

2021



**Springwood Public School**

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Newsletter 6 – Monday 8<sup>th</sup> March, 2021



***March  
International  
Women's Day***

*Happy International Women's Day  
to all the women in our lives and  
in our Springwood Community.*



# Springwood Public School

THE PLACE TO BE!

Burns Rd, Springwood NSW 2777

Phone: 4751 1333

E: [springwood-p.school@det.nsw.edu.au](mailto:springwood-p.school@det.nsw.edu.au)

W: [www.springwoodpublicschool.com](http://www.springwoodpublicschool.com)



In Darug and Gundungurra Country



Monday 8<sup>th</sup> March, 2021

Hello Everyone,

Welcome to Week 7 of Term 1.

We wish all the women in our lives and community a happy International Women's Day and we thank you for being the cornerstone of our lives, the precious mums, daughters, grandmothers, nieces and aunts and everyone else in between. Thank you and we wish you all the best in the world for the future.

Updated Covid Guidelines for Schools:

As you may be aware there were some changes announced on Friday regarding Covid Guidelines for schools. Parents/Carers/Visitors may enter school grounds to drop off and pick up students from Monday 8 March in a COVID safe way. This means that physical distancing must still be adhered to and not coming onto the site if you are exhibiting symptoms. You must continue to use the QR Codes which have been placed on gates around the school. As long as the current pick up/drop off procedures are working, I suggest we stick with them as the benefits have been very positive for students settling into their school routine very quickly. We thank you for your support in this matter. If you do visit the school office you will still need to scan the QR Code and also sign in on the Covid Visitor's book.

We ask that parents do not gather on school grounds for any length of time but drop their child off if needed and exit the school quickly to maintain social distancing regulations. The usual exit points have been working very well, with students being very comfortable with these routines. Large school events will need a COVID -19 plan and parent access to these will be decided depending on numbers and if physical distancing can be maintained. We will be putting this into action when we hold our first major event, the Annual Billy Cart Derby.

Please keep an eye on the calendar in this newsletter and also on our school website for any new events or for more information regarding events.

*Take care please. Remind your kids everyday how special they are and how much you love them! Hug the ones you love and hold on for an extra second or two, it makes a world of difference.*

**Mr Mehmet**

## Notes from the Office:

*Please ensure your child is aware of their end of day routine – should there be any changes please contact the office before 3pm if possible to assist office staff in locating your child.*

## P&C NOTICE OF AGM

The P&C Annual General Meeting will be held on Wed 24th March, 7pm in the school staff room.

A zoom meeting will also be set up for those who can't attend in person. Zoom meeting details to be sent closer to the event.

## TERM 1 - 2021

<b>Week 2</b>	1.2.21	2.2.21	3.2.21 Kindergarten Start	4.2.21	5.2.21
<b>Week 3</b>	8.2.21	9.2.21	10.2.21	11.2.21 Swimming Carnival	12.2.21
<b>Week 4</b>	15.2.21	16.2.21	17.2.21 P&C Meeting	18.2.21	19.2.21
<b>Week 5</b>	22.2.21	23.2.21	24.2.21	25.2.21 Springwood High Expo Day	26.2.21
<b>Week 6</b>	1.3.21	2.3.21 Winmalee High Expo Day	3.3.21	4.3.21	5.3.21
<b>Week 7</b>	8.3.21	9.3.21	10.3.21	11.3.21	12.3.21
<b>Week 8</b>	15.3.21	16.3.21	17.3.21	18.3.21	19.3.21
<b>Week 9</b>	22.3.21	23.3.21	24.3.21	25.3.21	26.3.21
<b>Week 10</b>	29.3.21	30.3.21	31.3.21	1.4.21 BILLY CART DERBY Last Day of Term	2.4.21 Good Friday Public Holiday

### Communication

There are many forms of communication at Springwood Public School to inform our community. The main form and most direct is the **SKOOLBAG App**. Information attached.

The school website is the next place to look for information, which can be found at – [www.springwoodpublicschool.com](http://www.springwoodpublicschool.com)

You are also able to email the school at – [springwood-p.school@det.nsw.edu.au](mailto:springwood-p.school@det.nsw.edu.au)

The good old fashion phone number is – **4751 1333**

We also have a Twitter account where we announce events with photos - [@SPS\\_placetobe](https://twitter.com/SPS_placetobe)

Some of the class teachers run a **DOJO** account for direct messages to parents. You will be notified by the classroom teacher if this is the case for your child.

Most importantly for communication, please ensure that your contact details are always kept up to date by notifying the office as soon as possible. This goes for address, phone numbers, emergency contact details, most recent court orders, most up to date medical needs of your children and any changes to pick up details or if you are running late, etc.

**As mentioned before, we are not sure what school events we will be able to be run as yet due to Covid restrictions, but as soon as we have this information we will share it with you. Thank you for your ongoing patience and support of our wonderful school and in helping us all keep safe by being covid safe.**

# COVID-19 requirements

for visitors,  
contractors  
and service  
providers



## Stay at home when unwell

Do not attend the school if you are unwell, even with the mildest of symptoms. COVID-19 symptoms include fever, cough, sore or scratchy throat, shortness of breath, or loss of smell or taste.



## Practise good hygiene

- Wash your hands or use hand sanitiser regularly.
- Avoid shaking hands when greeting people.
- Cover your nose and mouth when coughing or sneezing with your elbow or a tissue. Put tissues in the bin.
- Clean tools and equipment in between uses and when sharing with others.
- Use personal protective equipment when required.



## Maintain physical distance

Maintain 1.5m physical distance from other people while on the school site at all times.



## Keep our school environment clean

Leave working and learning spaces clean and tidy. Wipe down any high-touch surfaces or workspace area following use with a suitable cleaning product.



## Contractors and service providers

All businesses and organisations delivering services and programs within our school must comply with Public Health Orders and have a COVID-19 Safety Plan as required.

## Acknowledgement

Before visiting school grounds I acknowledge:

- I agree to comply with COVID-19 requirements for visitors, contractors and service providers (as outlined on this page).
- I am well and have no COVID-19 symptoms.
- I have provided my contact details to the school so I can be contacted in the event of a health or other emergency.
- I agree to comply with and follow all safety, policy and procedural requirements in place at the school.
- For **contractors and service providers** – I will work in compliance with the contractor and service provider requirements (identified above).

# AUSSIE BREAD TAGS FOR WHEELCHAIRS



You will start to see some posters & containers around the school for collecting the plastic tags from bread (you also sometimes find them on pre-packaged fruit & vegetables).

We are helping an Australian Charity, Aussie Bread Tags for Wheelchairs, who recycle these tags into bowls & plates and raise money for purchasing wheelchairs for those in need in South Africa.

All you need to do is collect the tags and drop them into the containers around the school. These will then be taken to a collection point where the charity will have the tags transported to SA where the rest of the process takes place.

At the beginning of 2021, there were 470 collection points in Australia and 200kg+ of bread tags being recycled every month. Recycling of 250kg of bread tags funds an entry level wheelchair, although some cost more, depending on the client's needs.

For more information on this charity please visit <https://ozbreadtagsforwheelchairs.org.au>



# 5 Easy Steps to Staying Informed

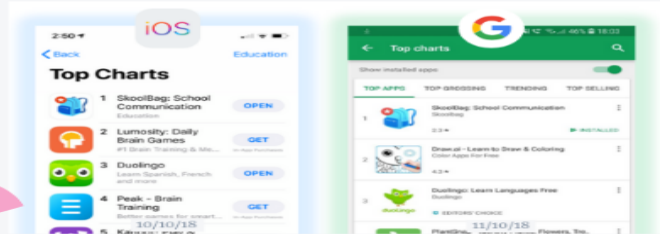
## SkoolBag

SkoolBag is the easiest way to stay up-to-date with school events, last minute notices, newsletters and all your school's communications.

### 1. Download SkoolBag

Search SkoolBag in the Apple App or Google Play Store, download the FREE app:

SkoolBag: School Communication



### 2. Create an Account

Follow the prompts to create your account in seconds.

### 3. Add your School

Type your school's name and press enter. Tap the plus icon to add.



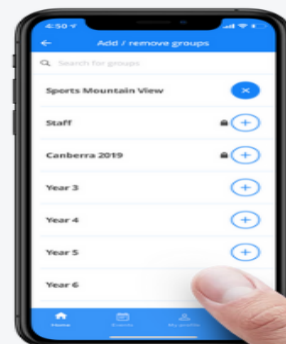
### 4. Allow Notifications

Ensure you Allow SkoolBag to send you push notifications when prompted.



### 5. Subscribe to Groups

Select Year Groups / Sports Teams to appear in your feed.





## Please check in before entering our premises.

We're helping keep our community COVID safe by recording contact details.



### It's easy to check in:

1. Scan the QR code with your smartphone camera or QR code reader.
2. Follow the prompts on the Service NSW app or on the Service NSW webform.
3. Show a staff member that you've signed in.

### We respect your privacy

When you scan the QR code, the only personal information sent to Service NSW is your Customer ID, the location of the business you are visiting, time and the date of your visit. The business will not see or collect this information and it will only be used for contact tracing. We only keep this information for 28 days unless required for contact tracing related to a COVID-19 hotspot. Please refer to the collection notice in the app for more information.

**This QR code is for Springwood Public School, located at Burns Rd  
SPRINGWOOD NSW 2777.**

# Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



On occasion students are absent from school for a number of reasons, mainly for ill health. It is mandatory departmental policy that the school is notified as soon as possible, preferably on the day, if a student will be absent for a school day. Please contact the school office as soon as possible if your child will be absent on 4751 1333. You can also use the Skoolbag App to notify the school of an absence or even by emailing the office on [springwood-p.school@det.nsw.edu.au](mailto:springwood-p.school@det.nsw.edu.au)

Thank you for following up on this reminder.

## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

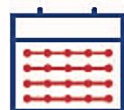
and years over their school life

**1** day per **fortnight**

M	<del>W</del>	T	F	
M	T	W	T	F

=

**4** weeks



=

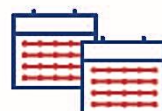
Over **1** year missed

**1** day per **week**

M	<del>W</del>	T	F
M	T	W	<del>F</del>

=

**8** weeks



=

Over **2.5** years missed

education.nsw.gov.au





..... *Social* .....

# Women's Cricket

**Fun, friendly, fast and easy as!**

## LOWER MOUNTAINS

**Every Friday From 5th March until the 9th April**  
**5:30pm-7:00pm @ Glenbrook Park, Glenbrook**  
**Come and Try Night: 5th March @ 5:30pm**

**No previous cricket experience or skills required!**

Register as a team, individual or small group (2-5 people)

Ages 16+ (6-8 players per team)

Enquiries: Jessica Daniels / 0424 140 602 / [jessica\\_daniels@hotmail.com.au](mailto:jessica_daniels@hotmail.com.au)

**Round up your friends, get outside and get moving in 2021!**

Register @ <https://www.playcricket.com.au/club-finder/club-details?id=29402>



*#SocialCricket*

# FACTSHEET



This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: [www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form](http://www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form).

## Children and screen time

### What is screen time?

Screen time is a term used to describe the amount of time spent looking at a screen. Screens include TVs, computers, smartphones, tablets, and video consoles.

Screens are used for work, education, communication and leisure. Due to their many uses, it is often difficult to control the amount of time children spend using screens, instead of taking part in other important childhood activities.

Small amounts of screen time can be useful and enjoyable for families. They can offer time for children to connect with others, be creative and learn. Screen time can keep children entertained, or distracted, and are used in educational settings by teachers.

### Why are we talking about screen time?

Health professionals are talking about screen time because they are starting to see some effects on child health. It is only recently that children's access to a wide range of screen devices has dramatically increased. Consequently, the research on the effects of screen time on children is still emerging.

The time spent in front of a screen, and the quality of the content on screen, has been linked to a number of positive and negative health outcomes. These include:

#### Weight

- Children who spend a lot of time using screens may not be getting enough physical activity, leading to weight gain. Current Australian guidelines recommend that children exercise for at least an hour each day.

- Children using screens will often eat and not be conscious of the amount of food they are eating.
- They may also be influenced by junk food advertisements and be more likely to seek out unhealthy food.

#### Sleep

- The light emitted from screens has been shown to prevent sleep onset in children when used in the evening or just before sleep. This can, therefore, reduce the total amount of sleep that children get.
- Less sleep in children is linked to weight gain and to mood and behaviour problems.
- Australian guidelines recommend children sleep between 8 and 12 hours each night.

#### Communication skills

- Screen use can isolate children from what is going on around them. Families may miss out on the everyday interactions that build healthy relationships. Friendships may also be affected as children sit alongside each other on screens instead of interacting and communicating with each other.
- Children can also miss out on opportunities to develop language through play and interactions with others.

#### Exposure to potentially harmful information

- There is growing evidence that shows children who watch violent content, are more likely to view the world as a scary, uncaring and mean place. It also suggests that children are more likely to show aggression as they see it as 'normal' behaviour. Reportedly, the MRI brain scans of children who have

viewed violence look similar to those of children who have acted out violently.

- The Internet and social media platforms provide children with the opportunity to give and receive inappropriate and hurtful messages. Teach your children what is appropriate to share online and to think before posting messages and images. (Most social media platforms require users to be 13 years and over.)

### Neck and back strain

- While there are clear guidelines for ergonomic use of desktop computers, guidelines to suit all types of screens are much more difficult to provide. Anecdotal evidence suggests that the time spent leaning, or hunched over screens is leading to neck and back pain in children.
- Ideally, screens should be positioned just below your child's line of vision with their neck in a neutral position.

### Eye health

- Research has shown that children who spend more time outdoors are less likely to develop short sightedness.
- When children stare at the screen for a long time, they may blink less than normal which can dry the eyes. This can lead to eye strain and fatigue.

### Some positives of screen time

- Young children learn most from face-to-face, 2-way conversations and interactions. However, "video chatting", eg: using Skype or FaceTime, may be of some benefit for children to keep in touch with friends and family.
- Screen time can also play an important role in keeping children connected when they are sick or in hospital, or as a means of distraction.
- For children with a medical condition, social media platforms allow them to connect with others with similar conditions and provide opportunities for self-expression and for increasing awareness amongst peers about their condition.
- Older children's use of the Internet helps develop their skills and interests. Social platforms can be a useful way of forming friendships, in addition to cultivating empathy and activism.

### Screen time guidelines

Family guidelines should focus on:

- How often children have access to screens (you may choose to have screen-free days).
- How long children can use them for (splitting the time between different types of screen and using a limiting

device such as a stop watch or screen lock as a control measure).

- What children can view (the quality of what your child is viewing is more important than the time spent).

Like all parenting decisions, it is important to focus on modeling the preferred behaviour to your children and involving older children in the decision-making process. Monitor what they are accessing and use the opportunity to start conversations and learning, making sure that screens are used in family/shared areas, and not in bedrooms.

The American Academy of Pediatrics discourages media use, except for video-chatting, by children younger than 18 to 24 months. They also recommend that children aged 2 to 5 years limit screen time to one hour per day of high-quality programming.

In Australia, the current recommendation is for no more than 2 hours of screen time per day for children, with screen time not recommended for children under 2 years.

**We recommend that children aged under 2 years not routinely be given screen time unless video chatting, and that children aged 2 to 5 years only be exposed to 1 to 2 hours of high quality programming per day. Once your child begins school, then as a family, you need to discuss how best to use screen time to reduce excessive use.**

### Help for parents

- There are organisations that help review content suitability for children ([www.common sense media.org](http://www.common sense media.org))
- eSafety is an Australian government initiative that provides information on internet safety for families (<https://www.esafety.gov.au/>)
- Use parental controls to block/filter Internet and television content. You can also set devices to the "do not disturb" mode to help limit screen use (eg: the family link app for android devices).
- The brightness and blue light from screens can be changed to a dimmer and 'warmer' setting.
- Examples of screen time rules can be found online, along with timetables. Examples include: [www.healthychildren.org/English/media/Pages/default.aspx](http://www.healthychildren.org/English/media/Pages/default.aspx) or the Common sense media family contract [www.common sense media.org/research/technology-addiction-concern-controversy-and-finding-balance/resources](http://www.common sense media.org/research/technology-addiction-concern-controversy-and-finding-balance/resources) )

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**Screen time should be supervised and monitored by parents. Find ways to be involved with your child's screen time so that your supervision becomes another way of spending time with your child.**

**Remember:**

- 8-12 hours of sleep and 1 hour of exercise should always take priority over screen time.
- Set screen time guidelines for your family and involve older children in the decision making.
- Screen time is not recommended for children under 2 years old.
- Monitor the use of screens, keeping in mind the recommended maximum per day is 2 hours.
- Consider turning off the TV and other devices during meals.
- Keep TVs and screens out of bedrooms.
- Be a role model for your kids, by being active and limiting your own use of screens.