



Woody Yaloak Primary School

Website: [www.woodyyaloak.vic.edu.au](http://www.woodyyaloak.vic.edu.au)  
 Email: [woody.yaloak.ps@edumail.vic.gov.au](mailto:woody.yaloak.ps@edumail.vic.gov.au)

Principal: Corey Pohlner  
 Phone: 53 42 8565

- 2020 Term Dates
- 29th Jan - 27th Mar
  - 14th Apr - 26th Jun
  - 13th Jul - 18th Sep
  - 5th Oct - 18th Dec

**Smythesdale Campus 5342 8565**  
**Scarsdale Campus 5342 8514**

**Snake Valley Campus 5344 9274**  
**Ross Creek Campus 5342 0478**



Woody Yaloak Primary School was formed on the lands of the Wadawurrung people of the Kulin Nation.  
 We pay our respects to their elders, past, present and emerging.  
 We also acknowledge the First Nations people throughout Victoria.

**Excellence****Responsibility****Respect**

## PRINCIPAL'S MESSAGE

Sunday September 6th is Father's Day. We all understand that not everyone is lucky enough to have a father that lives with them and every family has different circumstances. For this reason at times like these, it is important to make the point of focussing on someone special in your life.

For the dad's and special people in our school community, I wanted to thank you for what you do. Just like Mother's Day, these are very special times for families to reflect on the commitments we make for our children. This has been highlighted this year as many families have been thrown upside down with COVID 19.

On reflection this year, it has made us all think about what matters most and that is the simple things in life. Having a mum and dad or someone special in your life is priceless. If you are a student reading this, please give your mum and dad and/or someone special a big hug and make their day one to remember.

*Corey Pohlner*  
 Principal

## SCHOOL HOLIDAY PROGRAM

Join Educator Gayle Cutting for a fun filled program of games, craft and outdoor exploration

Location: Scarsdale Campus Woody Yaloak Primary School

Available to: All students of Woody Yaloak Primary School (all campuses welcome)

Days and Session Hours: Both weeks of the school holidays. Tuesday, Wednesday & Thursday 8.30am – 4.30pm

Cost: \$96.50 per session (includes lunch and snack) before Child Care Subsidy (may be 50% to 85% subsidy applied for eligible families).

To enroll or for further information please contact Suzanne Blair on 0406516243.

### BEFORE & AFTER SCHOOL CARE EDUCATOR WANTED FOR SNAKE VALLEY

The Snake Valley campus is starting Before & After School Care in Term 4 this year.

We are looking to hire an educator who would be interested in running the program. The interested person needs to have a Certificate 3 in Early Childhood Education/Child Services (CERT 3 min).

Hours will be dependent on the children who are accessing the Golden Plains Shire to run the program.

If you are interested in hearing more about the position please phone Jenna Wheeler on 53 42 8565.

## SCHOOL IMPROVEMENT

Last week I watched a webinar by Dr Justin Coulson. The topic was around the issues parents face around children having a balance around screen time. The title was, **Would you Get off Your Screens? Please.**

Dr Justin Coulson has a service for schools called, 'Happy Families', which he covers many topics and provides professional development and information for both parents and staff. We are in the process of looking into this for 2021 as we think that both our staff and parents will get a lot out of the content.

As many parents struggle with this balance around screen time, my wife and I decided to watch this together, especially in the current environment. Below is a summary of my take away from the webinar. There are items that apply to primary aged children and also secondary students.

The big question is around why screens are hurting your kids and how you can help as a parent. The truth is screens are designed to be addictive, that's their purpose.

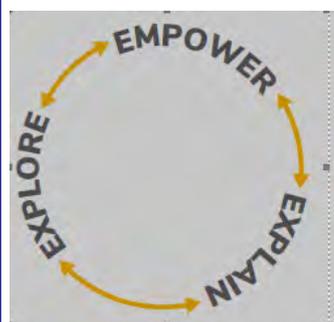
Many social media sites have specific features that make our children want more, some examples of these are;

- Snapstreaks
- Red notifications
- Like buttons
- Auto play
- Pull to refresh
- "How are you feeling?"

As a parent we always ask ourselves, how much time should we allow our children to be on screens? A better way to frame the question is around what kind of time are you allowing your children to be on devices. There is a big difference if a child is spending an hour a day on a device for the purpose of learning in comparison to seeing how many 'snap streaks' they get with their friends on snapchat.

Three things to keep in mind around this topic is CONTENT, CONTEXT and the CHILD. I think it would be fair to say that most parents have lost their cool with their children around devices and in the end taken the device off them. Perhaps they banned them for a week or got emotional after they haven't listened to get off on time or they misbehaved after finally getting off the device.

One way to approach this differently might be to use the following model;



**Empower:** This is around us as parents modelling to our children around screen time. By doing this we are setting an example for them and empowering them to also have good habits.

**Explain:** As a parent it's important for us to explain the reasons why we want children to act certain ways around devices and screen time. It is also important to get our children to explain their point of view around the 'why'.

**Explore:** Finally it's also important to work together to explore a plan together, so that there is a happy medium around devices or screen time.

### A Family Media Plan

- What are the most positive screen and media experiences we have shared as a family?
- How can we encourage more of those experiences?
- When is it appropriate to use media and screens?
- When do we require screen-free time?
- What is our decision regarding filters and other security measures?
- What is our decision regarding the apps that our children will be allowed access to? And at what ages?
- How can we set a positive and balanced example of technology use?
- What exceptions might be reasonable to this plan?

This newsletter piece is certainly not intended to dictate to parents on how to be a parent, it is simply a way to share information from an expert in this field. This is not my work or content. For those who have taken the time to read this, I hope you have got something out of it and at least made you reflect on your own family during this time when screens are at the front of schooling and home life.