



Northfield Primary School

WORKING TOGETHER FOR A QUALITY EDUCATION

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IMPORTANT DIARY DATES

Monday, 31st July

- Pupil Free Day
- Principal's Tour - 3:30pm

Wed, 9th August - Fri, 11th August

- Year 5/6 Camp Arbury Park

Friday, 11th August

- Assembly - 2:40pm

Tuesday, 15th August

- Science Expo

Thursday, 17th August

- SAPSASA Athletics Day

Monday, 21st August - Friday 25th August

- Book Week

Tuesday, 22nd August

- Book Week Dress Up Parade

Monday, 28th August

- Principal Tour - 3:30pm

Friday, 1st September

- Assembly - 2:40pm

Principal's Message

Welcome to term 3. I hope everyone enjoyed the school holidays and that you managed to spend some valuable time with your children.

Term 3 is an exciting term when it comes to all things Science! Our Science Expo will be on Tuesday, 15th August. We are excited to see all of our family Science projects.

Other highlights for term 3:

- SAPSASA Basketball, athletics, Badminton and Volleyball Carnival
- Cricket Clinics
- Year 5/6 camp to Arbury Park
- Assemblies
- Book Week: Dress Up Parade Tuesday, 22nd August
- Tennis Hot Shots Carnival
- Class excursions to Adelaide Festival Centre, Hahndorf Farm Barn and Monarto Zoo

One way to keep up to date with whole school news and events is to use our Facebook Page. Use the search engine to find Northfield Primary School.

Keep our Students Safe on our Roads

There are changes to parking around the school. East Avenue has been re-classified as a kiss and drop zone. This means you are to drop off and pick your children up while remaining in your car with the engine on. You are not to park in this area or remain in this area for longer than 2 minutes.

Other things to watch out for is NOT parking on the yellow line or over the children's crossing. When cars are parked on these lines and over the crossing it impinges the view of oncoming traffic and children who are crossing can be hit by cars.

Kids Helpline

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.

If you need to speak to a counsellor, call **1800 55 1800**, 24 hours a day, 7 days a week.

<https://kidshelpline.com.au>



Principal's Message Continued

Children's crossing traffic offenses can incur a fine of up to \$570. Traffic police were monitoring on the first day back at school and many of our families were issued with a fine. This will continue to be 'an area of interest' for police and they will continue to patrol the area. We don't want any families to be issued a fine and more importantly, we want our children to be safe.



DROP OFF & PICK UP ZONE ONLY

2 MINUTES MAXIMUM

8am - 9am and 2.30pm - 3.30pm SCHOOL DAYS

DRIVERS MUST REMAIN WITH VEHICLE



*Donna Beaney
Principal*

NAPLAN

Parents of year 3 & 5 students,

NAPLAN results will be released within the next week. When you read your child's report, please take the time to celebrate the success that you see and/or identify areas for improvement. If your child is concerned with their results, remind them that NAPLAN isn't a pass or fail test and there are no rewards or penalties for the result your child achieves. Rather, their report is a point in time snapshot of their achievements in the important areas of literacy and numeracy and their results will help their teacher to provide additional support in their learning. Remember to speak to teachers or leaders if you have questions regarding NAPLAN results.

NAPLAN NATIONAL ASSESSMENT PROGRAM
Literacy and Numeracy

Term 3 Planner

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	24/7	25/7	26/7	27/7	28/7
2	31/7 PFD School Principal Tour 3:30 - 4pm	1/8	2/8	3/8	4/8
3	7/8 SAPSASA Basketball Championships	8/8	9/8 Year 5/6 Camp Arbury Park	10/8 Year 5/6 Camp Arbury Park	11/8 Year 5/6 Camp Arbury Park 2:40pm Assembly Rm 7 & 8
4	14/8	15/8 Proposed Science Expo Date	16/8	17/8 SAPSASA Athletics Day	18/8
5	21/8 Book Week	22/8 BOOK WEEK DRESSUP PARADE	23/8 Book Week	24/8 Book Week	25/8 Book Week
6	28/8 Principal Tour 3:30 - 4pm	29/8	30/8	31/8	1/9 2:40pm Assembly Rm 21 & 12
7	4/9	5/9	6/9	7/9 Watto Purrinna Aboriginal Primary Health Checks	8/9 Tennis Hot Shots Carnival – Rm 20 & 21
8	11/9 Year 6 Excursion to Adelaide Festival Centre TBC	12/9	13/9	14/9	15/9
9	18/9	19/9	20/9	21/9	22/9
10	25/9	26/9 Rooms 17, 19 and 23 Excursion to Hahndorf Farm Barn	27/9 SAPSASA Badminton & Volleyball Carnival	28/9 Cricket Clinics 11:20 Rm 17/19/23 12:05 Rm 12/13/14 1:35 Rm 5/7/8 2:20 Rm 20/21/22	29/9 1:40 Assembly Rm 11 & 20

Too much time on screens? Screen time effects and guidelines for children and young people

In Australia, screen time spent on TV, e-games, digital tablets and smartphones is a regular part of children and young people's lives. Parents often report that excessive screen time is the top health concern they have for their children, and they are worried that their children spend too much time on electronic devices. This short article provides an overview of the national guidelines for screen time, the effects of excessive screen time and how families can support their children to reduce screen time.

What are the national guidelines for screen time?

Guidelines were developed from systematic reviews of the evidence about the effects of physical activity, sleep and sedentary time (including screen time) on children's development, health and wellbeing. For screen time, the guidelines recommend:

- no screen time for children younger than two years
- no more than one hour per day for children aged 2–5 years
- no more than two hours of sedentary recreational screen time per day for children and young people aged 5–17 years (not including schoolwork).



What is the evidence on the effects of excessive screen time?

For children younger than five years, there is strong evidence that screen time has negative effects on:

- weight
- motor and cognitive development
- social and psychological wellbeing.

Screen time in this age group may be associated with the following problems in later childhood:

- emotional problems in girls
- family functioning for both boys and girls.

For children and young people aged 5–17 years, screen time may have negative effects on:

- weight and diet (especially from TV viewing)
- behavioural problems, anxiety, hyperactivity, attention, self-esteem and psychosocial health.

The type of screen time, and how it is used, affects outcomes for children and young people. For instance, watching TV may result in less physical activity and children being more disengaged or less attentive, and may negatively affect family functioning. However, internet use and electronic gaming may support skills such as stress management.

Studies do not always agree about the effects of excessive screen time, likely because of differences in their methods. However, research suggests that excessive screen time in children, especially young children, is likely to lead to unhealthy outcomes in the short and longer term. In addition to the time spent on screens, it is also important to consider the type of screen time and how it is used.

What can parents do?

limit their own screen time. There is a strong relationship between parents' screen time and that of their children.

co-participate – where parents and children take part in screen time together and engage in conversations about the content. This encourages spontaneous opportunities for learning and practising language skills, and helps mediate the content being viewed.

set time and content rules around screen use. This is associated with lower levels of screen time. Supportive rather than controlling styles of communicating rules may be beneficial.

find ways to balance your child's day with other activities such as physical activity and play to support their physical and mental health. This could include scooter riding, dancing, running, climbing or going to the park with friends.

encourage children to self-regulate screen time. Personal recognition of the consequences of excessive screen time, giving them a sense of autonomy over their choices and involving them in decision making are important for this strategy to be effective.

<https://aifs.gov.au/resources/short-articles/too-much-time-screens>