

Yesterday **NAPLAN** started for Years 3 and 5. The students did Writing yesterday and today completed the Reading test. Everyone has worked really well and put in their best effort. That is all we ask them all to do. If your child seems anxious about the testing just reassure them that it is just



one small part of our assessment and just lets the teachers know any areas of learning they need to help students with as well as giving us some goals for the future.

This term, in STEM, students have been exploring ways to stay safe on the internet and utilising the resources of eSmart. The eSmart Program is an initiative of the Alannah & Madeline Foundation, designed to empower students to be safe and responsible online. It encompasses a range of learning tools and resources to help students build essential digital and media literacy skills, so they can thrive online. eSmart is aligned to the curriculum and free for all Australian schools.



As part of this program students also look at how much time they spend on devices. The time spent on devices at home is a problem

that many parents seem to be encountering. Nicole, our Welfare Officer, has put together some ideas for reducing the amount of time children spent looking at screens. Research shows that to get a good night's sleep there should be no screen time for an hour before bedtime. Sounds like a good time to read a book!

Read Nicole's tips below.



On Wednesday, the 1/2 students began their **Artist in Residence project**, where two artists, Anna and Kate, began working with the students to create an art installation to be displayed at the upcoming **Glenroy Festival in May**. For the first session, Anna, Kate and the students discussed the importance of nature. The students then decided what they love the most about nature and drew a picture to represent it. We had lots of butterflies, sharks, trees and flowers! These pictures are being used to create the blueprint for our art display at the festival. The students loved meeting and working with Anna and Kate and will continue their sessions during Visual Art for the next two weeks.



Term 1 Diary

Round 5 15th March Vs Glenroy West

NAPLAN - Years 3 and 5 -begins 13th to 19th March

House Spirit Day - Thursday 28th March (last day of Term 1 - 2:30 finish)

Term 2 Diary

Term 2 begins 15th April

Harmony Day - 17th April (change of date)

ANZAC Day - 25th April Public Holiday

Winter Sports begin - Round 1 3rd May

5/6 Excursion Rickets Point - 14th May

School Photos - 29th May

5/6 Camp 5th to 7th June

King's Birthday Public Holiday - 10th June

We are a Child Safe School.

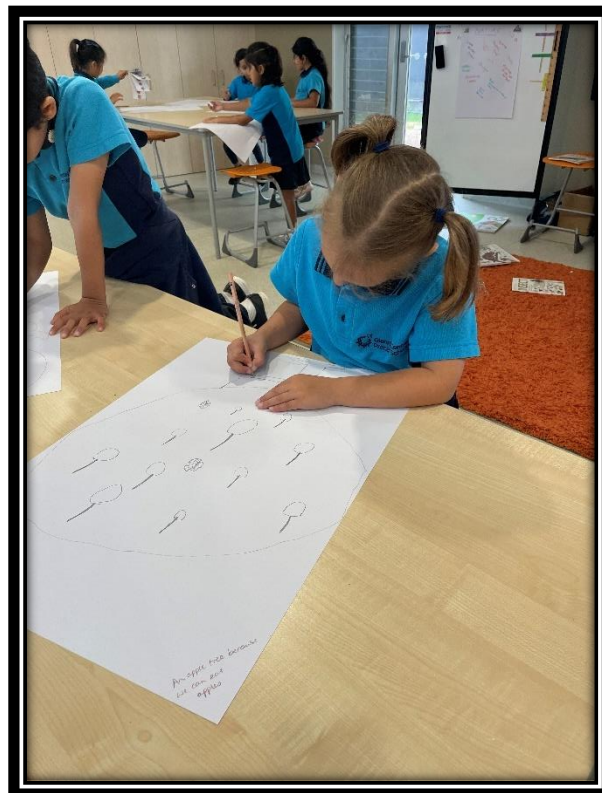
*All school policies are regularly updated:
To keep up to date you can follow this link:
<https://www.glenroycentralps.vic.edu.au/page/113/Policies>*

The school treats any personal information we gather from you confidentially and in line with the Department's Privacy Policy.

Please note: The school yard is supervised from 8:45am each morning until 3:35pm each afternoon Monday to Friday.



Glenroy Festival is a free outdoor community event that celebrates and showcases the vibrant and diverse community of Glenroy. The event includes performances, community stallholders, food vendors, children's activities, and workshops. Glenroy Festival will be taking over Bridget Shortell Reserve and Glenroy Community Hub on **Sunday 5 May** with a celebration of food, art, community and music.



Remember, everyday counts!

Jo Money
Principal

FOUNDATION TOURS: If you know someone who lives in Glenroy and is interested in our school, we are beginning school tours for 2025 enrolments. Ring the school office on 9306444 to book in on one of the available dates.

Our school enrolment zone can be found at www.findmyschool.vic.gov.au



6 TIPS TO GET YOUR CHILDREN OFF DEVICES



1 SET A TIME LIMIT

Once you've had an insight into the amount of time is spent on each device, set limits and timers accordingly. Ideally, your child should spend a quarter or less of their free time on electronics. Use a timer so that your child can see how much time they have, and plan accordingly.

2 USE PARENTAL CONTROL SETTINGS

When it comes to how to keep kids off electronics, parental control settings can be a valuable resource. It helps limit screen time. You can password-protect apps to have more control over how long they spend on devices.

3 DON'T USE DEVICES AS A DISTRACTION

A common mistake that parents might do is to use electronics to distract children. If you use electronics to keep your children occupied while you work, make dinner etc it will get difficult to wean them off the habit. Use other activities like board games, crafts and hobbies to engage your children.

4 HAVE A DEVICE-FREE DAY

In case you're looking for ways to engage the whole family, organise a device-free day. Not only will this help you reduce screen time, but it will bring the entire family together and help them bond. Start slowly by organising a device-free evening every week, and have your children decide what they would like to do as a family. Boardgames is always a good one!

5 GO OUTDOORS

One of the easiest ways to get your child off electronics is to take them outdoors. Be it on evening walks to the park, family picnics, a neighbourhood scavenger hunt, playdates, or football games, enjoying the outdoors is a quick way to wean them off devices.

6 SET A GOOD EXAMPLE AND BE FIRM

When it comes to how to keep kids off electronics, the most important thing to do is to set a good example and be a role model. Children learn by observing the adults around them. If you spend too much time on the computer or your phone, chances are, your children will do so too.

When you set a good example and follow all the rules of the house, your children will follow suit. If you decide to set a "no-phone" rule or "limited device time", make sure you follow it too.

*** Remember—cooperation and mutual respect are key!



INTERSCHOOL SPORTS REPORT

Sport: cricket, bat tennis, softball

Round: 4

Date: 8th March 2024

Opponent: Westbreen Primary School

Cricket

All our teams this week played against Westbreen Primary School. The cricketers bowled first, with Westbreen making 123 runs. We took 6 wickets, which included 3 run outs, and Zayaan being on a hattrick! When we batted, we made 92 runs but lost 4 wickets. We lost the match, 122 to 148 runs.



Softball



Girls – Westbreen were tough opponents and were skilled with their pitching and fielding. Gam and Haya were both good with their base running. The girls team lost the match, 14 home runs to 6.

Mixed – The mixed team had a tough game as well, unfortunately losing 4 home runs to 10, with Abdul and Omar K both pitching accurately.

Bat Tennis

Mixed – The mixed bat tennis team were on fire, winning 5 out of their 6 matches. Mohamad K, Khaled, Yaser, Bilal A, Adam B, Mohamad AC, Billal D and Clyden all winning. We won 32 to 18 sets.

Girls – The girls matches were intense, with us winning in a very close game. Yasmin E, Sanaasri, Rudayna, Zunairah and Farwa all won their games. We won, with the score being 26 to 25 sets.

Next week we are playing against Glenroy West in the last match of the summer season.

