

Daily Timetable

8:45am Breakfast

9:00am Daily Fitness

9:25am Assembly

9:30am Lessons

10:40am Recess

11am Lessons

12:05pm Lunch

12:25 Lessons

1:25pm Recess

1:35pm Lessons

2:30pm Finish

What to bring each day:

Awards Book

School Bag

Lunch or an Order

Recess

Hat/Cap

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The Ning News

TERM 2 2012

Principal's message

During Term 2 the students have engaged in some excellent learning programs and opportunities. We have had Steps to Success, Living Eggs, RSPCA visits, Dance Fever, swimming lessons and many occasions involving visitors from the community.



The Steps to Success program has been extremely successful. The artwork on the didgeridoos was very professional. The boys will take them home on completion.



Gold Coin Awards

This term we have introduced an award system for learning. Each teacher chooses a recipient at the end of the day for the student in their class most engaged in the lesson. This has proved a great success with one student reaching his goal of 20 coins and earning a \$20 award.

The Semester 1 reports will be posted soon and the achievements the students have made can be celebrated. Some of our students have moved to different settings and we have had some new enrolments. Next term, we welcome a new cohort to the school.

Cheryl



How many screens is your child watching?

What is the 21st century doing to the brain function of our children? In the good old days the brain of a school aged child got to rest from visual and audio stimulation when they played outside and switched off the learning mode into the creative play and sporting modes. Different parts of the brain are involved in creative play and sporting activities and this tended to give the learning part a rest and allow it to switch to sleep mode and rejuvenate itself. In simple terms the kids of today tend to turbo charge the visual and

audio stimulation part of the brain leading to fatigue and tiredness that results in a slowdown of the brain and its ability to learn and retain information. Below is an extract from a web site about ideas of how to control your kids screen time. Childhood today is an indoor activity. A recent News poll survey found that children under 10 spend less than ten per cent of their free time playing outdoors. The older children become the less vigorous the activity they engage in. The average time for 5-6 year old children involved in

vigorous activity was 4.3 hours a day. By the time children reached the 10-12 year age group this figure had halved to 2.2 hours a day. Most of children's physical activities are performed at school. The biggest factor affecting children's play habits is the revolution in sedentary entertainment options- television, computers and video games. Most of the research available about kids and screens focuses on television viewing, and that is inconclusive. Many children when they leave the TV use a computer or play a video game so they simply replace one screen



with another rather than engage in physical activity. Here are some ideas to help ensure children spend more time involved in active pursuits away from electronic screens:

Set time limits on the use of television, computers and video-games. One Australian study revealed that 40 per cent of parents in homes with televisions have no time limits or rules for TV viewing and just fewer than 50 per cent of families eat their evening meal in front of the TV.

☐ Keep televisions, computers and video-games in public places so that you can monitor their use.

☐ Have screen-free time. Either once a week or have some time each day when all screens are off, unless they are needed for educational purposes.

☐ Ensure a range of alternative play options are available that suit the interests of each child.

☐ Actively encourage each child to participate in at least one weekly creative, community-based or sporting activity.

How children spend their time influences their personal and social development as well as their physical well-being. Some children need little guidance regarding their use of free time, while others benefit from parents' encouragement to try healthier alternatives to the range of electronic screens that compete for their attention.

Assistant Principal's message



The majority of the Karningul staff have engaged in professional learning this semester in the field of mental health.

MindMatters is a resource and professional development initiative supporting Australian schools in promoting and protecting the mental health, and social and emotional wellbeing of all the members of school communities. It concentrates on the school as a whole and looks at staying healthy (mentally) and how we as a school community can support each other in practical day to day routines and activities; it is like a fitness program for a healthy mind! This will be ongoing as each staff member is provided with release time from school to attend course provided by Mind Matters on topics such as student empowerment and staff matters.

MindMatters aims to:

Embed promotion, prevention and early intervention activities for mental health and wellbeing in Australian schools

Enhance the development of school environments where young people feel safe, valued, engaged and purposeful

Develop the social and emotional skills required to meet life's challenges

Help school communities create a climate of positive mental health and wellbeing. David



Heart foundation Jump Rope for Heart is a fun and challenging skipping program for school students providing them with an opportunity to engage in a physical activity in a non-competitive way and encourage them to develop lifelong heart healthy habits. It also helps the Heart Foundation raise funds to improve and save lives. The students all participated and raised \$35 which has been forwarded to the Heart Foundation. Fiona

