A WORD FROM THE PRINCIPAL

Last week was a fantastic celebration of public education and our school Metford. Our assembly celebrated our local heroes as did the Maitland Learning Community awards night. Our drama students performed magnificently with much pride and honour! They certainly were confident and thoroughly enjoyed their stage time. Congratulations to Miss Derwent and Miss Crouch as well as Jack, Layla, Kiara, Jasmine, Isabelle, Jacqueline, Ashwariya, Ashleigh, Porsha, Dante and Hannah.

On Friday, our zone sport representatives showed pride in our school and themselves once again. There was a great amount of sportsmanship and support given to each other throughout the day. Congratulations to all our runners, jumpers and throwers on a job well done. Our senior boys relay team were the stars, coming first in this blue ribbon event, in a very hard fought race. We have 7 students who have qualified for the regional carnival at Glendale Sports Centre in late August.

Maitland City Council Leaders Breakfast:
On Wednesday morning our school captains and vice captains have been invited to share a breakfast sponsored by Maitland city Council from 8am as part of Local Government Week. All the Maitland schools have been invited to bring their leaders to this event. There will be a special guest speaker to entertain the audience. I am looking forward to taking our leaders, Mia, Mia, Noah and Hayden to this function.

Regards
Cathy

THOUGHT FOR THE WEEK

“Every child is gifted. They just unwrap their packages at different times.”

PRINCIPAL’S LUNCH 30.7.15
STOCKLAND STAR AT GREENHILLS

Where has the year gone? The Stockland Star competition is upon us once again. The Stars went up on Sunday night with registrations open Monday. Once you have registered you will be eligible to vote. With every $10 spent in the speciality stores gaining one vote. The winning school will receive $3000. We need your votes, so please support our school, tell your family and friends, and vote for Metford.

OZ TAG GALA DAY

The Gala Day set down for Tuesday 4.8.15 has had to be cancelled due to insufficient schools entering the competition. Refunds for our children of $5 will be able to be collected from the school office at the end of the day on Tuesday.

1N FOYER DISPLAY for WEEK 4

say cheese
School Photo Day is 25 August 2015
Have your child’s school memories captured forever

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

- Don’t seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day
- Family envelopes are available at the school office upon request
- Please enclose correct money as no change is given. Cash and money orders only (sorry no credit card accepted)

For any enquiries, please feel free to contact us
e: admin.nhrcc@msp.com.au
p: +61 2 4966 8292
t: +61 2 4966 8293
www.msp.com.au
## SCHOOL CALENDAR

### 2015 Term 2

<table>
<thead>
<tr>
<th>Every Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast Club everyday 2nd Monday</strong></td>
<td>Breakfast Club</td>
<td>Breakfast Club</td>
<td>Principal's Lunch</td>
<td>Student banking</td>
<td></td>
</tr>
<tr>
<td><strong>School Assembly 1.30pm</strong></td>
<td><strong>School Assembly</strong></td>
<td><strong>Drumcorp 9 &amp; 9.30am</strong></td>
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<tr>
<td><strong>Breakfast Club</strong></td>
<td><strong>Oz Tag - cancelled</strong></td>
<td><strong>PSSA Boys Touch</strong></td>
<td><strong>Yr 3 – 4 Wetlands excursion</strong></td>
<td><strong>3pm Fete meeting</strong></td>
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<tr>
<td><strong>Principal's Lunch</strong></td>
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</tbody>
</table>

### Wk 4
- **Aug 3 - 7**
  - School photo envelopes go home
  - Wk 4 Monday
  - Breakfast Club
  - Every 2nd Monday
  - Wk 4 Tuesday
  - Breakfast Club
  - Wk 4 Wednesday
  - Principal's Lunch
  - Wk 4 Thursday
  - Student banking

### Wk 5
- **Aug 10-14**
  - Teen Talk
  - Wk 5 Monday
  - Oz Tag - cancelled
  - Wk 5 Tuesday
  - P & C
  - Wk 5 Wednesday
  - Wk 5 Thursday
  - 3pm Fete meeting

### Wk 6
- **Aug 17-21**
  - School photos
  - Wk 6 Monday
  - Wk 6 Tuesday
  - 3pm Fete meeting
  - Wk 6 Wednesday
  - Stage 2 and 3 Softball Gala Day

### Wk 7
- **Aug 24-28**
  - School photos
  - Wk 7 Monday
  - Wk 7 Tuesday
  - 3pm Fete meeting
  - Wk 7 Wednesday
  - Wk 7 Thursday
  - 3pm Fete meeting

### Wk 8
- **Aug 31- Sept 4**
  - 3pm Fete meeting
  - Wk 8 Monday
  - Wk 8 Tuesday
  - Fathers' Day breakfast
  - Wk 8 Wednesday
  - Wk 8 Thursday
  - Wk 8 Friday

### Wk 9
- **Sept 7 - 11**
  - 3pm Fete meeting
  - Wk 9 Monday
  - Wk 9 Tuesday
  - Fete tomorrow 12-4pm

### Wk 10
- **Sept 14 - 18**
  - 3pm Fete meeting
  - Wk 10 Monday
  - Wk 10 Tuesday
  - Last day Term 3

### SCHOOL CANTEEN ROSTER Weeks 4 and 5

<table>
<thead>
<tr>
<th>Term 3</th>
<th>3.8.15</th>
<th>4.8.15</th>
<th>5.8.15</th>
<th>6.8.15</th>
<th>7.8.15</th>
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</thead>
<tbody>
<tr>
<td>Wk 4 8.30-12pm</td>
<td>Kathy, Nikki</td>
<td>Kathy, Grant, Mel</td>
<td>Kathy, Hazel, Lisa</td>
<td>Kathy, Katrina, Tiana, Lahra</td>
<td>Kathy, April, Paul</td>
</tr>
<tr>
<td>1 volunteer needed</td>
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<td>1 volunteer needed</td>
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<tr>
<td>1-2.30pm</td>
<td>Kathy, Grant</td>
<td>Kathy, Grant</td>
<td>Kathy, Tiana, Lahra</td>
<td>Kathy, April, Paul</td>
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<tr>
<td>2 volunteers needed</td>
<td>2 volunteers needed</td>
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<tr>
<td>10.8.15</td>
<td>11.8.15</td>
<td>12.8.15</td>
<td>13.8.15</td>
<td>14.8.15</td>
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COMMUNITY LIAISON OFFICER’S NEWS

Last Tuesday we celebrated Education Week which was an opportunity to recognise commitment, success and achievements in public education. This year’s theme was Celebrating Local Heroes and we recognised the achievements and hard work of members of our community, as well as teachers, parents and students of Metford Public School. Special thanks goes to the organisers of our Open Day and to our special guests for attending.

CAN YOU HELP? – CLOTHING DONATIONS NEEDED FOR SALVATION ARMY GREENHILLS

If you have one or two items of children’s or adult’s clothing, linen or blankets to donate, the Salvation Army at Greenhills would sincerely appreciate it. Let’s help the Salvo’s and support the wonderful work they do in our community. Please leave your clothing donation at the CLO’s office. Thank you!

How to determine your child’s digital diet
Submitted by: Michael Grose 27 July

As reported on Channel 9’s 60 Minutes recently young children are becoming hooked on their parents’ I pads, I Phones and other digital devices to the detriment of their language and intellectual development.

Using the television as an electronic babysitter has long been considered poor parenting.

Now that's old school as parents of children as young as two use digital technology to keep their children amused. This is an age when children’s brains are rapidly changing and habits are becoming hard-wired. There is evidence to suggest that children under the age of three shouldn’t use digital technology at all. After that age it should be phased in wisely.

Here are some guidelines for children’s digital and Internet use:

0-3 years: Avoid using digital technology with this age group. Human interaction is paramount during this stage of high curiosity, high imagination and high learning. It's a time of high language learning that's best stimulated through human interaction. It's also an age when the brain is forming lifelong connections so it's a high habit-forming stage.

3-6 years: Allow children a maximum of an hour’s supervised digital use a day during this stage. This is an age to build on children's basic language skills and build their readiness for the next social stage of their development, and for school. Stick to digital technology for educational uses such as development of pre-reading, reading and maths skills. Adults should look for opportunities to play with and talk through what they do.

6-9 years: Extend to a maximum of ten hours a week incorporating mainly educational use and some games. During this stage children benefit from a broad range of physical, social and intellectual experiences before they start to specialise in adolescence. Avoid allowing the use of digital games to take up all of a child’s free time, as is the norm for an increasing number of kids.

9-12 years: Children at this age are more able to integrate digital media into their daily lives. Adults play a part in monitoring how they use digital media and encouraging kids to be discerning and critical online users. Online safety, suitability of content and maintaining a balance between the real world and the offline world are critical issues for parents at this stage.

12 + years: There are many items a teenager would ditch before they ejected a mobile digital device from their lives. For most young people the digital experience is integral to almost everything they do. Perhaps kids who live on the margins are at greatest risk in this age group. That is, the kids who don’t quite fit in; who struggle academically or those with little balance or interests other than those found online.

Science is only just discovering how highly addictive Internet use can be. It’s use changes the patterns in the brain, which is concerning as for teenagers as this is the cohort most open to developing addictive behaviours.

The digital world offers exciting opportunities for kids and a range of experiences for the whole family. It can entertaining, educational and rewarding – with new avenues to create, connect and communicate. Only now we are starting to see the risks associated with children being linked to the digital world. The early signs are that adults need to err on the side of caution and conservatism and certainly think twice before handing over a mobile digital device to keep a child occupied.
Welcome to Method School's Annual Fundraiser.

We need volunteers to make this event successful. If you are interested in volunteering, please contact us at volunteer@methodschool.com.

Volunteer Opportunities:
1. Childcare
2. Food Service
3. Game Setup
4. Decorations
5. Clean-Up

Date: Saturday, September 12th
Time: 12pm - 4pm
Location: Method School

Please bring your friends and family to support our school.

We look forward to seeing you there!

Method School