



Holy Trinity School Granville Newsletter



Term 1 Issue 3

8th March, 2019

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Dear Parents and Friends,

There are better questions than “How much screen time?” by Martine Oglethorpe (Parenting Ideas)

‘How much time should my child be allowed in front of a screen?’ ‘What about my five-year-old?’ ‘How long should I let my 13-year-old play Fortnite?’ As a digital wellness and online safety expert, these are some of the questions I am most frequently asked.

They are certainly all relevant questions as parents fumble about trying to make rules and boundaries around their child’s screen time habits. Obviously we all want to prevent the screen time obsessions we hear about in the media. We want to maintain a sense of control over our child’s screen time habits.

As the digital world is far more complex and nuanced, our approach and questions need to mirror those complexities. We can certainly apply some time limits, and prescribe times when devices are not to be used. But it’s wise to ask more pertinent questions to help us make more informed choices about the rules and boundaries we set up for our kids.

In particular, there are three important questions we should ask. These are:

1. What is my child doing with his or her screen?’

There's no point worrying about how long your child is on a screen if you have no idea what they are doing when they're on it. Handing a child a device without guidance can lead to a vast range of different experiences. One child might spend the time researching the dietary habits of a green tree frog, or learning how to make the best paper plane to fly with a younger sibling. Another might watch a funny cat video, or even watch inappropriate material. These are vastly different ways to spend their time online.

2. What is the effect of the screens on my child?’

Is your child enjoying socialising online because it allows them deeper connections with their friends, provides them with support and gives them a sense of belonging? Alternatively, is he or she feeling excluded or being cyberbullied? A child's online experiences can help or hinder wellbeing. If online activities lead to tantrums when transitioning to offline tasks, or even aggression then it may be a sign that online use is having a negative impact.

3. What is my child missing out on?’

Children and teens benefit from involvement in a wide range activities so they can maintain optimum physical, social and emotional development. Spending time outdoors, enjoying active sports, connecting face-to-face with friends, sharing family meals, keeping up with homework and assisting with household chores are the types of activities that most experts agree are beneficial for children and young people. If the amount of time a child spends on digital devices excludes him or her from these types of activities then it can be considered excessive. If this is the case, then it's reasonable to expect that, with your assistance, your child begins to place some limits on their screen use.

Digital devices present new challenges for parents to manage. As a result parents need to shift the focus away from simply managing a child's time to helping him or her successfully integrate screen use into their daily life in ways that support learning, development and wellbeing.

Love Serve Hope

Philip Mahony
Principal

94%

Attendance week
ending 1/3/2019

Catholic Schools Week:

Thank you for the great support of Catholic Schools week and your involvement last Wednesday during our Open Classrooms. Hopefully you had an opportunity to see how your child is learning in the classroom and how you can support them at home.

We commence enrolments for 2020 during Catholic Schools week, so if you have a child who is eligible to commence Kindergarten next year please pick up an enrolment form from the office.

Pancake Tuesday:

A big thank you to the lovely parents, Mrs Rosette Bou Francis, Mrs Maram Salloum, Mrs Lisa El Hajj and Mrs Lama Moussa who cooked pancakes last Tuesday for the students and teachers. The pancakes were delicious and everyone appreciated the effort.

Images of Open Classrooms:



School Drop Off and Pick up Times

Please note school hours for Holy Trinity are **9:00am to 3:10pm**.

If you need to leave your child at school before 8.30am and after 3.10pm **please call** the school to notify the office staff.

Please be aware of the school zones at the front of the school.

Student Banking



Please note: Students wanting to bank need to send bank book to school on **Fridays**. If your child has a Commonwealth Bank Dollarmite account they are able to participate. If you would like more information, contact the school office.

Keeping an eye on your friends
including everyone when you play
noticing when people are sad or lonely
defending people who are bullied
never talking about someone unkindly
encouraging and supporting everyone
sharing what you have with others
showing that you care about people

Ripple Kindness Project
for schools



OPEN DAY 2019

Sunday 10 March

10am - 2pm

You are invited to join us for **Open Day** at Our Lady of Mercy College Parramatta in 2019, our 130th anniversary year.

www.olmc.nsw.edu.au

Celebrating 130 years: Honouring the past. Serving the future

MERCY / COMPASSION / JUSTICE / DIGNITY / EXCELLENCE / HOSPITALITY / STEWARDSHIP / SERVICE

Birthday Celebrations

Congratulations to the following students who celebrate their Birthday in **March**:

Joseph E, Issa J, Grace B, Hannah J, Grizelda T, Ephraim C, Sebastian R,



Student of the Week

Week ending 1/3/19



Kindergarten	-	Gabriel D
Year One	-	Jabbara
Year Two	-	Evelyn L
Year Three	-	Lopasi L
Year Four	-	Olivia T
Year Five	-	Wadie H
Year Six	-	Lachlan T



Calendar Dates

Monday 11th March - Stage 1 and ES1 Mass
Thursday 14th March - Pictures at an Exhibition - Sydney Symphony Orchestra - Stage 3
Friday 15th March - National Day of Action against Bullying and Violence

Important
Dates