

KINDNESS

WELLBEING

INTEGRITY

RESILIENCE

TERM THREE

Tues 20 Aug	NMR Tee Ball Finals
21 & 29 Aug	5/6 Media Roadshow Incursion
29 Aug	Fathers and Others Day Stall
Sun 1 Sep	Bunnings Sausage Sizzle
Mon 2 Sep	Premiers' Reading Challenge finishes
Wed 4 Sep	Prep Melbourne Museum Excursion
Fri 6 Sep	Broadmeadows District Softball/Hot Shots Gr5/6
Wed 11 Sep	Australian Girls' Choir Workshop
Fri 13 Sep	Whole School Song - Assembly
Fri 20 Sep	Last day of Term 3 - School finishes 2.30pm

Fathers and Others Day Stall

On Thursday 29th August we will be holding our Fathers and Others Day Stall, where all students will have the opportunity to buy a gift for Dad, Granddad/Grandpa or for someone special.



Gifts will be priced between \$1 and \$6, and we ask if students can bring a bag to place their gift in.

We are looking for volunteers to help out on the day. The stall will be

run in two sessions (9:00am to 11:30am and 12:20pm to 2:00pm). If you have a current workers with children check and are able to help us out, please contact the office.

GPSC -SEAL and ITALIAN IMMERSION PROGRAMS

A huge congratulations to the Grade 6 students at GVPS who have been accepted into the Select Entry Accelerated Learning (SEAL) and Italian Immersion Programs at Gladstone Park Secondary College. They worked hard and showed motivation to obtain successful results in the examinations, being excellent role models for our school throughout the process. Well done and we wish you all the best in the programs next year.

SEAL Students

- Lucas D (5/6G)
- Michelle L (5/6B)
- Dihein J (5/6T)
- Mai L (5/6C)



Italian Immersion Students

- Zillah C (5/6T)
- Maximus M (5/6T)
- Diego D-L (5/6T)
- Marlon R (5/6G)



Prep 2020

Preparations are well underway for 2020, if you have any children beginning Prep next year please contact the school about an enrolment pack as soon as possible.

Tee Ball Tuesday

Good luck to our Boys and Girls Tee Ball Teams competing at NMR Finals at Mill Park on Tuesday 20th August. Give it your best shot!

It Sausage Time Again

The fundraising committee of the School Council is at it again, with another Bunnings Sausage Sizzle on Sunday September 1st. The last sausage sizzle at Bunnings was a HUGE success, with many parents donating their time and some of the items we needed for the day. Now we need your help again.

If anyone can donate some time on Sunday 1st September it would be much appreciated, we are happy to have you with us, for an hour or two or even 4. If you are free could you please sign up at the School Office or notify the school the times you can be there.

We are also looking for some donations of the items we need on the day, if anyone who can't donate their time and wants to still help out, things we need on the day include;

Tomato Sauce, Mustard, Vegetable Oil, Sauce containers, Bread and Cans of soft drink or Water.

Thank you in advance.

Australian Girls' Choir Workshop

We are very fortunate to have the Australian Girls' Choir (AGC) back this year for another assessment workshop. This workshop will be for any girls in Prep and above and will be on Wednesday September 11th at 2:45pm (Session 6). On the day, interested girls will participate in a fun and inclusive workshop with one of AGC's experienced tutors, involving simple rhythm, pitch and movement activities and games. Following the workshop, the Australian Girls' Choir will send a personalised written report to the parents of each girl who participated. If your daughter is interested, please fill out the permission slip and return to the office as soon as possible. Thank you.

Ms Jacinda Galgano - Performing Arts



School Uniform

With the cold weather we understand the need for extra layers. Jackets, beanies and gloves can be worn out in the yard on cold days but it is expected that students wear full school uniform in the classroom and under jackets. We know sometimes there is unforeseen circumstances, in these cases, please write a note to explain to the teacher the reason for being out of uniform.



Caught being kind to the environment!

On Tuesday, Ms Steele saw some wonderful students who were being kind and caring for the environment. Mason, Jaxon, Angelique, Ainslie and Chelsea from 1S were collecting litter and placing it in the school bins. It is important to always put your rubbish in the bin and care for our environment. Well done to these fantastic people!



Old School Uniform

We are currently looking for some donations to our First Aid Room supply of spare school uniform. If you have some school uniform that is in good condition and may no longer fit your child/ren and are willing to donate it would be much appreciated.

Premiers' Reading Challenge

3 weeks to go! The PRC ends on Monday the 2nd of September, make sure you have logged all of those books you have been reading. Don't worry there is still time to add to your list.



Netballers Do Us Proud

Our all conquering Grade 5/6 Girls Netball team competed in the North Metro Regional Finals on Tuesday. After an undefeated season the girls arrived at Mill Park with high hopes and won their first pool game 19-10. Unfortunately in their second pool match the girls took on a very strong Diamond Valley East PS team who won the game by over 20 goals. That brought an end to the campaign but not before we unearthed some hidden netball talent. At the beginning of the season only 3 girls had played netball before, to develop the skills to take them further than any netball team GVPS has had before is an amazing achievement. Well done to the team and a very special thank you to Kristie K for taking the time to come up to the school, coach the team and take training and to Ms B who was there every step of the way.

Finding the Balance: Screen Time, Gaming and Social Media by Luke Sheehan

from <https://wellbeingforkids.com.au>

With the rise of the internet and mobile technology, the children of today exist in a vastly different world than the one we grew up in. Whereas all the world's information was once contained within the 32 volumes of the Encyclopedia Britannica and the daily newspaper, we are now exposed to a constant barrage of 24 hour news cycles, advertising, 'fake news', 'sponsored content' and social media 'influencers' that make it difficult to find the balance of staying informed and nurturing our offline relationships with our families and friends, nature and ourselves.

Indeed, finding the balance has fast become one of the biggest issues facing families and children today. Information overload and addiction to screens and social media has seen a rise in a vast array of interconnected health and wellbeing issues. Obesity, anxiety, stress, depression, sleep deprivation and social isolation have all been linked to overuse and addiction to screens, social media and gaming in children and adults alike. When these issues present in children, the effects on their social development and learning can be devastating.

Much of this can be attributed to the ubiquitousness of technology and screens and the increasingly intelligent designs of games and social media. Where video games were once developed to be more technically and visually advanced than their competition, online games and social media are now engineered to influence the way we think and act in much the same way poker machines do. They target the pleasure centres of our brains with the sole purpose of occupying as much of our time as possible to expose us to the advertisements that keep their revenue streams flowing.

This is not to detract from the many advantages that technology has brought to our lives. Medical advances, long distance travel, free and open education and the ability to communicate with those far away as if we are face to face, are all aspects of our daily lives that we now take for granted. However, as the saying goes, we mustn't allow technology capabilities to bring those far away much closer at the expense of making those close to us more distant.

To combat this, we must be proactive in setting limits and rules. We must make a conscious effort to monitor our own technology use to set the example to our children. Below is a small list of things you can do now to help your children develop positive habits with their technology use.

Set the example – Be aware of the example you set to your children with your own technology use. Downloading an app such as 'Moment' can help you monitor the time you spend on your device and how many times you pick it up throughout the day. This can be quite an eye opener.

Create family rules and stick to them – These can vary for children of different ages and between weekdays and weekends.

Technology free times – Make a time every day that is technology free. The hours leading up to bedtime are particularly important as the light emitted from screens block the buildup of melatonin which helps us get to sleep.

Green time as well as screen time – Ensure children are given the opportunity to interact with nature and the environment.

No technology in bedrooms – Setting this rule early makes it much easier when your child becomes a teenager. If possible, have the computer/device in the living room or where family spends most of their time. This allows for easier supervision..

Encourage open communication – Talk to your child about their technology use. Ask what apps they are using. Get them to show you how they work, what they do. Continually encourage them to come to you if they feel uncomfortable or there is problem without worrying about being in trouble. If you threaten to take away their device when they come to you, they most likely won't come to you again.

Staying ahead of the technological curve in today's world is not easy and there will always be times where things slip by us. However, by setting the ground rules early and being tuned in to the effects, both good and bad, of technology in our everyday lives, we can help ensure our children are creating positive habits early that will allow them to flourish in their learning, relationships and daily lives.

Below are two great sites to help you stay up to date with how your children are using technology and the latest trends.

<https://esafety.gov.au/>

<http://www.thinkuknow.org.au/>

Notices due

Friday 16th August

- Grade 4 Arrabri Camp Deposit

Friday 23rd August

- Grade 1/2 Incurion

Wednesday 28th August

- Prep Melbourne Museum Excursion Form