

MARION PS NEWS

2022 Issue 12 E: dl.0993.info@schools.sa.edu.au Ph: 08 82772293



Term 3 Week 4

Courage Harmony Integrity

Thursday August 18 2022



DATES TO REMEMBER	
Throughout the term	
Tuesday weeks 2,3,4,5	Soccer program
Friday weekly all term	Footsteps Dance program
Wednesday weeks 3,5,7,9	Coffee morning
Friday lunch - weekly	Years 3-6 Chess club in the library
August	
Wednesday 24	Book Character Parade 9.00am in the gym. Parents welcome.
August 28	Parent engagement survey closes
Monday 29	Swimming program R-5 commences (daily - 1 week)
September	
Thursday 1	Fathers' Day Stall (change of date)
Monday 5	Pupil free day
Thursday 8	School photos
Friday 16	PSMF Choir concert night
Monday 19	Class stalls commencing (over 2 weeks)
Friday 30	Last Day Term 3 – early dismissal 2.15pm

From the Principal

Reminder - Parent Engagement Survey closes Sunday August 28

Across South Australia over 16,000 parents have already responded to the survey – including 19 from Marion Primary school.

You should by now have received an invitation via email or SMS from the Parent Survey Team with a unique link to participate in the survey. If you did not receive an email or SMS with your unique survey link, contact education.ParentSurvey@sa.gov.au and include our school's name in your email.

The survey takes less than 10 minutes and will help us understand:

- what we're doing well
- where we can improve
- what's important to you.

It has been coordinated centrally so that added administration workload isn't placed on the school. Your answers will not identify you or your child. Only collated feedback will be provided to our school. Information collected will inform school improvement planning and activities at the school.

The survey closes 5pm Sunday 28 August.

For more information visit <https://www.education.sa.gov.au/parents-and-families/parent-engagement/survey-parent-engagement-schools>

Book Week and the Book Character Parade

Our annual Book Character parade will be held **next Wednesday August 24 at 9.00am in the gym**, as part of our celebration of Book Week 2022. All parents are welcome. Each year since 1945 the Children's Book Council of Australia (CBCA) has brought children and books together across Australia through CBCA Book Week. During this time schools and public libraries spend one glorious week celebrating books and Australian children's authors and illustrators. Classroom teachers, teacher librarians and public librarians create colourful displays, develop



Marion Primary School@MarionpsSA

<https://www.marionps.sa.edu.au>

Next Issue: Term 3 Week 6

activities, run competitions and tell stories relating to a theme to highlight the importance of reading. This year's theme is 'Dreaming with eyes open'. For more information please see : <https://cbca.org.au/cbca-book-week>

Pupil Free Days

As communicated last week, at our last Governing Council meeting approval was given for our proposed semester 2 pupil free days. The pupil free day for term 3 will be held on Monday September 5 (week 7) which coincides with the Adelaide show. The pupil free day for term 4 will be held on Friday November 4 (week 3) which will be a school performance data review day. Our school closure day has already been set for Friday December 2 which will be the day following the end of year school concert.

School swimming program

The Dept for Education School Swimming program is coming soon in week 6 commencing Monday August 29 and running with daily session for the week. All students from Reception to Year 5 participate in this program. Lessons are held at Westminster swim school with instructors funded by the Dept for Education. Invoices for pool entry and equipment hire costs have already been sent home along with session times and other information. JP class teachers will send additional information home via seesaw and any questions for older grades can be made through class teachers.

Coffee Mornings – join us fortnightly on Wednesday mornings

Coffee mornings are on every second Wednesday from 8.30 in the Gym foyer. It is a good opportunity to build our community connections, for families to have a chat and get to know each other and for our Deputy Principal Sue Sifa and myself to be available to answer any questions or concerns that may be on people's minds. Coffee mornings are on Wednesdays in odd numbered weeks, which are the week following the newsletter. Our next coffee morning is next Wednesday August 24 right before the book character parade.

Enrolments for Reception 2023 – Urgent Final Reminder

Enrolments are open now to all children entering Reception in 2023 and spaces are filling fast. If you haven't already collected an Expression of Interest Form from the front office, please come and see us to complete and return asap.

Round 1 offers of placement to local families have been sent with round two offers due to be made at the start of September.

Years 3-6 Chess Club

Chess club continues to be very popular and is held each Friday at lunchtime in the library. An initiative of one of our year5 students, we are running 6 boards each week with many students participating. We hope to see more students join us tomorrow!

School Photos

School photos are coming soon in week 7 of this term on Thursday September 8. More information including ordering packs and processes will be sent home once we receive final details from the school photographer.

SRC news

Funds raised from our end of term 2 casual day were sent to the RSPCA to support their work with pets and animals. A total of **\$165.00** was paid to **RSPCA** with collections from classes. Thank you and well done everyone.

Sports opportunities in the community

We have a number of sporting groups running programs and clinics externally at school on weekends and afternoons and in the local area. Have a look at the back page of this newsletter for more info. A free come and try Softball session is coming up at Marion Leisure and Fitness centre on Sunday 21st August.

David O'Connell
Principal

LEAVE your phone outside the bedroom.

NOT getting enough sleep? It might be your phone. Many studies reveal that using your phone before bed, or even just charging it beside you overnight, can affect your sleep.

While smartphones, tablets and laptops have long been blamed for keeping users awake, their use might also be eroding sleep quality, and making people groggy during the day.



Research into smartphones and sleep, published by JAMA Pediatrics, includes reviews of 20 studies from Australasia, Europe, and North America to find what effect portable screens have on children's sleep outcomes.

Studies into portable screen use show you should keep devices outside the bedroom.

The studies include information from more than 125,000 children and teens aged between six and 19, and the findings are less than positive for the devices we carry every day.

Researchers discovered the use of smartphones and other portable devices with screens affects the quantity and quality of sleep in children and teens, particularly if they use devices shortly before hitting the sack.

"We found that bedtime device use was associated with an increase in the odds of inadequate sleep quality, poor sleep quality, and excessive daytime sleepiness," the report reads.

But their effect might be more serious than first thought, with researchers also concluding "media presence in the bedroom, even without use, was also associated with increased odds of detrimental sleep outcomes".

Researchers warn that using these devices before bed can prevent good sleep in three ways: delaying or interrupting sleep, stimulating your brain, and affecting your circadian timing with blue light.

This was particularly concerning in children, the report finds, as they need more sleep for healthy physical and psychological development.

How your phone impacts sleep

Smartphones are designed to make our lives easier and more productive, as well as entertain us and provide information. But the smartphone era has forced us to feel like we can never really log off, even when we're sleeping. That can have a negative effect on your health, and here's why.

It keeps your mind engaged

When it's time to turn off the lights and go to sleep, the last thing our brain needs is more information and stimulation. Checking your phone stimulates your brain making you more active and awake. Your mind can stay active and engaged long after you've scrolled through social media or responded to a few work emails.

The light from your phone screen can have an impact

Phone screens and sleep have a tricky relationship. The blue light from your phone is an artificial colour that mimics daylight. This can be great during the day, as it can make you feel more alert, but it's just the opposite of what you need at night when you're winding down and ready to hit the hay.

Studies have shown that the blue light emitted by your smartphone is bad for your vision and it can be bad for your sleep, too.

Exposure to blue light can affect your internal body clock and throw off your circadian rhythm. This rhythm is in tune with light and dark. It's why you feel more tired at night when the sun starts to set and why you feel more energized in the morning when it's light.

Research has found a correlation between suppressed levels of melatonin and exposure to blue light. Melatonin is a hormone responsible for controlling your sleep-wake cycle. When your body runs low on it, you can experience insomnia, tiredness during the day and irritability.

What you're doing on your phone before bed matters more. "The content you're looking at probably has more of an impact than the blue light from the screens," says Dr. Drerup. "There might be people that are more sensitive to it — but it's really much more about what you're doing on those devices."

You may encounter content that causes intense emotions

Going to bed and falling asleep should be a peaceful, happy and relaxing experience. Engaging with your phone too close to bedtime can negatively impact those feelings.

You probably know what it's like to scroll through Facebook right before bed and see something that makes you upset. Unsurprisingly, stress and anxiety are often two major reasons for disrupted sleep.

Even seeing something right before bed that makes you happy can trigger a response that prolongs falling sleep, which consequently delays REM sleep. These emotions can leave you staring at the ceiling for hours, feeling wide awake.

How long before bed to stop using your phone



There's no hard and fast rule as to when you should put down your phone before bed.

Generally, however, tucking your devices away for the night an hour or two before bed is a good rule. That includes not just phones but also other devices and electronics. While smartphones are typically the main culprit, even tablets and TVs can contribute to poor sleep.

It's important to establish a relaxing bedtime routine and discourage activities that can lead to anxiety or a high emotional response. Choose night time activities that promote sleep, such as practicing meditation or relaxation techniques.

If you're really struggling with limiting screen time before bed, you might need to put your phone in a different room or invest in a clock radio for your bedside table. There are also options within your phone (like setting it on "do not disturb" or "night mode") to minimize distractions and notifications that can help get you in the mood to snooze.

Using your phone at night is a habit. What can make this habit even worse is feeling the need to constantly be connected and available. Once you've started to undo the idea that you have to immediately answer, respond, post or scroll, your sleep will improve.

TIPS FOR BETTER SLEEPING WITH TECHNOLOGY

- Do not charge your phone beside your bed
- Set your phone's Do Not Disturb mode to deploy automatically near bed time
- Set your phone's blue lighter filter mode to deploy automatically near bed time
- Track your sleep with a wearable device rather than your phone
- Do not use your phone for 30 minutes before bed

Further information regarding mobile phone use and sleep was recently posted to our facebook page and came from the US website <https://www.waituntil8th.org/wait-until-8th-essentials>

Assembly awards

Each fortnight, class teachers select two students who are presented with a school Values Award at our school assembly. Values Award recipients from our week 3 assembly are listed below. Congratulations and well done to all students.

Week 3 Awards

ROOM	AWARD TYPE	STUDENT FIRST NAME
1	Harmony	Izzy
1	Courage	Waleed
3	Integrity	Logan
3	Harmony	Grace
4	Harmony	Jonathan
4	Harmony	Levi
6	Integrity	Himmat
6	Courage	Ada
7	Courage	James
7	Courage	Dylan
10	Courage	Emily Wallis
10	Harmony	Maddison
11	Courage	Jake
11	Courage	Ryan

OUT OF SCHOOL HOURS CARE

Hours of Operation	
Before School Care: 7:00-8:30am	After School Care: 3:15-6:15pm
Fees	
Before School Care: \$15	After School Care: Casual \$25
Pupil Free Day: \$53	Vacation Care: \$53 per day
Contact Details	
Phone: 8277 4486	Mobile: 0428 257 789
Email: Robyn.Shanahan17@schools.sa.edu.au (Please note: this is direct contact with Director Robyn Shanahan)	
Bookings / cancellations	
Cancellation and Emergency bookings can only be made through contacting OSHC directly on 0428 257 789	
Enquiries can be made directly to OSHC or through the school Front Office	

Hi Everyone,

The October Vacation Care Program is now available. Bookings can be made now.

Our excursion this time will be to St Kilda playground for the day.

Please feel free to offer suggestions for activities for the program including art, craft, cooking, games, excursions and centre based activities.



OSHC Director

Robyn Shanahan



In the Community



NETBALL CLINIC

JOIN US FOR A FUN & INTERACTIVE SESSION OF SKILLS AND DRILLS

DATE: Sunday 21 August
VENUE: Marion Leisure & Fitness Centre
Cnr Oaklands Road & Rosedale Ave, Morphettville
TIME: 10.00am - 11.30am
AGE: 7 - 13 years
COST: Free

TO REGISTER AND FOR MORE DETAILS:
WWW.CHEERIONETBALL.COM | SECRETARY@CHEERIONETBALL.COM | 0419 810 656



Children and Family Counselling supports and strengthens family relationships, mental health and wellbeing.

It can help you:

- Feel less stressed or worried about your children or family
- Understand what your child is feeling
- Support your children with their emotions and life's challenges
- Be a calmer and more connected parent
- Manage problem behaviour.

This service is suitable for families with infants and children aged 0-12. Other family members can be involved if needed. Receive up to six ongoing sessions.

When: Tuesday mornings, during school terms | 9.00am or 10.15am
Where: Marion Primary School | Malcolm Ave, Marion
Cost: Free

For more information, or to book, contact Relationships Australia South Australia's Marion site. 08 8377 5400 | rasas@rasa.org.au

www.rasa.org.au | 1800 182 325

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Preschool Classes (3-5 year olds)
Junior Classes (5-8 year olds)
Premier Classes (9-11 year olds)

Term 3 Registrations Now Open!

Friday PM: Seaview High School

Saturday AM: Brighton Secondary School

Sunday AM: Marion Primary School, Seaford Rec. Centre

REGISTER NOW

www.soccajoeys.com.au | 1300 781 735



[Marion Primary School@MarionpsSA](mailto:MarionPrimarySchool@MarionpsSA)

<https://www.marionps.sa.edu.au>

Next Issue: Term 3 Week 6