

# Nathalia Primary School Newsletter

June 24<sup>th</sup>, 2020



## Staffing

At the end of this term Ms Craig will be leaving the school to move into a twelve month consultancy position. This is a Leading Teacher position and, being seconded to this role, is a credit to the wonderful work Ms Craig has done at Nathalia Primary School over the past two and a half years. I'm sure the school community wishes Margot all the best in her new role and we hope to see her back teaching at Nathalia Primary School in 2021.

## School Camp

The Canberra school camp for students in grades 4, 5 and 6 was planned to occur in June but, unfortunately, had to be cancelled due to Covid-19. As restrictions ease we are now able to attend school camps and we have booked the school camp at Cave Hill Creek from September 9—11. The cost for the camp is \$350 per student which includes all travel, food, accommodation and activities.

I have included a link for the camp for you to have a look at if you would like to. [www.cavehillcreek.com.au](http://www.cavehillcreek.com.au)

Consent forms and information will be distributed to all relevant families in the first week of term three.

School camps are a wonderful opportunity for children to grow and learn in an environment that is different to the regular school setting. I would love to see every child attend the school camp this year.

## End of Term 2 Dismissal

All students will be dismissed at 2.20pm on Friday for the end of term 2. The buses will be operating on the revised timetable in the afternoon.

## Transition to Secondary College

We have enrolment packs in the school office for year 6 students who are preparing to enrol at Nathalia Secondary College or St Mary of The Angels Secondary College Nathalia. Families must notify their secondary college of choice by this Friday to confirm their year 7 enrolment for 2021.

## Come and explore your opportunities

**Enrolments Close**  
Friday, 26th of June

Secondary College enrolment forms must be lodged this Friday.

## Dates to Remember

Wednesday June 24<sup>th</sup>—Student Reports distributed

Friday June 26<sup>th</sup>—End of Term 2—2.20pm dismissal

Monday July 13<sup>th</sup>—First Day of Term 3

### Please remember:

- \* Parents and carers drop off and pick up kids at the school gate.
- \* Children and staff with cold like symptoms must stay at home.
- \* Children must bring their own drink bottles.

## THE REMOTE LEARNING TECH HANGOVER

Let's be honest, as parents, it was common for our normal parental controls in all things to relax, and that extends to screen time and device use. We did what we had to do to make it from one end of the day to the other, and the same can certainly be said for my home. During one work related video conference, my son brought one of our chooks inside, announces that he thinks it's sick, and popped it on my lap to be dealt with, and wandered off with his pizza shapes, proud of himself for getting that chicken the intervention it needed. Um, thanks mate?! From that moment on, if I had to do something work related, I made sure my children had snacks, devices, and, no access to the chooks.

What I am seeing at the moment with the children I work with, and even with my own children, is what we call a Tech Hangover. Too much device time, both from the increased learning related screen exposure, and then the leisure related use. This has given us kids who are moody and broody, impatient, emotional, angry, trouble sleeping, wake with a desire to check their device, having techno tantrums when it's time to get off the device, and general emotional combustion. Sheesh! We are seeing lots of kiddos who are preferring solo screen time to family time, and creating a little nook for themselves where they can sit for hours scrolling, playing or recording themselves, hoping not to be noticed by you.

So, what do we do? Re-tightening device boundaries will more than likely be met with protest, so be clear on what your boundaries are before you raise the topic, and be prepared to receive the 'you're the worst parent in the whole world, and I hate you so much' rant. Be empowered by your decisions around tech use, as their significant adult, you're absolutely allowed to set the rules for the child. I often refer to field experts in these dilemmas, and Dr Kristy Goodwin is a child psychologist and tech expert, and suggests that device boundaries include;

- when they can use the device
- how long they have access to it
- where in the home they are allowed to use the device
- where they can use the device outside the home
- which apps and games they can use

There is zero shame when looking at your child's device use, especially, if like me, you're rarely without your own device. If though, your child is showing you signs of a Tech Hangover and emotional combustion is a common occurrence in your home, have a little stocktake on which of your boundaries shifted during remote learning, and which might need adjusting now that we are experiencing more the 'normal' we are used to.

As always, please feel free to reach out if I can support with anything.

Cath Hughes

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