

**Wednesday, 9<sup>th</sup> May 2018**

**Dear Families,**

## **NEWSLETTER – Week 2 Term 2**

### **Keeping your kids healthy - reasons to limit small screens**

Screen time can have physical, developmental, safety and other risks. If you reduce the amount of time your child spends using screens, you can reduce the risks for your child.

Physical problems:

- Looking at a screen intensely can cause sore, irritated and dry eyes, headaches and fatigue.
- Looking down at a device can make your child's neck and spine uncomfortable.
- Being inactive for long periods using a screen can lead to a less active lifestyle, which could lead to obesity.

Developmental problems:

- Too much screen time can have an impact on children's language development and social skills. This is because children need real-life interactions to develop these skills.
- Screen time can affect children's ability to have conversations, maintain eye contact, pay attention in school or read body language.

### **Birthday wishes**

Happy 18<sup>th</sup> birthday to Brandan Harvey, shown below left and a happy 30<sup>th</sup> birthday to Jamie and Jesse Hinton, shown below right with another former student Laura Reeves.



### **Facebook Page**

We have created our own Facebook page which has been verified as the official page for our school. This page will highlight positive aspects of our school community and is not a platform to discuss anything negative. Please remind your child that it is illegal for staff to add students to their personal social media accounts. Direct your child to our Facebook page instead.

### **Firefighter championships**

Last weekend Gunnedah held the 2<sup>nd</sup> Annual Regional Firefighter Championships at the Woolshed Reserve. The Championships showcase the skills and expertise a modern firefighter uses every day, be it attacking a fire or responding to a major emergency. Our students (and staff!) who were not at RDA visited the Woolshed Reserve for some games and activities with the firefighters on Friday and had a lot of fun.



## Eisteddfod 2018

We will be performing as a school group on Thursday 31<sup>st</sup> May.

- Family and friends, who would like to attend the Music Eisteddfod on school days, must pay \$3 per session, even if their attendance is very short. This has proved to be quite a problem in the past. Entry into the Eisteddfod is in part how we pay for Adjudicators, Town Hall hire, Medals etc. A stamp will be issued to audience members who need to leave but wish to return to the Town Hall.
- Entry to the Gunnedah Town Hall will only be through the back door. Only teachers are to accompany school students into the Town Hall through the side door.
- Students, parents and siblings who are part of the audience must respect performers by not talking or moving around the hall during the performance of another competitor. It is through these unique experiences that our young people learn appropriate behaviours on such occasions.

## Work experience

Our job coach Lyn Norman is impressed with our hard working students. They are shown from below left, Cameron, Danielle and CJ.



## DATES

**AECG meeting** – Thursday, 10<sup>th</sup> May Gunnedah Pre-school

**RDA** – Friday, 18<sup>th</sup> May

**Basketball with Shirley Ferguson** – Tuesday afternoons at Gunnedah Basketball Stadium from 4:15pm

**P&C Golf Day** – Sunday 10<sup>th</sup> June

# WEEKLY NEWS

9<sup>th</sup> May, 2018



ENDEAVOUR TO ACHIEVE

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## STAR OF THE WEEK



**Ava Mizzi – increasing bravery and independence during RDA!**