

DUNGAY PUBLIC SCHOOL

Newsletter

Week 5 | Term 4
13 November 2018



Dear Parents, Bonjour, Buenos Dias, G'Day, Guten Tag, Konichiwa, Ciao, Shalom and Dobrej Dyen to all the beautiful parents, grandparents and carers of Dungay PS

FINAL KINDY ORIENTATION

Week 6 Term 4 – Tuesday 20 November 9.30am - 1.30pm

The new kindergarten children for 2019 have settled well into Dungay PS. Mrs Ryan and Kim have been focusing on social skills, friendships, fine and gross motor skills along with some literacy and maths.

Today they had their sport dress up day, being involved in lots of fun, active programs.

Next week will be our final kindergarten orientation, including a parent teacher meeting with our new parents and Mrs Ryan at 1pm.

5 WEEK PHYSICAL EDUCATION PROGRAMS

Starting this week – Thursday 15 November

This term all students at Dungay will be involved in a physical education program catered for K-3 and Years 4/5/6. The two programs that will run are tennis and skateboarding. **These fun and exciting sports programs will be free of charge for students and parents.**

K-3 tennis program

K/1 9:45-10:15am

2/3 10:20 – 11am

Tennis is a very popular sport in Australia and is played by people of all ages. Tennis can be played as a sport or as a recreational activity with friends and family. Either way, playing tennis is a good sport to maintain your health, fitness, strength and agility.

Tennis can be a great workout and lots of fun. Playing tennis has many health benefits including:

- increasing aerobic capacities
- lowering resting heart rate and blood pressure
- improving metabolic function
- increasing bone density
- improving muscle tone, strength and flexibility
- increasing reaction times.

As well as being a great physical workout, tennis is also:

- a non-impact sport
- a great way to meet people and spend time with friends
- suitable for all ages and skill levels. Whatever your level, you can find someone of a similar ability to play with.

(Continued on page 2)

UPCOMING EVENTS

WEEK 5

Tues 13 Nov

2019 Kindergarten Orientation 9am-1.30pm (dress up)

Thur 15 Nov

Tennis K-3

Skateboarding 4-6

Sat 17 Nov

Dungay Mums Boat Cruise 5-8pm

WEEK 6

Tues 20 Nov

2019 Kindergarten Orientation 9am-1.30pm (final)

Thur 22 Nov

Disco 5pm-7.30pm

Tennis K-3

Skateboarding 4-6

WEEK 7

Thur 29 Nov

Tennis K-3

Skateboarding 4-6

WEEK 8

Mon 3 Dec

WHS year 6 parent night

Tues 4 Dec

Year 6 orientation at WHS

Thur 6 Dec

Tennis K-3

Skateboarding 4-6

Year 6 Farewell

WEEK 9

Thur 13 Dec

UNE science visit

Tennis K-3

Skateboarding 4-6

WEEK 10

Mon 17 Dec

2019 planning day

Tues 18 Dec

Presentation Night

Wed 19 Dec

Water fun day!

End of year for students



DUNGAY PUBLIC SCHOOL

(Continued from page 1)

- helpful to reduce stress
- not dependent on youth or strength – you can play for a lifetime or start the game at any age
- played all over Australia and through many parts of the world.

Year 4/5/6 skateboarding program

11:25am – 12:30pm

Back by popular demand! With more than 100 million active skaters, skateboarding is gradually becoming one of the most popular hobbies shared by people around the globe. Contrary to what most parents think, apart from funky clothes, shoes, attitude, and gravity-defying tricks, skateboarding does offer some amazing benefits for the mind and body. The best part about this sport is the convenience of practicing it anywhere; it can be performed indoors or outdoors, and in large spaces or small confined areas.

Skateboarding can be a great workout and lots of fun. Skateboarding has many health benefits including:

- Enhances coordination
- Improves decision making
- Increases metabolism
- Uses the majority of muscles in your body.

TERM 4 DISCO - COUNTRY FARMERS THEME

Thursday 22 November - 5pm—7:30pm

On Thursday 22 November we will be having our annual school disco. Money raised will be donated to charity to assist our struggling farmers. Discos are a lot of fun. They allow students to dance, sing and smile in a relaxed and safe environment. Food will be provided and we are asking students to dress in their Farmer best.

During drop off time for the disco we are asking all parents to connect and visit our school library to view our students' art work. These vibrant and artistic art works are made into magical calendars for next year which parents are able to order.

CHILD PROTECTION – MANDATORY TERM 4 UNIT

This term students are involved in a variety of mandatory child protection activities. Our child protection program is aligned to the NESA PDHPE Syllabus focusing on the **three key themes**:

Recognising abuse; Power in relationships ; Protective strategies

Our teachers are highly skilled in teaching the child protection unit. We are also very lucky to have the Y-PEP child protection organisation supporting us in the delivery of this content. This unit of work can bring up sensitive and challenging topics. If you have any concerns about this mandatory unit of work, please see me or your child's teacher.

MR JOSHUA STEPHENS

Principal Dungay PS

\$10.00 per head



- ↳ Disco fun!
- ↳ Art calendars to view and purchase
- ↳ Pizza / popper / popcorn provided
- ↳ Farmer dress code

Get your
'Country On'
and join us for a
FARMER themed disco

Thursday 22 November

5.00pm - 7.30pm



CONNECT



SUCCEED



THRIVE

WELLBEING FOR OUR STUDENTS

These articles are designed for parents to read, learn and develop strategies to help support their child at Dungay PS. This term we are focussing on student wellbeing. The wellbeing of our students at Dungay PS is imperative. We aim as a school and community

TECHNOLOGY

HOW (AND WHEN) TO LIMIT KIDS' TECH USE

No one cares more about your child's well-being and success than you do. In today's digitally-fueled times, that means guiding him or her not just in the real world but in the always-on virtual one as well.

Teach your children to use technology in a healthy way and pick up the skills and habits that will make them successful digital citizens. From 2-year-olds who seem to understand the iPad better than you to teenagers who need some (but not too much) freedom, we'll walk you through how to make technology work for your family at each stage of the journey.



TOP 3 TIPS TO REMEMBER

A few basic parenting guidelines will help you establish ground rules and maintain tech harmony at home.

1. AIM FOR BALANCE

It's clear that technology is here to stay and the world is becoming only more digitally driven. In many ways, that's a good thing. Technology can be empowering for kids of all ages, with tools that help children learn in fun and engaging ways, express their creativity and stay connected to others. Children who are tech-savvy will also be better prepared for a workforce that will be predominantly digital.

At the same time, parents naturally worry about their kids accessing inappropriate content online, the impact of too much screen time on healthy development and their children becoming tethered to technology.

As with most situations, a balanced approach to these new challenges works best. "The most important step is to establish a balanced or sustainable relationship with tech," says the social psychologist Adam Alter, author of "Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked." You can liken it to aiming for a healthy diet, Dr. Alter explains: "Older kids understand the concept of balance intuitively -- they know that it's important to eat healthy foods alongside candy and dessert, and the same is true of the 'empty calories' that come from spending too much time passively gazing at screens. There's a time for screens, but not at the expense of time for physical activity and connecting with real people in real time."

Some things to keep in mind as you try to strike this delicate balance:

There's no single recipe for success, but you'll know it when you see it. Balance for your family will look different than it will for your neighbor because every family is unique and parenting styles and values vary. In general, though, if your family can reap the benefits of technology without feeling many of the harmful effects and you feel confident in how your children are using technology, you've likely found balance.

Watch for the warning signs of unhealthy tech usage. The psychologist Jon Lasser, who co-wrote "Tech Generation: Raising Balanced Kids in a Hyper-Connected World," says parents should note when:

- Kids complain that they're bored or unhappy when they don't have access to technology
- Tantrums or harsh resistance occur when you set screen time limits
- Screen time interferes with sleep, school and face-to-face communication

Be prepared to revisit this topic again and again. As your children grow, so will their involvement with technology. Also, it's difficult to predict what the digital world will look like even just a few years from now. Your definition of healthy and unhealthy tech usage will need regular updates. Fun times ahead!

Some tips to evaluate the quality of your children's digital interactions (which you should do regularly):

- Are they accessing age-appropriate content?
- Are the apps they use interactive and thought-provoking rather than passive? Not all screen time is equal. Going back to the food analogy, 100 calories from a doughnut is not the same as 100 calories from a salad; an hour watching YouTube videos isn't the same as an hour spent in a digital art program.
- Are the privacy settings for older children's social media and other online accounts set to restrict what strangers can see and who can contact your children?

Still set screen time limits to balance online and offline activities. Although quality is most important, you'll probably still want to set some screen time limits for your family to preserve time for activities beyond screens and tech. While the debate on exactly how many hours kids can spend on their screens before it becomes unhealthy rages on, you can draw firm lines for tech-free times, such as during dinner, in the car, or on school nights.

Don't be scared to check your child's online activity, especially around social media.

**There's a time for screens,
but not at the expense of time for
physical activity and
connecting with real people
in real time.**

2. BE A ROLE MODEL

Technology's irresistible pull draws in parents as much as it does kids. We check our phones every hour, log late hours working or surfing the internet on our laptops, binge watch our favorite shows, and even engage in dangerous "[distracted walking](#)." Children are likely to not only copy our behavior, but they also feel like they have to compete with devices for our attention. Nearly half of parents in one study reported technology interfering with interactions with their child [three or more times on a typical day](#).

Google and Apple are starting to address this growing concern about tech taking over our lives by adding new phone features such as [time limits for specific apps](#) (for Android) and [statistics on time spent on devices](#) (for iOS). While digital tools can help us curb excessive gadget usage, practicing and demonstrating mindful use of technology ourselves will be the best way to teach children the critical skill of unplugging.

Set boundaries for work time and family time. A few [key times to stay unplugged](#) include:

- when picking up or dropping children at school, as this is a transitional time for them

- After coming home from work, as that's time to reconnect with your family
- during meals, including when dining out, during outings like trips to the park or zoo, or vacations when the focus is on family time

Know when you're really busy and need to be plugged in and when you don't. Often, it feels like there's a work or social emergency and you *have* to take that call, respond to a message, or check your email — but when you really think about it, it could wait until after you've finished that movie or game with your child.

Use media the way you want your children to. Follow common sense rules around tech like never texting while driving and avoiding oversharing on social media.

By practicing what you preach instead of the hypocritical "do as I say not what I do" approach, you emulate the habits you want your children to pick up and show them that there are times for using technology and times when we should be present in the real world.

3. MAKE TECH A FAMILY AFFAIR

Your family likely discusses important decisions that affect the group day-to-day, such as who's responsible for doing the dishes and where you should go for your next vacation. Technology use should take the same type of planning, so everyone's on board with the same expectations.

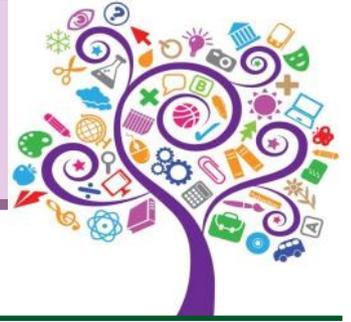
Set rules as a family. When you set limits with children, Dr. Lasser says, kids can start learning how to self-regulate and know when screen time is interfering too much with the rest of their lives. As a bonus, he adds: "Kids are also less likely to balk at limits if they have a role in creating and establishing them." You can create a [family media use plan](#) at the American Academy of Pediatrics' website.

Be involved with your child's tech experiences. Playing or watching alongside with your children offers several benefits. You'll be able to vet the content they are accessing, the child will learn more from the activity through your interaction, and you'll bond through the shared experience. If your children seem to be light years ahead in tech acumen compared with you, let them teach you — it's a confidence-booster for them and important for you to keep up with the new experiences they're having. This might mean sitting through dizzying Minecraft builds, Fortnite games or learning [teenspeak](#), but at least you'll experience the virtual world together.

Tailor your approach to each child. As with other areas of parenting, what works for one child won't necessarily work for another, depending on their ages, personalities, and needs. Your 10-year-old might be more careful about not playing inappropriate games or keeping your computer free of viruses than your 12-year-old. Your 12-year-old might not want a phone even though her friends all have one.

All children will make mistakes online. See these as great learning moments where you can support and help them.

Dungay PS STUDENT ACHIEVEMENT



Week 4

Merit Awards and Achievement in one of the 5 Keys to Success

	Merit Awards	Key	Key
K/1R	Levi and Matilda	Charlette—Resilience	Ami-Ella—Organisation
2/3/4S	Willow and Alfie	Rupa—Persistence	Ava—Resilience
4/5/6J	Chloe May and Wade	Skyla—Confidence	Shakana—Persistence



Congratulations to all of the Merit, Keys to Success and Principal Award recipients



Principal Awards

2/3/4S Ginger and Joel



HOW OUR AWARD SYSTEM WORKS

Major goal = Gold Principal's Award and your name on the Honour Board

Four (4) weekly awards = A Bronze Principal's award.

Four (4) Bronze Principal's Awards = A Silver Principal's Award

Four (4) Silver Principal's Awards = The Gold Principal's Award, name on the Honour Board and trophy/medal at Presentation Night

When you have collected the appropriate number of awards listed above, remember to hand them in to the office to receive your next major award.

P&C NEWS

DUNGAY MUMS BOAT CRUISE

Reminder

Our boat cruise is on this **Saturday 17 November** from 5-8pm.

Cost is \$25 which includes nibbles (BYO drinks).

Time is running out so get your name down quickly so you don't miss out!

Thank you.

Dungay P&C



Ensure you receive all newsletters, Permission notes, notices and reminders by installing our smartphone app on your phone.

Remember to create your account.



FOR THE COMMUNITY

BEFORE AND AFTER SCHOOL CARE



Private bus drop off and pick up from Murwillumbah and surrounding schools. Small group settings, limited places left available.

Registered with Ballina Byron Family Day Care. Childcare rebates apply.

Contact Kim on 0413 974 775.



Head Lice Alert!

Please ensure you check your child's hair regularly for head lice and treat before sending your child back to school. Remember head lice have a 3 week life cycle so please check at least every fortnight or so. The local chemist can help you with correct treatments

Regards—Joshua Stephens

Brooke Lesleighter

Services

Riding lessons - We Provide a lay back happy environment for little kids to come and spend time with horses. We can come to you and help you with your own ponies or you can come to us.

Horse experiences - children and toddlers wanting to spend time with ponies, learn to care for horses, feeding and grooming.

Reiki and horse experience - connect with horses,
Those looking to build confidence in themselves or build a connection with the horses , practice healing.

Credentials

- * Certificate 3 in Horse Industry Practise
- * Australian Racing Institute – Equine Health For ThePerformance Horse Certificate
- *First Aid Certificate
- *Reiki Master
- *Pets and Animals Reiki Master
- *Science of Crystal Healing

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