



Nemingha Public School

# NEWSLINK

Community • Opportunity • Excellence

Term 4, Week 7

29 November 2018

## Calendar

### November

Friday 30 November Assembly  
K-1 item - 2.40pm in the hall  
Gingerbread House Night  
6.30pm in the school hall

### December

Saturday 1 December Bunnings BBQ  
P&C fundraiser

Tuesday 4 December Peel High School Year 6 Orientation  
Tamworth High School Year 6 Orientation

Thursday 6 December Farrer MAHS Year 6 Orientation

Friday 7 December Presentation Day  
9.45am - all welcome

**Saturday 8 December Carols on the Oval**  
Kootingal Oval, 6-9.30pm

Tuesday 11 December Scripture Service  
CAPA Concert  
featuring students involved in music tuition

Wednesday 12 Dec P&C meeting  
7pm in the staff room

Thursday 13 December Year 6 Farewell Dinner  
West Tamworth League Club, 6-8.30pm

Monday 17 December Moving Up Day  
Children allocated to classes for 2019  
Stage 2 Camp

Tuesday 18 December Class parties

Wed 19 December Nemingha's Got Talent  
End of Term 4

Sunday 23 December Bunnings BBQ  
P&C fundraiser

## 2019

### January

Tuesday 29 January Start of Term 1  
Staff Development Day

Wednesday 30 January Start of Term 1  
Students (Year 1-Year 6) return

### February

Monday 4 February Kindergarten starts

Clothing Pool - open each Monday, 9.30-10.30am  
and on assembly days at 1.30pm

## FAMILY FUN

Last Friday Nemingha Public School held a Family Fun afternoon instead of our annual Charity Day.

What an action packed afternoon it was! It was great to see so many parents involved in the activities with their children.

Thanks to everyone who contributed and assisted with the class activities and a special thanks to our staff who went "above and beyond" to come up with fun and exciting games. Some were new and innovative activities while others were old classics like the three-legged race.



The team-operated walking plank organised by Mrs Kemp and Mrs Gooch was particularly entertaining.

## Year 6 Farewell

Year 5 students are reminded that payment for the Year 6 farewell is due tomorrow. If any students or parents have food allergies that need to be addressed, please contact the office **urgently** so that caterers can be notified in time.

Unfortunately there will be no late RSVPs or money accepted after this date due to catering arrangements.



We're looking for baby photos (small size) of the current Year 6 students for a novelty display at the farewell. If you have something you could send, please either drop off at the front office or email to the school.

# Is excessive screen time affecting your child's mental health?

Christopher Jackson, Principal

## With hours a day spent in front of screens, are devices making our children more anxious?

Screens! They're everywhere. With the enormous popularity of smartphones, they're even more universal, with people of all ages essentially attached to their devices 24/7.

While technology has made remarkable steps forward, and brings with it countless benefits, many people naturally begin to wonder about the possible negative effects. After all, something that is so pervasive in our daily lives is bound to make some sort of impact on us.

As adults, we generally know how to do what is best for us, and if we're using our phones too frequently (or becoming somewhat 'addicted' to our devices) we make an effort to cut back.

But what about our children, who have little idea to impose limits on their own screen use? Kids love their devices, and studies show they spend about 4 hours 36 minutes a day between the ages 8-12 interacting with screens.

Could this have a potentially harmful impact? What could excessive screen time be doing to your child's mental health?

Both at school and at home children interact with screens daily, whether it be on the computer, iPad or television screens, but it seems that smartphones and tablets are an even more constant form of screen media. These portable devices offer the chance for kids to watch shows and movies, plus play games, chat with friends, go to their favourite websites, or explore social media. Without a doubt, mobile devices provide a great deal of fun for kids 12 and under.

We do however, as parents, need to monitor not only their screen time but what they see, and more importantly, who they are interacting with.

When my boys were living at home we had certain conditions around when and where they could have "screen time". They had certain times to be on their Play Station, no TV straight

after school, and phones were charged in the family room to stop the temptation of being on their phones at bedtime. The issues parents have today is contact with the "outside world" and cyberbullying, which wasn't so prevalent in my parenting period.

Three strategies I have seen work with regard to this are:

- ✓ Check in with your child about what apps they are using. Monitor their behaviour to see if they are either being bullied or perhaps being a part of cyber bullying. Regularly talk to them about their behaviour around this technology. I always found a great trick was to tell stories or examples to illustrate your point (they don't always have to be true).
- ✓ Model good device behaviours for your kids.
- ✓ Use apps that let you control or monitor your children's usage.

In the age of social media schools are somewhat limited in dealing with undesirable behaviour online as most of it happens out of school. We do however inform parents of issues that we become aware of so they can follow up.

We also ask that students drop their mobile phones off at the front office when they arrive at school. They are kept in a locked drawer until they collect them at the end of the day. This ensures that students aren't on their mobile devices during school time.

Last month we also conducted workshops with Constable Michelle King from Tamworth Police Station on social media for Years 4 to 6. This also made children aware of the positives and negatives of using social media and strategies for dealing with situations that they feel uncomfortable with.

Working together allows our children to feel safe in this ever changing technological world.

## Week 8 ... Swim Safer Week



No measure can ever guarantee that children are safe in, on and around water.

It is only human for adults to sometimes lapse in their supervision of children in the home or while out and about.

Children can and do find ways over fences, and even those who have had swimming lessons can still drown. For this reason the SwimSAFER message promotes the application of various layers to protect children from drowning - if one layer 'fails' then there is another behind it that may save their life.

The layers of protection are:

- ★ Be Aware
- ★ Be Confident
- ★ Be Secure
- ★ Be Prepared



## Carols on the Oval

Our school choir will be combining with Kootingal Public School at "Carols on the Oval", which will be held at Kootingal oval on Saturday 8 December.

We have already begun rehearsing for this event.

A note will be sent out early next week with details of times and an area to meet.

# Safety around dogs

Yesterday Kinder-Year 2 students attended an information session about being safe around dogs.



Students were instructed what to do if they encountered an angry dog, a scared dog and a happy dog. They also learnt how to approach a dog and ask the owner if they could pat the dog.

The presentation was part of the Responsible Pet Ownership program, which educates children in primary schools on living safely with dogs and responsible pet ownership.

The program's Pet Educators and their suitability tested dogs visit over 2,000 kindergartens and 800 primary schools throughout the state yearly, promoting the vital safety messages through animated presentations, song and role play.



Everyone enjoyed the presentation and we thank Annette and her dog Lucy for visiting our school.

## SCHOOL STUDENT TRANSPORT SCHEME

Please remember to make all changes to addresses, contact numbers and new students on the Transport NSW website before the beginning of 2019. This will ensure that bus passes will be updated in time for the new school year.

If you have any questions regarding travel on Tamworth Buslines, you can contact them during the school holidays. Please do not wait until the morning of the first day back.



The following notes have been sent home this week:

### K/1 students

Assembly Friday 30 November.

### Years 5 and 6 students

Excursion to Kable Avenue Adventure Park and Forum 6 Cinema, Tuesday 18 December.

 **Permission notes and money due morning of 12 December**

# Attendance and absences

**On occasion, your child may need to be absent from school.**

Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within seven days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within two days, the school may contact you to discuss the absence.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek

parental permission to speak with medical specialists to obtain information to collaborate in developing a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

## Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal.

An Application for Extended Leave is to be completed. Travel documentation such as travel itinerary or e-ticket should be attached to the application. A Certificate of Extended Leave – Travel will then be issued and must be produced when requested by police or other authorised attendance officers.

Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

Bring the family along and join in the fun and celebrations at the

# Lighting of the Tamworth Community Christmas Tree

Thursday 6 December  
6pm to 8.30pm Fitzroy Street

Featuring kids activities, giveaways, market stalls, entertainment and a special visit from Santa!

**PLUS** the winner of the Tamworth Business Chamber's 'Think Local, Support Local' retail promotion will be revealed!

For more information visit  
[destinationtamworth.com.au](http://destinationtamworth.com.au)

PROUDLY  
PRESENTED BY



## Swim Camp 2019



**TAMWORTH CITY SWIMMING CLUB**

Advance your child's swimming ability at an accelerated rate this summer school holidays by booking into the 2019 Sharks Swim Camp. Quickly improve your child's confidence in the water whilst having fun and meeting new friends. Each camp consists of 2 swimming sessions per day working on technique as well as a dryland training session to improve flexibility and strength. A nutritious morning tea will be provided each day.

**When:** Week # 1 Camp – Tues – Thurs 8,9,10 January 2019 – 9am-12pm  
Week # 2 Camp – Tues – Thurs 15,16,17 January 2019 – 9am-12pm

**Where:** Tamworth Olympic Pool, Kable Avenue, Tamworth

**Cost:** \$150.00 per camp per person

**Bookings:** Nicolas Monet: 0434 805 957—email: [coach@tcsc.org.au](mailto:coach@tcsc.org.au)

### Fact One

## Asthma impacts most Australians

Two-thirds of Australians are impacted by asthma. Most people know 1 of the 2.5 million Australians who have been diagnosed with asthma. You probably know someone with asthma.

### Fact Two

## Asthma is a long term disease

Asthma can develop at any age, even adulthood. Most people don't grow out of asthma – even though 1 person in 4 may think that – but it can be managed with medication.



### Fact Three

## Asthma is a life-threatening disease

More than 400 people die because of asthma each year. The right medication, knowledge, and a written Asthma Action Plan can help keep asthma under control. Almost 1 person in every 3 don't realise asthma is life-threatening.

### Fact Four

## Asthma triggers are varied and include pollen, smoke, physical activity and exercise, colds and flus and thunderstorms.

Most people know that asthma has many common triggers, including pollen, smoke, physical activity, and viruses. But are you 1 out of every 2 Australians who know that thunderstorms can trigger asthma flare-ups? Everybody experiences asthma differently.

## Using an asthma preventer every day is the best way to reduce asthma symptoms and flare-ups.

Using preventers each day reduces symptoms of asthma and flare-ups for most people. These medications mimic the body's natural response. Only 1 in 4 people under 24 years old know this. Preventers are the mainstay of asthma management and we want everyone to know.

### Fact Five

