



# News from Miss Tanner...



[http://childrensuniversity.com.au/adults/learning-destinations/why-become-a-learning-destination/?cu\\_region=SA](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





## Mindfulness

‘Focusing on the present moment’

Paying attention with flexibility, openness and non-judgment.

- \* When you are caught up with your thoughts, 87% of them lead to negative emotion.
- \* 47% of our waking hours are spent thinking about what isn't happening at the time.
- \* When you are in the present moment, you switch off your stress.

### Benefits of being Mindful

- \* Relaxes the body
- \* Relaxes the mind
- \* Reduces worries
- \* Reduces stress
- \* Builds resilience
- \* When you practice mindfulness, your brain changes.
- \* It reduces the amygdala (the part of your brain that ignites stress) and makes your pre-frontal lobe stronger (the part of your brain that increase happiness).
- \* Mindfulness increases your self-compassion.
- \* When you are compassionate with yourself, you are compassionate with others.
- \* The more in line you are with your thoughts in the now, the greater your happiness is.

### 5 Mindfulness Activities For Kids

#### Listening

Play calming, soothing sound or music (e.g. soft bells, water flowing, crickets chirping). Sit or lie down on the mat quietly. Listen to the sound until it disappears. This will compel you to focus and calm down.



### 5 Mindfulness Activities For Kids

#### Breathing

Ask your child to sit or lie down on the mat. Ask them to empty their mind, then breathe slowly and deeply. Model it for them, then do it together. Noticing the movement of your body with each breath improves mindfulness.



### 5 Mindfulness Activities For Kids

#### Expressing

Introduce this as "working with your hands." Allow your child to use a crayon and paper whichever way they want to create any artwork. Communicate that there will be no judgement about the output. There is no right or wrong drawing because it is an expression of your child's inner self.

