The more social media we have, the more we think we’re connecting, yet we are really disconnecting from each other.

JR

Dear Parents and Carers

This week is Cyber Awareness Week. Below is information, which is food for thought.

Developing healthy screen time habits

Developing healthy screen time habits while they’re young will help children and teenagers make better choices about how to use their free time when they’re older.

You can help by:

• setting screen time guidelines according to the ages of children in your family
• leading by example, limiting your own screen time
• offering variety, making sure you have a range of activities and objects to entertain and stimulate your children so they don’t look to the screen so much
• being choosy about what your younger children watch or play on the computer, and taking an interest in what your older children are doing online
• keeping TVs and computers in family spaces and out of children’s bedrooms
• turning the TV off before school and at dinnertime.

Parents and Children’s Screen Time guidelines

Reduce exposure

Minimum screen time for children under three. The French government recommends no screen time in this age group. A maximum of two hours leisure screen time for children aged over 3. This does not include homework.

Check access and availability

Don’t allow TVs, computers or any screen-based device into a child’s bedroom. Sigman relates that he has spoken to many parents who have regretted allowing screens into bedrooms and feel removing them later is harder than refusing them in the first place. Even though it may be difficult, you should take the screens away from the bedroom. Otherwise you risk your child’s cognitive and physical health.

Set rules

Most parents haven’t devised screen-time protocols for their children and need to create media-free zones in their homes, banish dinners in front of TV and put away their own digital devices when communicating with their children, he urges.

Explain the reasons

We are Learners – We are Respectful – We are Safe
Don’t just switch off the TV, tablet or computer – explain to your child why you are limiting screen time. Discuss the health benefits of reduced screen time. Children will listen to the health reasons for reduced screen time if the dangers are clearly pointed out.

Sigman refutes the notions that children who have little screen time will be less likely to learn as much as those who do enjoy unlimited time in front of computers or the TV. Technology should be a tool for learning, not the end in its own right.

**Parental role modelling**

Ever catch yourself checking your email, using your smartphone or watching TV while your child is trying to talk to you? Stop using the device and communicate with your child face to face. This will help establish empathy and also set a good example for the child.

Don’t have meals in front of the TV, and don’t keep reaching for your smartphone while in front of the child. It tells the child that constant screen time is acceptable.

**Remove background noise**

You may not realise it but passive viewing is ruining your child’s concentration. A child’s attention will wander if you’re watching the TV news in another part of the room.

**Monitor use**

Take an average week and look at how much screen time your child, and indeed the whole family, is subjecting themselves to. Add up the favourite TV shows, smartphone and tablet app play, Internet browsing and video games, and that two hours is filled up very quickly.

**Take breaks**

Screen time often leads to over stimulation so take breaks to calm down a child’s brain.

**Stop multitasking**

Deep concentration in kids will lead to better, more creative thinkers. Research suggests that trying to get children to multitask actually makes them worse at multitasking because they don’t learn effective concentration skills.

**No screens before bedtime**

Take a gap between screen time and sleep. Most screens these days use LCDs that emit a blue light that inhibits sleep and disrupts the circadian rhythm (body clock). Remember that the bedroom is not an entertainment centre. It’s the place children go to sleep.

http://www.greatschools.org/gk/articles/managing-your-childs-screen-time/
http://www.brightpips.com/kid-safe-ipad-iphone/
https://www.esafety.gov.au/education-resources/parent-resources

**BIRTHDAYS**

Happy Birthday to the following students and staff celebrating their birthdays this week: Wil, Sammy, Taylor, Imogen, Hayley, Paige and Mrs Licandro.

**CANTEEN NEWS**

Next week’s ‘Soup of the Week’ canteen special is pumpkin soup for $1.50 a cup, $2 for soup and a roll. The canteen staff are asking for input from students to please write their favourite soup on a piece of paper and put it in the lunch order tub.

**CROSS COUNTRY**

St Brigid’s Cross Country will be held tomorrow. Parent Help is essential for our Cross Country to be successful. Those helping please meet Mrs Murton at the Showground at 11:45am.

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EMERGENCY PRACTICE
Within the next two weeks we will hold an unannounced emergency practice with staff and students to test our response to a potential scenario that staff identify as a threat warranting the school go into lockdown (opposite to evacuation). As with fire evacuation drills, we recognise the worth of testing this process. We have plans in place to make this practice as least disruptive as possible. If you have queries you are welcome to call our Safety Officer Simon Natoli on 0400 105 476

HOT CHOCOLATE
Thanks to my fabulous hot chocolate team yesterday - Zeke, Chris, Jake, Jason, Miss Reynolds and Mrs Wells. We were run off our feet making 55 hot chocolates in total! Thank you to all our customers, particularly our regulars!

ENROLMENTS 2017
We are now accepting enrolments for our 2017 Kindergarten class. If you have a child, or know of a child who will be entering Kindergarten next year, enrolments are now being taken. There are also places available in other classes. If you would like an enrolment pack or a tour of our wonderful school or know of anyone else in the community who would like this please contact the school office. Pre-Kinder sessions for enrolled 2017 Kindergarten students will commence in Term 3.

FEDERAL ELECTION
In the lead up to the federal election on 2nd July, the Tasmanian Catholic Education Office have developed information for school newsletters to raise awareness among parents, teachers and local candidates, of the key issues facing education and Catholic schools. All material has been developed from the best available information and is intended to help parents and carers understand Catholic schools and the importance of government funding. Additional material will be provided in the lead-up to the federal election, including information on how political parties believe their education policies will support school education, and Catholic education in particular. A website, www.SchoolFundingFacts.com is also available to provide further information on Catholic education and school funding at the national level. The information communicated is not designed to promote or oppose any political party or candidate but display how their education policies will influence Catholic education in Tasmania. The National Catholic Education Commission (NCEC) have also provided material at https://www.youtube.com/channel/UCuG45bfkyNFaoT33Vyqd8cQ

GUITAR LESSONS
St Brigid’s Dad, Ned Taylor, has opened up some more time slots for guitar (electric and acoustic), bass guitar and drum tuition. Ned is currently in the final weeks of a Bachelor of Music/Bachelor of Teaching degree. Lessons are available Monday after school for $20/half hour. For more information please email ntaylortuition@gmail.com or phone (03) 6442 4880.

PARENT COMMUNITY MEETING
Yesterday morning saw several enthusiastic and committed mums attend a Parent Community Fair meeting. St Brigid’s Fair will be held on Friday 28th October 5pm-8pm. Expressions of interest are being sought from past students to assist with face-painting, crazy hair, etc. Please contact Alison Stevens at alison.stevens@catholic.tas.edu.au Fair updates will be included in the Newsletter over the coming weeks. The next meeting will be held Wednesday 15th June 9am in the Staffroom. All school community members are welcome.
ST BRIGID’S BUDDIES
Wow! What another fantastic morning on Monday, again welcoming more new faces. It was great to see the children, parents and grandparents enjoying their time together meeting new people. We had a very busy morning learning about healthy eating, making fruit skewers and listening to ‘The Hungry Caterpillar’ as we ate our healthy morning tea. Again we had a visit from ‘Bear’ the much loved Kinder rabbit and continued to learn how to care and be gentle when handling him. Please come along next week for cross country running!

Warm regards

Annette

CROSS COUNTRY - Friday 27th May 2016
Classes to leave school at 12:00pm
Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain. Part of cross country running’s appeal is the natural and distinct characteristics of each venue’s terrain and weather.

We’re taking the event back to the Showground, through parts of Gutteridge Gardens and along the River Track to give all students an authentic all weather cross country experience.
All children must bring a change of clothes and shoes.

Parents are welcome to come and spectate during this fun afternoon.
Children should wear house colours: Red - Brigid, Yellow - Joseph, Green - Patrick.

NB: Times are a guide only

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Route Description</th>
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</thead>
<tbody>
<tr>
<td>Kinder/Prep</td>
<td>12:20pm</td>
<td>From Showground to Gutteridge gardens and return</td>
</tr>
<tr>
<td>Grade 1 boys and girls</td>
<td>12:40pm</td>
<td>From Showground to Fish Shop and return</td>
</tr>
<tr>
<td>Grade 2 boys and girls</td>
<td>12:50pm</td>
<td>From Showground to Fish Shop and return</td>
</tr>
<tr>
<td>Grade 3 girls followed by boys</td>
<td>1:00pm</td>
<td>From Showground to Gibbons St, to Gutteridge Gardens and return to Showground. Approx 2km</td>
</tr>
<tr>
<td>Grade 4 girls followed by boys</td>
<td>1:20pm</td>
<td>From Showground to Gibbons St, to Gutteridge Gardens and return to Showground. Approx 2km</td>
</tr>
<tr>
<td>Grade 5 girls followed by boys</td>
<td>1:40pm</td>
<td>Clockwise lap of Showground to Gibbons St via River Track, to Fish Shop and return to Showground. Approx 3km</td>
</tr>
<tr>
<td>Grade 6 girls followed by boys</td>
<td>2:00pm</td>
<td>Clockwise lap of Showground to Gibbons St via River Track, to Fish Shop and return to Showground. Approx 3km</td>
</tr>
</tbody>
</table>
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**National Sorry Day** - Thursday May 26th

Today is National Sorry Day, an Australia-wide observance held on May 26th each year. This day gives people the chance to come together and share steps towards healing for the Stolen Generations, their families and communities. Stolen generations refer to Indigenous Australians who were forcibly removed from their families and communities.

The Aboriginal flag and the Torres Strait Islander flag are often seen on National Sorry Day.

**Phillip Green – Aboriginal Survival Technology Presentation**

Today students were fortunate to attend a presentation by Phillip Green that gave them a visual and tactile experience of traditional technologies used by Indigenous peoples across the varied environments of Australia - deserts, mountains, rivers and seashores. Phillip Green has a large collection of museum-quality artefacts that were shared with students to examine and handle. Philip, (a National Geographic photographer) used his stunning photos in an audio-visual presentation of native plants and wildlife used for food, clothing, medicine, shelter, weapons and art. A naturalist, Philip Green combines the knowledge of David Attenborough, the humour of Robin Williams and the daring of Indiana Jones”, during his shows.

Philip has visited or lived with Indigenous communities in North and Central America, New Zealand and Australia. In his eco-safaris across Australia, Philip has visited with local Aborigines living in Kakadu wetlands, outback deserts, inland river systems and mountain forests. He has collected artefacts and inspected Aboriginal sites in every Australian state. These experiences have inspired him to produce a cultural show that gives students the opportunity to connect hands-on with the survival technologies of Australia’s First People. Philip has visited over 1200 schools across Australia presenting his range of highly acclaimed eco-science shows. Reference: www.nexusarts.com.au

**National Reconciliation Week**

Each year National Reconciliation Week (NRW) celebrates and builds on respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians. Reconciliation literally means ‘re-establishing friendly relations’ or ‘healing old wounds’. In practical terms, it’s about acknowledging our cultural history and the devastating and complex relationship Indigenous Australians have had with colonial Australia, but ultimately learning from that past as a way of reshaping the present and making a better future for all Australians. It is everyone’s responsibility to keep working on the relationship between Indigenous Australians and other Australians.

As Australians, we are all here, woven into this country.

As part of our reconciliation journey, there are truths to tell, stories to celebrate, and relationships to grow.

Reconciliation is at the heart of our nations’ future.


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**BURNIE/WYNYARD PARISH MASS TIMES**

*All Parishioners Welcome / All Masses*

<table>
<thead>
<tr>
<th>Location</th>
<th>Times</th>
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<tbody>
<tr>
<td>St Brigid’s, Wynyard</td>
<td>Tuesday 9:30am</td>
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<tr>
<td></td>
<td>Saturday 6:00pm St Brigid’s Church, 37 Goldie Street, Wynyard</td>
</tr>
<tr>
<td>St Joseph’s, Yolla</td>
<td>Sunday 5pm, St Joseph’s, 1566 Murchison Highway, Yolla 5pm (Mass 2nd Sunday), 5pm (1st, 3rd &amp; 5th Sundays - Liturgy)</td>
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<td></td>
<td>Star of Sea, Burnie Thursday 9:30am Sunday 10am Star of Sea Church, 96 Mount Street, Burnie All welcome to share a cup of tea in after the 10am Mass in the Burnie Parish Centre each Sunday</td>
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<td></td>
<td>Umina Park Wednesday, 10 am North Lodge, Umina Park (2nd Wed of month only)</td>
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<td></td>
<td>Yaraandoop Chapel, Burnie 12 noon, First Friday of Month only</td>
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Sacred Heart, Somerset Sunday 8:00am Sacred Heart Church, 7 Peliasier Street, Somerset (1st, 3rd, 4th Sundays - Mass, 2nd Sunday - Liturgy)
NOMINATIONS FOR THE NATIONAL DISABILITY

The nominations for National Disability Awards are now open. In this our 10th year of celebrations, the National Disability Awards continue to recognise outstanding achievements that have improved the lives of people with disability. Head to www.idpwd.com.au to nominate, or forward our e-card below through your networks far and wide. Nominations demonstrating evidence of community partnerships, accessible community design, inclusive service delivery, upholding rights, improving participation for people with disability in all areas, or in a specific area such as employment, education, health, housing, sports, arts and cultural events, or through technology, are encouraged. Follow us on Twitter and Facebook to keep up to date with the latest on the Awards.
Nominations close 30 June 2016.

NETBALL NEWS - Katrina James

Wynyard Black Netta -
The girls played an outstanding game last Saturday. The star defender was Isobel. Our centre court players Jayda-Rose and Taylah were once again brilliant and worked really hard on spreading themselves out and then driving forward. Halle is working really hard on throwing stronger passes. Lillyana played really well at WD and tried to stay with her player.

A3 Primary Wynyard Navy -
Last Saturday the girls played a very hard team but did not give up. Mackenzie worked hard at shooting her goals. Genevieve worked hard as centre and passing strong passes to Mackenzie. Good luck this week girls.

WYNYARD SOCCER CLUB UPDATE

The Wynyard Soccer Club will change the weekly training night from Wednesday nights 4.30-5.30 p.m. to Tuesday nights 4.30-5.30 p.m. at the Frederick Street Complex, Wynyard, commencing this Tuesday 31st May. If you have any queries please contact your coach or the committee members.

Please find below coach’s contact details:

<table>
<thead>
<tr>
<th>UNDER 6 Comets</th>
<th>UNDER 8 Koalas</th>
<th>UNDER 9/10 Knights</th>
<th>UNDER 11/12</th>
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<tbody>
<tr>
<td>Ben Johnson 0487 807 709</td>
<td>Andy Jackman, Secretary 0439 366 349</td>
<td></td>
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<tr>
<td>Codie Hutchinson 0478 285 001</td>
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<td></td>
<td></td>
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<tr>
<td>UNDER 9/10 Knights</td>
<td>UNDER 11/12</td>
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<tr>
<td>William Edwards 0409 253 774</td>
<td>Craig Dwyer, Vice President (Stingrays) 0407 120 238</td>
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<tr>
<td></td>
<td>Andrew Ollington (Fury)</td>
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Steph Jaensch President 0438 272 638

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St Brigid’s Buddies

Birth to 4 Program
St Brigid's Buddies is a structured program focusing on early years learning and development, including sensory play, movement, social and emotional wellbeing with a literacy focus. This is a learning opportunity, not only for children, but for parents to socialise in a relaxed and fun environment.

Please phone 6442 2167 for further details

<table>
<thead>
<tr>
<th>Term 2 Overview 2016</th>
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<tbody>
<tr>
<td><strong>Week 3</strong></td>
</tr>
<tr>
<td>Monday 9th May 2016</td>
</tr>
<tr>
<td>9-10:30am</td>
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<tr>
<td><em>We love Mum’s morning - Mother’s Day</em></td>
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<tr>
<td><strong>Week 4</strong></td>
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<tr>
<td>Monday 16th May 2016</td>
</tr>
<tr>
<td>9 - 10:30am</td>
</tr>
<tr>
<td><em>Looking after animals</em></td>
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<tr>
<td><strong>Week 5</strong></td>
</tr>
<tr>
<td>Monday 23rd May 2016</td>
</tr>
<tr>
<td>9 -10:30am</td>
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<tr>
<td><em>Let’s learn to make a healthy snack</em></td>
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<tr>
<td><strong>Week 6</strong></td>
</tr>
<tr>
<td>Monday 30th May 2016</td>
</tr>
<tr>
<td>9 -10:30am</td>
</tr>
<tr>
<td><em>Cross Country fun</em></td>
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<tr>
<td><strong>Week 7</strong></td>
</tr>
<tr>
<td>Monday 6th June 2016</td>
</tr>
<tr>
<td>9 -10:30am</td>
</tr>
<tr>
<td><em>Caring for our ocean environment</em></td>
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<tr>
<td><strong>Week 8</strong></td>
</tr>
<tr>
<td><em>Public Holiday</em></td>
</tr>
<tr>
<td><em>Queen’s Birthday</em></td>
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<tr>
<td><strong>Week 9</strong></td>
</tr>
<tr>
<td>Monday 20th June 2016</td>
</tr>
<tr>
<td>9 -10:30am</td>
</tr>
<tr>
<td><em>Circus Play</em></td>
</tr>
<tr>
<td><strong>Week 10</strong></td>
</tr>
<tr>
<td>Monday 27th June 2016</td>
</tr>
<tr>
<td>9:10:30am</td>
</tr>
<tr>
<td><em>Celebrate Aboriginal culture</em></td>
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</tbody>
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 Dates to Remember

May

Thursday 26th Performance for Prep-Gr 6 – ‘Aboriginal Survival Technology’
Thursday 26th Advisory Board Annual General Meeting
Friday 27th St Brigid’s Cross Country

June

Thursday 2nd SRC Disco
Tuesday 7th Parish Weekly Grade 6 Mass attending
Thursday 9th Master Chef - Grade 6
Friday 10th Combined Catholic Schools Cross Country
Monday 13th Queen’s Birthday Public Holiday
Tuesday 14th Parish Weekly Mass – Grade 5 and Prep attending
Wednesday 15th Parent Community Fair Meeting - 9am Staffroom
Tuesday 21st Parish Weekly Mass – Grades 4 and 2
Tuesday 21st St Brigid’s choir - Eisteddfod
Thursday 23rd Master Chef - Gr 6
Friday 24th Class Curriculum Newsletters
Monday 27th NAIDOC Week commences
Monday 27th NAIDOC Week Prayer Liturgy: 11:45am
Monday 27th Mid-Year Reports
Wednesday 29th Parent Teacher Interviews
Thursday 30th SRC Thankyou Afternoon Tea - Parents invited - 2pm
Thursday 30th Parent Teacher Interviews

July

Friday 1st End Term 2
Monday 18th School Resumes - Term 3
Thursday 28th Friendship Mass Prep – Grade 2: 11:45am

August

Tuesday 2nd School Photos
Monday 8th Mary Mackillop Feast Day
Saturday 20th Book Week ‘Australia! Story Country’
Wednesday 24th Book Fair viewing
Thursday 25th Book Fair 8:30am - 3:30pm
Friday 26th Book Fair 8:30am - 3:30pm

September

Sunday 4th Father’s Day
Friday 23rd End Term 3

October

Saturday 8th Tulip Festival
Monday 10th Term 4 begins
Friday 28th St Brigid’s School Fair: 5pm-8pm

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