

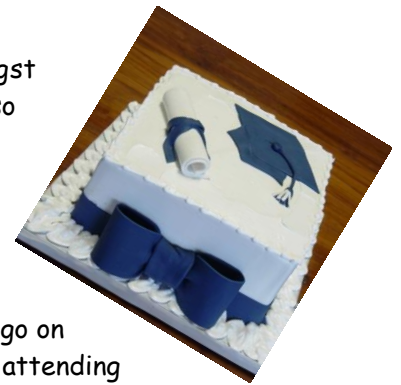
Dear Parents and Community Members

Screen Time

Recently, staff was discussing the effects of too much screen time on students. The research is quite amazing. Although not a kid, I thought I would try it out on myself - no IPAD in the evening. The result - I am sleeping better but at the same time having IPAD withdrawal!!! I have found some information on this phenomenon on the "Kids Matter" website. I have included it in this newsletter. Happy reading.

Graduation Cake

Each year a parent of a graduating student bakes a cake to be shared amongst all students and staff. It would be a shame for this tradition to lapse and so we are calling for a volunteer to prepare this cake. If you are able to help, please contact Sherree or Lyndy.



Camp 2016



We are looking for parent volunteers to go on camp with us in 2016. At present, staff attending are Lyndy, Sherree and Carina. Ideally, we would love to have dads to cater for the boys. The dates are Monday 14.03.16 - 18.03.16. Please let the school know if you can help.

School Council

Sadly, two of our council members, Jessica Della Bosca and Melissa Zweck, retire at the end of this year. If you are interested in nominating for school council, please advise Lyndy.



Regards

Lyndy Richmond
Principal

Upcoming Events

Wednesday 18th November - Milo T20 Blast School Cup

Monday 23rd November - Transition Day for Year 6 students who will be attending Merredin College in 2016.

Monday 30th November - School Council and Finance Meetings to be held at the school commencing at 2.30 p.m.

BIRTHDAYS

Kathleen Harvey 30th November 12 Years Old



Awards - Term Four Week 5

Regan Auld	For fantastic progress in his Writing and for the effort he puts into always doing his best. Great work, Regan.
Lucy Birtles	For consistently producing work to the best of her ability. Keep up the fantastic effort, Lucy..
Drew Zweck	Working efficiently to complete his Christmas tree.
Andrew Steel	For his perseverance in completing assigned Maths tasks.



How screen time affects rest



When little ones don't get enough shut-eye they can become cranky, tired and moody, and run the risk of developing a host of physical and behavioural problems. And with more children using technology (at younger and younger ages), sleep specialists are seeing a clear link between too much screen time - the use of TV, computers and mobile devices - and poor quality of rest.

"The main effect of overusing media devices is that it can decrease the total amount of sleep kids get," says Dr Sarah Loughran, sleep researcher at the University of Wollongong.

She says excess screen time can hamper sleep in three main ways:

- **Timing** - the use of electronic media can lead to delays in children's bedtimes, resulting in less time being available for sleep.
- **Content** - engaging the brain with exciting or provocative information before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.
- **Light emissions** - light from electronic devices can disrupt the body's natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle.

Being wise to your child's screen time consumption can have far-reaching benefits for the whole family, for instance, more sleep! It should only take a few adjustments to your evening routine. Dr Loughran suggests the following:

- **Set a 'bed time' for media devices** - this should happen one or two hours before kids go to sleep, and applies to adults too so everyone gets into good habits.
- **Tweak their bedtime routine** - let kids wind-down properly in the run-up to bed, replacing screen time with gentle activities like stories, talking or bathing.
- **No media devices in the bedroom** - kids may kick back at first, but you will soon see the rewards of setting and sticking to this tough rule.
- **Replace screen time with exercise during the day** - outdoor exercise in bright light is wonderful for sleep and helps balance their 'virtual' and real lives.
- **Limit food and drinks during screen time, especially at night** - electronic devices tend to encourage mindless over-eating and drinking (especially of caffeine), which can stimulate the body and imbalance hormones.

What constitutes 'too much' screen time remains to be defined. You might like to read up on the Department of Health guidelines. They recommend that children five to 12 years have no more than two hours of screen-based entertainment per day, and that two-to-five year olds have less than one hour.



Steps for food safety

This week is Australian Food Safety Week. To stop getting sick from food poisoning food should be prepared and stored safely.

Tips to **prepare** food safely:

- Wash hands for at least 20 seconds using soap or antibacterial gel
- Tie long hair up or wear a hair net
- Cover cuts or wounds on the hands or wrists
- Wash your hands after you sneeze or cough. Do not cough or sneeze near food.
- It's best to not prepare food to share if you are unwell (eg. a cold, the flu or gastro)
- Keep raw meat separate to foods that are cooked. All equipment that has touched raw meat needs to be washed in hot, soapy water before being used on other foods (knives, plates, chopping boards).

Tips to **store** food safely:

- Keep your fridge temperature below 5°C - use a fridge thermometer to check
 - Keep hot foods hot (above 60°C) and cold foods cold (below 5°C) as bacteria grow quickly from 5-60°C
 - Store food in suitable covered containers
 - Store raw foods (like meats) below cooked foods in the fridge
 - When freezing raw meat, place into a container or freezer bag to avoid contamination
 - Thaw cooked or ready to eat food in the fridge or microwave and not on the kitchen bench
- As the weather gets warmer it is even more important to prepare and store food safely.

Quick Tip: If you're using butter and oil in baking, halve the quantity and replace with unsweetened apple sauce, low-fat natural yogurt or mashed banana.

Recipe:

Overnight no cook fruity oats <https://livelighter.com.au/Recipe/356/overnight-no-cook-fruity-oats>



TWO DOGS MERREDIN



Sunsmart Two Dogs Junior Tournament

Merredin District Lawn Tennis Club

Saturday 5 December 2015

- Entries Close: Wednesday 2 December - NO LATE ENTRIES WILL BE ACCEPTED AFTER THIS DATE
- Entries to: Meg Gethin - Ph/Fax 9044 3222, Mobile 0428 128 153 or scanned and emailed to mdltc@hotmail.com.au
- **Sunscreen & hat essential**
- Entry Fees to be paid on the day of the tournament
- Lunch can be ordered by completing details below or bring your own

I _____ (Parent/Guardian) Do / Do Not (circle) give my permission to publish any photographs, video footage or results, solely for promotional purposes, without compensation.

_____ (Signature of Parent/Guardian)

Entrants Name: _____

Please accept my entry for event number/s: _____

Phone no.: _____ Club: _____

Date of Birth: _____ Age as at 31st December 2015 _____



Circle Event No.	SINGLES	8.45am Welcome, 9.00am Start	Round Robin	Entry Fee
1	12 yrs & Under Girls		\$10.00
2	12 yrs & Under Boys		\$10.00
3	15 yrs & Under Girls		\$10.00
4	15 yrs & Under Boys		\$10.00

DOUBLES	12:30pm start	Partners Name	Round Robin	Entry Fee
(if you haven't a partner for doubles but would like to play, circle the event and we will do our best to find you one)				
5	12 yrs & Under Girls	_____		\$20.00 (\$10 each player)
6	12 yrs & Under Boys	_____		\$20.00 (\$10 each player)
7	15 yrs & Under Girls	_____		\$20.00 (\$10 each player)
8	15 yrs & Under Boys	_____		\$20.00 (\$10 each player)

LUNCH ORDER (to be paid on the day)

Name: _____ Club: _____

Ham & Salad Roll \$4.00 Number Required: _____

Chicken & Salad Roll \$4.00 Number Required: _____

Salad only Roll \$3.00 Number Required: _____

