

Assistant Principal Message

Screen Time

A huge hello to all members of our beautiful community. It's very hard to believe that we are approaching the end of first term already and preparing for holidays and the Easter break. As we get ready to move into holidays I thought it may be of benefit to explore screen time and the influence television, movies and video games may have on young children.

It's important to note that television, movies, video games and the internet can be a positive influence on your child. This is especially when:

- you get involved when your child is using them and help your child make good choices about what games to play or things to watch
- you get involved and talk with your child about what's going on in the game or program so he/she understands it
- your child uses good-quality content on screens – for example, playing a video game that involves solving creative puzzles to progress to higher levels
- using screens gives your child new ideas for traditional play – for example, playing Minecraft might get your child interested in designing buildings on paper
- using screens helps your child learn new skills – for example, doing a video about a school excursion might help your child learn video-editing skills.

Risks of screen time

Screen time can have physical, developmental, safety and other risks. If you reduce the amount of time your child spends using screens, you can reduce the risks for your child.

Physical problems

Using screens can cause physical problems. For example:

- Looking at a screen for extended periods of time intensely can cause sore, irritated and dry eyes, headaches and fatigue.
- Looking down at a device can make your child's neck and spine uncomfortable.
- Being inactive for long periods using a screen can lead to a less active lifestyle, which could lead to obesity.

You can **reduce these risks** by encouraging your child to:

- regularly look away from the screen into the distance
- keep his neck upright when he/she is using a phone or tablet
- take regular breaks to get up and move around
- make physical activity part of his/her daily life.

Development issues

Too much screen time can have an impact on children's language development and social skills. This is because children need real-life interactions to develop these skills. Too much screen time can also affect older children's development – for example, it can affect their ability to have conversations, maintain eye contact, pay attention in school or read body language.

Too much screen time can also result in children missing out on developing a wide range of interests, and the friends and learning associated with these interests. You can **reduce this risk** by making sure your child balances time spent using screens with other activities.

Warmest Regards,

Kathy Cvitkovic – Assistant Principal (3 – 6 Learning Community)

"Be kind whenever possible. It is always possible" – Dalai Lama



Message from our School Vice-Captains

Hello parents/ guardians,
Yesterday Wednesday 22nd March Melton West Primary School had school photos. Everyone looked fantastic! ☺
Holidays are approaching with the last day on Friday 31st March.

School Vice-Captains

Alith Panthum 5/6M & Jessica Hodge 5/6S



Getting it right in English!

Reading and Technology- engaging our readers

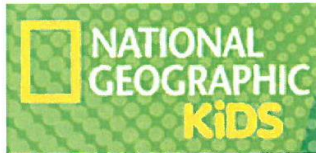
We know many of our students are technological experts and own devices at home. One way we engage students during reading lessons is by providing opportunities to read and explore a range of online texts. This may involve researching information to answer questions or simply read for enjoyment.

Below is a list of websites and iPad apps used at school. These are free to visit or sign up to and can also be accessed from home.

Some of these websites and apps are more suited to students at specific reading developmental levels, while others provide engaging reading material for all.



www.heraldsun.com.au/kids-news



www.ngkids.com.au



<http://mythicjourneys.org>



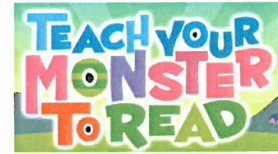
www.oxfordowl.co.uk

*Also available as an iPad app



Eggy Alphabet

iPad app



www.teachyourmonstertoread.com

*Also available as an iPad app



www.starfall.com

*Also available as an iPad app



www.mightybook.com



www.sillybooks.net



www.storylineonline.net



www.storynory.com



<https://labyrinth.thinkport.org>

Sarah Marshall

Leading Teacher- Literacy

Marvelous Maths

All around us, every day.

Fun Brain Teasers

Check out these fun brainteasers and enjoy a range of mind bending math logic that is sure to get your child thinking.

Put your ability with numbers and problem solving skills to the test with classic brainteasers that will leave you scratching your head in search of answers. How many of the brain bending questions can you answer correctly? Give them a try and find out!

1. I am an odd number. Take away one letter and I become even. What number am I?
2. Using only addition, how do you add eight 8's and get the number 1000?
3. Sally is 54 years old and her mother is 80, how many years ago was Sally's mother three times her age?
4. Which 3 numbers have the same answer whether they're added or multiplied together?
5. There is a basket containing 5 apples, how do you divide the apples among 5 children so that each child has 1 apple while 1 apple remains in the basket?
6. There is a three-digit number. The second digit is four times as big as the third digit, while the first digit is three less than the second digit. What is the number?
7. What word looks the same backwards and upside down?
8. Two girls were born to the same mother, at the same time, on the same day, in the same month and in the same year and yet somehow they're not twins. Why not?
9. A ship anchored in a port has a ladder, which hangs over the side. The length of the ladder is 200cm, the distance between each rung is 20cm and the bottom rung touches the water. The tide rises at a rate of 10cm an hour. When will the water reach the fifth rung?

9. The tide raises both the water and the boat so the water will never reach the fifth rung.

8. Because there was a third girl, which makes them triplets!

7. SWIMS

6. 141

5. 4 children get 1 apple each while the fifth child gets the basket with the remaining apple still in it.

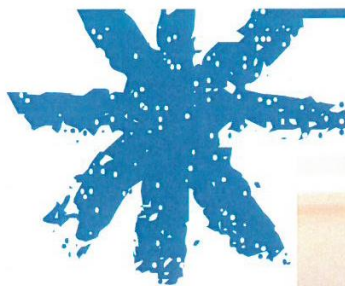
4. 1, 2 and 3.

3. 41 years ago, when Sally was 13 and her mother was 39.

2. $888 + 88 + 8 + 8 + 8 = 1000$

1. Seven (take away the 's' and it becomes 'even').

Answers



Wellbeing tips for primary school kids



By Dr Jodi Richardson

It's time for parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Wellbeing – it's a word we hear a lot these days. We understand that it's important for our kids; but it's not always clear exactly what it is, how we know if they've got it, and how we can help them to get more!

Since the Slip! Slop! Slap! campaign of the early 80s, the media has helped to spread messages about the importance of protecting our skin from the sun, regular exercise and a diet rich in nourishing wholefoods to promote and protect our own health and that of our families.

Now it's time for us as parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Put simply, our kids' wellbeing is a combination of their physical, mental, emotional and social health. And because a range of different elements contribute to their wellbeing, there are a bunch of activities we can do with them, role model for them and teach them, to improve it.

Developing wellbeing is more than ensuring the absence of ill-health, it's about taking action to adopt thinking and behaviour patterns that researchers have shown to foster flourishing physical and mental health.

It's evident from the *Australian Child and Adolescent Survey of Mental Health and Wellbeing* that it's never been more important for us as parents to do so. Among 4 to 11-year-olds, 1 in 100 are depressed, 7 in 100 suffer with anxiety and 8 in 100 struggle with ADHD. Add to those worrying statistics the knowledge that 1 in 4 Australian children are overweight or obese, and it's easy to see why working on wellbeing matters.

Here are 5 practices that you can put into action to enhance your kids' wellbeing:

1. Get them outside and moving

Australian kids are some of the least active in the world, with as few as 1 in 5 meeting the recommended 60 minutes of daily exercise. There's so much we can do! Park further from school at drop off and pick up – ease the traffic congestion (cos' we all know what school parking is like!) and increase their daily exercise at the same time; stay a while after school to let the kids play; stop at the park on the way home or head outside after bags are unpacked and have a bounce on the trampoline. Yes, I know, it's going to take some effort, but this is what really matters – and it's good for you too!



Wellbeing tips for primary school kids

2. Create plenty of opportunities for your kids to foster positive connections with their friends, family and of course with you!

Positive social relationships not only enhance kids' wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our kids to develop social skills including sharing, compromise, listening and conflict resolution.

3. Keep screen time to a minimum

I know, easier said than done! Kids love screens, but we're the parents and we can work with our kids to create clear and consistent limits. Kids aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-12-year-olds. Assuming kids are watching appropriate material and lying on their tummies to use tablets (helps reduce neck strain), the risks of screen time largely relate to what kids are NOT doing while using them such as being active, chatting, reading, playing creatively and sleeping. Kids also need to get bored!

4. Help your kids develop mindfulness skills

Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. That's it. Sounds easy, but like any skill it takes time and practice. It gives kids' overstimulated minds a rest! A regular mindfulness practice will also help them to regulate their attention and their emotions; and teaches them to create a lifelong practice of taking time out to become calm, content, relaxed and in the moment. I highly recommend the *Smiling Mind* app for age appropriate mindfulness meditations; also, a lovely mindfulness practice is to lay down with the kids, eyes closed, and take time out to breathe naturally while everyone tunes in their 'Spidey senses' to all of the sounds around them.

5. Last but not least – ensure your kids get ample sleep

Primary school kids need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time one hour before bed, a 'wind-down' routine which may include a bath/shower, being read a book and then quiet reading before lights out. Taking time to chat with your kids before bed or encouraging them to reflect on what they're grateful for is also a great way to help them decompress and get a restful night's sleep.



Dr Jodi Richardson: Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson) Enquiries to jodi@drjodirichardson.com.au

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