



Sorry Day

On Friday last week students from Room 16 and 19 participated in a 'Sorry Day' morning tea in the Aboriginal Education room. Students sat with parents and elders and made Desert Roses which are represented as the 'Sorry Day' flower. The colours used to make the flowers represent love, patience and resilience all of the qualities displayed by Aboriginal people affected by the Stolen Generations. The morning was very moving for everyone who was part of the day.



Fortnite!

Some thoughts from education experts and psychologists

We're all aware of the video-game phenomenon which has captured the minds, time and emotions of children and young people everywhere.

But do we really know what it is and its effects?

It has been reported that children as young as 7 years old are becoming overly-committed to Fortnite, abusing their parents, lying to miss school and not wanting to go on family outings because they want to play the game.

Due to frequent scenes of mild violence, Fortnite is not suitable for under 12s. Players have direct contact with other players and may be exposed to offensive or inappropriate language or unwanted contact through the chat or voice function.

Steps To Stop Addiction

Experts say gaming addiction is an emotive subject but alarm bells should ring for parents when relationships become difficult to manage, tensions at home build, kids are not getting homework done and they'd rather use a screen than attend a family event. They recommend

- **DRAW** up a family contract to outline screen time rules, discuss them, listen to feedback and have both parties sign.
- **STICK** to the rules every day – don't let them slide when inconvenient.
- **SET** up parental controls on individual devices or the family Wi-Fi router to limit game play outside the rules.
- **BAN** devices from children's bedrooms, including laptops, smartphones and game consoles.
- **RESPECT** age ratings on video games.
- **PLAY** your child's favourite video game with them so you have a better understanding of the risks and their interests.
- **PROVIDE** a good example for your children by maintaining healthy use of your devices.
- **SEEK** expert advice if your child's video game play becomes excessive and harms relationships and academic performance.

Coffee, Cake and Bread!

Parents and Caregivers

Come and join us for coffee and cake as we pack bread to give to the students.

WHERE: Breakfast Club room

WHEN: Tuesday Mornings 9am

Looking forward to seeing you there!