Principal: Dave Condon  
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Creative & Caring

Whian Whian Public School  
NEWSLETTER ~ Term 1 Week 8  
18th March, 2014

Tuckshop This week - Jane  
Next week - Kate  
Don’t forget your piece of fruit and 50c for recess and money for lunch

Fruit Break 10am daily - each child can bring a piece of fruit.

Wide brimmed red hats available for $8 from school

P&C Meeting Tuesday 25th March 3.15pm

CALENDAR

Upcoming Events:

| 17 | Stage 3 Ext. Day - Corndale  
Dave Away |
| 18 |   |
| 19 |   |
| 20 |   |
| 21 | Assembly |
| 24 |   |
| 25 | Science Dr. Nathan  
P&C Meeting |
| 26 | Dave Away |
| 27 |   |
| 28 |   |
| 31 | 1 |
| 2 |   |
| 3 | Corndale BBQ & Bushdance - 5.30pm |
| 4 |   |

Principals Report

The Monday afternoon gardening sessions are going well. Students have been planting, weeding and learning how to organise the fruit stall............. and pulling some funny faces.

Everyone loves getting their hands dirty during gardening.

We bought some new sand for the sand pit and found some slaves to unload it. We also bought 2 loads of soft fall for the monkey bars which have been very popular during this recent hot weather.

Interest groups have been a great success this term. Children have enjoyed the cooking very much. Thanks Bev. They have
almost completed their string art as well. Interest groups will change as of this week as the focus turns to making Easter hats and masks. Some of the children from the Dunoon preschool will visit us on Wednesday in the last week of term for our Easter activity morning. Our students will help the pre-school children to make their own hats. We will all join in a huge Easter egg hunt and finally we will all have a big Easter hat parade to look at everyone's hats.

Mindfulness has begun again this term. The children are getting better and better at focusing on the discussion Lisa, Annie and Jess lead. This term the children are considering what makes our school great and what we would like to do even better.

Yesterday the year 5&6 students went to Corndale for a Drama enrichment day. These days are a great opportunity for our kids to have a day of focussed activities and get to know children from other schools who they will likely go to high school with. All the kids reported that the day was really good. We would like to remind everyone that this week is and assembly week. If you can make it at 2.30 on Friday, the kids love showing you some of what they have been doing.

Next Tuesday morning will be another exiting Science lesson with Dr Nathan. Miss O'Neill and Kim will be here with Nathan. I will not be here until around recess after a doctor's appointment, so I hope when I do get there that Doctor Nathan hasn't sent the school shooting into space or frozen everyone with liquid nitrogen.

The following day is the termly Principal's meeting in Lismore. Miss Jodie will be here as usual.

This term Miss Jodie has been focusing on groups of instruments, last week it was percussion. I think all the students enjoyed this.

On Thursday the 3rd of April, we have been invited to Corndale Public School for an afternoon barbecue and bush dance. Anyone who is interested will need no preparation as Cathy McEwen will be there to teach everyone the bush dances. It is a low key, fun get together for the kids to socialise with friends from our other small schools. Children from Corndale, Tuntable Creek and Whian Whian have been invited.

Maths work in class this week is about Multiplication and division for the Year 3-6 students and for addition and subtraction for the K-2 students. Next week we will begin patterns and algebra in Yr3-6 and time and money in K-2.

Just a reminder that ANZAC day is right at the end of the holidays this year. I will be contacting parents leading up to the end of term to find out who is interested in marching. The numbers are always less during holidays, which is understandable as people are still away with their families.
If you are a parent of a K-2 student, I am sure you have heard a little bit about the proposed excursion to Jiggi for the dinosaur show. Miss O’Neill will be sending more detailed information home in the next week or so as well as the permission slip. It looks like a great day. Don’t forget P&C Meeting next Tuesday 25th March.

My final note is that the Northern Star will publish the feature with the photos of the Kindergarten children on March the 26th. Get in early before they sell out.

Tips on Setting Unplug and Play Rules

Despite what your children might tell you, many families have rules in place to limit children’s screen time (TV, computer, electronic games) for entertainment. Parents play a key role in influencing how physically active or inactive their primary school aged children are. You can play an important role in ensuring that your children don’t exceed the two-hour-a-day electronic media use recommendation set out within the National Physical Activity Guidelines for Children. Family rules are a good strategy to limit screen time in children.

So what are you waiting for? Why not set up your family rules today?

Arrange a family meeting so that everyone can contribute to the rule setting and establish a family agreement. This will make children feel included in the changes you make and ensure they are aware of all the rules. This is also a great opportunity to make your kids aware of the negative effects of too much screen time.

Remember: Children should spend no more than two hours a day using electronic media (TV, computer, games) for entertainment.

Some examples of common rules around electronic media use for entertainment include:

- kids bedrooms are screen-free zones
- no television before school
- all homework must be completed before using electronic media
- electronic media must not be used before the sun goes down
- screen time is between 6:30-8:30pm only
- no electronic media is to be used during meals (including phones and TVs)
- electronic media must be shared and everyone must have equal amounts of time

if rules are not followed, that person must do the dishes
- kids must have had an hour of activity before using electronic media
- people are only allowed to use electronic media on weekends.

Remember these rules apply to the parents too! Display the rules you agree to in a central place. To get everyone on board why not plan an active reward? For example, a family tenpin bowling or fishing trip. This will make everyone motivated to follow the rules and create some great family memories.

(Courtesy Heart Foundation: http://heartfoundation.org.au)