UNPLUG & PLAY

How to limit your child's electronic entertainment to less than two hours a day and encourage active play.

Limit screen time to less than two hours a day

It is important for your child's health not to spend too long each day sitting watching the TV, surfing the internet or playing electronic games for entertainment. This is true for all children, even those who are physically active.

Watching TV for more than two hours a day is associated with:

• less time interacting with siblings or friends
• poor fitness, smoking and raised cholesterol in adulthood
• increased social problems
• being overweight as a child and adult
• less time in creative and active play
• increased aggressive behaviour.

If you unplug and play so will they

With a little encouragement and creativity, physical activity can be a fun alternative to electronic entertainment. Physical activity is necessary for children's growth and development, and often involves interaction with friends, family and neighbours. It can be structured like a football team or as simple as dancing along to the radio. For children with physical disabilities, providing activities that suit the child's ability will help them to take part in the physical activity.

There are lots of opportunities for active and free play around your home and neighbourhood. Some ideas include:

• Pack a healthy afternoon snack and stop by the local park straight after school. This will let the kids burn off energy before they get home.
• Get your child to help with jobs around the house. It's a great way to teach them important life skills such as cooking.
• Bad weather outside? Turn up the radio or put on some music and have a family dancing contest in the lounge.
• Plan ahead. Always have some active play equipment in the car so the kids can get out and play wherever you stop.
• Have some active weekend activities planned such as a trip to the beach or national park so your child is kept entertained without a screen.

Tips on getting your kids to unplug and play

• Talk to your child about the reasons for limiting electronic media use.
• Ask your child to suggest other activities they might like to do instead of watching the TV, surfing the internet and playing electronic games.
• Make your child's bedroom a screen-free zone.
• Make family rules to reduce time spent using electronic entertainment and stick to them. Record the time and family rules.
• Use a timer or an alarm clock to monitor time spent using electronic entertainment.
• Set certain times when your child is not allowed to use electronic entertainment, such as during daylight hours and before and after school.
• Limit the number of TVs, electronic game consoles and computers you have in your home.
• Be a role model - limit the time you spend using electronic entertainment and be active.
• Provide active play opportunities for your child.
• Talk with other parents about ideas for getting your child to unplug and play.
• Don't rely on movement-based video games as a substitute for active play.

Find more ideas for your family at:

www.unplugandplay.com.au

NAPLAN REMINDER

Thank you to everyone that has returned the completed NAPLAN tests. If you have just received yours, please set aside a time as soon as possible to get the testing completed and returned.

This year we have altered the return address so all tests come back to SIDE first and are then sent on to the marking centre. This has a twofold purpose. It enables our teachers to have a look at how their students performed and to also keep track of the test papers.

ECE T.E.D. VALUES PROGRAM

Hi Everyone

Congratulations to all our families who participated in our first value, Honesty. We received some wonderful examples of honesty from our ECE students and we are very proud of all of them.

The winner of our first teddy, Honest Bear, was Austin Jones. Honest Bear is looking forward to meeting Austin when he arrives in Uganda. Well done Austin for your amazing example of honesty and your Smilebox, showing the fun you had making AND eating your honest bear biscuits.

Congratulations also to Poppy and Suni whose honesty examples were also a credit to them. The girls have a special mouse (like Marty) coming to them in the mail. We hope you enjoy your cuddly friends.

It is wonderful to read the following comments about honesty, from our families:

1. Isabella displayed honesty many times over the past weeks and is always encouraged to be honest with herself and others.

2. Jack is a very honest boy and demonstrates it every day.

3. Poppy says, ‘I have to tell the truth even though I want to lie because I know it is wrong.’

4. Suni showed a good understanding of Honesty, saying how important it is to always tell the truth and not to steal.

5. Sam has had many opportunities to practice the honesty value, and there have been 3 or 4 times over the last month when he has admitted to some wrong-doing, such as drawing on the wall.

6. Riley discussed the honesty questions with his mum and knew the right thing to do.

7. Sophie has displayed honesty on many occasions, particularly telling the truth when it meant admitting to doing something wrong.

8. Jackson learnt a lot from the honesty value.
9. Julian and Darcey discussed the honesty questions with their mum and came up with some very thoughtful and honest answers.

10. Jamie and Jemma came up with this wonderful acrostic poem.

By Jamie & Jemma Martyn

Honesty

ONEST people are good people.

PEN up your heart.

EVER tell a lie or break a promise.

VERY lie causes problems.

AY the truth & be greatful, always.

ODAY, tomorrow & everyday is the time to be honest.

ES you can do it & never give up.

This term’s first value is ‘Forgiveness. Here are some things to think about when learning about ‘Forgiveness’:

There is no love without forgiveness, and there is no forgiveness without love.”

   Bryant H McGill

The weak can never forgive. Forgiveness is the attribute of the strong.

   Mahatma Gandhi - Indian Philosopher

We must continue forgiving, until the matter is settled in our heart.”

   Anonymous

Cathy Smith, ECE Values Coordinator

USEFUL WEBSITES FOR PARENTS AND STUDENTS

As many parents and students send in work to SIDE for their teachers to view, this is the best picture resizing tool on the internet. You can easily crop and resize images online for free using PicResize. http://www.picresize.com/

The Game Factory offers an evaluated program of physically interactive games with a supporting language that improves learning behaviours. You can also subscribe to the Think Grow Flourish newsletter if you would like to receive practical common sense tips, observations, strategies and ideas to help develop healthy, socially competent children of good character. www.thegamefactory.com.au

Can’t get any books from the library? Desperate for something to read to the kids? There are many books online. Try this website (also available through the State Library Service of WA. Under e-resources) http://www.tumblebooks.com/library/asp/home_tumblebooks.asp

A great website with ideas on how to get your children more involved in outdoor activities. There are lots of reasons why kids should make the move from the TV or computer room to the outdoors. Probably the best reason is that it’s fun, and you and your kids will be happier and healthier doing things together. http://www.natureplaywa.org.au/home

STUDENT CONTRIBUTIONS

Here is a photo of Jordan who has been attending school in Maningrida, Arnhemland. There are fifteen students in her class and she loves the freedom, making campfires on the beach, fishing, talking to the Aboriginals, finding turtle eggs and catching mud crabs.

Phew! NAPLAN is finally over and I can really enjoy my ANZAC biscuits. Even my brother Will is enjoying them, I think!

Anna, Year 5, Namibia.