



Russell Lea
PUBLIC SCHOOL



Newsletter

Term 1 Week 4 Friday 19 February 2021

Important Dates

Please refer to our [website calendar](#) for a full list of 2021 school dates

March 16

Stage 3 Museum Excursion

April 2

Last day Term 1

Play Is Serious Business

By some measures school age children today have many more opportunities and activities available to them than previous generations. The world has become more complex and activity choices more numerous. Unfortunately this has meant children spend less time engaging in unstructured play and are missing out on crucial developmental opportunities.

The infographic on the following pages describes some of the research findings about play. While there is often good general awareness about these ideas, the pressures of daily life and competing demands for time mean we forget the importance and power of play. There is also a persistent belief that play is time wasted when compared to activities which have more rigour, adult intervention and structure.

When adults step away and leave children to play, powerful things happen. Children who regularly play in groups develop stronger language, social and emotional skills. Often there is struggle as they navigate the social world without adults to smooth out the bumps. They experiment, explore and get lost in the moment. These are powerful experiences as they support the development of creative skill and a mindset which thinks and asks questions about the world.

Children need the adults in their life to give them these opportunities. As adults we need to avoid the temptation to jump in and respond to complaints of boredom. A bored child will eventually access their creative mind and entertain themselves with the resources available to them. In doing so they are also developing their capacity to initiate play more easily next time.

Playtime at RLPS is more important now than ever before. Our students have many ways to play and they exercise these opportunities with seemingly limitless variation. In a two minute tour of the playground we observe students collecting and cataloguing rocks, discovering bugs, inventing a new dance routine, building a cubby house, finding new places to hide, constructing an agility course, inventing a new ball game and even creating mud tattoos. Inspiring stuff.

Dan Sprange
Principal



Bigger Brain Size Better Early Development

In studies using rats, playing leads to bigger brains. In human studies, playing enhances children's adjustment, language, and social and emotional stability by 33% to 67%.



Smarter, Faster Learning And Better Memory

In one study, children offered toys in infancy have higher IQ at age 3 and again at age 4.5.

More Creative

Free play enhances divergent thinking. Pretend play requires imagining and encourages creativity.



Better Communication, Vocabulary And Language

Playing, especially pretend play, improves preschoolers' speaking and understanding.



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Greater Impulse Control And Emotion Regulation

Self-regulation is essential for a child's academic as well as social success. Kids who pretend play have better self-regulation skills.



Greater Social Competence, More Empathy And Happier

Play provides opportunities for children to learn social interaction. Whilst playing together, children learn to cooperate, follow rules, develop self-control, and generally get along with other people

Playful children are happier, better adjusted, more co-operative and more popular with their peers than those who play less.



Better Health

Physical play activities benefit physical health, motor control, strength and endurance. Effective emotion control benefits mental health.



Life Lesson Learning

Playing out life's problems can help children cope with the struggles in their own ways.

Play is also a useful tool for children to rehearse skills and future social roles in a safe context.

Better Relationship

Playing is an excellent way to bond. Happy playful moments in children are some of the most precious gifts we can give our children.





One To One Technology Rolled Out

RLPS is unique in providing one to one technology for students. This means students in kindergarten to Year 2 have access to their own iPad and students in Years 3-6 have their own laptop. Although students use their devices for a small portion of the day (especially in the early years), they are able to access a device every time they need one. This means students can use them like any other learning tool and maximize learning opportunities. Our students are skilled learners. It is not unusual to walk into a classroom and find students concurrently using a pen, exercise book, reference book, laptop and writable desk.



PSSA

PSSA is the inter school sports competition which RLPS participates in. We introduced PSSA in 2018 and our school has gradually improved and mixed it with larger more experienced schools. Our students always try their best and act with respect towards other teams. We have had a few wins and with ongoing training hope to have some more success in 2021. Our Summer sport is T-Ball/Softball and in Winter it is soccer. Our PSSA coaches Mr Brittain and Mr Ainsworth train our students on a weekly basis to ensure they have the skills and knowledge to perform well. T-Ball/ Softball can be a very competitive sport with many rules and possible strategies to gain a win. This week Mr Ainsworth coached our students on the basic rules and strategies for success. We have many new players and most have not played competitive softball. We expect the first few games to be a steep learning curve but know our students will play hard and fair as they learn how to be their best. As games are outdoors parents are most welcome to attend and support. Round two is at Campbell Park in Chiswick.

Like Us On FaceBook

RLPS now has a FaceBook page. To find us use the link below or simply do a search to find us. Like our page to keep up to date with school activities, events and information to support student learning. You can also follow our Twitter feed @russellleaps <https://www.facebook.com/OfficialRussellLeaPublicSchool>

Swimming Carnival

This year we had a change of venue for our annual Swimming Carnival with the event being held at the Sydney University Aquatic Centre. The new arrangements also included a team of Sydney University staff to assist with the running of the carnival and the use of the automated student result recording system. Our swimmers seemed to enjoy the new format and the formal competition feel to the carnival. Fewer parents were able to attend than in the past however those who did were able to watch races from the café area. We have very strong swimmers at RLPS and it is always exciting to watch as students make the most of each racing opportunity. Not every student is a top performer but all swimmers try their best. Many of the best swims were from students who were just happy to make it to the end of the pool. Full results will be announced next Thursday at the whole school assembly. We thank Mrs Ciardi, Mr Ainsworth and the organizing committee for putting together such a well-run event. Thank you also to our team of parent helpers who assisted with timing and swimmers in the pool.



Athletics Success

Eisla Scully (3/4T) competed in the Little Athletics Regional Championships on the weekend and won the high jump for the U10 Girls, with a clearance of 122 cm. This automatically qualifies her for the state championships on Sat 21st and Sun 22nd March. Well done Eisla.



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We Invite You To Join FIVE DOCK RSL JUNIOR RUGBY LEAGUE



**Training: Wednesday evenings
at Five Dock Park
Game Day Sunday
U4 to U6s Free, Junior Rego \$100**



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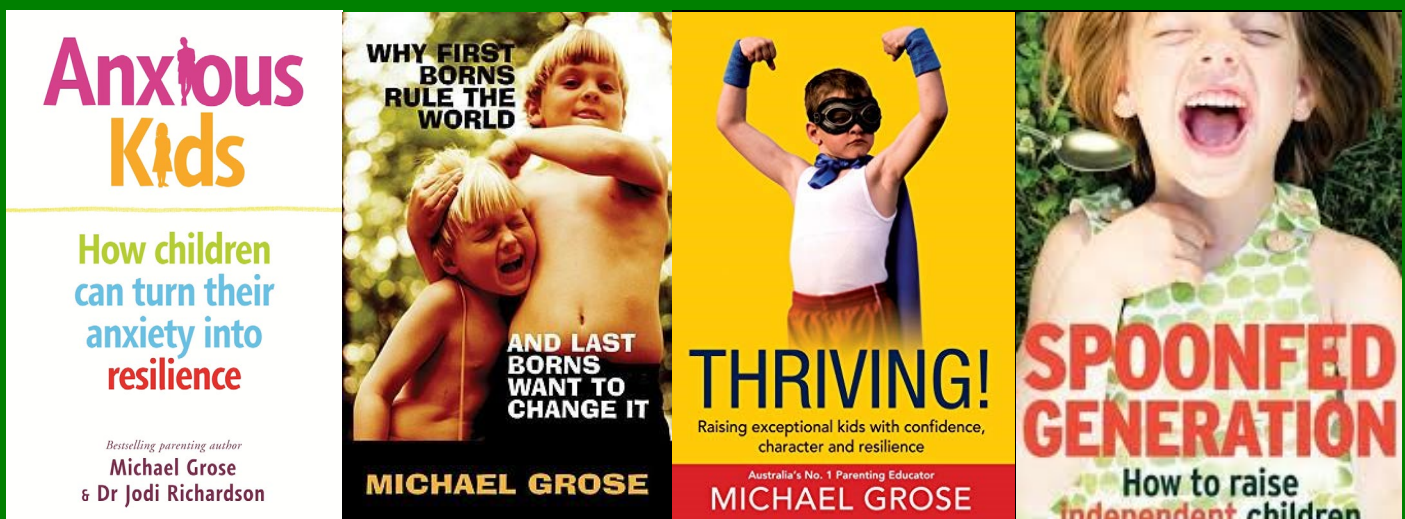
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A Simple Formula For Parenting

Show kids how to behave.
Keep pets to develop nurturance and responsibility.
Be the adult in the parent-child relationship.
Cultivate good manners.
Build character daily.
Catch kids being kind, gentle and strong.
Establish healthy habits early.
Stick to routines.
Have fun.
Eat together every day.
Focus on excellence, not perfection.
Spend individual time with each child each week.
Expect kids to change.
Keep an adult only place at home.
Admit it when you're wrong.
Choose time and place to deliver big messages.
Keep the meal table free from arguments.
Prepare for tomorrow the night before.
Expect children to help.
Encourage siblings to apologise.
Send kids to school with breakfast, a kiss and a smile.
Celebrate success as a family.
Spend time in nature together.
Let go.

Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including Spoonfed Generation, and the bestselling Why First Borns Rule the World and Last Borns Want to Change It. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



Change To School Hours 2021 (Reminder)

As you may be aware parents were surveyed on potential changes to school start and finish times in 2019. The majority of respondents nominated 9am to 3pm as their preferred school hours. This figure remained at 50-60% throughout the online survey window. The option to retain the current hours was 30-40% throughout the survey and the remainder recorded a preference for 8:45am-2:45pm hours of operation. Due to the closeness of the survey result and some anomalies during the data collection process it was agreed the hours of operation would be reviewed again in 2020.

The 2020 survey was completed in Term 4 2020 with a choice of the current hours or a 9am start and 3pm finish. No survey anomalies were observed and the results were again close. The majority of respondents (56%) voted to change the hours to a 9am start and a 3pm finish. Those wishing to retain the current hours made up 43% and the remainder had no preference.

Given the consistent result between surveys the decision was made to change our hours of operation from the beginning of 2022 to a 9am start and 3pm finish. As you are aware school hours remain the same this year, providing a year of certainty to families who enrolled with the current hours. Please use this transition year to prepare for changes to care arrangements in 2022.

eBooks

Some wonderful news!



I have organised a subscription to Wheelers' eBook platform. This means that our students will have access to nearly 2000 eBooks in the school collection. The borrowing of these eBooks can commence immediately, which is great news, as the borrowing of Library hard copies has now ceased. The Christmas holiday break is also nearing, which is a great time to get immersed in a good book!

To access the eBook platform, please follow these 3 easy steps:

1. Download the ePlatform app from your app store (App Store, Google play or Windows 10)
2. Find our Library and log in using your DoE ID & password
3. Browse and borrow an eBook to read



Enjoy!



Year 6
Fundraiser

WEDNESDAY

24 FEB

ZOOOPER

DOOPER

DAY

\$1 EACH

Enjoy a cool treat from the
School canteen at lunchtime