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NEWSLINK

www.cranbourne-ps.vic.edu.au

The teaching and learning pedagogy at Cranbourne Primary School is developed on a

RECIPE (Relevant Engaging Challenging Innovative Personalized Enjoyable)

based curriculum that supports the members of the school community to develop intrinsic

PRIDE (Persistence Responsibility Independence Discipline Enthusiasm) *in their learning.*

Issue 26

24th August 2016

CALENDAR

UPCOMING



Monday, 22nd to
Wednesday, 24th August

Senior Camp

Sovereign Hill

Wednesday, 24th August

Swimming deposit \$40
due by 4pm

Friday, 26th August

Special Breakfast Club

8 am-Flyer sent home

Foundation & Junior
Jurassic Excursion

Dad's Night - R S V P

Tuesday, 30th August

Book Club issue #6 due

Thursday, 1st September

Dad's Night

5 - 6:30 pm

PRINCIPAL'S NEWS

It is with mixed emotion I inform our school community that this Friday Ms Michelle Donovan will be leaving Cranbourne Primary School to take up an Acting Assistant Principal position at Pakenham Consolidated Primary School. It is with pleasure and pride I congratulate her on this appointment. Michelle has taught many students and known many families in her time here. She has worked in a variety of roles including ICT and WellBeing. Michelle initiated the annual school carnival which is organised and managed by our senior students. Her contributions to the school leadership team have been greatly appreciated and valued. Michelle had the opportunity to take up the position at an earlier date but negotiated her start date enabling her to fulfil her commitment to attend the senior camp this week - an example of her dedication to her students.

The school is currently making arrangements to replace Ms Donovan in her teaching role within the senior team.



Miss Samantha Lovegrove will now be the senior learning community co-ordinator. We wish Michelle all the best in her new role.

Cheryl Van Deursen
Principal

Quote of the Week

When one door closes another one opens

HAPPY BIRTHDAY TO OUR AUGUST BABIES!

GEORGIA D
JORDAN H
KOBY W



Happy Birthday to those students who are celebrating their special day

CPS BANK DETAILS

BSB 013 593

Account Number

499102494

Please put your child's name in the subject line.

Stars of the Week

*These students have demonstrated intrinsic **PRIDE** (Persistence, Responsibility, Independence, Discipline, Enthusiasm) in their learning:*

Learning community	Student
FOUNDATION	Fayth F
	Aleah
JUNIOR	Siena N
	Tai
	Rowell
	Jaylan
MIDDLE	Maliyah C
	Michael L
	Elise C
	Bryce M
SENIOR	Amber D
	Levi C
	Tamba N
	Kynan J
ART	Christian F (FSP)
ICT	Lauren S (JCM)
Assistant Principal	Kyle (FSP)
Principal	Chris D (MSB)

FROM THE OFFICE

We have quite a bit of "lost property" in the office at the moment. If you have lost a phone, a special toy or something else of importance to you, please come and describe the item and we'll see if it has been handed in.

SCHOOL BANKING DAY IS FRIDAY



Curriculum

Science at CPS



Each term students from Foundation to Grade 6 complete a Science based Unit of Investigation. This term, the focus was Physical Science, where students explored States of Matter. Many experiments took place in all learning communities, where students were able to identify solids, liquids and gases, and see changes and reactions of different substances.

Science is one of the areas of the Victorian Curriculum. Incorporating Science into the curriculum helps students to develop their critical thinking, hypothesising, testing and evaluating skills.

Previously, Science was taught by one teacher in the school, as a specialist class. By including Science as a subject area within each learning community, we are able to address the scientific concepts and skills in more depth, and hopefully develop future scientists!



Di Fernand
Assistant Principal

Helping kids focus in the age of distraction

By Sarah Wayland



Finding ways to turn your kids from *flitters* to *focusers* – how teaching your children to ‘stick with it’ can have lifelong benefits.

As a society we often debate about the ‘right’ amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child’s still-developing brains. Impacting the capacity to focus, to concentrate and to give attention to tasks.

Distraction is often managed through the delicate art of re-direction or encouragement to combat the ‘but I just can’t do it!’ However, has this brave new world of binge watching TV, entertainment on demand and socialisation via hand held devices created kids that always have options for those tasks that require some stubborn determination? If so how might this new way of living and relaxing challenge our kid’s capacity to stick with a difficult task when they have a world of entertainment at their disposal?

Dr Daniel Goleman, an award-winning psychologist and TED speaker, emphasises the need for people to engage in skills that foster emotional intelligence. Goleman’s belief is that ‘Kids learn best when they can maintain sustained attention, whether to what a teacher is saying, their textbook, or their homework. The root of learning is keen focus; distractions kill comprehension. But the new normal for young people continually interrupts their focus with distractions.’

Neuroscientists tell us that the more a young person can practice keeping focus and resist distraction, the stronger and more richly connected this child becomes. By the same token, the more distracted, the less so. Rebecca finds that the evidence is clear in our own homes and in classrooms 'we now have young people who are experts at 'flitting' from one device to another' and she refuses to take a defeatist approach because without refocusing those 'flitters' to 'focusers' who risk the next generations creative or scientific masterminds we risk losing children who are able to 'sit still and agonise over a task long enough to see it through to its marvellous end'

Reaching what you thought was unattainable by engaging in a single focus and 'sticking with it', can provide lifelong lessons.

Tips for helping kids maintain focus and attention

1. Build your child's focus

As with all tasks the aim is to start small and build your child's capacity to master the concept of 'sticking with it'. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school aged children when she gets home: 'it's all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.

2. Remember it's all about the journey

Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your 'flittering' child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.

3. Keep calm and focus

Use calm methods to engage children who become distracted: 'breathe, relax and high five each other' when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.

Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and new experiences to our children's world by identifying exciting technologies but they also provide avenues to 'opt out' of the hard yards.

Schools ON STAGE

HOSTED BY TIM CAMPBELL

**Six local schools
light up the stage in a
musical extravaganza
like no other!**



WEDNESDAY 7 SEPTEMBER 2016

7.30 PM, HILLCREST THEATRE

500 Soldiers Road, Clyde North | Entry via Gate 3 | Melway Ref 131 H10

**TICKETS: WWW.TRYBOOKING.COM/LZMO
ON SALE MONDAY 1 AUGUST AT 9.00 AM UNTIL SOLD OUT**

For further information please contact the City of Casey on 9705 5200
or visit our website www.casey.vic.gov.au/youth or 'like' us on facebook www.facebook.com/caseyyouth
NRS: 133 677 (for the deaf, hearing or speech impaired) TIS: 131 450 (Translating and Interpreting Services)
Mr Tim Campbell appears by arrangement with Claxton Speakers International

Discover Playgroup

At **PlayDaze**

Free for children aged 0-5 years



Thursday

1 September 2016

10.00 am – 12.00 pm

**Balla Balla
Community Centre
Building 03, Casey Complex,
65 Berwick-Cranbourne Road
Cranbourne East**

**No bookings required.
Come along and join the fun!**

Contact City of Casey

03 9705 5200

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and Interpreting Service)

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Customer Service Centres

Cranbourne
Cranbourne Park Shopping Centre

Narre Warren
Magid Drive

Narre Warren South
Amberly Park Shopping Centre

