

Tintinhull Gazette

Tintinhull Public School

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Term 3 - Week 4

Thursday, 6 August 2015

From The Principal

Dear Parents

It would be greatly appreciated by all the staff that if you are parked on the Tintinhull Road side of the carpark that you please come to the gate to collect your children at home time. At the moment we have a few students either running ahead of parents or walking, alone, past stationary cars which are parked at the pick-up/drop-off zone. It would be a tragic accident if a child got hit by a moving car. Your assistance in all children's safety would be greatly appreciated.

Also, in the interest of child protection could parents/carers please wait until a teacher is at the gate before you collect your children.

Uniform – Thank you to all families for not sending your child/children to school in a hoodie this week. It has been greatly appreciated.

Kindergarten Orientation – A letter about Kindergarten Orientation will be sent out to all relevant families in Week 6 indicating dates and times of this transition program.

There is a very interesting article 'Screen Addiction is Taking a Toll on Children' at the end of this newsletter. Please take the time to read it.

Andrew Rodgers

Cupcakes 4 a Cure



September is 'Childhood Cancer Awareness Month'. To help raise much needed research

funds to find a cure for childhood cancers a Cupcake morning tea will be held on the last day of this term, Friday 18th September.

We will be in contact with the Mums who have volunteered to bake cupcakes, in the next few weeks. We thank these Mums very much for their assistance.

Pre-Service Teachers

Since the beginning of this term we have had Miss Kiera-Lee Hull in Mr Rodgers' classroom doing her 4th year internship as a pre service teacher. Kiera-Lee will be here for the remainder of this term.

On Monday Brianna Trickett commenced a four week teaching practicum in the 3-4 classroom under the supervision of Mrs McDougall.

P & C News

The next meeting of the school's P & C Association will be held on Monday 17th August commencing at 3.45pm.

The adults only Trivia Night will now be held on Saturday 31st October and will be themed on Halloween. More information about the night will be available next week. Tickets for the night will be \$15 per person, bring your own nibbles and drinks.

2016 New England Calendar

Mr Barnaby Joyce MP, Federal Member for New England, is inviting budding young photographers to submit a favourite image that provides a colourful insight of our local area. This image may then be selected to be included in his 2016 calendar.

The following requirements, to be eligible for selection in the 2016 calendar are:

Images need to depict and have been captured in the New England area in the past 12 months;

High resolution JPG format digital image in landscape orientation only.

These can either be emailed to the Tamworth Electorate office barnaby.joyce.mp@aph.gov.au or saved on a flash drive and posted to the Tamworth Electorate office, PO Box 963, Tamworth or Shop 5, 259 Peel Street, Tamworth.

The winning selected images will be printed throughout the 2016 New England calendar and the photographer of each image will be identified on their submitted image. All entrants featured in the calendar will receive a complimentary copy of the calendar.

Entries for the competition close at 5pm on 30th September.

Eat It to Beat It Program


Nutrition Snippet

The simplest way

...to make a healthy dessert.

APPLE + PEACH PIE
Perfect on a chilly winter's evening...a healthy treat!

Ingredients
2 medium apples, peeled and chopped -- 800g canned peaches in juice, drained-- 6 sheets filo pastry -- spray oil --1 teaspoon sugar

Method
Preheat oven to 200°C -- Place apples in a microwave and oven proof dish and cover with a plate or cling film with holes in it. Microwave on HIGH (100%) for 1 minute. Carefully remove the plate or cling-film as the steam will be hot -- Add peaches to the oven-proof dish. Scrunch a sheet of filo pastry and arrange on top of the dish. Repeat with the rest of the filo sheets until the whole top of the dish is covered -- Lightly spray the pastry with oil, and sprinkle with sugar -- Bake for 25 minutes, until the pastry is golden and crispy -- *TIP: this recipe works for any fresh, frozen or canned fruit.*



For more information visit
www.eatittobeatit.com.au
 or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



Assembly Awards

Merit Certificate:



Violet Miller, Caleb Maybury, Hannah Wynn and Casey Goymer



Bronze and Silver Certificate Awardees:

Back row: Josh French, Violet Miller and Brianna Demevski

Front row: Asher Lumby, Ella Gavin, Lucy Henry-Berryman and Raigen Squires (Bronze)

PROUD Awards:



Cody Friend, Nikkita Butler, Taylah Smith, Makayla Rankin and Bella Flemming.

Dates for Your Diary

Week 5

Monday 10th August

Fruit & Veg parent workshop
3.45 to 5.15pm

Tuesday 11th August

Excursion to Farrer farm for
Years 1 and 2

Thursday 13 th August	Taster lessons for Year 6 students attending Oxley High School in 2016. 1pm – 2:30pm
Friday 14 th August	PSSA Zone Athletics carnival

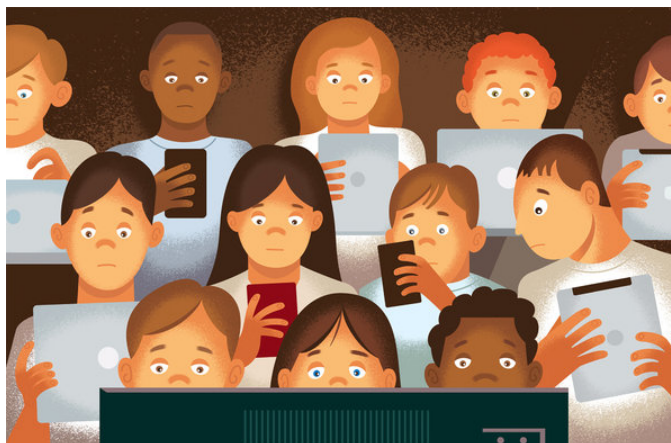
Week 6

Monday 17 th August	P & C meeting 3.45pm
Thursday 20 th August	Taster lessons for Year 6 students attending Oxley High School in 2016. 1pm – 2:30pm

Week 7

Wednesday 26 th August	Newcastle Permanent Maths Comp. for Years 5 and 6
Friday 28 th August	Bush Dance – SRC fundraiser

Screen Addiction Is Taking a Toll on Children



Excessive use of computer games among young people in China appears to be taking an alarming turn and may have particular relevance for American parents whose children spend many hours a day focused on electronic screens. The documentary “[Web Junkie](#),” to be shown next Monday on PBS, highlights the tragic effects on teenagers who become hooked on video games, playing for dozens of hours at a time often without breaks to eat, sleep or even use the bathroom. Many come to view the real world as fake.

Chinese doctors consider this phenomenon a clinical disorder and have established rehabilitation

centers where afflicted youngsters are confined for months of sometimes draconian therapy, completely isolated from all media, the effectiveness of which remains to be demonstrated.

While Internet addiction is not yet considered a clinical diagnosis here, there’s no question that American youths are plugged in and tuned out of “live” action for many more hours of the day than experts consider healthy for normal development. And it starts early, often with preverbal toddlers handed their parents’ cellphones and tablets to entertain themselves when they should be observing the world around them and interacting with their caregivers.

In its 2013 policy statement on “[Children, Adolescents, and the Media](#),” the American Academy of Pediatrics cited these shocking statistics from a [Kaiser Family Foundation study](#) in 2010: “The average 8- to 10-year-old spends nearly eight hours a day with a variety of different media, and older children and teenagers spend more than 11 hours per day.” Television, long a popular “babysitter,” remains the dominant medium, but computers, tablets and cellphones are gradually taking over.

“Many parents seem to have few rules about use of media by their children and adolescents,” the academy stated, and two-thirds of those questioned in the Kaiser study said their parents had no rules about how much time the youngsters spent with media.

Parents, grateful for ways to calm disruptive children and keep them from interrupting their own screen activities, seem to be unaware of the potential harm from so much time spent in the virtual world.

“We’re throwing screens at children all day long, giving them distractions rather than teaching them how to self-soothe, to calm themselves down,” said Catherine Steiner-Adair, a Harvard-affiliated clinical psychologist and author of the best-selling book “[The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age](#).”

Before age 2, children should not be exposed to any electronic media, the pediatrics academy maintains, because “a child’s brain develops rapidly during these first years, and young children learn best by interacting with people, not screens.” Older children and teenagers should spend no more than one or two hours a day with entertainment media, preferably with high-quality content, and spend more free time playing outdoors, reading, doing hobbies and “using their imaginations in free play,” the academy recommends.

Heavy use of electronic media can have significant negative effects on children’s behavior, health and school performance. Those who watch a lot of simulated violence, common in many popular video games, can become immune to it, more inclined to act violently themselves and less likely to behave empathetically, said Dimitri A. Christakis of the [Seattle Children’s Research Institute](#).

In preparing an honors thesis at the University of Rhode Island, Kristina E. Hatch asked children about their favorite video games. A fourth-grader cited “[Call of Duty: Black Ops](#),” because “there’s zombies in it, and you get to kill them with guns and there’s violence ... I like blood and violence.”

Teenagers who spend a lot of time playing violent video games or watching violent shows on television have been found to be more aggressive and more likely to fight with their peers and argue with their teachers, according to a [study in the Journal of Youth and Adolescence](#).

Schoolwork can suffer when media time infringes on reading and studying. And the sedentary nature of most electronic involvement — along with televised ads for high-calorie fare — can foster the unhealthy weights already epidemic among the nation’s youth.

Two of my grandsons, ages 10 and 13, seem destined to suffer some of the negative effects of video-game overuse. The 10-year-old gets up half an hour earlier on school days to play computer games, and he and his brother stay plugged into their hand-held devices on the ride to and from school. “There’s no conversation anymore,” said their grandfather, who often picks them up. When

the family dines out, the boys use their devices before the meal arrives and as soon as they finish eating.

“If kids are allowed to play ‘Candy Crush’ on the way to school, the car ride will be quiet, but that’s not what kids need,” Dr. Steiner-Adair said in an interview. “They need time to daydream, deal with anxieties, process their thoughts and share them with parents, who can provide reassurance.”

Technology is a poor substitute for personal interaction.

Out in public, Dr. Steiner-Adair added, “children have to know that life is fine off the screen. It’s interesting and good to be curious about other people, to learn how to listen. It teaches them social and emotional intelligence, which is critical for success in life.”

Children who are heavy users of electronics may become adept at multitasking, but they can lose the ability to focus on what is most important, a trait critical to the deep thought and problem solving needed for many jobs and other endeavors later in life.

Texting looms as the next national epidemic, with half of children aged 12 to 17 sending and receiving 60 or more text messages a day, Amanda Lenhart of the Pew Research Center found in a [study released in 2012](#). An earlier study by researchers at JFK Medical Center found that teenagers send an average of 34 texts a night after they get into bed, adding to the sleep deprivation so common and harmful to them. And as Ms. Hatch pointed out, “as children have more of their communication through electronic media, and less of it face to face, they begin to feel more lonely and depressed.”

There can be physical consequences, too. Children can develop pain in their fingers and wrists, narrowed blood vessels in their eyes (the long-term consequences of which are unknown), and neck and back pain from being slumped over their phones, tablets and computers.