



Russell Lea
PUBLIC SCHOOL



Newsletter

Term 3 Week 4 Friday 16 August 2024

Important Dates

Please refer to our website calendar for a full list of 2023 school dates

<https://russelllea-p.schools.nsw.gov.au/russell-lea-public-school-calendar.html>

August 19
Book Fair (all week)

August 22
Book Week Parade

August 28
Sports Photos

August 29
Father's Day Stall

September 14
Election BBQ and Cake Stall

September 17
Stage 2 Excursion

September 19
Colour Run



Celebrating Reading

Book Week starts next week and we have already started celebrating everything books and reading can do for both children and adults. As explained on the follow pages, the influence of technology has changed the relationship we all with have with books. Reading time is often replaced with short bursts of high gratification online media. Exposure to hundreds of quick AI curated online stories and videos gradually orientates us towards low attention, high gratification, entertainment. The deeper more sustained experience of making meaning from a book is, as a consequence, pushed away. Given this setting up good reading habits is more important than ever before. Our library team does an extraordinary job of helping students develop a love of reading. It is very reassuring to walk past the library and see students totally immersed in books, their attention completely taken by the words and pictures on the page. You can imagine the rich vocabulary, word patterns, knowledge and ideas being sorted and understood. It is also clear these moments give students an opportunity to make meaning on their own terms, without the relentless push of an AI generated media feed. They are rebuilding habits which develop their ability to sustain their attention on deeper thought processes. In a busy technological age books provide a seemingly rare opportunity to calm the information flow and imagine at a pace that is childhood friendly. We wish you and your family all the best with prioritising books and celebrating reading.

Dan Sprange
Principal

#CBCA2024

Reading
is
Magic



THE CHILDREN'S
BOOK COUNCIL
OF AUSTRALIA

Children's Book Week®

17-23 August 2024

Year 6 Fundraiser Bake Sale @ Book Week Parade



Students and their families are welcome to purchase
a sweet treat to enjoy on THURSDAY 22 AUGUST
following the Book Week Parade
as the Year 6 Students are holding a Bake Sale!

Book Fair in the Library from 8:20–8:50

Book Week Parade from 9:15

Bake Sale will follow the Parade!

Thank you for helping the Year 6 students raise
funds for their yearbook and gift to the school.



Artwork by Jess Raclyeft c/o The Children's Book Council of Australia

Digital Nutrition

Understanding and managing the relationship children have with technology is increasingly important. Parents (and educators) often wonder how this relationship might be helping or hindering a child's growth and wellbeing. This week our P&C provided parents with a great opportunity to hear from an expert in the field. Jocelyn Brewer <https://jocelynbrewer.com/digital-nutrition/> is a psychologist with a specialty in cyberpsychology. A summary of her advice to parents of tweens (8-12 year olds) is provided below:

Digital technology used by tweens are typically either devices (TV, smartphones, smart watches, iPads) or Platforms (Social media, youtube, games, apps). Each has their own discreet risk profile and skills required to navigate them and the age of uptake is lowering. Given this parents need to plan how they will be managed.

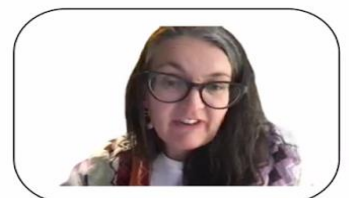
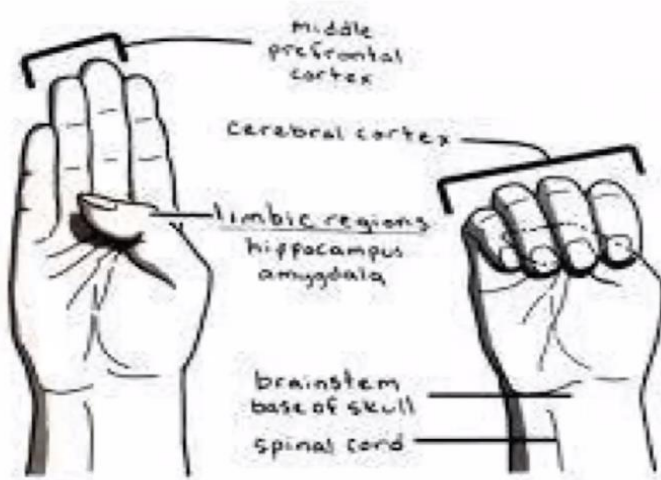
As screens consume our world digital abstinence is unrealistic. Children need clear boundaries and the opportunity to develop healthy habits. Adults rarely invest in media literacy skills or use digital wellbeing tools. Best practice is about finding a realistic and reasonable middle ground between abstinence and healthy usage.

To understand what is at stake we need to understand about the human brain and how it develops in the early years. Healthy use of technology is critical in the early years as without this a child's social, language, learning and attention capacities can be permanently affected. The brain has plasticity but you only get one chance at development. The pre-frontal cortex continues to develop into the early 20s and is where decisions are made. The tween brain has an underdeveloped prefrontal cortex which makes it like a Ferrari with brakes from a BMX. This makes the following Digital Dilemmas problematic for primary school children as they cannot regulate usage or how their brains respond to what they consume.

1. Distraction - attention is being whittled down due to how we consume information and use technology.
2. Dependence - addictive nature
3. Displacement - what we give up to participate in online activities
4. Data Deluge
5. Disinformation
6. Digital Dramas - forgetting there is a human on the other side of the keyboard

Self-control is a complex cognitive skill. It requires constant reprioritising of immediate desires for long term goals. Within the brain this is a battle between the limbic system (instant gratification) and the prefrontal cortex (rational thinking). Learning self-control requires co-control with parents demonstrating how to exercise self-control. Self control is difficult to develop without getting the basics in place and ensuring technology is not prioritised. Tweens should get 8-10 hours sleep, attend school and participate in sport (big rocks). They should also spend smaller amounts of time participating in extra-curricular activities, chores and family activities (pebbles). Finally small gaps can be filled with sand such as screen time eg 7 mins of Bluey before dinner.

The handy brain model



- The brakes (prefrontal cortex - develop, slowly and through use (and work differently around peers)
- The accelerator (limbic system) seeks pleasure and fun.
- Technology aids acceleration, and impedes brakes, adds in dopamine rewards and reinforcement.

Digital Nutrition [continued]

If technology is displacing the big rock and pebbles in your home consider the following resources and strategies:

www.taminggaming.com

www.gamesforchange.com

<https://jocelynbrewer.com/digital-nutrition/>

Antidotes to displacement



Prioritise sleep and exercise above all else

- Create clear routine and rhythms for you home and individually
- Use the 'healthy mind platter' to create an optimum life blend
- Prioritise rest as an act of mental wealth
- Don't deprioritise movement for movies or stretching for streaming
- Again, set limits and use tools to help you realign to your goals and values.



Playgroup At RLPS

Did you know RLPS has a playgroup? Playgroup runs between 9:15-10:45am every Friday during school term. It is a great way to connect with the local community and other carers of young children. There are fun activities for children aged between 0-5 years old including arts and crafts, playdough, puzzles, dress ups and face-painting. All parents and carers are welcome. Coffee & Tea served. First visit free, and a gold coin donation thereafter. No bookings necessary. If you know someone who might enjoy this opportunity please share this with them.



Zone Athletics

Our Zone Athletics team were unfazed by the rain this week and performed very well. There were many strong individual performances but it was most pleasing to see RLPS achieving at a high level in the team events. Each of our relay teams managed to score a top three place, with our junior girls winning their event. Congratulations to Rex (1500m winner) and Winter (senior age champion). Thank you to all the teachers who have supported and trained this team in 2024.



NSW Junior Wind Band

Congratulations to Owen and Thorin. This week they performed beautifully at the Opera House as part of the NSW Performing Arts Unit Junior State Wind Band. This level of representation does not come without significant commitment to excellence over many years. RLPS is so proud of you both.

[Reminder] Dogs

We understand many of our families have very friendly and sociable dogs and the walk to school is a great opportunity for them to get some exercise. Please be reminded that we have several students who are very fearful of dogs. If you have a dog please do not bring it onto school grounds or leave it near our entry and exit gates. We appreciate your assistance.



ABADA-CAPOEIRA



MONDAY, WEDNESDAY & SATURDAY CLASSES

Brazilian Martial Art with Acrobatics and Music
Supportive and Inclusive community

Book your
FREE trial



Age groups:
4-6 y.o., 7-12 y.o.

 [abada_capoeira_fivedock](#)
[abada_capoeira_sydney](#)



0415 617 893
Pedro

Address: Jungle Gym
4/87 Great North Road,
Five Dock 2046

ASTRONOMY CLUB

At half time on

When: Thursdays we will start
on the 22nd of August

Where: In the upstairs
library

What: Astronomy Club for K - 4
(limited spots)

Who: Winnie, Ava, Chloe,
Emi, Alina and Zoe



DRUMMOYNE PUBLIC SCHOOL

SPRING FETE

SUNDAY 25TH AUGUST

10AM – 3PM

LIVE BAND • SCHOOL PERFORMANCES
AMUSEMENT RIDES • PONIES • MAGICIAN
LOCAL FOOD STALLS • CAKE STALL • COFFEE
GAMES & PRIZES • TOY & BOOK STALL
DUNK TANK • LOCAL BUSINESS STALLS

FREE ENTRY

Drummoyne Pool reopens on 1st September!



Drummoyne Swimming Club squads will be back in action starting at the beginning of September!

The club offers an amazing opportunity for swimmers of all ages and skill levels to improve their technique, stay fit, and have loads of fun. Whether you're a seasoned swimmer or just starting out, our experienced coaches and supportive community are here to help you achieve your goals.

Junior Squads runs every Tuesday and Thursday morning 6am-7am from 6 September

COME AND TRY SWIM CLUB!

JOIN US FOR A FREE 4 WEEK TRIAL

First Club Race Day is Saturday 12 October

drummoyneswimclub.com.au

Drummoyne Swimming Centre | Henley Marine Drive
Pool entry fees are separate to swimming club

Astronomy club

Come join us in the
upstairs library on
Thursday at half time , to
travel through space
together. (K-4)

IF ANY QUESTIONS
PLEASE ASK; WINNIE,
AVA.NE, CHLOE, EMI,
ALINA AND ZOE.

