

Monday 16th August	Parent/Teacher/Student Interviews—Cancelled
Wednesday 18th August	Parent/Teacher/Student Interviews—Cancelled
Friday 20th August	Students return to onsite learning



AUGUST	HAPPY BIRTHDAY TO YOU ALL FROM THE WALLARANO SCHOOL COMMUNITY
13th	Steven Roth 1/26, Rosseka Hor 4/11
14th	Glory Kirifi Taulapapa 5/15
16th	Brendan Taing 2/04, Michael Zhang 4/12
17th	Vee Doan 3/29
18th	Makayla Ashe 4/09, Indi McInerney 4/09, Daniel Boulton 5/17

FROM THE PRINCIPAL

We have had a successful week of remote learning and I thank the parents for their support and the students for their determination to do their best. As this is the sixth time, we have been placed in remote learning it is very important that the learning continues to the highest degree that is possible.

I hope you are all well and safe in these very uncertain times. I am sure everyone has heard that the Metropolitan Lockdown has been extended for another week and hopefully finishing at Midnight Thursday 19th August. I can sense the fatigue that children, teachers and parents are feeling. I understand! It is difficult but this is why the characteristic behaviours of resilience are so important.

Resilient adults and children are: - ‘aware of situations, their own emotional reactions, and the behaviour of those around them. By remaining aware, they can maintain control of a situation and think of new ways to tackle problems.’

School Communication:

The school App we use is called **SkoolBag**. It is free and easy to download for our families. We encourage everyone to download the app to ensure you keep up to date with all school communication.

Parent Survey:

Despite 200 families being asked to complete the survey, only 35% have responded. More families will be sent a link today so please if you receive an email try to do your best to complete it as soon as possible.

The Grade 5/6 Swimming Program is now closed:

Last Friday was the final day for Grade 5/6 swimming program. There is still some places left on the F-4 program.

Child Safety

Mr David Smith has included an article on the important role parents play in monitoring their child's participation in Gaming. We are becoming more and more aware of some of the inappropriate activities/online games a number of children are participating in when at home

The best and simplest advice for parents on this matter is to know what games your child is playing and know the age rating it has been given. If the rating is higher than G or PG then it is most likely unsuitable, however, many children play games that are rated M, M+ and even R and R+. **These are not suitable for primary school aged children.** Examples of such games include Call of Duty (COD) and Grand Theft Auto (GTA). In the case of Grand Theft Auto, it is rated R+ (over 18) and the game has graphic depictions of violence, drugs, nudity, foul language, etc. If you wouldn't let your 12-year-old see a **R rated movie** with these depictions, you shouldn't let them play this game under any circumstances.

Please find very valuable advice below from our school psychologist and Child Safety Officer - David Smith.

Is my child spending too much time gaming and are they playing appropriate games?

From David Smith Wallarano Primary School Psychologist/Child Safety Officer

These are two common questions many parents are asking, especially since remote learning and lockdowns have meant children are spending most of their time in their house.

Firstly, what are appropriate games for your children to play? This is very dependent on their age, their social and emotional development and their readiness for cope with the content of the game. There are some very good websites that discuss the issues of age-appropriateness of online gaming for your child and offer some guidance in this area. They are worth reading to help you, as a parent decide what games your child should and should not be exposed to. These include:

<https://www.internetmatters.org/resources/video-games-age-ratings-explained/>

<https://kidshealth.org/en/parents/good-gaming.html>

<https://raisingchildren.net.au/teens/entertainment-technology/gaming-gambling/video-games-apps>

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If you are unsure about the content of the games your child is playing, ask your child to allow you to watch them play the game. Most children know if they should or should not be playing these games and if they are reluctant to allow you to watch, it usually means that it is unsuitable. If they do allow you to watch and you consider it unsuitable after viewing the content, then you are in a good position to discuss why the game is inappropriate for them at their age. As a parent it is always your responsibility to know what your child is being exposed to online.

The second question parents often ask in relation to their child's screen time is:

How much is too much?

There is no magic figure. The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine.

It can be easy to focus only on the clock, but the quality and nature of what they are doing online, and your involvement, are just as important.

Consider your child's screen use in the context of their overall health and wellbeing. For example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.

Signs to watch for

Signs that your child's online activity may be having a negative impact on them or on your family include:

- less interest in social activities like meeting friends or playing sport
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- changes in eating patterns
- reduced personal hygiene
- obsession with particular websites or games
- extreme anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family

What to do if you are concerned

Ask questions and listen

- Some of the behavioural changes described above are a normal part of growing up but, if you are concerned your child is struggling, try to find out why — there may be underlying issues such as cyberbullying, friendship difficulties or mental health issues.
- As part of your conversation, ask your child about how much time they spend online and explain why it is worrying and what they could be missing out on.
- Try not to show that you disapprove or they might shut down communication altogether.
- Talking to your child's school may also reveal academic or social issues, and the school may also be able to provide support.

Explore underlying issues and seek help if necessary

You can read advice for parents about issues like [cyberbullying](#), [gaming](#), and [unwanted contact and grooming](#).

If necessary, you can get help for your child through a [counselling or online support service](#).

Help your child manage their online time

Stay engaged and encourage balance

- Keep an eye on the games, apps and devices your child uses. Chat with your child regularly and help them stay aware of how much time they are spending on different online and offline activities.
- Include positive things outside the online world in your conversations, such as what they love in life, careers they are interested in and new hobbies.
- Join in. Play games together as a family or explore some joint online projects. Rather than being just a solitary activity, online time can then become another way of strengthening connections as well as building social skills.
- Where possible, avoid limiting online time as a punishment as this approach may inflate its importance to children.

Create a plan

- Involve your child in creating a family plan for leisure and entertainment time that balances time spent sitting in front of screens — including time online and watching TV — and a variety of offline activities.
- Work out the plan together. Young people are more likely to respond to rules they have contributed to and see as being fair and consistent.
- As well as agreed age-based time limits, the plan could include rules about which websites can be visited and online games can be played. It could also include control of access to the internet or devices, perhaps with daily passwords revealed once family time, homework and chores are complete.
- A minor reduction each day or a '15-minutes to switch-off' warning can help the transition to a more balanced use of time.

Reducing your own screen time also sets a positive example.

- You could also consider formalising your plan into a signed written agreement — a family online safety contract.
- There should be clear outcomes for not sticking to the agreement and it is important to follow through with these.

Use the available technology

- Parental controls are software tools that allow you to monitor and limit what your child sees and does online. But be honest and open with your children about why and how you want to use these technologies.
- There are also apps and software to measure online time as well as set time limits on device use or internet access.

Set boundaries for digital device use in your home

Device-free zones and times can help you manage screen time. For example, your family plan could include rules like this:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- devices charged overnight in a place your child cannot access

David Smith
School Psychologist/School Child Safety Officer



Last Friday, in Foundation, we celebrated 100 days of being at school and learning. Unfortunately we were sent into lockdown and couldn't celebrate altogether as planned. We all still had fun pretending we were 100 years old. Hopefully we will be back at school soon and can celebrate this awesome achievement together.

CONGRATULATIONS to all our amazing Foundation students!



Grade 1

A blast from the past! The Grade 1s were visited by Ms Connell last week. She talked about her time at Wallarano Primary as a young girl. The students were eager to learn about what school was like back then. Thank you Ms Connell!



In Grade 2, we are very excited as we have just started our science rotations for our Inquiry Unit Snap, Crackle and Pop. The students are looking at different substances and what happens when they are mixed together. They had an absolute blast participating in a range of different experiments. These included Magic Milk, Heated Clay Modelling, Fluffy Playdough, Oobleck and Witch's Brew. We can't wait for the remaining experiments when we return to school.



Grade 3 – VR Experience

Last week during onsite learning, the Grade 3 Students explored different animals and habitats during our Virtual Reality Experience. Students worked in pairs to help navigate different environments made possible through VR. We got close up to a variety of species of animals we have been learning about in our Inquiry topic "Circle of Life" and even swam with whales! The Grade 3 Students are looking forward to spending more time investigating different life cycles when we return to school.



Grade 4's are now Travel Bloggers!

In Inquiry, we are currently learning about Australia and its neighbouring countries. What better way to learn about these places by travelling to them! Students are working in pairs to choose where they travel to, documenting the natural environments, taking photos, and using a greenscreen to put themselves right there! I must add, plenty of funny memories have also been added to their travel blogs.

Bright



In Bright you can go biking with family to the parks and to 7 peaks, mount buffalo, mount Butler, driver plain falls creek and

riding



Me and Ar so far we went on a hike to the Grampians and climbed so high we got to this point!

Swanhaven NSW 5/8/2021



Swanhaven beach is northeast and 896.6km
 Swanhaven beach has Crystal clear water a calming beach with smooth sand.

Emily I had such a fun time at swanhaven you should definitely go there
 Then I got drowned in the water Emily was awkwardly watching me get down.

Phillip Island



Phillip Island, a popular day trip from Melbourne, lies just off Australia's southern coast. At Summerland Beach, spectators gather daily at sunset to watch the Penguin Parade, when Little penguins come ashore in groups. The Nobbies outcrop is the viewing site for Seal Rocks, home to a large colony of Australian fur seals. The Phillip Island Circuit is a well-known track for motorcycle and car racing.



PRIMARY SCHOOLS GOLF



Primary students in grades 3, 4, 5 or 6 who attend a Victorian Primary School are eligible to play in golf events that are organised by Golf Australia in partnership with School Sport Victoria. In the qualifying rounds students will play 9 holes on a short course, players will be notified of their progression to the state finals by Golf Australia. Students who qualify for the SSV State final will play 18 holes on a shortened course at Kooringal Golf Club.

Entry to the events is online

<https://www.golf.org.au/schoolevents>

Your local event is at KEYSBOROUGH GOLF CLUB

On 21st OCTOBER 2021

Contact - Christie Bell

Phone - 03 9798 1333

Email—proshop@keysboroughgolf.com.au

