



News from Miss Tanner...



http://childrensuniversity.com.au/adults/learning-destinations/why-become-a-learning-destination/?cu_region=SA

Crossing

Our school is a very busy place during drop off and pick up time.



It is essential that you use the school crossing provided. Police are patrolling the area and will fine people who are not following the road safety rules.

It is a great way to set an example and teach your children road safety and we have a great team of crossing monitors.

PLEASE set a good example for our students to avoid anyone getting hurt!



Too much Gaming and Screen Time



- ⇒ Too much time spent sitting in front of screens (watching TV, playing video games and surfing the internet) is harming children's well-being and increasing their anxiety.
- ⇒ Children who spent 4 hours or more on computer gaming tended to have lower well-being than peers who spent less time doing this.
- ⇒ The highest well-being was reported by children who spent less than an hour a day playing computer games.
- ⇒ Home dynamics also matters, especially things such as "feeling supported and sharing meals together as a family".
- ⇒ **Screen-time switch** - swap 30 minutes a day of TV, computer or tablet time for something physically active



