

Dear Parents and Carers,

We have just received wonderful news from The Victorian Chief Health Officer that accommodation providers, including privately operated school camps and outdoor education schools and camps operated by individual schools and the Department of Education and Training, can accept school group bookings from 11.59pm on 21 June. This means that the scheduled year 3 and 4 camp to Kangarooobie from August 12th-August 14th can now go ahead. It will be a shorter time line to organise everything than usual but with your help it can be done.

Of course, health and safety precautions will be put in place including putting in place all the advice related to:

- sleeping arrangements
- hygiene practices and cleaning of facilities
- physical distancing among adults
- camp operators undertaking risk assessments and planning
- the involvement of parent volunteers.

Kangarooobie is an award winning, accredited camp on the Great Ocean Road that offers unique activities and great accommodation in beautiful surroundings. Melton West Primary School has used this camp for many years and always found the camp to be of the highest quality.

School camp is a **great** opportunity to develop a range of social skills. Most activities at **camp** involve team work, which is **great** to strengthen established friendships and also to develop new friendships by connecting with children they don't regularly talk with at **school**.

Improved social skills is one of the bonuses of attending a well run school camp. Children need to interact with each other in different settings and different environments to help improve their social skills. Spending time together at school is one thing but eating meals together, travelling together and sharing accommodation together teaches children the worth of working together and treating others with respect. One of the most important life lessons is the ability to interact with others well.

A family normally has a set way to do things – dinner time, social interaction, bed times etc. Breaking out of that family environment for a short period of time teaches our children about the diversity of others and gives them insights into how to do some things differently. It is always good to have new, positive experiences. School Camps offer this in spades! It is important for everyone to do new things and learn new skills – it's all about growing up. New environment, new foods, new friends, new teachers, new activities etc.

It is important for your child to occasionally break the bonds of a family group to build their independence and ability to operate on their own or with different people. A school camp, whilst not exactly offering independence, places your child in a position where they have to have a greater degree of how their days unfolds. For example what shall I wear, how much can I eat, when should I brush my teeth are decisions some children have never made on their own. A school camp will look after your child but also allow them a slightly greater independence that they may be used to. This is a great learning experience and this is why Melton West continues to offer the camp experience to all students from years 3 to 6.

Kind regards,

Jennifer O'Connor

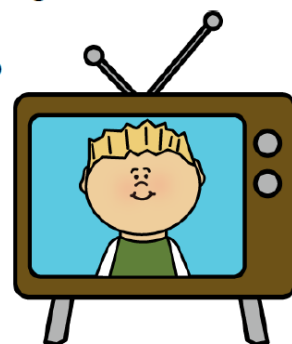
Assistant Principal Prep-2 Learning Community

Getting it right in English!

Helping your child at home with vocabulary building

Parents are the first language models for children. The language children use is modelled, or based on, what they hear from their parents. It is important to create an environment that enriches what a child hears. The words your child hears are the words they will use with encouragement.

As much as possible, encourage family discussions. Set a time each evening to turn off the TV and have a chat. One of the best places is the dinner table as it is one of the few times everyone is together. Set up some ground rules such as 'No eat and run', and 'Everyone will have something to talk about' during and after dinner. This is an opportunity for 'hear and tell' time. Model appropriate turn taking and asking clarifying questions during discussions. Things to talk about include what is going on in the neighbourhood, current news events, what happened at school, events that are coming up, family plans, and family decisions.



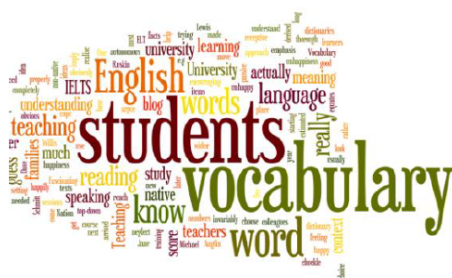
If you have the technology available, make a recording of words. Say the word, define the word and then use it in a sentence. Select words that your children will find interesting. Encourage regular use of the recorded words.

'Word of the Week' could be a fun, family game-like activity you could play. Each person selects a word taking turns each week. For example, the first week it might be mum who writes a word on a card and puts it on the refrigerator door. Everyone must use that word as much as possible that week. The next week its dad's turn, then the children's turn and so on. As the words are used, post them on a cabinet door to stimulate continued usage.

When out on family outings, or during family activities such as cooking, use the vocabulary related to those activities as much as possible. Explain and/or show what they mean. For example, when following a recipe use, explain and model words such as dice, shred.



There are some fantastic children's magazines that you can subscribe to. A good example of this is National Geographic Kids or National Geographic Young Explorer. There are children's magazines that cover practically every interest area of children: cars, sports, computers, the out-of-doors, animals. The information from the articles makes an ideal subject for family discussions.



Sarah Mills- Leading Teacher Literacy

Mathematics and Problem Solving

Dear Parents and Carers,




We all know about mathematics as a field of study that deals with numbers and measurements that allow us to deal with difficult concepts easily. More than and equal to are concepts that we are born with and mathematics allows us to delve deeper into these concepts with multiplication and division helping us in daily lives tremendously while dealing with currency and various other objects.

Problem solving places the focus on the student making sense of mathematical ideas. When solving problems students are exploring the mathematics within a problem context rather than as an abstract. Problem solving encourages students to believe in their ability to think mathematically.

Four Stages of Problem Solving

1. Understand and explore the problem
2. Find a strategy
3. Use the strategy to solve the problem
4. Look back and reflect on the solution.

Below are some problems you might like to try.

<p style="text-align: center;">ODD</p> 	<p>The object of this activity is to find the sum of the first 25 odd counting numbers. One way is to add $1 + 3 + 5 \dots$ continuing until you have added the first 25 odd numbers. However, this is too much work for the problem. Look for patterns and combinations to find a much easier way to solve this. Apply what you have learned from this problem and find the sum of the first 25 even counting numbers.</p>
<p style="text-align: center;">Cookies</p> 	<p><u>Patterns, Algebra, And Functions</u></p> <p>A boy ate 100 cookies in five days. Each day he ate 6 more than the day before. How many cookies did he eat on the first day?</p>
<p style="text-align: center;">Tables And Stools</p> 	<p><u>Number Theory</u></p> <p>Vladmir builds 3 legged stools and 4 legged tables. Last month he used 72 legs to build 3 more stools than tables. How many stools and how many tables did he build?</p>

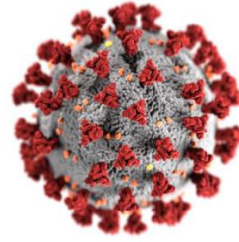
Kind regards,

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.

Too sick for school? (COVID-19)



- ALL UNWELL STUDENTS MUST STAY HOME
- PLEASE KEEP YOUR CHILD HOME IF you have administered medication to your child prior to school for a headache, fever, aches and pain or a sore throat
- PLEASE DO NOT SEND YOUR CHILD TO SCHOOL IF they are experiencing ANY of these symptoms- coughing, runny nose, sore throat, fever, aches and pain, headache, shortness of breath or loss of sense of smell or taste
- If your child has complex medical needs or a compromised immune system please see your medical practitioner to seek advice on return to school prior to your child's return
- If your child is experiencing symptoms of COVID-19 please seek medical opinion from your medical practitioner or the National Coronavirus (COVID-19) Helpline 1800 020 080, the line operates 24 hours a day, seven days a week
- Please notify the school immediately if your child has been diagnosed with COVID-19 or has been in close contact with a confirmed case

INSIGHTS

Conquering kids' techno-tantrums



Many of us have witnessed our kids or teens emotionally combust when asked to switch off their gaming console or put their phone away. I colloquially call these 'techno-tantrums'. Many of us fret that this signals that they're 'addicted' to technology and find ourselves worrying about why they behave in such intense ways.

So, what makes technology so psychologically appealing for kids and how can we help them to unplug so that screen-time doesn't end in scream time?

Technology is so appealing

Technology has been intentionally designed to cater for our kids' most basic psychological drivers. As humans, our three most basic psychological needs are the need for connection, competence and control.

Technology caters for these needs in very clever ways. For example, our need for relational connection explains why many of our boys are obsessed with multi-player video games and girls are infatuated with social media. These online tools have also been designed to help young people experience competency- gamers see tangible measures of their performance by their levels of attainment, or battles won. Scrolling through YouTube and 'selecting' which video they'll watch next also enables young people to experience a sense of control and agency over their lives – something they biologically crave.

Here's what technology does to their brains and bodies

Digital technology impacts on children and young people in the following ways:

'It feels good'

When our kids use a screen it's usually a pleasurable experience for them. Their brains secrete the neurotransmitter dopamine, which makes them feel good. This means, when you demand that they turn the device off, you're terminating their production of dopamine (pleasure response). It's better to provide a choice of more appealing transition activities when you want them to move away from a screen. For example, suggest that they ride their bike, or walk the dog after they've switched off the device.

'I want more'

The online world has no stopping cues, so our kids and teen never feel 'complete' or 'done'. They can always refresh social media; continue to play to attain another level in a game; or watch another YouTube clip. This is also referred to as the state of insufficiency.

One parenting tip that works is to give your children and teens hard end points. Rather than giving them a quantity of time (for example, you can watch an hour of TV today), give them the finish time (for example, I'd like you to switch off the TV at 4:30pm).

parenting*ideas

'It's so novel'

Our brains are wired to seek out new and interesting stimulus. The online world is always instantly gratifying, fast-paced and requires minimal cognitive effort. In comparison the offline, real world doesn't always offer novelty. The real world is a lot slower-paced, and it's not always instantly rewarding and interesting like our kids' digital world.

Ensure your kids and teens have ample time to experience boredom. Our brains were never designed to be switched on and processing information as they are in the digital world. Opportunities for boredom allow the brain time to reset and help our kids become accustomed to not always being 'switched on'.

Related webinar

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Understanding techno tantrums' at no cost.

About

In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits.

When

17 June 2020 8:00pm AEST

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-understanding-techno-tantrums>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code TECHNO and click 'Apply Coupon' Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'

The voucher is valid until 17 September 2020.



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 worked as an educator for fourteen years before becoming an academic and speaker who's on a mission to help children, teens and adults tame their technology habits so they're not a slave to the screen. For further details visit www.drkristygoodwin.com.