

# The Junction News

Newsletter of The Junction Public School



Union Street, Merewether. NSW 2291 Ph: 49 631343 Fax: 49 63 3501 E: thejunctio-p.school@det.nsw.edu.au

Term 3 – Week 5

Tuesday 20 August 2019

## LEADERSHIP REPORT

Hello to the Community

## INTERRELATE 2019

I have just spoken to the students on assembly and congratulated them on their behaviour and respect last night. I'm sure the parent community appreciates the P&C organisation of this event.

## STUDENT WELLBEING

At the conclusion of the newsletter today, we have included some relevant information from one of our parents around the recommended use of technology. It is a huge topic and this information is practical and logical.

## STAFF LEAVE

There will be some staff leave this term. Please make our wonderful temporary teacher team welcome, as we are lucky to be able to attract great casual teachers here. As you would know, long service leave is part of the teacher award.

I will be away for the last four weeks of school travelling overseas. I am excited to finally do a trip cancelled in 2017 due to family illness. During this time Connie Emmington will be Relieving Principal, Angie King will be Relieving Deputy and Hannah Smith will be Relieving AP ES1. Schools have a responsibility to their staff to build capacity in a range of roles and this is certainly valuable experience for this team and for our system as a whole.

Our General Assistant Tom Jervis is also on leave. Graeme Vane-Tempest is relieving in his position for the remainder of Term 3.

I thank you in anticipation of your support.

## KINDERGARTEN ENROLMENTS 2020

It is that time of year again when we put the word out that our Kindergarten enrolment process has begun. If you have a child beginning school next year, now is the time to let us know. If you know of anyone in our area who is looking to enrol please encourage them to visit our school sooner rather than later as we don't want them to miss out on our sessions.

Angie King

Assistant Principal Early Stage 1

## CALENDAR - TERM 3 – 2019

Week 5	Event
Wednesday, August 21	Newcastle Permanent Maths Competition Stage 3
Week 6	Event
Wednesday, August 28	Year 6 Taster Lessons at Newcastle HS 8:55am – 11:45am
Friday, August 30	Regional PSSA Athletics Carnival
Week 7	Event
Monday, September 2	Spelling Bee Finals Mayfield West PS
Wednesday, Sept 4	Yr 4/5 GATS CAPA Day at Newcastle High School
Thursday, September 5	Creative Arts Showcase Merewether High School Hall
Week 8	Event
Monday, September 9	Regional Girls Cricket Trials
Wednesday, Sept 11	Concert Band Day Stage 2-3 Maths Excursion Woo vs Spencer
Thursday, September 12	Premier Band Day Regional Boys Cricket Trials

**SCHOOL ASSEMBLY AWARDS****TERM 3 WEEK 4  
K - 2 ASSEMBLY**

<b>KK</b>	Alby R	Harvey S
<b>KS</b>	Imogen G	Alex W
<b>KC</b>	Mika S	Harley X
<b>KH</b>	Shravya S	Sidney F
<b>KL</b>	Newton R-F Bon D	Dakota R
<b>1A</b>	Cooper S Lucinda M	Logan L
<b>1C</b>	Jeremy X Mikel B	Jack B
<b>1W</b>	Zac B Maisie C	Brooke C
<b>2MC</b>	Sam B Evie S	Ethan G
<b>2J</b>	Elliana H Riley F	Bridie H
<b>2S</b>	Ebony Y Angela M	Poppy M
<b>Values Awards</b>	Nina C - KC Ivy K - KH Griffin B - KK Maya B - KL Harrm H - KS Sam R - 1A	Viktor S - 1C Elliot W - 1W Arielle H - 2J Zahara B - 2MC Oliver D - 2S Thomas B - 2C
<b>Student of the month</b>	Jax A - KC Ava McC - KH Seth F - KK Finn S - KL Aurelia M - KS	Mia C - 1A Abbey B - 1W Kaelan M - 2J Bob B - 2MC Samuel P - 2S

**TERM 3 – WEEK 4  
YEARS 3, 4, 5 & 6 ASSEMBLY**

<b>3C</b>	Summa L Sully D	
<b>3B</b>	Coco C Milla V	Angus B
<b>3L</b>	Ruby W Alex M	Lillian L

<b>3/4A</b>	Thomas P Josi J	Isabella B Mia E
<b>4L</b>	Imogen P Marley M	Beau O Zavier A
<b>4S</b>	Coco P Angus S	Oscar I
<b>4/5F</b>	Jayden B Fabien K	Max T
<b>5R</b>	Sophie M Shaykiel J	Phoebe U
<b>5S</b>	Sofia G Ava K	Hamish B
<b>5/6L</b>	Noah A Natalia B	Archie M
<b>6B</b>	Rebecca H Sofia M	Dasharn K
<b>6C</b>	Cameron A Dhanya R	Saffron T Oliver H
<b>Values Awards</b>	Eva M - 2/3C Atticus S - 4L Ruby S - 4L	Ruby B - 4/5F Harry R - 5/6L Ariel Mc - 6B Saffron T - 6C
<b>Gold Award</b>	Thomas L - 4/5F	
<b>Choir Awards</b>	Lucas C - 2/3C Milla V - 3B Annika G - 3L	Evie R - 3B Anjali R - 2/3C Ella W - 5S Sarah B - 3L
<b>Band Awards</b>	Maya H - 4/5F Nicholas B - 4/5F Gabriela P - 3L Fox S-R - 3L	Alice W - 4L Anjali R - 2/3C Angus B - 3B Cluadia W - 6B

**SCHOOL ASSEMBLIES**

Kinder to Year 2 will have their next assembly Friday 30<sup>th</sup> August. Assemblies will be every second Friday (Even weeks) at 10.15am in the New Hall.

Year 3 to Year 6 will have their next assembly Friday 30<sup>th</sup> August. Assemblies will be every second Friday (even weeks) at 11:20am in the New Hall.

Parents are welcome to attend these assemblies.

## GREAT AUSSIE BUSH CAMP

Year 4's excursion to The Great Aussie Bush Camp takes place from Wednesday 13<sup>th</sup> to Friday 15<sup>th</sup> November.

The total cost for this excursion is \$310. A \$50 deposit should have been made by the end of Term 2.

The remaining \$260 needs to be received by Friday 1<sup>st</sup> November.

Thank you.

## NO HOT BEVERAGES

After much discussion, our WHS committee has decided that we will no longer be serving hot beverages (tea and coffee) at school during special days, such as Father's Day breakfast, Grandparent's Day and Charity Day, to name a few. This decision was made to ensure the safety of the students at our school at all times.

We would appreciate your support in this decision by not bringing hot beverages onto the school site at all times.

Thank you.

### RECENT NOTES HOME

**OAKVALE FARM EXCURSION  
KINDERGARTEN  
(GREEN NOTE)**

**NEWCASTLE HS TASTER SESSIONS  
YEAR 6  
(WHITE NOTE)**

**CREATIVE ARTS SHOWCASE  
MEREWETHER HIGH SCHOOL  
(PINK NOTE)**

**CANTEEN PRICE LIST  
(ORANGE NOTE)**

## ZONE ATHLETICS CARNIVAL

Last Tuesday 13<sup>th</sup> August, a group of students from our school participated in the Zone Athletics Carnival held at the Hunter Sports Centre, Glendale.

Our students competed in a range of athletic events against schools throughout Newcastle, including long jump and shot put, as well as individual and team track events. We were very proud to see our students competing to the best of their abilities and for showing great sportsmanship to fellow competitors. The students proved to be excellent representatives of The Junction Public School and

should all be very proud of their achievements. Thank you to Mrs Brown and Ms Claut for helping out on the day.

Congratulations to the following students who have progressed to the Regional carnival at Hunter Sports Centre, Glendale on Friday 30<sup>th</sup> August in their individual events.

Boston B 100m, 200m, Shot Put and Long Jump  
Miami A Long Jump, Imogen P Long Jump and 1500m, Jett R 100m, Corban B 100m, Harry B 1500m, Rosie B 1500m and Toby N 100m.

We have also had three of our relay teams qualify for the Regional Carnival. Junior Boys relay team of: Jett R, Corban B, Charlie S and Ryder T. Junior Girls relay team of: Imogen P, Zoe K, Evie G and Luca F and Senior Girls relay team of: Harmony B, Miami A, Adisyn L, and Eva N.

Go The Junction!!

Mr Savage



## BAND/STRINGS NEWS

Several events are fast approaching so grab your diary and please note the following dates.

### All Bands and String Ensemble – Thursday 5<sup>th</sup> September (evening)

#### Creative Arts Showcase

This year we are joining with our dance and choir partners to celebrate our school's Creative Arts programs all on one night. We are heading to Merewether High School as our own hall is not big enough to hold us all. A pink permission note was sent home with students last week.

#### Concert Band Day – Wednesday 11<sup>th</sup> September

#### Premier Band Day – Thursday 12<sup>th</sup> September

#### Primary Band - Wednesday 25<sup>th</sup> September and Thursday 26<sup>th</sup> September

**BandLink** - A note will come home soon with further details and costs.

**Bandfest** this year is during Week 2 of Term 4. Specific dates will be confirmed as the program becomes available.

#### Night of Percussion at the Conservatorium (involving just our Percussion Ensemble) : Saturday 21<sup>st</sup> September

#### Band Presentation Night Thursday 28<sup>th</sup> November

### Band Membership

Once again I remind our band families that we have a process we go through when a student is feeling like they want to drop out of band. Band is a team event and relies on all of the parts in order to be successful. Students have made a year long commitment when they sign up to band. I know that issues arise and sometimes it may feel like a drag but there are very few problems that the music team cannot resolve.

### Invoices

Invoices were sent home with students at the end of Week 2. There are a number of families who owe band fees for Term 2. Please note band fees are required to be paid each term. Thank you for your cooperation with this.

Angie King, Band Co-ordinator

## ENTERTAINMENT BOOK FUNDRAISER

Our yearly Entertainment Book fundraiser has finished! Thank you to all our families who purchased a 2019/2020 Entertainment Book. The funds raised go towards supporting our Band program.

## Office Hours - 8.30AM TO 3.15PM

### Money collection for excursions & events

All money will come straight to the office, this includes:- Dance fees, Band fees, School books, Excursion money etc.

There is a "Payments" slot at the front counter in the school office – please post payments in this slot.

For this to work successfully, we ask that any money that is sent into school be in a sealed envelope with your **"Child's name and class"** on the front and details of what event you are paying for. Plastic lunch bags that seal are ideal. The school accepts cash (**exact amount is appreciated - we do not have a float-money is banked every day**), cheque or we have Eftpos facilities in the office. Please note that the school Eftpos facility is only available for school payments and **not P & C – such as the Uniform Shop**. Payments can also be made through the "Make a Payment" tab on the **school website**.

If you use this online option, please make sure you still return your permission note to school.

### Absences

Any absence from school must be explained. The Skoolbag App is a great way to advise the school of student absences, or alternatively phone the school, send an email or write a note. Each day at around 10am, the school sends out an SMS alert to parents of anyone who has an unexplained absence for that day. Please refrain from using the Class Dojo to explain absences as the teacher may not be at school or they are on class and unable to read the Dojo message before 10am.

**If you are going away and the leave is over (5) school days, you must complete an "Extended Leave Form" from the office prior to your leave.**

### Late Arrivals / Early Leavers

School hours are from 9am to 3pm. First assembly is at 8.55am. If children arrive later than 9am, parents are requested to accompany them to the office to provide late arrivals information to office staff. A 'Purple Partial Slip' is then taken to the class teacher. Similarly, if children leave early for the day, parents are required to go to the office first and a 'Purple Partial slip' is then given to the class teacher when children are collected from the classroom. The 'Purple Partial Slip' indicates to the teacher you have been to the office to have the partial leave processed on the computer.

## Medication at School

The office is only able to administer 'prescribed medication' to students. This means medication that has been prescribed by a doctor. This medication must be left in the package provided, clearly labelled with the child's name and dosage. If medication is required, a parent will need to come to the office and complete a Medical Deed of Indemnity form. We are not able to administer any medication without this indemnity form being completed. **We are not able to administer Panadol or non-prescription medications.**

## UNIFORM SHOP

The Uniform shop is open on Mondays from 8.45am to about 9.15am in the new space between the Senior Girls and Boys facilities just along from Class 4L.

**Payment for Uniform Orders here at the school shop on a Monday is by Cash, Cheque or EFTPOS.**

**Please be aware when you are purchasing hats at the office, you are only able to pay by cash or cheque. The P & C Eftpos cannot be used by the office.**

## ONLINE UNIFORM SHOP ORDERING HAS CHANGED!

Want to place your uniform shop order online?

Order now at [www.tipsuniform.com](http://www.tipsuniform.com) to order the new unisex uniform and all other uniform items.

**Please note that you can no longer purchase uniforms through Flexischools.**

## P&C NEWS

### FATHERS DAY BREAKFAST

**Thursday 29<sup>th</sup> August** Father's Day Breakfast will be held at school from 8am to 9am. It is a fun and vibrant morning at the school and all families and carers are welcome. An invitation will be coming home this week from all students and **pre orders for breakfast will be available from Flexischools.** We need many helpers as we are expecting a big turnout! If you are available for the morning or set up the day before, then please register on our helper's link:

<https://www.signupgenius.com/go/70a044aaca92fa2fb6-fathers>

## NEXT PARENT VOICE TOPIC: New School Uniform Q&A

Thanks to everyone in the school community who voted and provided feedback regarding the new 5 day a week school uniform.

We had a response rate much higher than previous P&C surveys, highlighting the significant interest in this initiative. The double black stripe design was the winning style and our new online store has been flooded with new orders which is exciting to see. However, there are lots of questions and enquiries coming in regarding the new school policy and the how the transition period works.

If you have any questions or concerns about the school uniform and or would like more information on what options your child has, then come along to this 30min Q&A session at the Parent Forum. Samples and sizes will be made available as well as advice on using the new online store and stock the uniform shop will supply in the future.

## Our Next MONTHLY MEETING

**WHEN:** Tuesday 3<sup>rd</sup> September

**WHERE:** Merewether Bowling Club (Library Room) 23 Caldwell St Merewether

REFRESHMENTS can be purchased

**6:30pm – 7:00pm:** Parent Voice Forum: Q&A Panel

**From 7:00pm:** P&C Meeting for September

If you have an idea or a suggested agenda item, please email it to [president@junctionpandc.org](mailto:president@junctionpandc.org).

## COLOUR RUN

**Friday 18<sup>th</sup> October** – The whole school will take part with children, families and teachers coming together to celebrate our cultural diversity, in a run splattered with coloured chalk. This will be the final laps of the JAK Homeward Bound Harmony Run, and a date to place in your calendar!

The 2019 COLOUR RUN is the major fundraising event for the Junction P&C this year and will include lots of fun, food, music and sponsorships. If you own a business, have a suitable employer or a connection that would be interested in financially contributing to this fundraiser then please email [junctionpandc@gmail.com](mailto:junctionpandc@gmail.com) or contact the school. Copies of the sponsorship brochure are at the front office or we can supply an electronic version for those interested.



**UPCOMING EVENTS AND ROSTER LINKS**

Date	Event	Time	Help Needed	Contact
Thursday 29 <sup>th</sup> August	Father's Day breakfast	From 8:00am onwards	YES please	<a href="https://www.signupgenius.com/go/70a044aaca92fa2fb6-fathers">https://www.signupgenius.com/go/70a044aaca92fa2fb6-fathers</a>
Tuesday 3 <sup>rd</sup> September	Parent Voice Forum & PC Meeting	6:30pm then 7:00pm	Everyone welcome	AT MEREWETHER BOWLING CLUB *Refreshments can be purchased
Friday 18 <sup>th</sup> October	Colour Run	TBC	Yes Please	<a href="mailto:president@junctionpandc.org">president@junctionpandc.org</a> <a href="#">helpers link to come.</a>

**COMMUNITY NEWS**

Cooks Hill Life Saving and Surf Club Registrations for the 2019-2020 Nipper Season are now open.

For more information go to:

[www.cookshillsurfclub.com.au](http://www.cookshillsurfclub.com.au)

Hi there, my name is Stella Dyer. I am a Junction school mum and clinical psychologist.

I wanted to share the latest information on the neurological impact of screen time and gaming addiction. Some of it is alarming, but there's some very useful advice here and I think that it's so important for everyone to be informed. Catherine Dinneen shared some of this information at the previous P & C meeting. In case you missed it, here it is:

### **What every parent needs to know about screen time and protecting your child's developing brain**

Scientists are alarmed because children (and adults) are becoming addicted to 'screen time' (which includes TV, any kind of PlayStation/computer games and social media technology).

Neuropsychologists are warning parents because excessive screen time causes brain damage and depression.

#### **How much is too much?**

Primary school aged children should have less than 2 hours per day (in total screen time). The latest data shows that most kids are exposed to much more than this.

Excessive screen time is just as bad for your brain as gambling addiction and heroin addiction and it is just as addictive (it strengthens the identical addictive reward circuitry in the brain) and it damages the same parts of the brain.

Screen addiction causes brain damage in several areas:

It stunts development in the 'higher order' parts of the brain that are responsible for reasoning and responding to emotions and suppressing antisocial impulses. This causes behavioural problems (such as lack of inhibition and impulsivity, and increased meltdowns).

It stunts a part of the brain responsible for empathy and compassion, causing more conflict, less understanding and less patience.

Children and adolescents are most at risk of brain damage caused by addictions because this is a crucial time when their brains are rapidly growing. Our brains continue to grow in adulthood, but not as fast. Any type of trauma stunts brain growth (trauma includes watching violence).

Kids say that their computer games train their brain to be better at things. Neuropsychologists have found that what they are getting better at is selective attention. They get worse at general attentiveness (listening to others).

The time spent on screen time prevents kids from spending time playing healthy games that allow them to build mastery in other skills (such as sports, or social skills). Any addictions are especially problematic when children reach adolescence. A crucial time for brain development when their 'higher order' thinking is developing. It is also the time when neural connections are 'pruned' naturally. This causes memories of skills to get lost. This means that if they are no longer engaging in certain sports or hobbies, they will lose their abilities in those areas. The activities they do the most, are the ones that stay.

### **What can parents do about this?**

The most important message for parents is "everything in moderation." Most parents encourage their kids to eat in moderation (e.g. junk foods are 'sometimes' foods with smaller portions, healthier foods are 'every day foods' with larger portions). Explain that it is the same thing for screen time. Parents must set limits on the amount of screen time and parents need to be aware of the content that their children are watching. Experts say that some games and programs are not suitable at all for primary school aged children, or indeed for anyone because they are psychologically harmful. These are games that involve violence and anti-social attitudes (e.g. Fortnite). Just like adult TV shows, games have age restrictions that exclude primary school aged children. Children exposed to the ideas in these games or shows are at risk of developing anxiety disorders and/or behavioural problems.

There is now research evidence that links an increase in nationwide depression and an increase in suicide rates with the introduction of the smart phone in 2009 (10 years ago). Since the 1950's, the highest increase in suicides occurred in the last 10 years.

Excessive screen time = increased risk of depression and suicide.

Experts advise parents to delay giving your child a smart phone for as long as you can. If they need a phone, get an old fashioned mobile.

This is because it causes a chemical imbalance in the brain and it makes you more socially isolated.

Human beings actually need to be close physically for their brains to continue to grow and for their bodies to be healthy. It's a fact that we need to be able to see and even smell each other. If not, we can develop all sorts of illnesses and poor immune systems.

So if your child argues that online gaming is just as good as seeing their friends in person, you can explain that actually the research shows that it is NOT! They need real face to face social time.

AND children NEED to be physically active EVERY DAY in order for their brains to learn new things.

Avoid blue light from screens because it stops the release of melatonin (which is crucial to help you get to sleep). The amount you absorb is directly related to how close your eyes are to the screen (tvs are actually safer than phones because they are further away). Why is sleep so important?

Neuropsychologists say that we need to get two consecutive nights of undisturbed sleep in order to go into REM sleep - this is crucial because it allows us to store new learning.

### **What are the signs that screen time might be becoming a problem for your child?**

If they are:

- Withdrawing from activities
- Increased time in their room
- Increased irritability
- Getting hostile or aggressive if you/they are asked to leave the screen.
- Increased tiredness
- Neglecting daily hygiene/self-care.
- Declining grades (at school).
- Increased behaviour problems at school.

### **What are the signs of serious addiction?**

- It's causing these problems and you/they are doing it anyway.
- They/you are lying about how much time they are spending with screens.
- If it's interfering in your relationships
- If it's preventing you from getting things done
- If it's severe and going on for longer than a few months.

### **What can parents do about it?**

The good news is, you can retrain your / your kids brains! Teach them about having a 'healthy screen diet' of moderation.

How much screen time is okay?

For school aged children, 2 hours is okay. But be careful of the content – choose educational games (some of it is dangerous & traumatic to the brain (ie games that have violence, horror, and antisocial behaviours). Games like Grand Theft Auto and Fortnite – the games itself have guidelines for ages 13 and over. Definitely not for any primary school kids. But neuropsychologists say they are actually not suitable at all for anyone's brain - they cause desensitization to violence, they teach antisocial attitudes and they are deliberately designed to be addictive.

Other games are scary and should be age appropriate (kids get scared of things at certain ages

- monsters when they are little, fear of parents dying/dangerous people when they are bigger).

Explain to your kids that sleep is so important for their health and their brain development!

Make sure that you and your kids get 2 hours of screen free time before bed so that you/they can wind down. Do relaxing activities instead.

Make sure their devices are not in their rooms (kids who become addicted, will use their screens under the blankets when their parents are asleep and parents don't know).

Researchers have found reliable evidence that when parents monitored screen time & content, it improved every aspect of their child's health and wellbeing.

Make sure that you and your family members are getting 40 mins of exercise 5 times per week.

There are several internet parental controls that allow parents to set limits of the screen time and prevent them from watching harmful content online. Here are a few: Koala safe, family zone, parent power, Norton Core.

### **How do you get your child on board with the new routine?**

Be firm - explain that screen time is a reward not a right! (WHEN they get their chores/homework done, THEN they get x amount of screen time).

For adolescents who have a smart phone, don't take away their device, control the internet instead (turn the power off at the wifi).

Make sure that you eat dinner together (without any devices on the table!)

Don't allow any tech in the bedrooms!

Be a good role model - your kids are watching and copying you!

What do kids actually need to increase their serotonin instead of them getting addicted to dopamine? Exercise and quality face to face time with you & their friends.

The overall message is educate your family and teach them all to find ways to use screen time in moderation. Delay giving your child a 'smart' device for as long as possible.

If you're having trouble setting new limits in your family, ask your GP to refer your family to a psychologist.

Some more good news if you or your child is addicted to screen time - once screen time is reduced, the brain will return to normal after about 6 weeks.

*This is a summary from a recent presentation by Dr Wayne Warburton – Assoc Professor of Psychology at Macquarie University - 'the neurological impact of screen and gaming addiction.'*