



Dear Families

Jump Rope for Heart

As everyone would be aware last term the school participated in the Jump Rope for Heart Program. It was wonderful to see the level of engagement across the school with children skipping at recess and lunch time. Not only did the children build their fitness but they also learnt many new skills. A number of children participated in the fund-raising component to raise funds for vital heart research and education programs. Over the duration of the program the school raised a total of \$ 5994.93.

For one of our students, Isla, being involved in the program held a special significance. At the age of just two, Isla had open-heart surgery to treat her condition. She saw her involvement as a way of helping other children like herself. Isla registered for the program and practised her skipping almost every day, even after the school closed due to the Corona Virus pandemic. Isla not only improved her skipping skills markedly throughout the term, she finished the program as Carramar Primary School's highest fundraiser, with \$1667. Currently, she is also the second highest individual fundraiser nationally. This is an incredible achievement. As the Heart Foundation relies almost entirely on donations, Isla's contribution is greatly appreciated, as is every other Jump Rope participant. "As Isla discovered, Jump Rope for Heart is lots of fun and great exercise, but it also helps the Heart Foundation in its important work funding lifesaving research and health projects."



Semester 1 Reporting to Parents

With the regular attendance of many students being lower over this time, the breadth and depth of the curriculum covered throughout Semester 1 may have been reduced. For this reason, schools are not required to include A to E grades on this year's Semester 1 student reports. For Pre-primary to Year 6 the student report will:

- ◆ Provide a comment in English, Maths, Science, and HaSS outlining what has been covered over the semester and may include some information relating to your child's level of engagement, application to learning, understanding or aptitude for the subject and any progress noted.
- ◆ Specialist teachers will provide information relating to Health and Physical Education, Music, and The Arts. For each of these subjects, there will be a generic comment outlining what has been covered, with a focus on the learning program at the beginning of Term 1.

The General Comment will include the child's overall learning, social behaviour and attitude.

School Board Nominations

Last week, via Connect, a letter was sent out calling for nominations for the Carramar Primary School Board. There are three positions available. If you are interested in a position, please complete the nomination and candidate profile. Board members are expected to represent the school community. Members do not represent one viewpoint or the view of an individual. The main function of the Board is to promote the school

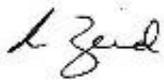
in the community and make recommendations in establishing and reviewing from time to time, the school's objectives, priorities and general policy directions, as well as, evaluating the school's performance in achieving them. Nominations close this Friday 5th June.

Assembly

Recently we held our first online assembly. Congratulations to the Year 6 children for putting it together. At the assembly the children watched a video, you may be interested in watching it:

<https://www.youtube.com/watch?v=nwAYpLVyeFU>

Watch as the camera tracks an act of kindness as its passed from one individual to the next and manages to boomerang back to the person who set it into motion.



Lou Zeid

Principal

2020 P&C Committee

President - Karen Hastie

Vice Presidents - Heidi Reiger and Simone West

Treasurer - David Furmark

Vice Treasurer - Andrea Cassar

Secretary - Stephanie Williamson

Fundraising Coordinator - Simone West

Fundraising Subcommittee members - Sue Block, Louise Graham, Heidi Reiger and Amy Rowland

Canteen Subcommittee Coordinator - Christina Byrne

Uniform Subcommittee Coordinator - David Furmark

School Board Representative - David Furmark

Email: carramarparents@live.com.au

Chaplin's Corner

Dear Families

I hope you are all keeping well.

While students have now returned back to School, I understand there can be some stress around getting children back into the routine of School. I encourage you all to reflectively look back on the extra time you were able to spend with family, amidst the difficult time this has been for many people. Attached is a support services brochure, created by the City of Joondalup for anyone who may be experiencing hardship during this time.

I'll leave with you a quote that has really encouraged me:

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have."

Frederick Keonig

Yours Sincerely,

Merrilee Wong

School Chaplain

Please find brochure attached.

Kindy 2021 Applications

Does your child turn 4 before 1st July 2021?

Applications for enrolment are now open. Application forms can be found on our website. Supporting documentation required is listed on the form and must be provided when submitting your application

Merit Certificates

- Year 1 Raif, Dakota, Taylor, Jesse, Reece, Holly, Meryck, Ryley
- Year 2 Riccelle, Matthew, Gabriel, Jasmine, Owen , Leigh-Anne, Isla, Joshua, Emma, Estelle, Eddie
- Year 3 Freya, Jaideep, Paddie, Zara, Samual, Emily, Abby, Harley. Laurenda, Charlie, Rachael
- Year 4 Lily, Brathan, Ella, Riley, Teanna, Karli, Mason, Julian, Bailey
- Year 5 Delsi, Emily, Charlotte, Piper, Chloe, Logan, Callum, Amy, Annabella
- Year 6 Jacob, Olivia, Stephanie, Liam, Maddison, Evan, Kyan, Scott, Jessica



INSIGHTS

Conquering kids' techno-tantrums



Many of us have witnessed our kids or teens emotionally combust when asked to switch off their gaming console or put their phone away. I colloquially call these 'techno-tantrums'. Many of us fret that this signals that they're 'addicted' to technology and find ourselves worrying about why they behave in such intense ways.

So, what makes technology so psychologically appealing for kids and how can we help them to unplug so that screen-time doesn't end in scream time?

Technology is so appealing

Technology has been intentionally designed to cater for our kids' most basic psychological drivers. As humans, our three most basic psychological needs are the need for connection, competence and control.

Technology caters for these needs in very clever ways. For example, our need for relational connection explains why many of our boys are obsessed with multi-player video games and girls are infatuated with social media. These online tools have also been designed to help young people experience competency- gamers see tangible measures of their performance by their levels of attainment, or battles won. Scrolling through YouTube and 'selecting' which video they'll watch next also enables young people to experience a sense of control and agency over their lives - something they biologically crave.

Here's what technology does to their brains and bodies

Digital technology impacts on children and young people in the following ways:

'It feels good'

When our kids use a screen it's usually a pleasurable experience for them. Their brains secrete the neurotransmitter dopamine, which makes them feel good. This means, when you demand that they turn the device off, you're terminating their production of dopamine (pleasure response). It's better to provide a choice of more appealing transition activities when you want them to move away from a screen. For example, suggest that they ride their bike, or walk the dog after they've switched off the device.

'I want more'

The online world has no stopping cues, so our kids and teen never feel 'complete' or 'done'. They can always refresh social media; continue to play to attain another level in a game; or watch another YouTube clip. This is also referred to as the state of insufficiency.

One parenting tip that works is to give your children and teens hard end points. Rather than giving them a quantity of time (for example, you can watch an hour of TV today), give them the finish time (for example, I'd like you to switch off the TV at 4:30pm).

parenting * ideas

'It's so novel'

Our brains are wired to seek out new and interesting stimulus. The online world is always instantly gratifying, fast-paced and requires minimal cognitive effort. In comparison the offline, real world doesn't always offer novelty. The real world is a lot slower-paced, and it's not always instantly rewarding and interesting like our kids' digital world.

Ensure your kids and teens have ample time to experience boredom. Our brains were never designed to be switched on and processing information as they are in the digital world. Opportunities for boredom allow the brain time to reset and help our kids become accustomed to not always being 'switched on'.

Related webinar

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Understanding techno tantrums' at no cost.

About

In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits.

When

17 June 2020 8:00pm AEST

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-understanding-techno-tantrums>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code TECHNO and click 'Apply Coupon' Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'

The voucher is valid until 17 September 2020.



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of Raising Your Child in a Digital World, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy worked as an educator for fourteen years before becoming an academic and speaker who's on a mission to help children, teens and adults tame their technology habits so they're not a slave to the screen. For further details visit www.drkristygoodwin.com.