THE VIEW

Screen Time – does it really matter?

I remember when mobile phones first entered the market. They were literally the size of a shoe box and only those who drove a BMW were privileged to own one. Slowly but surely mobile phones became smaller, smarter and more accessible to more and more people.

As time went on, the phone morphed into a mini computer. Nowadays, it can do almost anything that a laptop computer will do. According to Forbes magazine, about 5 billion people across the world own a mobile device. That’s staggering. When I go on holidays or even do something as simple as shopping, I am amazed at how much the phone has become a part of our person. I see people scrolling, texting, gaming and talking on their device. It has even become, for some parents, the defacto baby sitter.

With so many people using devices so regularly many of us have pondered the question - does hours of screen time really have a negative effect, particularly on the teenage brain? There has been credible research conducted in recent years to indicate that it does.

A recent study in America (Adolescent Brain Cognitive Development Study) found children who reported more than two hours a day of screen time achieved lower scores on thinking and language tests.

Other studies have concluded that “excessive screen-time appears to impair brain structure and function. Much of the damage occurs in the brain’s frontal lobe, which undergoes massive changes from puberty until the mid-twenties. Frontal lobe development, in turn, largely determines success in every area of life – from sense of wellbeing to academic or career success to relationship skills.” (Dr Victoria L Dunkley, 2014)

So what is the solution?

Let’s face it, screens are here to stay. However, I believe we need to teach our kids responsible use. Remember, you are the parent.

A good start is to have screens only in certain places of the home. For example, only in the common areas such as the loungeroom and kitchen. Allowing your teens to have unrestricted access in places like bedrooms can affect sleep quality and nervousness.

Actively monitor. Check in regularly as to what they are doing on their device. Be the parent. They may not like it, but they will appreciate that you actually care.

Have a set time for screen use. For example, before or after dinner. Keep your dinner time sacred as a family; a special time once a day where you can catch up with each other. Turn the phone or computer off.

At the end of the day, we all love our devices and none of us are about to throw them out. I personally save a lot of time by paying my bills, checking the weather, booking my next holiday and doing the odd bit of online shopping on my phone. Like many things in life, it’s about being responsible and having a healthy balance.

Bill Ward
Secondary Sport Teacher
Mid Year Reports
Mid Year Reports will be emailed out to parents in the second week of the school holidays.

Primary Parent Teacher Interviews
Parent Teacher Interviews will be held in the iCentre on the first Tuesday of Term 3, July 23 from 3.30pm until 8.00pm. An email has been sent to parents today with a link to click on to make bookings or alternatively go online to www.schoolinterviews.com.au and enter the event code

Term 3 Sport Uniform
Kindy – wear their Sport Uniform on Mondays and Tuesdays.
Years 1 & 2 – wear their Sport Uniform on Tuesdays.
Years 3-6 – wear their Sport Uniform on Tuesdays and Fridays.

CIS Cross Country Shirts
Mr Head is still waiting for some parents to return the HRIS polo shirts worn at CIS Cross Country. Thank you.

CLASS
Y5 Operation Adaptation
Year 5 ventured into the big smoke that is Sydney city only to find themselves surrounded by amazing wildlife, resembling the outback of Australia. Students have spent time learning about the adaptations of many species of Australian fauna and flora in Science and were able to see some of these in real life. Species like the inquisitive Bilby, that kept coming out to feed too early, or the Corn snake that left some of our parent helpers shaking in their shoes. Taronga Zoo really put on a wonderful day for our students. “I screamed so loud when I saw a wild turkey chasing me!” said Sebastian. For many students, this was the first time they had visited this iconic zoo. After spending an hour learning about desert survivors and species adaptations in the newly opened Institute of Science and Learning, the students, teachers and parents roamed around the grounds of Taronga Zoo enjoying the many sights and sounds that were on offer. The baby tiger cubs were so incredibly cute and the giraffes were as majestic as always. Some of the students got a bit too close to an acrobatic seal that left them dripping wet, and filled with laughter. Thank you to the many parents that were able to join us on this trip and we hope that all of our students were able to learn a little more about the wonder of the wildlife that we have in our backyard.

SPORT
Y2-6 Athletics Days
It has been a challenging time this year trying to complete the Athletic events with the weather and a soggy oval. Our students are to be congratulated for their efforts and achievements in breaking six records: 8 Years Long Jump - Ruslan B (3.20m), 8 Years 800m - Millie G (3:16.00), 8 Years 800m - Nathan L (3:05.95), 9 Years Javelin - Chloe R (12.45m), 12 Years Javelin - Harry K (25.54m), 12 Years Shot Put - Hayden I (9.57m). Congratulations to Macquarie House for winning this year’s carnival: 1st 1963 points - Macquarie, 2nd 1751 points - Hunter, 3rd 1614 points - Watagan, 4th 1523 points - Pacific.

HRIS Athletics Carnival
Friday, August 16
The HRIS Athletics Carnival will be held next term on Friday, August 16 at Glendale. The list of students is on display in the Sports Cabinet. Permission notes have been sent home with students. Parents are asked to encourage students to train leading up to this event. Due to the delayed carnivals, the 1500m runners have been selected based on their 800m and Cross Country performances.

K-2 Sport In Schools
Term 3, Every Tuesday
The ‘Sport In Schools Program’ will run on Tuesdays for students in Kindy, Year 1 and 2. Students will need to wear their sports uniform on Tuesdays in order to participate in this quality fun program.

Y3-6 School Gymnastics
Term 3, Each Tuesday
We are once again proud to offer our students the opportunity to participate in the ‘Schools Gymnastics Program’. This is a program that is in addition to the normal PE program and enhances curriculum outcomes through the use of specific gymnastics equipment and qualified instructors. Students in Years 3-6 are required to wear their sports uniform on Tuesdays.
To Mars or Not to Mars

This week has seen the exciting culmination of Part A of the Year 7 integrated STEM Project Based Learning (PBL) To Mars or Not to Mars unit. On Tuesday Year 7 STEM groups competed in two highly engaging competitions: “What payload could each prototype rocket carry to Mars Competition?” and “Can you code a Sphere BOLT robot to Navigate Mars Competition?” The former competition involved students launching their prototype rocket multiple times, each time with a different payload, with each rocket launch hopefully getting close to delivering a payload the scaled distance to Mars. In order for students to determine the maximum payload that their rocket could carry to Mars students needed to use scaled video footage of each of their rocket launches to determine the height that each of the rocket launches achieved. They then used a spreadsheet to construct a scatterplot with a line/curve of best fit. From this graph they were then able to determine the maximum payload that their prototype rocket could carry the scaled distance to Mars. The latter competition involved students writing code to drive a Sphere BOLT across a model Martian landscape. The Sphere BOLT robots were required to visit designated locations on Mars whilst minimising the time taken. Students were required to use coding loops to ensure that their Sphere would traverse the Martian track more than once. Our student groups produced some amazing work as they participated in both challenges. Congratulations to the following students for the outstanding work they produced on the day: Kai C (special award for exemplary leadership and coding), Jason L, Zach B, Emily G, Danaika D (1st in Mars Trek competition), Jacob D, William M, Karan G, Lily T (2nd in Mars Trek competition), Ethan G, Amy E, Daniel M, Taleah H, Ryan M, Apelu T, Marcus H (3rd in the Mars Trek competition), Isaak H (winning the STEM photo competition - close-up shot shown below) and Zaira L, Jake B, Amber K & Mitchell P (winning the STEM video competition). Further award recipients are yet to be determined. On Wednesday and Thursday Year 7 students watched the recently released documentary Elon Musk: The Case for Mars and then wrote a letter of advice to Elon Musk about colonising Mars. Our week ended with our Chaplain, Pr Brian, talking with our students about the notion of colonising Mars. He suggested that perhaps it would be a good idea if Earth’s citizens put more effort and dollars into looking after planet Earth (a much less hostile place to live than Mars) and to look to Jesus as the one who will save us rather than looking to amazing people such as Josh Richards (an Australian Mars One Astronaut who wants to live on Mars) or Elon Musk (the CEO of SPACEX). In Term 3, Part B of our STEM integrated PBL unit will explore what living sustainably on Earth might look like.

General

Secondary Parent Teacher Interviews & Reports

This year we have moved to a new interface for attendance, marks books and reporting. The new process has taken some time to implement and we ask for your patience as we strive to deliver a better reporting experience. As a result of this change, we need to reschedule Parent Teacher Interviews. Interviews for students from Years 7-11 will now happen in the first week of Term 3, on Tuesday July 23 and Wednesday July 24 in the CLC. An email will be sent home today with more details of booking online. Mid Year Reports will be emailed out to parents in the second week of the school holidays.

SWOP Students at Inquisitive Minds Program

On Friday last week, Year 7-9 Students With Outstanding Potential (SWOP) competed against other students from Hunter schools in the Inquisitive Minds Talented program held at the Hunter School of Performing Arts. This program focused not only on teaching students advanced problem-solving strategies, but also on having them consider the best ways of solving given problems. The program included an interactive problem-solving lesson and hands-on problem-solving competitions. In session one, students competed in pairs with a partner from their own school. In the second competition students competed in pairs with a student from a different school. We wish to congratulate Jacob D and Ezra H for achieving 1st place and Emily M & Willow D for coming 3rd in the school vs school competition. In addition, we wish to congratulate Ryan M for achieving 1st place and Chloe H who came 5th in the mixed schools’ competition. Students were presented their certificates of participation in Chapel this week by Mrs Chanel Higgins, our Year 7-9 Mathematics SWOP Facilitator.
ALL SCHOOL

Coming Soon...
Parents, some very exiting news! Coming in Term 4 is a new sports uniform, in a new design and a new modern fabric. We think you will be very pleased with it when it arrives. There will obviously be a phase-in period over a period of time as we transition to the new uniform. So if you are able, please hold off buying sports uniforms until Term 4... it will be worth the wait :) Thanks for being part of our school family.

LIBRARY

K-6 Library Prizes
It’s been wonderful to see over 300 students choosing their library borrower prizes this week during library classes. These students have read hundreds of riveting fiction and enthralling non-fiction books this term. Many of these students have also borrowed books to fill any spare moments during the holidays. Happy reading!

Lego Masters
The Years 3 & 4 Lego Masters Competition has now finished. The students built many amazing designs making it very difficult for the judges! As we didn’t have a Monday assembly this week the Year 5 & 6 results couldn’t be announced but we will endeavour to announce the winners of both competitions as soon as possible.

Book Launch
The library hosted a book launch last Sunday to introduce Miss Celia Moncrieff’s latest book series to the many interested people who attended. The Zest books are a humorous rhyming picture book series that deal with various health topics in a fun way. Activities included a book reading, games and competitions, and a good time was had by all!

K-6 Book Character Parade
Thursday, August 22
Our whole school Book Week celebrations are from August 19-23 this year and although that sounds like a long way away one activity that may take some planning on your part is our biennial K-6 Book Character Parade. As in recent parades, we will acknowledge ‘commendable’ costumes in each Year Level without ranking them. Our esteemed judges will be looking for creativity and originality in costume designs so please start thinking about your costume now to reduce stress at the last minute. Remember that you need to bring along the book that your book character is from. When designing costumes please only choose costumes that reflect the values of the school, so avoid supernatural, violent and grotesque characters such as witches, wizards, etc. A good rule of thumb to work by is if the library has the book then you certainly can dress as a character from that book. Looking forward to seeing YOU in the MPC at 9.00am on Thursday August 22.

Private Music Tutors
Are you interested in having music lessons? We have many great tutors and instruments available to learn on. Please contact tutors directly to arrange lesson times.

Piano
Kylie Stacey (Simply Music, AMEB, traditional) / 0409 939 302
Sandi Lowe / 0447 006 209
Cygelle Coutet (AMEB) / 0423 455 977
Jan Hughes / 4977 2037
Henry Higgins / 0490 0404 308
Sophie-Lee Johnson / 0490 451 781

Voice
Cygelle Coutet (AMEB) / 0423 455 977

Strings
Henry Higgins (cello) / 0490 040 308
Esther Albert (cello / violin / double bass) / 0439 420 661

Woodwinds
Meldi Arkinstall (flute) / 0413 548 985
Fred Cracknell (saxophone / clarinet) / 0404 082 151

Brass
Fred Cracknell / 0404 082 151

Guitar
Jake Bisognin / 0400 389 612
Toby Zeuschner / 0405 405 131
Henry Higgins / 0490 0404 308
Garry Lawler (group lessons / ukulele) / 0438 608 180

Drums
James Dennett / 0401 549 084

We value...

PRAYERFULNESS