



TRAWALLA PRIMARY SCHOOL NEWSLETTER

Principal: **Kate Morcombe**
School Council President: **Kylie Palmer**

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Issue No 17 Tuesday 15th June 2021

DATES

Wed June 16 th	<i>Parent-Teacher interviews</i>	Fri July 16 th	<i>MARC Van</i>
Thur June 17 th	<i>School Council – change of night</i>	Mon July 19 th	<i>Full STEAM Ahead @ Navarre</i>
Fri June 18 th	<i>MARC Van</i>	Mon July 26 th	<i>Cluster Prin Meeting – Kate away</i>
Fri June 18 th	<i>Gymnastics</i>	Fri July 30 th	<i>MARC Van</i>
Mon June 21 st	<i>Full STEAM Ahead @ Natte Yallock</i>	Mon Aug 2 nd	<i>Prin Conference in Melb – Kate away Peta CRT</i>
Fri June 25 th	<i>Family & Friends day @ The Beaufort Lake Koorie Art Trail</i>	Tue Aug 3 rd	<i>Prin Conference in Melb – Kate away</i>
Fri June 25 th	<i>Last day of term. 2.30pm dismissal.</i>	Fri Aug 13 th	<i>MARC Van</i>
Mon July 12 th	<i>Term 3 commences</i>	Mon Aug 16 th	<i>Full STEAM Ahead @ Navarre</i>

Parent – Teacher Interviews

Interviews are scheduled to take place on Wednesday June 16th. Parent-teacher interviews provide valuable opportunities for the teacher, student, parents and/or carers to share and learn more about the student socially, emotionally and academically.

They are a good way to establish and maintain collaborative relationships between parents/carers, teacher and student, regarding the student's academic achievement, learning and wellbeing.

Conferences provide opportunities for:

- building positive relationships
- sharing information about the student's interests and learning behaviours
- sharing information about the student's health and wellbeing
- providing specific feedback on student achievement and progress
- understanding more about how to support the student in their learning
- establishing goals for improved learning and achievement in the future.

School Council

Our next School Council meeting is this **Thursday** June 17th, 2021 at 7pm.

Family & Friends Day @ the Koorie Art Trail

On Friday June 25th the whole school will travel by cars to the Beaufort Lake for a walk around the Koorie Art Trail. The 12 art installations, which mirror an established art trail in the prison grounds, aim to encourage the public to better appreciate Koorie art and traditions, predominantly by talking about it. This will be followed by a lunch provided by the Beaufort Bakery. After lunch we will play some games and the students will be dismissed from the Beaufort Football Oval at 2.30pm. A bakery order form is attached. **Family members who are planning to join us are invited to order lunch as well.** Please complete the form and put in a ziplock bag with the correct money. Orders are due in by Thursday June 17th 2021.

Please return the completed permission form to school by Tuesday June 22nd.

Author's Chair

All Trawalla students are writers! We celebrate their writing within the structure of our Writer's Workshop Model. Students are supported to create a piece of writing by using the following prompts: plan, draft, edit and up level, peer edit, conference with the teacher, publish and author's chair. Last week we had a number of authors share their stories with the group. Congratulations to these students. Their published books are available to read in the school library.



Authors Max
and Zavier
stand proudly



Published
authors Tom,
Tanner and
Layla.

MARC Van

Kathy's next visit to Trawalla is Friday June 18th. Remember to bring your books in a waterproof library bag.

Gymnastics

We did not attend gymnastics on June 4th or 11th due to the COVID lockdown. The session this week is dependent on the COVID lockdown regulations. We will know on Thursday based on the government's announcement for indoor sport.

COVID safe School reminders:

- All visitors to school are asked to wear a mask if they cannot physically distance and sign in.
- Visitors are to limit their time on the school grounds and use sanitiser available in the front corridor.
- Ensure physical distancing (1.5m)
- Bus travel is unaffected.

Practise good hygiene

- All staff, students and visitors to schools should undertake regular hand hygiene, particularly on arrival to school, before and after eating, after blowing their nose, coughing, sneezing or using the toilet.
- Sharing of food should not occur.
- Use non-contact greetings (not shaking hands, hugging or kissing).

Establishing digital boundaries for a good night's sleep



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night ([Source: https://aifs.gov.au/sites/default/files/publication-documents/lsc-asc-2018-chap4-sleep.pdf](https://aifs.gov.au/sites/default/files/publication-documents/lsc-asc-2018-chap4-sleep.pdf))



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.

TV commercial filming

Airbag Productions are planning to film scenes for a new TAC advertisement on the Trawalla-Waterloo Rd level crossing on Wednesday June 23rd between 6am and 6pm weather permitting. Please note there may be interruptions to the use of this road throughout this time. Contact Eben Olson on 0430 171 237 for further details.