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NEWSLINK

www.cranbourne-ps.vic.edu.au

The teaching and learning pedagogy at Cranbourne Primary School is developed on a

RECIPE (Relevant Engaging Challenging Innovative Personalized Enjoyable)

based curriculum that supports the members of the school community to develop intrinsic

PRIDE (Persistence Responsibility Independence Discipline Enthusiasm) *in their learning.*

Issue 32

24th October 2018

CALENDAR

UPCOMING EVENTS



Month of October

14th October - 28th November

Swimming every Wednesday

30th October

Prep Transition Session 2

Month of November

5th November

Curriculum Day

6th November

Melbourne Cup Day

Public Holiday

13th November

Prep Transition Session 3

27th November

Prep Transition Session 4

PRINCIPAL'S NEWS

Last week I had the honour of coaching the Cranbourne PS Girls Basketball Team for a lightning premiership competition.

Our team was a force to be reckoned with. We displayed great teamwork, skills and most importantly persistence.

We played out an exciting draw for our first game against Hillsmeade, then went on to smash Lyndhurst 40-5. That set up a rematch with Hillsmeade. Unfortunately for us we only played with 4 as injuries and no bench worked against us. However, that didn't stop our girls giving it their all and with sheer determination nearly pulled off an upset. But we fell just short and lost 16-12.

Big congratulations to Mareanne, Francis, Laveeshay, Amber and Maaliyah. These girls were superstars and represented our school proudly, always showing P.R.I.D.E.



Swimming started last week and went off without a hitch. Students had a great time and enjoyed learning new skills in the pool. We did have a number of socks left behind so parents please remind your child to make sure that all their belongings go in their bag as soon as they get changed.



Luke Abdallah
Acting Principal

Quote of the Week

Wrong is wrong, even when everyone is doing it.

Right is right, even when no one is doing it.

**HAPPY
BIRTHDAY TO
OUR OCTOBER
BABIES!**

ALI H
LAUREN S
BRODIE E
JOSHUA K
NATHAN W
JORDAN C
MAALI A
RUBY R

*Happy Birthday to
those students who
are celebrating
their special day!*



Stars of the Week

These students have demonstrated intrinsic

PRIDE (**P**ersistence, **R**esponsibility,
Independence, **D**iscipline, **E**nthusiasm)

Learning Community	Home Group	Student
FOUNDATION	FA	Humaun A
	FB	Vanisha J
	FC	AJ L
JUNIOR	JA	Brodie R
	JB	Mary L
	JC	Sunny D
	JD	Natalia T
MIDDLE	MA	Kylie O
	MB	Tai C
	MC	Seepa
	MD	Snehdeep
SENIOR	SA	Aiyanna
	SB	Mackenzie
	SC	Montaya F
	SD	Damatson
ICT	FA	Cash D
MUSIC	JB	Kyle J
ART	MB	Maggie KM
PE	JA	Jasveen K
Assistant Prin Mrs C	JB	Charli
Assistant Prin Mrs F	MC	Amelia
Principal	SC	Amber R

FROM THE OFFICE

*

Thank you to the parents
who returned clothing
borrowed from Sick Bay!

*

School Banking day is
tomorrow!

Don't forget your bank
book!

*

If you've received a notice
with absences for your
child, please sign and
return to the office as
soon as possible.

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Community News

You may have noticed that our 2 new flag poles have now been installed at the front of the school. They were part of a grant application I did earlier this year, through the Armistice Centenary Grants Program.

The second phase of this project will hopefully commence tomorrow, as Mrs Derix, Colin and our Environmental team plant the native plants into the garden area around the flag poles.

This will create a beautiful garden, to acknowledge the commitment and sacrifice of our Australian Armed Forces.



It will also be a tribute to the Indigenous members of our community, as we now fly the Australian and Indigenous flags side by side at the front of the school.

You may have also noticed that the older playground equipment from the front of the school has now been removed! This has provided us with a great open space—but we need your help! If you have any ideas or suggestions as to how we can use this space, please send your ideas to us! The input of students, parents and staff in this project will be valuable!

Dí Fernand -

Assistant Principal



Persistence Responsibility Individuality Discipline Enthusiasm

Finding the Balance: Screen Time, Gaming and Social Media

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 pervasiveness 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.

Facebook and other social media platforms know when you wake up, go to sleep and are most likely to use your device. They will send a notification just prior to these times in order to catch your attention and expose you to more content and ads. Online games from app stores will create rewards, blockers and limits which ensure children are compelled to continually check in with the game at regular intervals.

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.

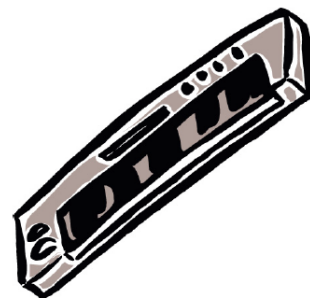


**“Woof! Don’t
forget me.”**



**School
Banking
day is
Thursday**

YOUR CHANCE
TO ENROL FOR
TERM 1!!



All Gr 2-6's – Do you want to learn KEYBOARD, GUITAR or SINGING?

This is your CHANCE to enrol for Term 1, 2019!!

1. Go to our website at www.madonmusic.com.au
2. Fill out the online enrolment form and click the submit button
3. Mad On Music will contact you once you have received your place

To save disappointment, please enrol by Friday, 21 December 2018.



All Prep & Grade 1's

Enrolments are NOW being taken for Prep & Grade 1 students
to commence in Term 2, 2019!!

1. Go to our website at www.madonmusic.com.au
2. Fill out the online enrolment form and click the submit button
3. Mad On Music will contact you once you have received your place

To save disappointment, please enrol by the Friday, 18 January 2019.