NATIONAL RECONCILIATION WEEK has been a focus over the past week as each day the students have had opportunity to further understand the importance of each person building relationships and valuing the Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures. The 2020 artwork’s design elements represent Australians together on a national journey of reconciliation while paying homage to the past and recognising the present.

As a school we subscribe to Parenting Ideas and our article in this week’s newsletter highlights the challenges in managing the “techno-tantrums” that become a part of managing a child and their devices. There is an opportunity for parents to participate in a free webinar with Dr Kristy Goodwin with the focus of the presentation being on establishing new, healthy technology habits for our children.

We hope you can take advantage of this opportunity to learn a little more about supporting your child/ren.

As we have focused on acceptance of all this week, we are reminded of the love that God has for each of us and the acceptance He gives to all. The Bible speaks often about God’s acceptance of us and how we should be accepting of others. When Jesus walked on earth, He was our perfect example of accepting others, no matter their sin or choices. Jesus extended grace and forgiveness to all and we are commanded to do the same. At times we can feel isolated with the busyness of life, and possibly now more than ever we are struggling to make those connections with people as we are guarded due to COVID-19. May this be a reminder to us all that we are loved and valued individuals and we matter to God.

Have a good week

Christine Clark
At the end of each term we always have a CASUAL CLOTHES DAY with students being asked to bring a gold coin donation. The money goes toward sponsoring a student overseas to gain an education.

Our School has been sponsoring Nuash Bhengra with his schooling. He has now graduated from Yr 10 & will be leaving the program to continue his studies at another school. Asian Aid would like to pass on Nuash’s gratitude & thanks for our sponsorship in helping him to be given a chance to get an education.

We would like to introduce our new student we will be sponsoring. His name is Venkatesh & he is in Yr 9. He is helpful & hard working. He likes to cycle & enjoys spending time with his friends.

Please remember Venkatesh when we give our gold coin donation.

SUPPORT FOR SCHOOL FAMILY

On Saturday morning the Fisher family had a fire at home and lost their DJ equipment shed, laundry and the house was damaged.

Charmaine rang the insurance company on Monday morning, only to find out that she had failed to renew the policy a couple of months ago when they as a family were coming to terms with Paul being diagnosed with cancer and undergoing chemo.

A friend has set up a GO FUND ME page for the family, and we are making you as a school community aware, so you are able to support them if an option for you.

Rebuild House Shed and DJs R US

Paul and Charmaine are the organisers of our Mother and Father Day stalls and recently received an award for their contribution to our community. This is a chance for us as a school to support them as they face challenging times.
**From the Office**

**UNIFORM SHOP HOURS**

The Uniform shop opening hours are:

- Tuesday: 3:15-4:00 pm
- Wednesday: 8:30-9:30 am & 3:15-4:00 pm
- Thursday: 8:30-9:30 am

Thank you for your support of our Uniform Policy.

**VACATION CARE**

The Vacation Care program is in the School Announcements attachments of this newsletter.

If you would like to make a booking, please complete and return the booking form to OSHC or the front office ASAP. If a booking is unsuccessful, OSHC will advise you, place your child/ren's name/s on a waiting list and you will be contacted if a space becomes available.

Please be aware that July Vacation Care falls in the new financial year and that the free childcare may not go into the new financial year. We will advise of more info on this when we get it ourselves.

Please ensure that your 20/21 Family income estimate and your CCS is up to date through your MYGOV account.

**ENTERTAINMENT BOOK FUNDRAISER**

Entertainment Books are now available in digital only. Hard copies are no longer available.


Options available:
- Single City - 1 Year Subscription: $69.99
- Multi City - 1 Year Subscription: $119.99
- Multi Plus - 2 Year Subscription: $229.99

20% of every membership sold goes to Prescott College Southern.

Please see the flyer in the attachments for details on how to order.

Thank you for your support of our school fundraiser.

**WORKING WITH CHILDREN CHECK UPDATE**

On 1 July 2019 the SA Government introduced the new Working with Children Check (WWCC) to help keep children safe in our communities.

As of 1 July 2020, the transitional arrangements that permitted employees, volunteers and contractors to submit a National Police Certificate will cease.

All South Australians working or volunteering with children who are currently using a National Police Check must hold a WWCC on or before 1 July 2020 to enable them to continue to work with children.

An infographic from the DHS summarising this information is attached in the School Announcements.

Other transitional arrangements continue to apply, including people who have a current and valid DCSI/DHS and teachers whose registration remains current.

Once the DCSI/DHS expires, employees, contractors and volunteers are required to hold a WWCC.

**IMPORTANT CHILD CARE SUBSIDY INFORMATION FOR OSHC FAMILIES**

Please note that if you received Child Care Subsidy for 2018/2019, you must confirm your income with Centrelink.

If you don't confirm your income by June 30, your CCS WILL stop from 13 July 2020. Please treat this as a matter of urgency.

There is a flyer in the School Announcements attachments with more info.

**LIVING WELL BOOKS**

Please see the flyer in the Community Announcements Attachments for the list of books of the month and details on how to order.
Tuesdays of weeks 4 and 5 saw Upper Primary students enjoying the bracing weather outdoors. Given a choice of picture books and their own choice of partners or small groups, the students worked enthusiastically to present their chosen book to their classmates. Some read, while others acted out scenes, some employed convincing and often humourous accents. We have some natural performers in our school. Picture books can be enjoyed by all...there's a little kid inside us all!
From the Library
Term two has been an interesting term so far!

In classrooms 3 and 4 we have been trying new ideas and exploring our creativity!

In Health we have been looking at different foods that keep us healthy and strong. We have looked at eating the rainbow, the food groups and why healthy food is important.

One of our favourite activities was when we put on our chef hat and designed a breakfast, lunch or dinner plate! We are very excited to do our taste test soon where we will try and rate some different fruits and vegetables!

Over the term we have been creating some wonderful, creative art. We have done some origami, watercolour painting, directed drawing and using the outdoors as inspiration for art.

We read the story “The Dot” written by Peter H. Reynolds. It was about a little girl who was convinced she was terrible at art and her teacher told her to just make a mark and see where it takes you. We created our own masterpieces with watercolour by just starting with a dot!
SECONDARY JAPANESE

KONNICHIWA MINASANI OGENKI DEUSKA?

こんにちは みなさん！おげんきですか。

This term, we have explored many new aspects of Japanese language and culture through task board challenge activities.

Students have had the opportunity to select their own projects based on personal interests and challenge level. This process has helped students discover new passions and skills in a variety of areas. We have discovered upcoming poets, fashion designers, masters chefs and even grammar experts!

The students creativity has been wonderful to see and I look forward to seeing more in the coming terms.

まだがんぱりましょう!

Last term we also had students participate in the annual JLTASA Year 8 recital competition. Due to Covid-19, entries were video recorded, making it particularly difficult for judges to choose just one winner.

Congratulations to year 8 students, Tamia Konjevic and Amber Bushell, who demonstrated great preparation, pronunciation and memorisation skills, they represented our school well among a very tough field of competition!

おめでとうございます!
Secondary School Swimming Carnival 27 February 2020
Secondary School Swimming Carnival 27 February 2020
Secondary School Swimming Carnival 27 February 2020
For school parents – something to ponder

Conquering kids’ techno-tantrums

Many of us have witnessed our kids or teens emotionally combust when asked to switch off their gaming console or put their phone away. I colloquially call these ‘techno-tantrums’.

Many of us fret that this signals that they’re ‘addicted’ to technology and find ourselves worrying about why they behave in such intense ways. So, what makes technology so psychologically appealing for kids and how can we help them to unplug so that screen-time doesn’t end in scream time?

Technology is so appealing. Technology has been intentionally designed to cater for our kids’ most basic psychological drivers.

As humans, our three most basic psychological needs are the need for connection, competence and control. Technology caters for these needs in very clever ways. For example, our need for relational connection explains why many of our boys are obsessed with multi-player video games and girls are infatuated with social media.

These online tools have also been designed to help young people experience competency – gamers see tangible measures of their performance by their levels of attainment, or battles won. Scrolling through YouTube and ‘selecting’ which video they’ll watch next also enables young people to experience a sense of control and agency over their lives – something they biologically crave.

Here’s what technology does to their brains and bodies. Digital technology impacts on children and young people in the following ways:

‘It feels good’

When our kids use a screen it’s usually a pleasurable experience for them. Their brains secrete the neurotransmitter dopamine, which makes them feel good. This means, when you demand that they turn the device off, you’re terminating their production of dopamine (pleasure response). It’s better to provide a choice of more appealing transition activities when you want them to move away from a screen. For example, suggest that they ride their bike, or walk the dog after they’ve switched off the device.

‘I want more’

The online world has no stopping cues, so our kids and teen never feel ‘complete’ or ‘done’. They can always refresh social media; continue to play to attain another level in a game; or watch another YouTube clip. This is also referred to as the state of insufficiency. One parenting tip that works is to give your children and teens hard end points. Rather than giving them a quantity of time (for example, you can watch an hour of TV today), give them the finish time (for example, I’d like you to switch off the TV at 4:30pm).

‘It’s so novel’

Our brains are wired to seek out new and interesting stimulus. The online world is always instantly gratifying, fast-paced and requires minimal cognitive effort. In comparison the offline, real world doesn’t always offer novelty. The real world is a lot slower-paced, and it’s not always instantly rewarding and interesting like our kids’ digital world. Ensure your kids and teens have ample time to experience boredom. Our brains were never designed to be switched on and processing information as they are in the digital world. Opportunities for boredom allow the brain time to reset and help our kids become accustomed to not always being ‘switched on’.

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

In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits.

When: 17 June 2020 8:00pm AEST

To redeem:
2. Click ‘Add to cart’
3. Click ‘View cart’
4. Enter the voucher code TECHNO and click ‘Apply Coupon’ Your discount of $37 will be applied.
5. Click ‘Proceed to checkout’. Fill in your account details. These details are used to login to your account and access your parenting material.
6. Click ‘Place Order’

The voucher is valid until 17 September 2020.
SCHOOL ANNOUNCEMENTS

Vacation Care Program
Working with Children Check information
Entertainment Book Information
Colour My World Casual Clothes Day Information
CCS Income Update Information
Parenting Ideas Webinar

COMMUNITY ANNOUNCEMENTS

Cove Marion Football Club Flyer
Living Well Books of the Month