



# Port Lincoln Primary School Newsletter

Term 1 Week 7

March 12th 2019

## Dates to Remember

### Friday Week 7

Monday March 11th  
PUBLIC HOLIDAY

### Week 8

Monday March 18th  
Aquatics Year 7 Tokarski

### Tuesday March 19th

Aquatics Year 7 Williams

### Week 9

Tuesday March 26th  
LEP Athletics day

### Friday March 29th

Assembly 9.00 am  
Year 5 classes

### Week 11

FRIDAY April 12th  
SCHOOL CLOSSES 2.30 PM

## *Week 7*

*Tuesday  
March 12th*

*Wednesday  
March 13th*

*Thursday  
March 14th*

***PARENT /  
TEACHER  
INTERVIEWS***



**PORT LINCOLN  
PRIMARY SCHOOL**

*Invites*

**Families and friends to an**

**OPEN MORNING**

**Thursday March 28th**

**from 9.00 – 11.00 am**

**Come along and see the school at work.**

## The five practical ways to improve your children's well-being

**Safety, security, love and belonging:** talk, listen, read, play, sing, dance and hug every day.

**Healthy eating and drinking:** food prepared and enjoyed together. A balanced diet full of fresh fruit and vegetables, with a priority focus on whole and unrefined foods. Water as the preferred drink.

**Active play:** encouraging creativity and imagination. Be more interactive. Playing sports and games that children enjoy and spending time outside.

**Healthy sleep:** a priority for all the family. Healthy sleep hygiene and developing a bedtime routine.

**Positive screen time:** use digital technologies to aid, rather than dominate, living by learning to use the off-button to limit screen time and avoid cyber-addiction. Monitor the online "playground".

# *The 'scientific' way to raise children is surprisingly simple*

By [Sarah Berry](#) The Age

The “scientific” way to raise our kids is so intuitively simple many parents are likely underestimate its importance, Notre Dame University paediatricians and public health researchers have warned in a new report.

The researchers explored the latest science for children’s optimal mental, physical and emotional development, finding the best advice is as basic as it is pivotal.

Simple activities like reading books, playing with our kids, preparing meals and eating together are highly significant for children's emotional development, while un-scheduled time allows children to develop creativity through boredom, improving their resilience, independence and resourcefulness.

Looking at physical health, the report said encouraging physical activity will improve both physical and mental health, offering water and whole foods instead of juice and junk foods will boost children's microbiome, and learning to switch off devices to allow for social engagement and sleep.

“It’s not simply going back to basics, it’s understanding why the basics are important,” explains lead author Christine Bennett, a paediatrician, mother of five and dean of the school of medicine at Notre Dame University.

Because, unfortunately, many of these basics are not currently being met.

The report found Australian children spend more time interacting with their devices than interacting with their parents each week (an average of 14.6 hours in front of screens versus 9.3 hours with their parents).

It also found nearly one third of children aged 12 to 15 experience broken or inadequate sleep as a result of excessive screen time.

“Sleep is when your brain and body heal. It’s when your brain defrags,” Bennett says. “For children it’s particularly important.”

Having more face time than FaceTime is also vital for the wellbeing of developing brains: excessive screen time is linked with poorer mental health and often displaces physical activity, playing with friends, and face-to-face interactions.

According to the report, many decades of “strong research” reveal that regular time where children are physically and emotionally close to their caregivers “act to positively shape” their development.

“Time when the adult providing their care can focus their attention, affection and stimulation - the optimum condi-

tions for children to learn and engage,” the report says.

“Material rewards are not meaningful expressions of love. Children feel loved when they are given time and attention.”

Bennett adds that social connectedness is “one of the predictors of length of life, our sense of purpose and our sense of self”.

“We can be so busy and so rushed, children don’t get the chance to buddy up and move as a pack or see their grandparents or feel part of the broader community,” she says, you are doing them the world of good.”

Bennett recounts seeing a toddler repeatedly trying to get the attention of her mother while they were on a train together. The mother ignored the child and continued scrolling through her phone. Eventually, without saying a word, the mother pulled an iPad from her bag and put it in front of her daughter to keep her quiet.

She tells the story not to “bash people up”, but to remind parents of the significance of our time and attention to our children.

In an age where children are scheduled within an inch of their lives and parents feel run off their feet, these basics are often forgotten, or considered somehow less important.

“[The report] is really supporting what we have always intuitively thought; reading to our children, having fun with them and spending time with them is really good for their brains,” Bennett explains.

“They are the things that get squeezed out of the busy life and they are as important and powerful as the music lesson... lessons are great but you have got to get balance there.

“We now have the science to empower parents to spend that time with their children doing those activities, knowing that you are doing them the world of good.”

Welcome to Week 7, I can't believe how quickly the term is racing by.

**PARENT/STUDENT/TEACHER INTERVIEWS Commencing tonight at 3.30 pm.**

**If you haven't already booked your Family meeting with your child's teacher, can you please do this as soon as possible?** If you are unable to attend Tuesday, Wednesday and Thursday this week please contact the teacher to make alternative arrangements. At these meetings we would like to share your child's current academic data and set goals for the year. It will also be a great opportunity for your child to share examples of their learning and any improvements they have already made.

**GOVERNING COUNCIL AGM**

**The Governing Council Annual General Meeting has been rescheduled to Monday the 18<sup>th</sup> of March at 6:15 in the Literacy Centre.** There is room on the Governing Council for 18 parent representative and we would love to have all of these positions filled. If you would like to know more information please contact me at the school.

**Port Lincoln Junior Primary & Port Lincoln Primary  
Combined Governing Council invite you to attend their  
Annual General Meeting  
MONDAY March 18th  
6.15 pm  
Literacy Centre, PLPS**

**All parents are welcome to join Governing Council**

Governing Council meetings provide an opportunity in a relaxed atmosphere to meet other parents, talk about what is happening in your child's school and to be involved in planning for future projects.

**Meetings are twice a term.**

**AGM will be held MONDAY March 4th**

Why not nominate for a role? No experience is necessary.

You will receive support & guidance from existing members.

**Pupil Free Day:** the Pupil Free Day which was planned for the 22<sup>nd</sup> of March (Friday Week 8) has been cancelled. We will hold this day on **Monday the 29<sup>th</sup> of April (Week 1 Term 2)**. On the day the staff will be participating in Maths professional learning with Dr Margarita Breed, the focus will be on Trusting the Count and Place Value.

**Open Morning Thursday of 28th March 9 – 11am.** All parents and community members are invited to visit and see the school at work. More information will be available closer to the date on what each class will be doing during this time.

**Well Being and Engagement Survey:** information regarding your child participating in this annual survey went home last week. This survey is run by the Department for Education and provides the school with a large amount of information regarding the students' mental and physical health. We have used this data to set a goal in our School Improvement Plan to "Increase student emotional wellbeing and engagement in learning".

## Glen Forest Maze Excursion

In Week 6, Mrs Hanan and Mr Coleman took their classes to Glen Forest Park to research the maze. They were surprised how complex the maze was which made it fun and challenging. On return to class the children are already designing their own mazes and will eventually construct them.

This excursion has provided a real-life experience of maths being used in the real world. The children will be asked to calculate the shortest and longest routes within their mazes. These calculations will provide many numbers that will need to be added together. The children will apply multiple Natural Maths Strategies being taught this term and will be required to explain and justify why their chosen method was efficient. Lots of thinking and learning is required.

During the day at Glen Forest Park we were able to feed kangaroos, hold rabbits, pat the koala, feed birds in the aviary. The donkeys loved being fed cabbage leaves and one gave Scarlette Law a kiss on her cheek!

We all had a sensational day.

