

Newsletter

No 11

24th July, 2023

From the Principal's Desk

Welcome back to term 3 I hope you enjoyed the holidays with family and friends. This is just a quick welcome back newsletter, we will put out our usual one next week with a term 3 calendar. We want to say welcome to our new class of reception students who started this week, most of the group are siblings but we have 6 or 7 new families too.

Seasons for Growth

This term we will be offering a small group, age appropriate, 8 week group counselling opportunity for students who may need help with grief or significant family change. Seasons for Growth is a program specifically designed for children who are going through significant life events such as (not limited to) grief, loss, divorce, living away from home or forced relocation. It aims to guide them towards understanding that change is ongoing and gives them an opportunity to discover ways of coping and developing positive mind sets and hope for the future. The sessions run with a personal journal and students are supported to discuss their feelings and worries but not disclose their personal circumstances. If you would like your child to be considered for this program please email Marg with the subject line of Seasons for Growth and we will start looking at groupings.

marg.clark2@schools.sa.edu.au

Congratulations to Claire Saint, who has been representing PNPS in SAPSASA Netball during term 2. Her team recently participated in the District Carnival and won the gold medal undefeated!



We are looking forward to a great term!

Marg Clark

Term 3, 2024- 22nd July – 27th September

August

19th
21st-22nd
23rd

Governing Council Meet
Senior studios camp
Book Week Parade (dress up)



Prospect North's Got Talent 2024

We had some amazing performances in the Prospect North's Got Talent last Friday.

From singing to dance routines, comedy to piano playing, each act showed how talented our students are. Congratulations to all the students who performed with confidence

Reception – Year 2 students :

Juwairiya, Nethmi, Kahleesi, Billy, Tommy,

Year 3-4 students :

Navkirat, Emma, Alaska, Oti, Harlow, Darcy,

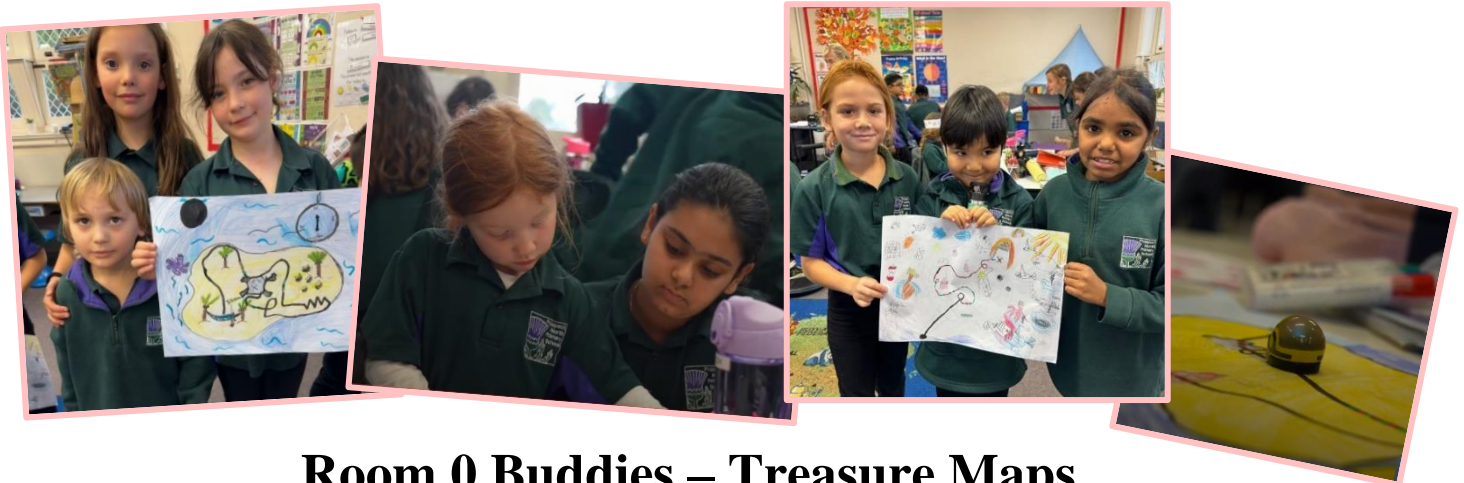
Year 5-6 students

Claire, Maddie, Ava, Ivanna, Katherine, Bianca, Tanveer & Aqeel, Buddhima, Poppy and Rosalina

A big congratulations to our winners:
Kahleesi, Alaska and Katherine

Anahita and Max did an amazing job hosting the show.

We also thank Casey and Sammy for organizing it, and to Annaleise, Jill and Alana Shepherdson for judging the amazing talent.



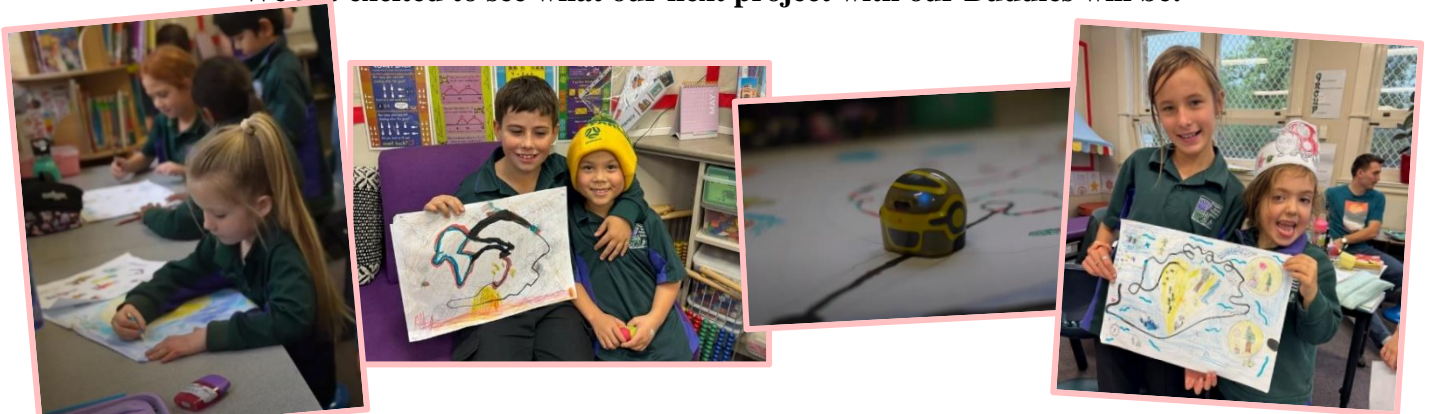
Room 0 Buddies – Treasure Maps

In Buddies, Room 0 and Room 8 designed and created Treasure Maps. Our goal for this project was to code Ozobots to follow lines and detect colours to travel through our treasure maps.

We recently completed our maps and were so proud of our finished products.

Check out all our hard work!

We are excited to see what our next project with our Buddies will be!





Balancing technology at home

With the abundance of digital devices, it's easy for kids to get absorbed in screens.

Finding the right balance between screen time and other activities is crucial for their mental and physical well-being.

Here are six practical strategies to help you navigate and manage your child's screen.

1. Establish boundaries

Set clear rules regarding screen time right from the beginning of the holidays. Create a schedule together that includes specific time slots for using devices. For instance, designate morning hours for playing outside and afternoon hours for leisure activities.

Clear boundaries help kids understand when it's appropriate to engage with screens and when they should focus on other activities.

2. Encourage diverse activities

Encourage a variety of activities beyond screens. If possible, organise time outside and engage them in arts and crafts, board games, sports or even a few chores.

Providing diverse options keeps them engaged and less reliant on screens for entertainment.

3. Lead by example

Children often mimic the behaviour of their parents or guardians. Set a positive example by managing your own screen time. Show them how to balance technology use with other hobbies or responsibilities. Engage in activities together that don't involve screens, like cooking, gardening, or reading. This not only sets a good example but also strengthens the bond between you and your child.

4. Create tech-free zones

Designate certain areas in the house as tech-free zones, such as the dining area or bedrooms. This helps build the habit of disconnecting during specific times, especially during meals and before bedtime. Establishing tech-free zones encourages better communication and relaxation without the distractions of screens.

5. Use technology together

Opt for screen time activities that involve interaction and learning. Engage in educational games, watch documentaries, or participate in online courses together. This not only limits passive screen time but also transforms it into a more interactive and educational experience.

6. Communicate

Maintain an open dialogue with your kids about screen time. Discuss the reasons behind the set rules and encourage them to express their opinions. Additionally, periodically reassess the screen time rules based on their behaviour, interests, and any changes in the family routine. This helps in adjusting the rules as needed while involving them in the decision-making process.

