

Tunable Creek Public School



Respect - Integrity - Participation

Tunable Creek Road The Channon

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Tuesday 7th May 2019

Principal News - Ms Laura Cromptvoets

It was fantastic to see all the students' wonderful smiling faces this morning for the school photos. The students were all very excited about getting their photo taken. I think that the teachers were incredibly excited too!

This Friday we will be participating in the PSSA Cross Country in Corndale. Please meet at the front of the school at 10am. I look forward to seeing all the kids having fun and participating in the great day. Have a great week!

Dunoon PSSA Cross Country

The Dunoon PSSA Cross Country will be held this Friday 10th May at Corndale Public School. Travel will be by Private Car.

NAPLAN

In week 3 our Years 3 & 5 students will sit the National Assessment Program Literacy and Numeracy (NAPLAN). NAPLAN is a state wide assessment and our students have performed well in these assessments in recent years. We are confident that our students will give their best in these assessments again this year.

Attendance

We want the children to be at school every day that they can. Attendance is important to develop academic and social skills. Our attendance this year has been pretty good and we would like to thank you for your support in this area. Please remember that if your child has one day off every fortnight by the time they finish primary school they will have missed 3 terms worth of work which puts them 3 terms behind other children's learning, and makes school harder for them in high school.

*Upcoming Events
Term 2*

PE each Thursday

Dunoon PSSA Cross Country

Tennis program

Kid's First Aid Training

Checklist for a healthy approach to screen time

These questions can help you check whether your child is using screens in a balanced and healthy way.

Is your child:

- sleeping enough?
- physically healthy?
- engaged with school?
- connecting socially with family and friends, online and offline?
- enjoying a variety of hobbies and interests?
- having fun and learning while using screens?
- using quality content?

If you **answer yes to most or all of these questions**, your child is probably using screens in a balanced way as part of a healthy lifestyle.

Choices about screen use

If your child has choices about his screen use as well as input into your family's screen time rules, he's **more likely to cooperate with the rules and limits**.

Also, making choices from a range of healthy and high-quality options helps your child learn how to manage screen time independently in the future.

You could offer your child choices about:

- what to watch or do – for example, 'Do you want to watch *Play School* or *Sesame Street* today?' or 'Do you want to work on your animation or play your puzzle app?'
- when to use screens – for example, 'Do you want to have your screen time after school or after dinner today?'
- how to break up screen time – for example, 'Do you want to use a timer, or take a break when you finish the level?' or 'Are you going to jog on the spot or do star jumps when you finish the level?'

One of the keys is **encouraging your child to make choices about screen use based on quality**. To do this you can:

- talk with your child about good-quality content
 - ask your child whether she thinks she's making good choices.
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