Dear Families and Carers,

This past week has been fabulous watching our Prep-2 children return to school with such enthusiasm and positivity. From our interactions with our Prep-2 children this past week, it is very evident to us that our children are displaying resilience.

When we talk about resilience, we're talking about a child's ability to cope with ups and downs, and bounce back from the challenges they experience. Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life, during adolescence and adulthood. Resilience is shaped partly by the individual characteristics we are born with (our genes, temperament and personality) and partly by the environment we grow up in — our family, community and the broader society. While there are some things we can't change, such as our biological makeup, there are many things we can change.

One way of explaining the concept of resilience is to imagine a plane encountering turbulence mid-flight. The turbulence, or poor weather, represents adversity. Different planes will respond to poor weather conditions in different ways, in the same way different children respond to the same adversity in different ways.

**Build supportive relationships** - Quality relationships are important for resilience. You can help develop your child's resilience by helping them build and strengthen their relationships with other children, and with significant adults in their lives – including your parent-child relationship.

It is important to remember to:

- \* spend quality time with your child
- support your child to build relationships with other adults
- help your child develop social skills and friendships with peers
- \* help your child to develop empathy.

**Focus on autonomy and responsibility -** Autonomy and responsibility play an important role in building children's resilience. You can encourage your children to take on responsibilities and develop a sense of autonomy.

**Focus on managing emotions -** Being resilient is not always about feeling better or having fewer emotional reactions. It's about managing and responding to emotions in a healthy and positive way. You and other adults in your child's life play a role in helping children articulate, respond to and manage emotions.

**Create opportunities for personal challenge -** Provide your child with opportunities to build their confidence and learn how to deal with obstacles, success and failure when they undertake personal challenges.

"Resilience is based on compassion for ourselves as well as compassion for others." — Sharon Salzberg

Warmest Regards, Kathy Cvitkovic – Assistant Principal 3-6 Learning Community

## Getting it right in English!

### The importance of regular Read Aloud opportunities

Our home reading program encourages children to bring home Just Right Texts to read to an adult or older sibling. Children are encourage to practice the reading goal set in class and engage with a text that is slightly challenging but is able to be read independently and understood.

However, just as important is for children of all ages to experience being read to. Modelled reading (reading to or reading aloud) involves children listening to a text read aloud by an adult. The adult models skilled reading behaviour, enjoyment and interest in a range of different styles of writing and types of text. Reading to or reading aloud provides an opportunity for adults to demonstrate their enjoyment in reading, and allows children to see a purpose in learning to read.

Reading aloud allows children to access texts that they are not able to access independently. It provides an opportunity for children to see and hear skilled reading behaviours, which they then begin to imitate and internalise.

Children gain practice in constructing images of events, people and objects that are removed from themselves. Unfamiliar and unusual vocabulary and increasingly more complex text structures, features and genres can be introduced and explained.

Most importantly, reading aloud or being read to demonstrate interest and engagement in reading. A genuine engagement in reading by an adult can nurture a passion for literature. \*

### Ways you can support children when reading aloud to them:



\*Adapted from the DET Victorian Literacy Portal- Modelled Reading

### *Sarah Mílls* Leading Teacher- Literacy



## WHY DO I NEED TO LEARN MATHEMATICS?

**Mathematics** is important for many different reasons. It helps justify the logistics of situations, creates mystery, sparks creativity, and sometimes can change the **world**. One of the most common myths that kids believe, is that they can get away with not really knowing maths if they don't go into science, technology, engineering or a maths career. Below are some examples of interesting careers and how they use maths.

**The Photographer** -An understanding of geometry is essential for good photographic composition. In addition, maths is needed to control exposure (the amount of light used to define a photograph) and to decide how to set up auxiliary lighting."

**The Jewellery Artist** - Jewellery artists work with a variety of math problems, both for creating or resizing a piece.

**The Glass Artist** - When a piece of glass is put in the kiln, at a certain point the heat will turn the glass from a solid into a liquid and, the correct calculations are needed.

Artists – The most maths is used at the beginning stages of a painting, when sketching thumbnail ideas.

**The Profiler** - When profilers work to solve a crime, they use every type of math from basic addition to geometry and pattern analysis to statistics and probability to reasoning and logic.

**The Cookbook Author** -Test recipes are much smaller than the ones published in cookbooks so the ingredients have to be converted for publication.

**The Fish Hatchery Technician** -This job requires the use of basic math when treating fish for parasites, using either salt or formalin.

**The Coffee Roaster** -The coffee roaster uses math to figure out how much coffee he needs to roast for his orders at his cafe.

**Animator** -An Animator uses linear algebra to show the way that an object is rotated and shifted and made larger and smaller. As well as prized jobs at Disney and Pixar, animators can work in computer and console game development, television programming, broadband internet animation, broadcast and web advertising, education, research, and military and corporate training.

**Computer Games Designer -** To build a game, with all its user generated levels, requires some serious maths skills.

**Forensic Scientist** - Forensic scientists use maths principles to figure out the location of the victim when the blood was shed and even the type of weapon or impact that caused the victim's injury.

**Astronaut** -Astronauts use maths in order to make precise mathematical calculations, from how the spacecraft leaves Earth's atmosphere to how the astronauts pilot the craft.

**Architect** -Mathematics is needed to analyse and calculate structural problems in order to engineer a solution that will assure that a structure will remain standing and stable.

So maths really is important for your daily life, no matter what you want to do. It's true that not everything you learn will be needed later, but you never know what you'll want to do, and the more you know and have to build on, the better off you'll be. Lots of life skills require maths, you don't have to be called a mathematician to use maths – in fact, no matter what you do you'll end up using your mathematical skills in some way or form.

Kinds Regards Jennifer O'Connor Assistant Principal P-2 Learning Community



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#### 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 tips 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).

Provided as a part of our school's Parenting Ideas membership

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#### '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: <u>https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-understanding-techno-tantrums</u>

2. Click 'Add to cart'

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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.

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