
MON 26/11	Kathleen / Carol
WED 28/11	Jo B / Mel

## Games and Gadgets Workshop



**Technology Education Australia**  
A future worth learning about. Our mission is to educate students on the importance of finding balance when playing video games and using social media. We want to inspire a generation of young people across Australia to live a 'healthy, balanced, digital lifestyle' and possess the skills to DESIGN, CREATE and EXPLORE with Technology.

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

See back of newsletter for more info.



## Dune Care Warriors

Here are the Dune Care Warriors from Year 1/2 performing their most important mission yet!

This is the area of the dunes urgently in need of rehabilitation, as you walk onto the beach at the Bowling Club track.

Here are the 1/2 warriors using their dynamic teamwork skills while taking responsibility for their local coastal environment, working with local Landcare personnel developing skills and awareness of the importance in planting and the care of native species to regenerate and stabilise the dunes.

Well done to all the Dune Care Warriors and their future missions keeping their local community safe and stabilised!.

*Today we did dune care warriors at school. We went down to the beach and planted 200 plants to protect the dunes. We went back to school and we had lots of fun. I liked looking after the beach.*

*By Kaydee*



## Performance Band Visit



Barrenjoey High School students are touring from Sydney and will provide a performance for all classes at Scotts Head Public School on Friday 30 November. This wonderful opportunity will showcase a 40 piece symphonic wind ensemble, 4 piece rock band and 6 piece jazz combo.

The concert is free and will provide a one hour show incorporating an educational framework for students to become familiar with a range of instruments, musical styles and the joy of music.



Full House – BHS Band at Avalon Primary School 2017

## Practicing for Presentation Night



## Making Music



Corey and his music students are practicing hard for Presentation Night on Thursday 6 December.



Nambucca Valley OOSH  
  
**Nambucca Valley OOSH-  
 After School Care & Vacation Care**

Our Service offers quality childcare for school aged children 5-12years during school term and school holidays at Frank Partridge VC Primary School, Nambucca Heads. Our educators are committed to providing children with a fun, safe and caring environment to meet the needs of our local community.

We offer a range of supervised, age appropriate activities that encourage children to interact with their peers in small or large groups. Our program includes sport, games, drama, dance, music, art & craft, cooking, reading plus excursions during vacation care.


Our educators have childcare, teaching or related qualifications and experience working with school-aged children. All staff are subject to a Working With Children's Check.

Nambucca Valley OOSH is approved to offer Child Care Subsidy (CCS) to eligible families. Grandparent Child Care Benefit is also available through Centrelink and can cover all costs.

Our Operating Hours are:

- Vacation Care: 8 am to 6 pm
- After School Care: 3 to 6 pm

For more information, please call Jeni or Sophie on 65684471 or email [oosh@lifetimconnect.org.au](mailto:oosh@lifetimconnect.org.au)



 **Lifetime Connect  
 Playgroup  
 Scotts Head** 

**Routine**

10am-10:55am – Planned Activities  
 10:55am-11am – Wash Hands  
 11am – 11:15am – Morning Tea  
 11:15am – 11:35am – Free Play  
 11:35am – 11:45am – Pack Away  
 11:45am – 12noon – Group Time  
 12noon – Home Time

**Wednesdays in the LLLCC at SHPS**  
 Playgroup Contact Number: 0447 485 276

**Family Day Care in  
 Beautiful Scotts Head  
 with Ricci Jansen**

**2019:** Nambucca Valley Family Day Care  
 Registered Educator  
**Ricci Jansen** **-Book Now  
 For 2019-**  
 Currently has vacancies



- An experienced educator with a professional early childhood home environment for children
- Personalised care in a small group setting
- Childcare Package rebate on fees
- A fun and educational play based environment



If you would like more information, please call :-

**Ricci: 65697322 -**

 **Eungai Preschool**  
 'STAY AND PLAY' DAY  
 Little Tamban Rd. EUNGAI CREEK  
 -only 10 mins from Macksville-

SAUSAGE SIZZLE      FACE PAINTING  
 PETTING ZOO          CRAFT ACTIVITIES  
 BUSH ADVENTURE TOUR

Date: Friday November 23<sup>rd</sup> Time: 9:30am-2:00pm

Everyone is welcome to visit our preschool for a fun-filled day for families. Come and **EXPLORE** our indoor and outdoor learning spaces **SHARE** in the magic of our unique Bush Program **DISCOVER** our innovative curriculum: Collaborative Learning, Indonesian, Music, Yoga, Kid Fit

HIPPY-Families Learning Together  
 Nambucca Staff will be there as well if you would like to find out more about this great program or enrol for 2019.




**Creative Arts Exhibition**

Nambucca Valley 10 Schools are participating in an Arts Exhibition, being held at the Stringer Gallery, Nambucca Community and Arts Centre, Nambucca Heads, from Monday, 26 November until Thursday 13 December.

The Stringer Gallery is open Wednesday to Friday from 10am – 3pm and Saturday 9.30am - 12 noon. Entry is free so please come along and support our very talented students.



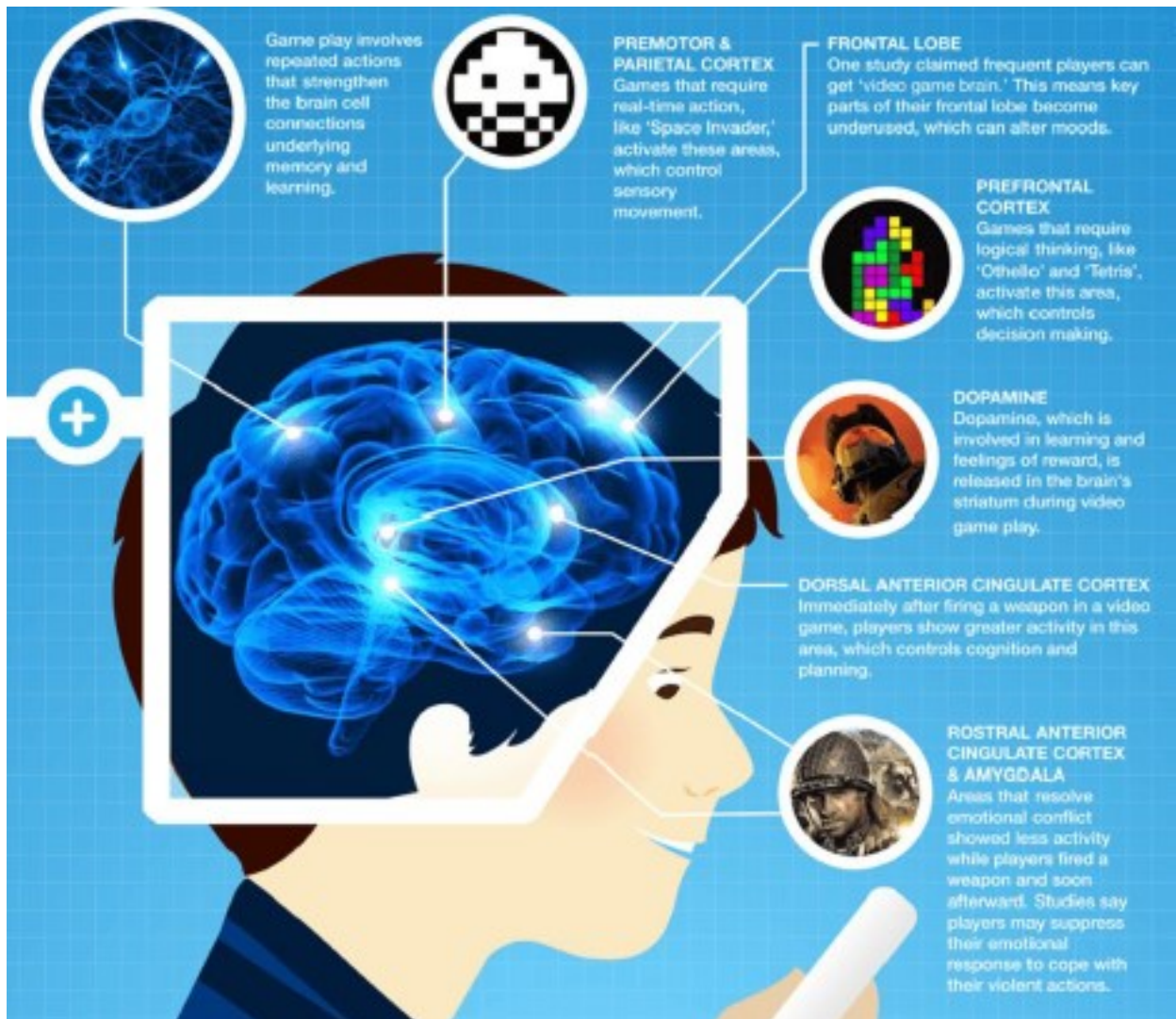
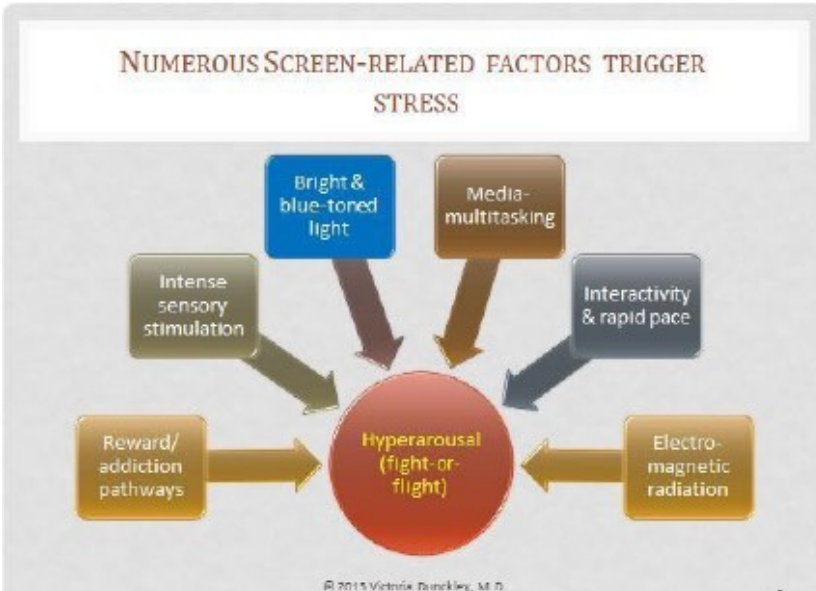
# Games and Gadgets Workshop - Technology Education Australia

Games & Gadgets recently visited Scotts Head Public School, touring an awareness for Gaming Addiction and how to better cope with the side effects that come from prolonged gaming.

Since the development of arcade video games in the early 1970s we have been using them to “depress” with little knowledge of their actual effects on the human brain. It is true that video games can be good for our brains. But there is a darkside!

Microsoft have spent millions of dollars researching Games Based Learning and how achievements stimulate our learning. During these studies and within research similar to this we have discovered that excessive gaming can lead to dopamine depletion.

Allowing your child hours of playing video games, is the equivalent of allowing your child access to the liquor cabinet. They will inevitably become addicted and this obviously will also come with side effects.



## Games and Gadgets Workshop - Technology Education Australia

### So why is it bad?

A hyperaroused and mentally depleted child will have trouble paying attention, managing emotions, suppressing impulses, following directions, tolerating frustration, accessing creativity and compassion, and executing tasks. Try getting them to pay attention in class or when reading at home after they've spent an entire night sitting in the dark, blue-toned haze of a gamer's lair!

### The moral of the story?

After 15 minutes of playing video games a child aged 3-9 is mentally depleted.

Additionally 20 - 40 minutes for ages 10-12 would be a recommended limit.

There are four quite obvious ways to manage the depletion:

- Drink water and eat healthy food (a true gamer will have a bottle of water & fruit nearby during a session)
- A 30 minute break between sessions exercising, stretching or getting outside.
- Spending time with friends and family (gaming can be quite an anti-social behaviour -don't let people fool you with the "I play online" excuse, this is not real world interactions as we in the gaming world generally role-play an alternative persona)
- Go to bed early and get up early (if you believe your child has a serious problem staying up late and gaming, perhaps a good start might be encouraging them to wake up early to play their games - this will create a better habit in the future)

### Pay attention to classifications!

Too often I hear young students admit that they are playing games like Call of Duty or Grand Theft Auto. If you are inclined to refusing your child access to MA15+ and R18 movies... why then would you allow them to play a video game of the same rating.

**PLEASE**, I cannot stress this enough, it is vital that you manage the types of games your child is playing. The above benefits are void if you are letting them play games that involve profanity, sexual content, high levels of violence or horror.

Pay attention to what they are playing for when your child is spending excessive time playing violent video games they clearly possess too many similarities to that of a junkie drug addict. Sleep deprivation, short temper, violence in the playground, bad language, rude or inappropriate behaviour.

*Article information provided by  
Technology Education Australia*

