



Larmenier Catholic Primary School

term dates

May

- 24 - Our Lady Help of Christians
Patron saint of Australia
- 27 - Trinity Sunday

June

- 1 - Kinder 2019 applications close
- 5 - Larmenier Cross Country
Band Soiree 5.30pm
- 11 - LONG WEEKEND
- 12 - Strings Soiree 5.30pm
P&F Mtg 7pm
- 13 - NIJSSA CrossCountry
- 21 - Winter Solstice
- 26 - Grandparents' Day
- 28 - Instrumental Foundation workshop
- 29 - Fair meeting

July

- 5 - End of Term 2
- 6 - PUPIL FREE DAY
- 21 - Victoire Larmenier's birthday
- 23 - Beginning of Term 3
- 27 - Kinder 2019 closes

August

- 6 - International Friendship Day
- 14 - P&F mtg 7pm
- 15 - Feast of the Assumption
- 17 - Bush Dance

September

- 2 - Fathers' Day
- 11 - Band Soiree 5.30pm
P&F Mtg 7pm
- 18 - Strings Soiree 5.30pm
- 21 - World Peace Day
- 28 - End of Term 3
Fair mtg TBA
- 29 - AFL Grand Final

Just a reminder to all families that we have an increasing number of children who may suffer from a severe reaction to nuts. We discourage nuts at school and hope families will assist in minimising this



24th May, 2018

14



Jacqui Lawless
PRINCIPAL

*"The more that you read, the more things you will know.
The more that you learn, the more places you'll go."*

Dr Seuss

Almost half (46%) of Australians over 15 lack the literacy skills they need to meet the demands of everyday life and work.

Literacy is one of the most important foundations for success in school and life. It is well documented that an individual's literacy levels affect their opportunities in life for education, employment, income and wellbeing.

Learning to read is a vital skill for all children and one that all parents must be actively involved in. There is a great deal of research and advice around the process of teaching children to read which can be overwhelming. All parents can start with simple things that are achievable and will make a huge difference to your child.

Can you remember when you learnt to read? What was your favourite story, who read it to you? Perhaps it is time to take the opportunity to share your favourite childhood stories with your children.

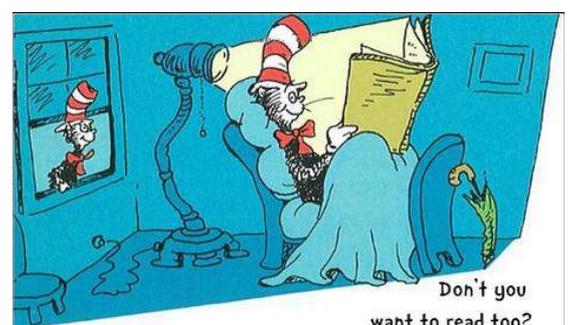
It doesn't matter if your child is beginning primary school or ending it, parents must read to and with their children regularly. For a younger child this may mean sharing a picture book every night, for older children it may mean reading the chapter of the book they are reading and talking about it with them.

Children must read. With all the competing activities for children, including screen time, reading does not have the importance that it once did. All children, whether they are younger or finishing primary school must read every day. Research shows that children who read regularly are better readers, with more time spent reading, the reading success of the children increases.

Larmenier is fortunate to have a beautiful library with new books arriving regularly. All classes go to the library weekly. We urge you to ensure your child brings home a book or two every week and then changes it as necessary. We have many children who do not make use of this wonderful resource, with your encouragement we hope this will change.

*"You're never too old, too wacky, too wild,
to pick up a book and read to a child."*

Dr Seuss



Uniform

Thank you to all the families who continue to ensure children are wearing their uniform well.

Some reminders

- Hair ribbons/ ties need to be in school colours
- In winter, socks need to knee high and pulled up
- Blazers must be worn to and from school

CatholicCare - Before School Care

We have been asked by Catholic Care to gauge the interest for Before School Care. If this is something you would utilise can you please let the office know, the number of children and the days you would need.

Year 5 & 6 Sports Gala Day

The second term Gala Day is on **this** Friday the 25th May. There will be a day each term where our children play sport against the other Catholic and Independent schools. These days replace the Friday sports afternoons.

For this term our children are participating in Soccer, Netball and Tabloid sports. We are hoping parents are able to support teams on the day. If you are available, please contact your class teacher.

Cross Country

The Larmenier Cross Country is on Tuesday the 5th of June. This event will include all children from Kinder – Year 6. It will begin at 1.30pm. Children from Years 3 – 6 will then be selected to represent us at the NIJSSA Carnival on Wednesday 13th June.

Social Media

We have many children interacting on Social Media, despite the age limitations as suggested by the eSafety Commissioner. Children are not always interacting appropriately. We are asking parents to please be vigilant in checking your child's social media behaviour.

Play area outside Grade 2

Due to the age of this equipment, it no longer meets safety requirements, so has been removed. For the moment, this will be a quieter play space. There will be black boards and chalk, cars, seating and some paving. In the warmer months we will also have bean bags on the grass.

If you have any toy cars at home that you would be happy to donate to this new play space, they would be greatly appreciated.

Save the Date

Grandparents Day is on Tuesday the 26th of June. It will be in the morning.

Fair Meeting

There is a Fair Meeting on **this** Friday 25th May at 2.00pm – everyone is welcome.

Larmenier Fair

We need donations of prizes for the raffle and chocolate wheel. We are hoping for some larger donations. For example; does anyone have contacts at a travel agent, hotel or restaurant? Perhaps a contact with technology or electrical? We need to make our prizes great so we can sell tickets.

If anyone knows of any possible prizes or donations please email fair@larmenier.tas.edu.au or ring / text Ben on 0427687965

KINDERGARTEN 2019

Kinder interviews are continuing...

If you already have children at Larmenier and have not enrolled your Kinder child for 2019, please collect an enrolment form from the office.



Term 2 Farm Dates

Farm dates for this term are:

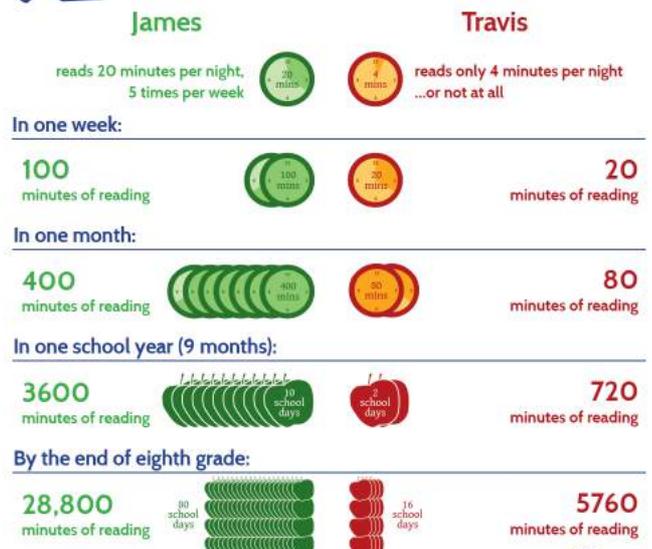
- Friday 25th May - Year 3
- Friday 1st June – Year 6
- Friday 8th June – Year 2
- Friday 15th June – Year 1
- Friday 22nd June – Prep



Please ensure children come prepared for activities outside, boots and coats will be needed this term.



Why Your Child Can't Skip Their 20 Minutes of Reading Tonight



Which student would you expect to read better?
 Which student would you expect to know more?
 Which student would you expect to write better?
 Which student would you expect to have a better vocabulary?
 Which student would you expect to be more successful in school and life?
 How do you think each student will feel about himself as a learner?



STUDENT MEDICAL DETAIL CHANGES?

If medical details have changed for your child please advise the school office.

If you have previously supplied an epi-pen; other medication; or similar which may have since expired, is a replacement is required?

Grade 4 farm day - 18th May 2018



2019 Term Dates

Term 1 - Thurs 7 Feb - Fri 12 Apr
Term 2 - Mon 29 Apr- Fri 5 Jul
Term 3 - Mon 22 Jul - Fri 27 Sep
Term 4 - Mon 14. Oct - 18 Dec

Student Free Day

The last day of this term Friday 6th of July will be a Student Free Day. There will be no school for children on this day.

Is there an age limit for kids on social media?

13

Most social media services and apps require users to be 13 years old to join.

WHAT ABOUT APPS?
App stores set their own age ratings based on the app's content.



WHY 13?

This is usually to comply with the Children's Online Privacy Protection Act of 1998 (COPPA)—a US law preventing the collection and storage of personal information from a child under 13.



Age Guide to Social Media



SOCIAL MEDIA	TERMS OF USE - MINIMUM AGE REQUIREMENTS	APP STORE RATING	GOOGLE PLAY RATING	
ASK.fm	ASK.fm	13+	12+	12+
CLUB PENGUIN	Club Penguin	All ages (Directed at 6-14 year olds)	4+	G-General
EA	EA (Electronic Arts)	18+ (With parental permission up to 17yrs)	n/a	G-General
f	Facebook	13+	4+	12+
m	Facebook Messenger	13+	4+	3+
o	Flickr	13+	12+	12+
l	Foursquare	13+	4+	12+
G+	Google+	13+	17+	12+
i	Instagram	13+	12+	12+
keek	Keek	13+ (With parental permission up to 17yrs)	12+	12+
k	Kik	13+ (With parental permission up to 17yrs)	12+	12+
in	Linkedin	14+	4+	3+
M	Minecraft	All ages (Parental permission required to create mojang account if user is under 13)	n/a	M-Mature (Pocket Edition)
Moshi Monsters	Moshi Monsters	All ages (Directed at 6-12 year olds. If user is under 13, parent's email is required)	4+	G-General
p	Pinterest	13+	12+	12+
S	Skype	18+ (With parental permission up to 17yrs)	4+	3+
s	Snapchat	13+	12+	12+
S	Spotafriend	13-19 yrs only	17+	16+
Steam	Steam	13+	17+	12+
T	Tinder	18+ (Facebook account required to register)	17+	18+
t	Tumblr	13+	17+	12+
Twitter	Twitter	13+	4+	12+
V	Vimeo	13+ (With parental permission up to 17yrs)	17+	12+
V	Vine	13+	17+	12+
WhatsApp	WhatsApp	16+	4+	3+
y	Yellow	13+ (With parental permission up to 17yrs)	12+	12+
YouTube	YouTube	13+	17+	12+

*Age guide based on published Terms of Use and app store ratings as at April 2016.



An opinion about Technology today: Every Parent Who Cares About The Future Of His/Her Child Should Read This

January 31, 2017 By Jacqueline at <http://deeproootsathome.com>

"I know that many would choose not to hear what I say in the article, but your children need you to hear this message. Even if you disagree with my perspective, please, just follow the recommendations at the end of the article. Once you see the positive changes in your child's life, you will understand why I say what I say!" ~V.P.

Victoria Prooday is an outspoken advocate of children and hands-on parenting. I share her post with her permission because we want your children (and you) to thrive.

There is a silent tragedy developing right now, in our homes, with our children. Through my work with hundreds of children and families as an occupational therapist, I have witnessed this tragedy unfolding right in front of my eyes.

Talk to teachers and professionals who have been working in the field for the last 15 years. You will hear concerns on kids' mental health similar to mine. Moreover, in the past 15 years, researchers have been releasing alarming statistics on a sharp and steady increase in kids' mental illness, which is now reaching epidemic proportions:

1 in 5 children has mental health problems:

- 43% increase in ADHD
- 37% increase in teen depression
- 200% increase in suicide rate in kids 10-14 years old (24% in other age groups)

How Much More Evidence Do We Need Before We Wake Up?

No, "increased diagnostics alone" is not the answer!

No, "they all are just born like this" is not the answer!

No, "it is all the school system's fault" is not the answer!

Yes, as painful as it can be to admit, in many (not all) cases, WE, parents, are the answer to many of our kids' struggles!

It is scientifically proven that the brain has the capacity to rewire itself through the environment. Unfortunately, with the environment and parenting styles that we are providing to our children, we are rewiring their brains in the wrong direction and contributing to their challenges in everyday life.

Yes, there are and always have been children who are born with disabilities and despite their parents' best efforts to provide them with a well-balanced environment and parenting, their children continue to struggle. These are NOT the children I am talking about here.

I am talking about many others whose challenges are greatly shaped by the environmental factors that parents, with their greatest intentions, provide to their children. As I have seen in my practice, the moment parents change their perspective on parenting, many of these children change.

What is Wrong With Our Children?

Today's children are being deprived of the fundamentals of a healthy childhood, such as:

- Emotionally available parents
- Clearly defined limits and guidance
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement and outdoors
- Creative play, social interaction, opportunities for unstructured times and boredom

Instead, children are being raised by:

- Digitally distracted parents
- Indulgent parents who let kids "rule the world"
- Sense of entitlement rather than responsibility
- Inadequate sleep and unbalanced nutrition
- Sedentary indoor lifestyle
- Endless stimulation, technological babysitters, instant gratification, and absence of dull moments

Could anyone imagine that it is possible to raise a healthy generation in such an unhealthy environment? Of course not! There are no shortcuts to parenting, and we can't trick human nature. As we see, the outcomes are devastating. Our children pay for the loss of well-balanced childhood with their emotional well-being.

How to Fix It?

If we want our children to grow into happy and healthy individuals, we have to wake up and go back to the basics. It is still possible! I know this because hundreds of my clients see positive changes in their kids' emotional state within weeks (and in some cases, even days) of implementing these recommendations:

- Set limits and remember that you are your child's PARENT at this time, not a friend.
- Offer kids well-balanced lifestyle filled with what kids NEED, not just what they WANT. Don't be afraid to say "No!" to your kids if what they want is not what they need.
- Provide nutritious food and limits snacks. Avoid toxic foods.
- Spend one hour a day in green space: biking, hiking, fishing, watching birds/insects.
- Have a daily technology-free family dinner.
- Play one board game a day. (List of family games) Allow for unstructured play.
- Involve your child in one or more chores a day (folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table etc).
- Implement consistent sleep routine to ensure that your child gets lots of sleep in a technology-free bedroom.
- Jackie's Note: here is a printable list of 30 more ways to help your kids
- Teach responsibility and independence. Don't over-protect them from small failures. It trains them the skills needed to overcome greater life's challenges.
- Don't pack your child's backpack, don't carry her backpack, don't bring to school his forgotten lunch box/agenda, and don't peel a banana for a 5-year-old child. Teach them the skills rather than do it for them.
- Teach delayed gratification and provide opportunities for "boredom" as boredom is the time when creativity awakens:
- Don't feel responsible for being your child's entertainment crew.
- Do not use technology as a cure for boredom.
- Avoid using technology during meals, in cars, restaurants, malls. Use these moments as opportunities to train their brains to function under "boredom".
- Help them create a "boredom first aid kit" with activity ideas for "I am bored" times.
- Be emotionally available to connect with kids and teach them self-regulation and social skills:
- Turn off your phones until kids are in bed to avoid digital distraction.
- Become your child's emotional coach. Teach them to recognise and deal with frustration and anger.
- Teach greeting, taking turns, sharing, empathy, table manners, conversation skills,
- Connect emotionally – Smile, hug, kiss, tickle, read, dance, jump, or crawl with your child.

We must make changes in our kids' lives before this entire generation of children will be medicated! It is not too late yet, but soon it will be...

Thanks for reading!

Jacqueline
<http://deeproootsathome.com>



Sarah Brennan Book Signing and Reading

Sunday 27th May
from 2pm

DON'T FORGET!

89 Brisbane Street, Launceston
Free event. All welcome.

Hong Kong-based Tasmanian author Sarah Brennan will be in store signing copies of her children books, including *Storm Whale*, a picture book exquisitely illustrated by award-winning artist Jane Tanner, based on Sarah's childhood seaside holidays in northern Tasmania.

She will also be performing a reading of her books.

Sarah's *Chinese Calendar Tales series* will also be available on the day including her latest release in the collection:

A Tale of Desmond Dog:

"It's 1810, and pirate queen Ching Shih and her Red Flags are terrorising the South China Sea. Enter Desmond Dog, hero of the fishing village of Hong Kong! He's noble, honest and kind, and loves to help others. But he's also daring and brave, with an excellent nose... in fact, he would make an excellent pirate! Will Desmond be lured into a life of crime? And what will become of Ching Shih and her crew?"



89 Brisbane Street Launceston Tasmania 7250

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The Tale of Desmond Dog

Woof!!
The Year of the Dog is almost here,
and Hong Kong's very own international
author/illustrator team
Sarah Brennan and Harry Harrison
are back with another Chinese Calendar Tale!

Desmond Dog is a true Hong Kong hero: noble,
brave and honest as the day...
but infamous pirate queen Ching Shih thinks
he would make an excellent pirate!
Will he be lured into a life of crime?

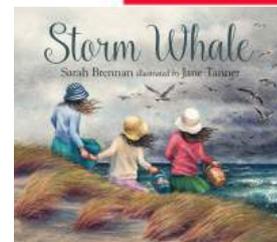
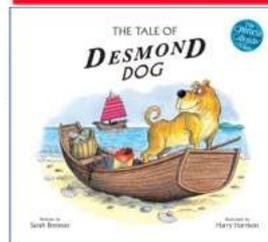
Come and find out at the funny and fabulous
Beijing launch of *The Tale of Desmond Dog!*
There'll be an exciting story reading,
a wacky and wonderful quiz with prizes,
a free bookmark for every child,
and tasty nibbles and drinks!



Sarah Brennan

Sarah Brennan is the author of the popular *Dirty Story* series and of the best-selling *Chinese Calendar Tales*, all illustrated by Harry Harrison. Born in Tasmania, Australia, she grew up on the slopes of Mount Wellington surrounded by bush animals, goats and exotic poultry. She also played the bagpipes and wrote lots of stories and poems which she kept in a big pink plastic bag!

Sarah worked for ten years as a medical lawyer in London before moving to Hong Kong in 1998. Sarah lives in Hong Kong with her French husband, two daughters and an opinionated cocker spaniel, visiting China, Singapore, the UK and Australia on a regular basis.



Fortnite Issues written by STM tech spot (from St Thomas More's newsletter)

The in vogue game of the moment amongst primary school children is Fortnite. We know that many students from Grade 6 right down to Grade 2 are playing this game outside school hours. This is a major concern for us as the game has a rating of 12+ meaning that no primary school aged children should be playing it.

The game itself is a shooter game where the aim is to kill the other players. In the Battle Royal version of the game 100 players are dropped into an island and the aim is to kill all of the other players to be the last one standing. Fortnite may seem less violent than other shooter games like Call Of Duty because there are no blood animations and the game has a cartoon look about it, but the themes behind the game are violent. We have had a number of our younger students role playing content from Fortnite in the playground which has caused some issues.

The other concerning element of Fortnite is the unrestricted chat feature within the game. It has voice chat (which can be turned off) and text chat (which can't be turned off). There have been a number of reported cases around the world of grooming in the chat environment of Fortnite. Below is an article from the BBC outlining this concern and a link from Common Sense Media with a parent's guide to Fortnite. Both of these articles are valuable reading if your child is playing this game.

Click here to view the Fortnite BBC Article
http://www.bbc.com/news/technology-43988210?intlink_from_url=http://www.bbc.com/news/topics/c770w988ye6t/fortnite&link_location=live-reporting-story

Click here to view the Common Sense Media Fortnite Article
<https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-fortnite>

Addiction to this game is another concern and peer pressure amongst students who are playing this game and those that are not can also be an issue.

Once again, we strongly recommend that no students be allowed to play this or any other violent game with a 12+ or higher rating.