

Evatt Eagle

In a caring environment, we will achieve our full potential.



Swimming Carnival 8 March

Tomorrow is our whole school Swimming Carnival at Gungahlin Leisure Centre. Evatt School (years K-6) relocates to the centre for the day so there will be no teaching staff on the Evatt School site (Preschool still operates as usual). Students not attending, or who have not returned notes, will need to stay home for the day.

FROM THE EXECUTIVE TEACHER

National Day of Action

Evatt School is joining schools across Australia being involved on the ninth National Day of Action against Bullying and Violence (NDA) on Friday 15 March 2019. By participating we are showing we are united with other school communities against bullying and violence. We have access to a range of thought-provoking resources to help raise the awareness, on this day and throughout the year, about bullying. All students will be participating in some discussions or activities to facilitate this and each child will receive a wristband. Hopefully this will remind them of some of the discussion points and they can tell you about it.

The Theme for the 2019 National Day of Action is **Bullying. No Way! Take Action Every Day.**

The NDA gives schools the chance to take action and empower young people to be part of the solution when addressing bullying in their school community. It provides an opportunity to focus on bullying and the big changes we can make to create safer communities for everyone.

Screen Time

A challenge that parents face now is finding the time to listen to and read to your child. With new technology, especially the easy and ubiquitous use of smartphones, tablets and computers, transforming our communication and leisure time, parents are challenged with the decision of how much screen time they should allow their child to have. This week, ABC television and newspapers reported on this issue and asked some experts in the area. They raised some issues of the impact on child development and the risks and benefits. While the verdict is still out on this, as there is little or limited long term research yet, there are some guidelines; not all screen time is equal, think about quality, co-view with your child so you know what they are watching. You may watch this segment on iView <https://www.abc.net.au/7.30/how-much-is-too-much-screen-time-for-your-kids/10869736> or read the 'insights' article attached to the newsletter.

7 March 2019

Monday 11 March

Canberra Day Public Holiday

Tuesday 12 March

Wednesday 13 March

School Banking

Thursday 14 March

Breakfast Club 8.30am-

9.00am

Canteen Open

Friday 15 March

Canteen Open

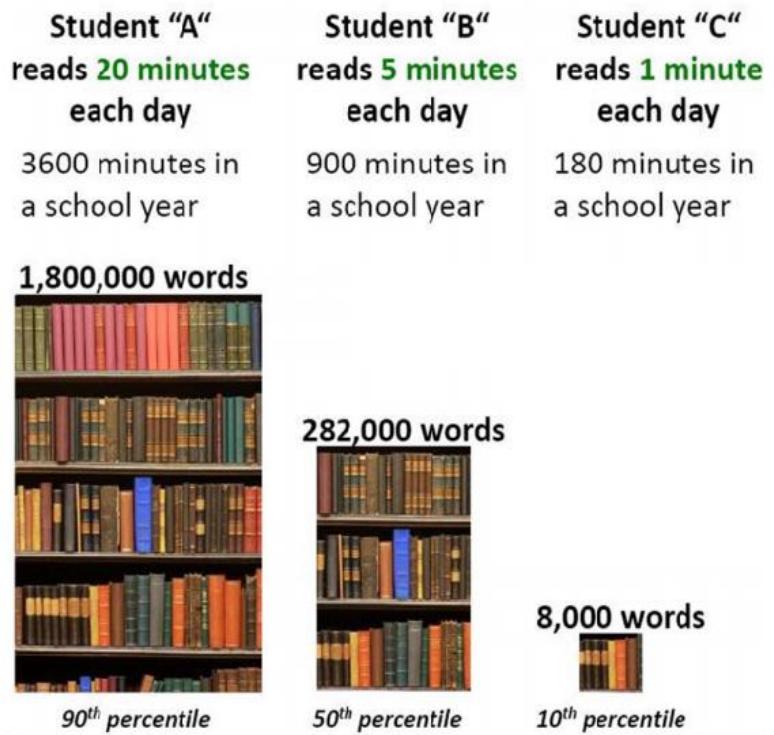
Assembly: 2.15pm

*Don't forget to check
the Back Page*

Reading

Last week I presented a workshop for Kindergarten parents, outlining ways to help their children learn to read. This included tips such as 'pause, prompt and praise' your child when listening to them read and I discussed the 3 reading strategies that a reader must use to read texts. Reading is a very complicated cognitive skill and children develop and achieve success at different rates. Reading is meaning making and for it to be successful, students must understand what they read. As a parent, you can check up on their understanding by asking them high level questions about the text, literal and inferential, or perhaps ask them to summarise the text in a few sentences. Another strategy could be to ask your child to tell you the main idea using one or two words. I will be repeating the information session for any parents or carers later in the term, so watch out for the date. One of the most important ways you can support your child at any level is to ensure they do READ! Make it part of your daily family routine to show your child how important it is to you and for them.

Why Can't I Skip My 20 Minutes of Reading Tonight?



By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

The school swimming carnival is tomorrow and I'm sure it will be a wonderful fun filled successful day. Enjoy our extended summer weather this week.

Louise Frawley, Literacy and Numeracy Coach, Executive Teacher K - 2

Flying Highs

Congratulations to the following students, who have received flying highs at the last assembly:

Zachary and Aisolina – 1/2Pinjarup

SAVE THE DATE
P&C Working Bee - 6 April
8.30am - 2.30pm

Needed: Your time, wheelbarrows and shovels

insights

There are better questions than 'How much screen time?'

by Martine Oglethorpe



'How much time should my child be allowed in front of a screen?' 'What about my five-year-old?' 'How long should I let my 13-year-old play Fortnite?' As a digital wellness and online safety expert, these are some of the questions I am most frequently asked.

They are certainly all relevant questions as parents fumble about trying to make rules and boundaries around their child's screen time habits. Obviously we all want to prevent the screen time obsessions we hear about in the media. We want to maintain a sense of control over our child's screen time habits.

As the digital world is far more complex and nuanced, our approach and questions need to mirror those complexities. We can certainly apply some time limits, and prescribe times when devices are not to be used. But it's wise to ask more pertinent questions to help us make more informed choices about the rules and boundaries we set up for our kids.

In particular, there are three important questions we should ask. These are:

1. 'What is my child doing with his or her screen?'

There's no point worrying about how long your child is on a screen if you have no idea what they are doing when they're on it. Handing a child a device without guidance can lead to a vast range of different experiences. One child might spend the time researching the dietary habits of a green tree frog, or learning how to make the best paper plane to fly with a younger sibling. Another might watch a funny cat video, or even watch hard-core pornography. These are vastly different ways to spend their time online.

2. 'What is the effect of the screens on my child?'

Is your child enjoying socialising online because it allows them deeper connections with their friends, provides them with support and gives them a sense of belonging? Alternatively, is he or she feeling excluded or being cyberbullied? A child's online experiences can help or hinder wellbeing. If online activities lead to tantrums when transitioning to offline tasks, or even aggression then it may be a sign that online use is having a negative impact.

3. 'What is my child missing out on?'

Children and teens benefit from involvement in a wide range of activities so they can maintain optimum physical, social and emotional development. Spending time outdoors, enjoying active sports, connecting face-to-face with friends, sharing family meals, keeping up with homework and assisting with household chores are the types of activities that most experts agree are beneficial for children and young people. If the amount of time a child

parenting*ideas

spends on digital devices excludes him or her from these types of activities then it can be considered excessive. If this is the case, then it's reasonable to expect that, with your assistance, your child begins to place some limits on their screen use.

Digital devices present new challenges for parents to manage. As a result parents need to shift the focus away from simply managing a child's time to helping him or her successfully integrate screen use into their daily life in ways that support learning, development and wellbeing.



Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent

SRC News

The SRC is running its first awareness day for the year. This day we will **not** be collecting donations as we try and raise awareness not funds to support a worthy cause.

Our first event is Purple Day.

Purple Day (26th March) is a global initiative dedicated to raising epilepsy awareness. Purple Day was founded in 2008, by nine-year-old Cassidy Megan from Canada. Motivated by her own struggles with epilepsy, Cassidy started Purple Day in an effort to get people talking about the condition and to let those impacted by seizures know that they are not alone. She named the day Purple Day after the internationally recognised colour for epilepsy, lavender.

Here at Evatt we have a number of students who live with epilepsy everyday so raising an awareness is something the SRC felt very strongly about. All students need to do is wear Purple. Other activities will be announced as we get closer to the day.

From the SRC

Notes Due:

PLEASE NOTE: Paper notes are sent home on Wednesdays. Copies can be accessed at the following links

Canteen News and Menu 2019

http://www.evattps.act.edu.au/_data/assets/pdf_file/0008/439379/Canteen_News_and_menu_term_1_2019.pdf

2019 Voluntary Contributions and Stationery Contribution Years K-6

http://www.evattps.act.edu.au/_data/assets/pdf_file/0007/390742/2019_Vol_Cons_and_Stationery.pdf

2019 Voluntary Contributions and Craft Contribution 2019 Preschool

http://www.evattps.act.edu.au/_data/assets/pdf_file/0020/409061/2019_Vol_Cons_and_Craft_Supplies_-preschool.pdf

Another Chance op shop,
Ross Smith Crescent,
Scullin will have 50% off all
clothing from Monday 18 –
Saturday 23 March in
celebration of our Farewell
Summer Sale.

Find us at Scullin shops, 10am
– 4:30pm weekdays and
10am – 1pm Saturday's.

Another Chance is a project
of Mosaic Baptist Church –
“in the community, for the
community”.



WANNIASSA GUMNUT PRE-JUNIOR GUIDES

FOR GIRLS AGED 5-7

FUN, FRIENDS & ADVENTURE! TRY 2 WEEKS FOR FREE!

THURSDAYS 4:30PM-6:00PM
GUIDE HALL, HYLAND PLACE,
WANNIASSA

FOR MORE INFO EMAIL:
guides.butterfly@gmail.com

OR CALL: 6286 5178



Could \$500 help you with school costs?

Join Saver Plus and we'll match
your savings, dollar for dollar,
up to \$500 for school costs.

- laptops & tablets
- uniforms & shoes
- sports fees & gear
- lessons & activities
- books & supplies
- camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*.



everyone's family

Contact
your local Saver Plus
Coordinator

Phone or SMS
your name and postcode to
1300 610 355

Email
[CanberraSP@
thesmithfamily.com.au](mailto:CanberraSP@thesmithfamily.com.au)

Online
saverplus.org.au
Find us on Facebook



We have vacancies!!

Come and join the Spence Children's
Cottage Family!

We are a small not for profit community
based centre. Our centre has only 25
places per day, and we provide flexible
spaces, environments and routines, with
the opportunity for siblings and children
of all ages to socialise and learn
together.

Our small team of long term educators
are highly trained and have a strong
commitment to the Cottage and the
children and families that attend.

Enquire Now!

Phone: 6258 2077

Email: spcc19@bigpond.net.au

Web: www.spencecottage.com

* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

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Term 1 – 2019

Week	Monday	Tuesday	Wednesday	Thursday	Friday
6	11 Canberra Day	12	13 School Banking	14 Canteen Open Breakfast Club 8.30am-9.00am	15 Canteen Open Assembly: 2.15pm
7	18	19	20 School Banking	21 Canteen Open Breakfast Club 8.30am-9.00am	22 Canteen Open Ride2School Day
8	25	26 SRC - Purple Day	27 School Banking	28 Canteen Open Breakfast Club 8.30am-9.00am Belconnen Swimming	29 Canteen Open Assembly: 2.15pm
9	Apr 1	2	3 School Banking	4 Canteen Open Breakfast Club 8.30am-9.00am	5 Canteen Open 6 April Sat 8.30-2.30 Working Bee
10	8	9	10 School Banking	11 Canteen Open Breakfast Club 8.30am-9.00am	12 Canteen Open Assembly: 2.15pm

Term 2 – 2019

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	April 29	30	May 1 School Banking	2 Canteen Open Breakfast Club 8.30am-9.00am	3 Canteen Open
2	6	7	8 School Banking	9 Canteen Open Breakfast Club 8.30am-9.00am	10 Canteen Open Assembly: 2.15pm
3	13	14	15 School Banking	16 Canteen Open Breakfast Club 8.30am-9.00am	17 Canteen Open
AquaSafe – Year 2 ← →					
4	20	21	22 School Banking	23 Canteen Open Breakfast Club 8.30am-9.00am	24 Canteen Open Assembly: 2.15pm
5	27	28	29 School Banking	30 Canteen Open Breakfast Club 8.30am-9.00am	31 Canteen Open

SCHOOL PAYMENT DETAILS:

EFTPOS: Visit the front office in person, ring the front office and pay over the phone (Mastercard/Visa only).

Direct Transfer: Evatt Primary School Management Account, BSB: 032777, Account number: 001244, Reference field: 'child/family name' & 'excursion/payment name'



Principal: **Mrs Susan Skinner**

Heydon Crescent, Evatt ACT 2617

Ph: (02) 6142 1640

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🌐 : www.evattps.act.edu.au