

A huge hello to all members of our wonderful school 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

Getting it right in English!

Fun Literacy activities for the holidays

The school holidays have crept up again. The weather is starting to cool down, but hopefully we still have a few sunny days left! We know many children (and teachers!) are looking forward to a nice break and getting outside to make the most of the Autumn weather. However, if you are after some other stimulating activities to keep children occupied, we encourage you to continue to build their literacy skills, ready for Term 2.

Some ideas are suggested below:

Enjoy the outdoors!

Make the most of the autumn days and take a picnic blanket to your local park. In between bouts of football or the playground, have some quiet time and encourage your children to read some well-loved or new books in the shade.



Visit your local library

Most local libraries have some great activities on during the school holidays. It is also an opportunity to encourage children to continue reading at home, with engaging and interesting books they have chosen for themselves.

Games

There are some great board games that promote Literacy. Some of these include: Scattergories Junior, Celebrity Heads, Guess Who, Scrabble, Boggle, Pictionary Junior.

If your children are still learning to automatically read High Frequency Words, encourage them to play games with their siblings or friends such as SNAP!, Memory or Go Fish with these words. Ask your child's teacher for a copy of the cards.



Build their knowledge of the world

Developing an understanding of the world around them and how it works, is crucial for students to make deep connections with the texts they read, view, discuss and write. There are lots of great programs running and fun experiences at some of the following places, providing students with rich experiences over the break: Melbourne Zoo, Science Works, Melbourne Museum, Federation Square, Sovereign Hill, Kyal Castle, Melbourne Aquarium, ACMI, Royal Botanic Gardens, Werribe Open Range Zoo, Werribee Mansion.



Even closer to home, trips to your local supermarket, shopping centre, your local park or a short trip to local country towns such as Gisborne or Mount Macedon, can also provide rich experiences for students.

Sarah Marshall- Leading Teacher Literacy

COUNTING

How do children learn to count and use numbers?

One of the first experiences children have with numbers is “counting.” Counting starts as learning a pattern of words, just like a nursery rhyme. As children’s counting develops, they begin to relate the words to a quantity or number of things.

Children learn the pattern of counting words by repetition. Initially, this pattern may have gaps where the child leaves out a number in the sequence, or the child may invent numbers. It is common to hear a child say twenty-ten after counting to twenty nine. However, remembering the words for each number in the correct order is only part of the process of counting. To “count” children need to match saying the number words with the correct number of “things.”

Children should be given lots of opportunities to practise and explore counting groups, as well as, making groups. Children also need to recognise and name numbers.

What can you do at home?

- Count with your child - the number of steps from the front door to the letterbox, the number of eggs in a carton, the number of times you and your child can throw a ball to each other without dropping it.
- Read and talk about stories and rhymes that use numbers.
- Sing songs and nursery rhymes that include numbers such as Five Little Ducks.
- Have your child count as far as he or she is able to and then encourage your child to join you while you continue counting.
- Ask your child to start counting from a number other than one. This will help them when they need to add two groups together and can start counting from the larger group.
- Ask your child to tell you the number before or after a number. How old will you be next year? How old were you last year?
- Play games such as Dominoes, Snakes and Ladders, card games or board games involving a die with dot patterns. This will help your child to recognise patterns and count. Change the die to one showing numbers to help your child read and recognise numbers.

Kind regards

Jennifer O’Connor

Assistant Principal Prep- 2 Learning Community

It is the mission of Melton West PS to work collaboratively to ensure high levels of learning for all.

Hello Melton West,

We hope you have had a wonderful week so far.

With all the talk around the world about Coronavirus and COVID-19, we want to send everyone a reminder about practising good hygiene. It is so important to always wash your hands after the toilet, before you eat and after you eat. Presently, it is also vital that we sneeze and cough into our elbow. If we happen to sneeze into our hands we must wash our hands with sanitiser immediately. Parents please remind your kids to practise using good hygiene and to not make unnecessary skin contact with anyone for health purposes. Our teachers have been wonderful in helping us deal with the current situation and keeping us informed of any updates from the Prime Minister and Premier. It is still expected that we all come to school.

Unfortunately a few events have had to be cancelled due to the current climate, including our weekly assemblies and Photo Day. Our school photos will now be taken in Term 3.

The holidays are nearly upon and hopefully things around the world can return to some normality after the term break. We hope you have an optimistic week, are looking forward to the holidays, and remember to be safe and hygienic.

Anna-Louise and Chanel - Vice Captains



NO STUDENT BANKING—Tuesday 24th March

Notice from CommBank School Banking

The health, safety and wellbeing of our communities and our people is our first priority. Due to the rapidly developing situation with coronavirus, School Banking has been temporarily paused from 20 March 2020 until the start of Term 2. Please don't bring your deposit book with your weekly banking into school and we will notify you when banking will recommence.

INSIGHTS

Leading the way for children during the Coronavirus pandemic



If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

parenting*ideas

Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

What we know: the facts about coronavirus disease (COVID-19)

Spread of infection



You might be worried about catching coronavirus disease and wondering if you should stay at home. The spread of coronavirus disease occurs through close contact with an infected person, mostly face-to-face or within a household. Although it can be spread from a cough or sneeze in droplets for a few metres, it cannot be carried for long distances in the air.

People of all ages can be infected by coronavirus disease. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

Unless you are in one of the groups required to isolate (self-quarantine), you can go about your life as normal.

Wearing facemasks

You may have seen more people in public wearing face masks and wondered if you should also be wearing one and providing them to your family. Face masks are not recommended for use by members of the public in Victoria for the prevention of infections like coronavirus disease. If you want to be cautious you can choose to wear one. However, should you find that these items are expensive or hard to access, please be aware that there is currently no recommendation that you should be wearing one.

Prevention and the cure

You may have seen posts on social media or overheard conversations about what prevents and cures coronavirus disease. Suggestions we've seen include yoga, using herbs or oil, gargling mouthwash or rinsing your nose with saline. All these things can be beneficial for general health and wellbeing; however, you should question any suggestion of their benefit in the prevention or cure of coronavirus disease. To date, there is no specific medicine recommended to prevent or treat coronavirus disease (COVID-19). **Your best protection is good hand hygiene and good respiratory hygiene. So wash your hands, and cough and sneeze into a tissue or your elbow.**

Where to stay up to date

You can stay up to date by visiting the [Department of Health and Human Services website](#). There you'll find advice and resources. If you suspect you may have the novel coronavirus, please call the dedicated hotline on 1800 675 398.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16 March. Mums & Bubs Fitness 9.30am: Eynesbury Discover Centre</p> <p>Mindset & Movement 10.00am: Bridge Road Community Centre</p> <p>Teens Get Active – Boxing 4.30pm: Caroline Springs Leisure Centre</p> <p>Senior Female Footy Come & Try Diggers Rest Football Netball Club 6.00pm: Diggers Rest Recreation Reserve</p>	<p>17 March. Express HIIT (30 minutes) 9.45am: Botanica Springs Community Centre</p> <p>Soccer Come & Try Satellite City United Soccer Club 5.30pm: Kurunjang Recreation Reserve</p> <p>Women's Soccer Fitness Melton Phoenix Football Club 7.00pm: MacPherson Park</p>	<p>18 March. Golf Skills 11.00am & 5.00pm: Melton Golf Club <i>No equipment required</i></p> <p>Senior Female Footy Come & Try Diggers Rest Football Netball Club 6.00pm: Diggers Rest Recreation Reserve</p> <p>Cricket Come & Try Eynesbury Cricket Club 5.00pm: Mt Carberry Recreation Reserve</p>	<p>19. March Seniors' Self Defence 9.30am: Taylors Hill Youth & Community Centre</p> <p>Yoga in the Park 6.30pm: The Willows</p> <p>Women's Soccer Fitness Melton Phoenix Football Club 7.00pm: MacPherson Park</p>	<p>20. March Mums & Toddler Yoga 9.30am: Fraser Rise Community Centre</p>	<p>21. March Futsal Come & Try 11.00am: Caroline Springs Leisure Centre</p> <p>Toolern Creek parkrun Everyone welcome 8.00am: Toolern Creek Park (Bridge road Athletics Track)</p>
<p>23 March. <i>This Girl Can Week</i> Mums & Bubs Fitness 9.30am: Eynesbury Discover Centre</p> <p>Mindset & Movement 10.00am: Bridge Road Community Centre</p> <p>Teens Get Active – HIIT 4.30pm: Caroline Springs Leisure Centre</p> <p>Mum/Daughter Come & Try Footy 5.30pm: Arnolds Creek Recreation Reserve</p>	<p>24 March. Express HIIT (30 minutes) 9.45am: Botanica Springs Community Centre</p> <p>Let's Dance 11.00am: Kurunjang Community Hub</p> <p>Women's Soccer Fitness Melton Phoenix Football Club 7.00pm: MacPherson Park</p>	<p>25 March. Wayapa Meditation 2.00pm: Botanica Springs Community Centre</p>	<p>26 March. Teens Get Active – Zumba 4.30pm: Taylors Hill Youth & Community Centre</p> <p>Boxing in the Park 6.00pm: The Willows</p> <p>Women's Soccer Fitness Melton Phoenix Football Club 7.00pm: MacPherson Park</p>	<p>27 March. Mums & Toddler Yoga 9.30am: Fraser Rise Community Centre</p>	<p>28 March. Toolern Creek parkrun Everyone welcome 8.00am: Toolern Creek Park</p> <p>Self Defence <i>Limited spaces – bookings essential!!</i> 9.00am-12.00pm: Kurunjang Community Hub Bookings: http://bit.ly/TGCSelfDefence</p> <p>Rugby Union Come & Try Melton Warriors & Western Districts Rugby Union 10.00am Frontier Recreation Reserve Aintree</p>
<p>30 March. Mums & Bubs Fitness 9.30am: Eynesbury Discover Centre</p> <p>School Holiday Mums & Kids Hip Hop 11.00am: Arnolds Creek Community Centre</p>	<p>31 March. School Holiday Express HIIT (30 minutes, kids welcome) 9.45am: Botanica Springs Community Centre</p> <p>Women's Soccer Fitness Melton Phoenix Football Club 7.00pm: MacPherson Park</p>	<p>1 April. Boxing for all abilities 10.00am: Caroline Springs Town Centre Sports Precinct</p>	<p>2 April. Active April Fun Day <i>All family members welcome</i> 10.00am-1.00pm: Arnolds Creek Rec Reserve</p> <p>Women's Soccer Fitness Melton Phoenix Football Club 7.00pm: MacPherson Park</p>	<p>3 April. Mums & Toddler Yoga 9.30am: Fraser Rise Community Centre</p>	<p>4 April. Toolern Creek parkrun Everyone welcome 8.00am: Toolern Creek Park (Bridge road Athletics Track)</p> <p>Get Active – drop in session 9.00am-12.00pm: Bridge road Athletics Track</p>
<p>6 April. Mums & Bubs Fitness 9.30am: Eynesbury Discover Centre</p> <p>Come & Try Hockey Caroline Springs Hockey Club 7.00pm: Bridge Road Recreation Reserve</p>	<p>7 April. School Holiday Express HIIT (30 minutes, kids welcome) 9.45am: Botanica Springs Community Centre</p> <p>Women's Soccer Fitness Melton Phoenix Football Club 7.00pm: MacPherson Park</p>	<p>8 April. School Holiday Mums & Kids Karate 10.00am: Kurunjang Community Hub</p> <p>Wayapa Meditation 2.00pm: Botanica Springs Community Centre</p>	<p>9 April. School Holiday Mums & Kids Yoga 2.00pm: Frontier Park Pavilion Aintree</p> <p>Teens Get Active – Yoga 4.30pm: Taylors Hill Youth & Community Centre</p> <p>Women's Soccer Fitness MPFC 7.00pm: MacPherson Park</p>	<p>10 April. Good Friday</p>	<p>11 April. Easter Saturday Toolern Creek parkrun Everyone welcome 8.00am: Toolern Creek Park (Bridge road Athletics Track)</p>

This Girl Can in the city of Melton

**THIS
GIRL
CAN**

Women are invited to get inspired and be active during 4 weeks of free activities. Rock up to as many activities as you like. Bring your friends and kids.

Activities will run: 16 March-11 April

For more information contact Mia Lobé
97477200 or like us:
[facebook.com/healthymelton](https://www.facebook.com/healthymelton)



Active April Fun Day



Run, jump, throw, roll
and play your way to
being active!

Join in the fun of Premier's Active
April

Inclusive activities for everyone:

- Sports: cricket, soccer, AFL, tennis
- Under 5's area
- Free play activities
- Giant games
- Soccer darts
- Mini golf
- Tennis, sack races, hula hoops, craft and more!

Bring a hat, drink bottle and BYO picnic lunch.
Coffee van with food and drinks on-site

FUN DAY DETAILS:

WHEN:

Thursday, 2 April

TIME:

10am – 1pm

WHERE:

Arnolds Creek Recreation Reserve

20 Long Tree Drive

Harkness

COST:

Free

For more information Nicole Willis
Email: NicoleW@melton.vic.gov.au
Phone: 9747 7200

Register for the Premier's Active April at
the event of online:

activeapril.vic.gov.au

