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8 February 2023

# PRINCIPAL'S REPORT

Dear Families,

Welcome back to a brand-new school year. We had a great start last week with students settling well into their new classes. We've been excited to welcome new students, families, and staff.

All parents are invited to our fortnightly assemblies, held Friday mornings each odd week of the term, so our next will be on Friday 17th February.

On Tuesday 7th March we hope you will join us for a 'Meet the Teacher' evening and our School Council Annual General Meeting.

Year 1/2 classes will have their swimming lessons later in the term. Notes will go home soon so please look out for these. Consent forms will need to be returned along with payment where still required. Swimming is part of the curriculum, and all children are expected to attend – please give me a call if you have any concerns. Some parents worry that their children are not confident in the water. Rest assured that qualified instructors provide instruction at the right level for each child.

This year NAPLAN (National Assessment Program - Literacy and Numeracy) will be administered in Term 1. Year 3 and 5 students participate in this assessment that takes place over a couple of weeks. More information will be provided to parents of students who will be participating.

It is important that students come to school every day to ensure strong learning. School starts at 8.30am and all students should be at class to start the day. A breakfast program operates from the canteen from 8am. If your child is away, please contact the office to tell us the reason as we must record this on our system. If your child is sick for more than three days a medical certificate is required.

If you haven't been in for uniforms yet, please do so soon as the Back to School vouchers can only be used this term.

We're looking forward to a great term of learning! Kind regards,

**Brenda** 

# SCHOOL SNAPSHOT

## Sleep and Our Growing Brains

We all know that sleep is critical for our body to feel rested and ready to learn, but did you know it's also critical for our brains? When we sleep, our brain has a chance to sort things out. Scientists think sleep is the time when the brain sifts through all the learning it has encountered during the day and stores the useful bits. It is also a time when the important brain chemicals are replaced, and problems are solved. Primary school students need at least 11 hours of sleep every night which means, if your child is getting out of bed at 7am so they have time for a shower and breakfast before heading to school, they need to be in bed fast asleep by 8pm at the latest. Children who do not get enough sleep often have trouble concentrating in school and regulating their emotions; poor sleep patterns can also make memory less effective.

To help ensure our students have the best experience, it's important to:

- Establish a regular bedtime and routine and stick to it (including weekends – even one late night can have a negative impact on how we function during the day)
- Avoid screens for at least one hour before bedtime.
   Lights from screens disrupt the brain's rhythms and make it difficult for it to relax, so send children to bed with a book instead!
- Create a good sleep environment a dark, cool, and quiet room will help your child sleep well
- No late-night sugary treats!

# Screens and Our Growing Brains

We all know that we are in the digital age, where screens are increasingly becoming an important part of our lives. However, we need balance to ensure healthy development! Research has shown that handing children (particularly very young children) a device inhibits their ability to read facial expressions and develop age-appropriate social skills (both things are key components of developing empathy). Screen dependency is a very real problem. Overuse of screens triggers the release of a chemical called Dopamine and too much of this chemical can impair our impulse control, result in poor sleep patterns, delayed speech, and poor social skills. It can also result in behavioural issues, low levels of physical activity, exposure to cyberbullying and depression.

Here are a few tips to ensure safe and healthy use of screens:

- Set some strict boundaries around the use of technology – where it is used, when it is used, how it is used and what safety measures are in place; no more than two hours per day is recommended for primary-aged children.
- Aim for short sessions with regular breaks rather than long screen sessions
- Get your children moving, especially outdoors
- Build in opportunities for your child to imagine and create, experiment, and solve problems; allow them to be 'bored'
- Encourage face-to-face connection with others
- Avoid screens before bed and keep devices out of bedrooms at night

#### **IMPORTANT DATES**

DATE	
Tuesday 7th March	Meet the Teacher and AGM
Monday 13th - Friday 24th March	Swimming Year 1/2
Wednesday 15th - Friday 24th March	NAPLAN Year 3 and Year 5
Friday 24th March	Harmony Day Assembly
Wednesday 29th March	Learning Expo T - 6
Thursday 6th April	Last day of term

More information on each of these events will be sent home closer to the time.

## SEESAW IN OUR SCHOOL

Seesaw is a classroom learning tool used by all classes at Larapinta. It is used in different ways in different year levels but the big benefit for families is that they can see what their child has been doing at school. The students love sharing their work and receiving acknowledgment from their parents.

Many parents in our school are already using the Seesaw app and will not need to sign up again. If you are not already connected to Seesaw, you will receive an email invite from your child's teacher with simple instructions on how to connect. If you have questions or problems about signing up to Seesaw, please contact the front office or your child's teacher for help. We hope to have all families connected to their child's learning.

#### **REMINDERS**

#### **School Uniform Donations**

If your child has grown out of their uniforms, we will gladly take donations of any spares. Just drop them into the office and hand to Palisha at the front desk. All donations gratefully received!

#### **School Council**

If you are interested in nominating to take up a position on our School Council in 2023, please get in touch to let us know. School Council meets on the third Monday of each month at 5.15pm. It's a great way to be involved in your child's education.

## Digital device policy

To manage the use of digital devices, Larapinta School has implemented a 'personal digital devices' policy in line with the NT Department of Education's policy. This includes a 'switched off and securely stored' procedure.

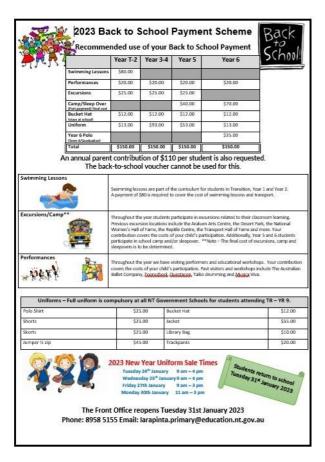
'Switched off and securely stored' means devices that are brought to school are turned off and not accessed, seen, or heard at any time during school hours and are physically secured. Our procedure is for students to turn their phones off, hand them to the front office staff, and sign them in and out each day. Parents and students are required to sign off on the procedure to acknowledge that they understand the restrictions in place.

Major issues relating to the use of personal digital devices in educational environments include:

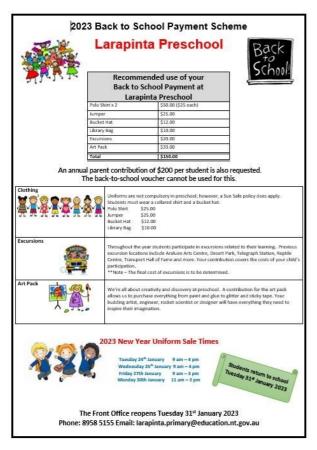
- Misuse having profound effects on students' health and wellbeing
- Disruption to teaching through the receipt and transmission of messages
- Privacy concerns relating to the ability of many devices to take photographs or record conversations without the knowledge of those being recorded
- · Access to inappropriate materials via the internet
- Potential for cyber bullying
- Loss or theft

#### **Parent Contribution**

The Larapinta School Council has set the parent contribution for Primary School students at \$110 per year or \$55.00 per semester. This voluntary contribution allows us to enhance the offerings to our students including IT Resources such as Apps and access up to the minute hardware and software; additional enhanced consumable resources to assist student learning; and enrichment opportunities beyond the performances parents pay for via the Back-to-School voucher.



For Preschool students, the contribution is \$200 per year or \$50.00 per ten-week term. The Preschool contributions allow us to enhance the offerings to our preschool students and enables us to run activities such as painting, making play dough, collage, and home corner dress-ups as well as cooking. This payment helps to ensure we can continue to provide a high-quality early childhood education for your child.



The contribution for 2023 can be paid when you purchase uniforms and access your Back to School voucher.

#### Enrolment management plan

Larapinta School has an Enrolment Management Plan in place that prioritises enrolment for students within the Larapinta School zone. It requires strict adherence to the priority enrolment area assessment criteria for acceptance of future enrolments. It includes a requirement that adequate proof of residence is provided with an application for enrolment. Additionally, acceptance of a student into the preschool, from outside the priority enrolment area, does not guarantee acceptance of that student into the school for Transition and beyond.

# **CHILD AND FAMILY CENTRE (CFC)**

Our vision is that every child has the best possible start to life.

Children & families are at the centre of all we do.

We live and work on Arrente Country.

#### Werte!

#### **Bikes Mwerre**

During the holiday break Bikes Mwerre ran a one-week school holiday program. Larapinta community kids came down and engaged in all sorts of bike fun. They spent the week fixing bikes, going on many rides around the community and painting the new Bikes Mwerre Trailer!





The Bikes Mwerre after school program will be recommencing soon. Follow their Facebook page to stay up to date!

https://www.facebook.com/profile.php?id=100087568849818



Please return the consent form to Larapinta CFC or with your child when they attend the program.

## **Lhere Pirnte Impatye Logo competition**

Calling all Larapinta artists! We are holding an exciting competition to design the 'Lhere Pirnte Impatye 0875 – a safe, happy and connected community' logo. Winners will have their artwork used for a new logo to be seen all around Larapinta. Entries close on the 17th February.



# Please submit your artwork to:

22 Albecht Drive, Larapinta Child and Family Centre

cassie.boyle1@education.nt.gov.au

8958 5185

# **Entry Details:**

Name:

Age: Parent name: (if under 18)

Signature: (Parent if under 18)

Contact details:

# Conditions of entry:

By entering this competition you give permission for Larapinta Child and Family Centre to use versions of your entry in various print and online materials, public art works and publications.

Anyone is welcome to enter.
As the logo is for the
Larapinta Community,
winners will be Larapinta
residents.



## Big school kids

We have had a big first week with lots of CFC kids starting big school. CFC staff have been supporting families and children to transition into their new learning spaces. Children learn best when they are feeling safe, secure, and have a sense of belonging.





# **Strong Young Parents Program**

Kahlia and Louis coordinate the Strong Young Parents Program based at the Larapinta Child and Family Centre. It is a flexible program supporting young parents or expecting parents up to the age of 25. The program works in partnership with services and the community to support parents engage in health, education, employment, and positive parenting pathways. Check out the brochure detailing what the program is offering in 2023

There will be an Info Session on 22nd February 9:30 – 11:30 at the Larapinta Child and Family Centre and we are inviting families and services involved with young parents to attend. If you are aware of any young parents or work with any young parents who you feel could benefit from being supported in the program, please forward on to them and share with your networks.



Kele Mwerre!

# PRESCHOOL NEWS

## Werte from preschool!

What a fantastic start to the year we have had down at preschool and the children are settling into their new play spaces and routines so well. We were amazed by the children's resilience at drop-off times, helpfulness throughout the day and the kindness they have shown towards new friends. Some of our pre-schoolers who are doing their second year have been great role models, supporting their peers with adjusting to the routines and preschool practices.







At preschool, we share lots of information, upcoming events, photos and learning on the Seesaw app. By now you should have received the seesaw invite by email! Please keep an eye out and if you didn't receive this or need any support to sign up or download the app, please see a teacher.

Just a few notes:

Sunscreen is available - please apply in the morning and the teachers will support the children to apply during the day.

Signing in and out every day is a legal requirement so please remember to do so - recording the time and a signature. Our sign -n station is outside Unit 1. Please ensure that it is communicated if another family member/friend is picking up your child as they need to be on the pick-up list on your child's enrolment form. You can leave notes in the diary at the sign in desk regarding any appointments, early pick-ups, absences. If your child is going to be away, please contact the preschool or the primary school.

Please refrain from bringing in toys from home - there will be opportunities for show and tell throughout the year.

A library has been set up outside of Unit 1 for the children to borrow books each week. Please support your child to choose a book, put it in their book bag and fill out the little note with the book title. Books can be swapped weekly - please only take another book when the previous one has been returned.

## **Early Learning Teaching Trial**

We are working in partnership with the University of Melbourne on a research study to better support children's early literacy and numeracy skills as they get ready for school. Our preschool staff are involved in extra training and coaching to support the children in their learning. We have upcoming parent sessions to further explain the project and we hope you might be able to spare some time to attend to find out more – we'll send out more details soon!

We are looking forward to a wonderful 2023!

# **COMMUNITY NEWS**









