Calendar of Events

Don’t forget, every Friday the Student Leaders host Parent coffee & chat in the MPC from 2.35pm. Come along and meet with other parents.

- **Friday 20th May**
  - Assembly item S20
  - Walk Safely to School Day

**Monday 23rd May**

*is a Curriculum Day.*

- No students at school on this day

- **Friday 27th May**
  - Assembly item J3 & J4
  - Naidoc Week items final orders due.

- **Friday 3rd June**
  - Assembly item M15

- **Tuesday 7th June**
  - Junior & Middle swimming begins
  - Tues/Weds/Thurs/Friday this week

- **Friday 10th June**
  - Prep Fairy Tale & Superhero Ball
  - 11.30-12.30
  - Assembly item EAL Group

- **Monday 13th June**
  - is the Queen’s Birthday
  - Public Holiday.

- **Tuesday 21st June**
  - is a Pupil Free Day for Student Led Conferences.

**After school activities:**

- **Homework Club**
  - Each Wednesday in the library with Tony, Leanna & Mandy
  - 3.30-4.15pm.
  - Parents must collect students by 4.15pm from the library.

- **Kelly Sports Tuesdays**

- **Awesome Autumn Sports**

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**Education Week**

Thank you to the many parents who came along and joined us for our Education Week Open Morning

We began in the library at 8.30 with online story time. (Don’t forget this is on each Wednesday morning in the library 8.30-8.50am.)

Then there was lots of fun activities in the classrooms with Reading and Numeracy.

- Some parents stayed to enjoy morning tea with the SLCs in the MPC after classroom visits or joining in with the table tennis challenge in the MPC.

Yara and Tiffany from P6 shared some great writing about a favourite picture story book, Hairy Maclary.

“Hairy Maclary is soft. He ran under other dogs. He was scared of the cat.”

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**Walk Safely to School Day is TOMORROW, Friday 20th May.**

Join with Matt and Solange at Peppercorn Park or with Katrina at the bridge in the wetlands from 8.35am and walk safely to school with us.

Parents are invited to join in too. The more the merrier.

Let’s get ACTIVE!

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**THUMBS UP to:**

- Our wonderful parents who came and celebrated Education Week with us and joined in with the activities and morning tea.
- Bill for getting parents involved in the table tennis challenge, some fun was certainly had in there.
- The parents making regular swimming payments—keep them coming.

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**CONGRATULATIONS!**

Scorpions

This week’s winning house!
J2 SCA (Specialist Curriculum Activities)

J2 shared the things that “lift them up” and “bring them down”.

Playing with balloons lifts me up—Josh
Gardening lifts me up—Zainab
Friends supporting me lifts me up—Ezel
Sydney winning a trophy lifts me up—Cailin
Playing for Berwick City lifts me up—Archer
Playing for Hampton Park lifts me up—Monika
Hawthorn winning lifts me up—Xavier
Richmond’s big win lifted Mrs Gray high into the clouds.

Mother’s Day Fun
Our mums enjoyed a lovely special pampering session last week to celebrate Mother’s Day. Thank you to all who came for their nail painting, massages, hand massages, photos, card making, biscuit decorating and many other fun activities. We hope you enjoyed your special day. For more photos visit http://cppsjunior.global2.vic.edu.au
Birthday Books

Thank you to Chantelle and Tiffany for donating birthday books to our library.

We wish you both a very happy birthday.

Have you seen us flying our kites in the mornings?

At OSHC the children have been designing, making and decorating kites. The kites are working well now and flying high over the school. They are a lot of fun and they look good too!

This week we have also been making pom-pom hair ties, cooking and reading stories.

Next Week at OSHC we will be learning how to bookbinding and making our own books. On Thursday afternoon we will be making yummy carrot cake.

Well done to our Star of the Week: Deeya!

NAIDOC WEEK

Short Story Competition—Entry is open to all students in years 3—6. Write a fictional short story with illustrations and photographs titled: ‘The Day I Met My Indigenous Role Model.’ This could be a musician, politician, athlete, sportsperson, etc.

Junior Colouring Competition—Entry is open for all students in P-2. Entry forms can be collected from the school office. There are some great prizes to be won.

Have you checked your child’s hair for headlice today?

Once a week, take a peek!
Are Young Children at Risk of Screen Time Addiction?

For many of us who are living in the digital age, spending hours in front of a screen is an everyday part of life. However, some studies have shown that this may not be a good thing.

A recent survey found that three-in-five children exceed the recommended amount of screen time, which is one hour a day for children aged two to five and two hours a day for five to 18-year-olds. The online technology usage poll, conducted by ABC children’s current affairs program, Behind The News, surveyed more than 18,000 young Australians to reveal their technology habits.

It found 56% of those surveyed spend more than two hours a day using technology outside of school hours. One in 10 said they spent at least four out-of-school hours a day looking at a screen.

Boys were found to spend more time in front of screens than girls, averaging 4.2 hours a day on digital devices outside school hours. By comparison, the figure for young girls was an average of 3.7 hours.

Worryingly one-in-four young people surveyed admitted it "impossible" to go without digital devices for even one week - a trait that can be associated with Internet Addiction Disorder (IAD).

Some studies suggest that excessive screen time can have a range of negative cognitive effects, including structural and functional changes in brain regions involving emotional processing, executive attention, decision making, and cognitive control.

But what about children who aren’t addicted per se?

Addiction aside, a much broader concern that begs awareness is the risk that screen time is creating subtle damage even in children with “regular” exposure, considering that the average child clocks in more than seven hours a day.

Technology usage rises with age.

When it comes to how much screen time young people are getting, it’s teenagers that are the most prolific. The survey found children aged eight to 12 spend significantly less time on technology, compared to teenagers who clocked up 6-7 hours of screen time before or after school.

In terms of how young people spent this time, playing video games, watching movies or watching TV topped the list. For others, doing homework and spending time on social media occupied roughly the same amount of time as each other.

The most used devices were tablets, followed by computers, TVs and smartphones. Gaming consoles came last in the list, seeming to point towards a new trend for young gamers to primarily use portable devices.

From The Educator by James Reid 5.5.2016

Gardening Workshops

A range of gardening workshops are on offer at the Old Cheese Factory.

Are you interested in learning about how to manage plant health?

This workshop is a broad topic aimed identifying common issues with plants, simple solutions to improve plant growth.

Looking to explore how to propagate all year round? Then the propagation workshop will explore how to, when to and what to.

Culinary gardening will explore what can you plant and use in the kitchen, what works best where and how to maintain.

What about learning how to care and prune your fruit trees or roses?

Then come along to these hands on workshops and learn how to care for, identify plant health and prune to give you the best yield of fruit or roses.

To register for the workshops please contact the Old Cheese Factory on 9702 1919 or via email on ocf@casey.vic.gov.au. Full payment is required at time of booking to confirm placement.

Fruit tree pruning & care

Date: Saturday 21 May

Time: 10.00 am to 1.00 pm

Cost: $20 per person

Old Cheese Factory

34 Homestead Road, Berwick

Phone: 9702 1919

Email: ocf@casey.vic.gov.au

Website: www.casey.vic.gov.au/oldcheesefactory

Don't forget: Monday 23rd May is a Curriculum Day. Students do not come to school.

Please continue to send in swimming payments to avoid a large cost at the end.