

# TRAWALLA PRIMARY SCHOOL NEWSLETTER

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

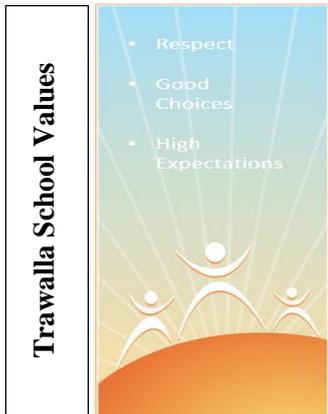
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**Issue No 24      Tuesday 17<sup>th</sup> August 2021**

## DATES

Tue Aug 17 <sup>th</sup>	<i>School Council – via WebEx</i>	Mon Aug 30 <sup>th</sup>	<i>Full STEAM Ahead @ Navarre</i>
<del>Wed Aug 18<sup>th</sup></del>	<del><i>Network Meeting – Kate away</i></del>	Thur Sept 2 <sup>nd</sup>	<i>Father's Day Stall 2.30pm</i>
Thur Aug 19 <sup>th</sup>	<i>Art Gallery excursion</i>	Mon Sept 6 <sup>th</sup>	<i>Lal Lal PS review – Kate away</i>
Fri Aug 20 <sup>th</sup>	<i>Pupil Free Day – staff Professional learning at school</i>	Tue Sept 7 <sup>th</sup>	<i>Cluster - Halls Gap Zoo excursion</i>
<del>Mon Aug 23<sup>rd</sup></del>	<del><i>Cluster choir perform @ South Street</i></del>	Fri Sept 10 <sup>th</sup>	<i>MARC Van with Kathy</i>
Tue Aug 24 <sup>th</sup>	<i>Lal Lal PS review – Kate away</i>	Mon Sept 13 <sup>th</sup>	<i>Full STEAM Ahead @ Navarre</i>
Thurs Aug 26 <sup>th</sup>	<i>Cluster Principals' meeting – Kate away</i>	Thur Sept 16 <sup>th</sup>	<i>Community Campfire night - TBC</i>
Fri Aug 27 <sup>th</sup>	<i>MARC Van with Kathy</i>	Fri Sept 17 <sup>th</sup>	<i>Last day of Term 3 – 2.30pm dismissal</i>
Fri Aug 27 <sup>th</sup>	<i>Golf clinic for p-6 - 2.30 – 3.25pm</i>		

\*\*\*The items that have been crossed out are not going ahead due to COVID



## Trawalla School Values Awards

**James Malloch** - For showing **Respect** by following instructions at school.

**Tanner Jantzen** - For showing **Good Choices** by using a loud voice with staff and peers.

**Max Molloy** – For showing **High Expectations** by passing your Maths and Reading goals.

## Reading Awards

Congratulations to:

75 nights – Max Molloy

100 nights – Layla Best

125 nights – Tom Palmer



## Art Gallery

Yesterday I sent home permission forms for the trip to the Ballarat Art Gallery this Thursday. The forms are to be returned to school tomorrow.

**Bookclub** – Issue 6 catalogues are attached orders are due in by Friday August 27<sup>th</sup>, 2021.

# Congratulations on passing your learning goal...



Reading – Max Molloy  
Maths – Max Molloy  
Maths – Layla Best  
Maths – Alyssa Palmer  
Spelling – Zavier Mountney  
Spelling – Tom Palmer

## Full STEAM Ahead

This term the Pyrenees Cluster Full STEAM Ahead days at Navarre school. These days will recommence when COVID permits.

The dates are:

- Monday July 19th
- Monday August 16th
- Monday August 30th
- Monday September 13th

## Parenting Ideas

Today's article is attached – Prioritising mental health in the digital world

## Before and After School Care Update

OSHClub are running a parent information and sign up session via WebEx this Thursday August 19<sup>th</sup> 4.30pm – 5.30pm. Use the following details to join this session.

### [Join Webex meeting](#)

Meeting number (access code): 1654 18 4166 Meeting password: UdMjGDsB949



## Terry Floyd Foundation

Terry Floyd Foundation ribbons for \$2.00 each.

Please send your money to school and we will send home your ribbon.



## eSmart

All students will be involved in activities relating to online safety as part of National eSmart Week September 6 – 12.

## Golf Clinic

All students will participate in a golf clinic delivered by Tony Collier on Friday August 27<sup>th</sup>. This visit is made possible through the funding of the Sporting Schools Grants.

## The 2021 Parent/Caregiver/Guardian Opinion Survey

\*\*\*\*\*Please complete the survey\*\*\*\*\*

The closing date for this survey has been extended to Friday September 3<sup>rd</sup> 2021. The survey can be completed over weekends and after hours.

Parents who wish to complete this survey on a school computer can do so by contacting Kate.

### PARENT/CAREGIVER/GUARDIAN OPINION SURVEY LINK

<https://www.orima.com.au/parent>

The Parent/Caregiver/Guardian Opinion Survey link is the same for all schools and campuses.

**SCHOOL AND CAMPUS NAME – PARENTS/CAREGIVERS/GUARDIANS SHOULD BE INSTRUCTED TO SELECT THIS SCHOOL / CAMPUS ON THE SURVEY LOGIN PAGE:**

School Name: Trawalla Primary School

**SCHOOL PIN FOR SURVEY: 834592**

## Outdoor Sensory Play Space – Inclusive School's Fund

Thanks to those of you who have sourced some of the required items for our Outdoor Sensory Play Space. There are still some items that we are seeking donations for. If your family or friends have any of the below listed items that they could donate for our new play space, can you please let us know.

- Timber pallets/recycled timber suitable for making planter boxes
- Kitchen items such as pots, pans, cake trays, utensils, sieves, measuring jug/cups/spoons



Figure 1 Planter boxes made out of timber pallets

## Good to Grow Fundraiser - <https://www.fundraysia.com.au/fundraiser/trawallaps/>

Our Parents and Friends Association have commenced the Good to Grow fundraiser. The Good to Grow fundraiser involves selling different seed packs and sustainable planting items including a bug bed and breakfast!

There are two ways of selling the items:

1. Via our online webshop – Please use the QR code or website link (<https://www.fundraysia.com.au/fundraiser/trawallaps/>) that will send you to our online webshop where family and friends can make online purchases. Feel free to share around or display on a noticeboard at your workplace. The online webshop will **close on Tuesday 31 August**.
2. Via our order form – Also attached to last week's newsletter was an order form where family and friends can complete and return your money in a clearly marked envelope with your child's name to school **by Friday 27 August**.



Once we receive the Good to Grow items at school (early September), we will contact customers and let them know they can collect from School or Popp's Place (23 Neil St, Beaufort). Popp's Place are also kindly displaying some of the items that can be purchased, if you would like to view them.

Please remember to inform potential customers that the fundraising profits from this drive go directly to Trawalla Primary School. Please let us know if you have any questions.

*Trawalla is a Child Safe school*

## COVID-19 update

**QR Codes** – these are on display for visitors to use on entry.

## **Face Masks**

School staff (primary) are not required to wear a face mask while at school when interacting exclusively with staff and students from their school. School staff (primary) must carry a face mask at all times, unless a lawful exception applies. School staff (primary) should wear a face mask indoors at school when interacting with external visitors, including parents/carers and staff/students from other schools. Children under 12 years of age and students at primary school are not required to wear face masks when at school, Visitors and parents must observe indoor face mask requirements.

## Pyrenees Cluster Update

All of the schools in the cluster are involved in a program to sponsor animals at the Halls Gap zoo. This month we are sponsoring Birri, the Tasmanian Devil. We will get to see Birri when we visit the zoo on September 7<sup>th</sup> 2021.



## PFA Father's Day Stall

The Father's Day Stall will be held at school on Thursday 2 September, 2.30pm. Students are to pay \$5 each. Parent helpers are invited to assist with the stall.

## Prioritising mental health in the digital world



Whilst there may not yet be conclusive evidence linking digital media use to poor mental health outcomes there's no denying that it's one of the chief concerns facing parents and educators of children and adolescents, growing up in a digital world. The contradictory research findings confirm that this is a complex topic.

There's certainly consensus in the research that young people are heavy technology users, which comes at a cost of their psychological and physical needs. Their digital behaviours eat into the time that was once available for three pillars of mental health – sleep, relationships and exercise.

### Minimising sleep disruption

Sleep is vital for mental wellbeing and emotional regulation in childhood and adolescence. Inadequate amounts or poor-quality sleep can cause mental health issues. Studies consistently show that Australian children and teens aren't getting enough sleep. Digital device use is also linked to sleep disruption, impacting the sleep-wake cycle. The Lancet study suggested that nearly 60% of the impact of young people's psychological distress could be attributed to disrupted sleep and exposure to cyberbullying. Parents need to remind children and young adolescents about the critical role sleep plays in their psychological wellbeing. Parents can help adolescents foster healthy social media habits by establishing a digital curfew, keeping devices out of bedrooms and discouraging teens from 'bookending' their day with social media as it can easily trigger the stress response at these times.

### Maintaining healthy relationships

Positive relationships are fundamental to a young person's psychological wellbeing. Adolescents are biologically wired for relational connection. They want to be part of a tribe. Whilst teens and pre-teens may insist that technology connects them and caters for their relational needs, if used excessively or inappropriately, technology use can compromise their relationships and deteriorate their mental health. Parents need to encourage and sustain opportunities for real interactions amongst adolescents. When we connect in-person the brain releases oxytocin, the social bonding hormone, which isn't replicated online. The need for keeping a balance between digital and face-to-face interactions is paramount.

### Ensuring sufficient exercise

Sedentary social media and digital consumption frequently replaces physical movement on weekends and after school, which are the opportunity times for kids' sport, free play and outdoor activities. Brain science now informs us that physical exercise boosts serotonin and neurotransmitters such as dopamine and norepinephrine that play a critical role in regulating adolescents' mood. Lack of exercise is now being linked to the current anxiety epidemic that we are seeing in young people.

Parents need to ensure that children experience a minimum of 30 minutes exercise, and teens a minimum of 60 minutes. “Go outside and play” is a term that this generation needs to hear as frequently as children in past eras.

## In closing

The research into the links between kids’ digital technology use and their mental health presents a complex picture that defies simplistic conclusions. Blanket statements and headlines that suggest screens and social media are to blame for kid’s poor mental health aren’t helpful as technology is now a part of all our lives. However, there is enough evidence to suggest that the key pillars of mental health outlined above can be severely impacted by the overuse of digital technology. All things in moderation, a common guideline for healthy living, is best when considering kids’ social media and digital technology use.

## Dr Kristy Goodwin presents a related webinar: Taming digital distractions

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar ‘Taming digital distractions’ at no cost.

### About

In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

### When

Wednesday 8 September 2021 at 8:00 PM AEST

### To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions>
2. Click ‘Add to cart’
3. Click ‘View cart’
4. Enter the coupon code TAMING and click ‘Apply Coupon’ Your discount of \$39 will be applied.
5. Click ‘Proceed to checkout’
6. Fill in your account details including our school’s name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click ‘Place Order’

This order is valid until 8 December 2021. If you’re unable to make the broadcast time, just register anyway and you will get access to the recording.



### 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](http://www.drkristygoodwin.com).