



NEWSLETTER

SACRED HEART
CATHOLIC PRIMARY
SCHOOL



Our P.B.S. Values are:

Respect for Ourselves
Respect for Others
Respect for our Learning
<http://MyTerncity.com.au>

Online Content:

Website:

www.sacredheartl.tas.edu.au

Twitter:

@shslton

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[facebook.com/sacredheartl](https://www.facebook.com/sacredheartl)

Pinterest:

[pinterest.com.au/sacredheartl](https://www.pinterest.com.au/sacredheartl)

DANCE FEVER

Prep - Grade 6

A 10 week block of Dancing
with Dance Fever (Term 2).

School Banking

Until the end of Term 2 school bank books wont be returned to the students until the Monday due to having a fill in banking co-ordinator. Please still send the bankbooks to school on the Wednesday

School Photos 26th & 27 June

msp
photography

From the Principal Reflection & Feedback

"When you talk, you are only repeating what you already know. But if you listen, you may learn something new." (Dalai Lama)

In the busyness of last week I reminded myself of one of my personal goals. "Make time to reflect."

This was a goal I've had since becoming Principal of Sacred Heart. It's one of a few goals I have, but if I'm truly honest with myself it's the one that I need to challenge myself most about. Why is that? It is easy, for me, to become caught up in action and it is comfortable to go about doing things, what is more challenging is slowing down, taking time, in fact making time, to consider the important things, reflect on the positives in my school and personal day, challenge myself to look for the things I could have done better and then to wonder what am I going to do make it happen now.

Here is the really interesting thing...

When I stopped, made time and really reflected about this week and last I discovered...

- At least twice I had not been present both to a parent and a teacher in what they were sharing with me.
- Another parent had respectfully made an appointment with me to share with me a few very valid concerns about a few matters at Sacred Heart. Was I listening?
- My wife was sharing a few things, if I'm honest probably not for the first time, about our adult daughters.
- A letter on my desk from a group of Grade 3 children about a "possible game changing" way to address rubbish at school.
- Was I truly present to the Grade 1G child when they shared their thoughts?

Feedback and reflection is the most important concept to a teacher. I would suggest feedback and reflection is the most important concept to a Principal and indeed to all of us as members of the human race. Feedback requires the recipient to listen first, listen second and really listen to understand third. Only when we are in that state of mind, of not being ready to justify our position, like I did at least three times recently, am I ready to reflect on my own practice and go about making meaningful change to my daily behaviours.

Reflection & Feedback ...continued

As an adult that can be challenging, listening to people share with you about something that may make you uncomfortable about yourself. When I got over the fact that all the people who gave me feedback were actually challenging my behaviour (or our school processes) and not me as a person I was able to make a positive move forwards.

Teachers provide children, and sometimes parents and Principals, feedback on a daily basis. In the "old days", when I was a teacher, I might of said to a child that was good or that wasn't your best. To be fair that sort of feedback doesn't tell the recipient enough.

Instead consider.... Why was the piece of writing good, what sentences in the passage were crafted well and why? Why wasn't that child's behaviour in the playground acceptable? Ask the child what should have they done? How could they fix the situation they helped create? In other words ask the child or parent or Principal to solve the challenge themselves. And if they don't know how to help them begin by asking better questions.

Consider this week

- When a teacher provides feedback about your child are we really listening to what they are saying or am I trying to make an excuse for what they are doing/have done or blame another child or even apologise for my own child's actions?
- How often do we seek to blame others when I am the only one who can change my own behaviour?
- Do we reflect on our own behaviour first and foremost?
- How do we provide others with feedback, is it respectful and by seeking first to understand?
- In our conversations do we truly listen with two ears or do we seek to explain with one mouth and no ears?

The very impressive thing about our community is that we begin with respect and integrity as ingrained expectations of all members of our community. I know if I am respectful and a person of honesty and integrity I will be forgiven for not listening well enough, on the understanding I am working to be better person.

Thank you to each and every person in our community who provides open, honest and respectful feedback and consistently reflects on their own behaviour. We are after all, ALL on a journey to becoming better people.

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry." (James 1:19)

"Listen and silent are spelt with the same letters." (Anonymous)



Brent Wilson
PRINCIPAL

SHS Allergy Awareness Policy (very important information)

We are seeking to provide additional safety for ALL of the children of SHS

Sacred Heart is **Allergy Aware (Very important information)**

Sacred Heart has a few children that have allergies to nuts as well as other allergens, such as dairy or eggs. This means those children are anaphylactic. They can and do suffer from an allergy that may bring about an extreme reaction.

At Sacred Heart we do not promote that we either 'ban nuts' or are 'nut-free', but by minimising exposure to particular foods such as peanuts and tree nuts we can reduce the level of risk. This includes removing nut spreads and products containing nuts from the SHCS canteen, but does not include removing products that 'may contain traces' of peanuts or tree nuts.

Our school has the following processes in place to support these children. Please note our Teaching Staff have reflected on what we do at SHS and have agreed we need to be clearer in our expectations to parents and children.

We will advise parents If there is an anaphylactic child in your child's class

- Children, in K-6, should not bring Peanut Butter, Nutella, nuts or products containing nuts in their lunchbox to school.
- At SHS NO child should share their food
- At SHS we encourage children to wash their hands before and after eating



If you have any further questions or concerns please discuss with your class teacher or Brent.

Staffing Appointments Term 3

We are pleased to advise the following teacher appointments for Term 3.

- Bronwyn Lang - Grade 4 van Ryn Class Teacher
- Penelope Izard - Grade 5 Hood Class Teacher
- Carolyn Symons - Team Leader Grade 3/4

These positions were made possible because Phil van Ryn and John Hood will be on Long Service Leave. Both Bronwyn and Penelope will be joining the Parent Student Teacher conversations in the final week of Term.

We congratulate Bronwyn, Penelope and Carolyn on their very worthy appointments.

Pupil Free Days

Parents are reminded that the final day of Term 2 for students is Thursday 5th July and the first day of Term 3 is Tuesday 24th July.

All SHS Staff will be engaged in Pupil Free Days on

Friday 6th July

Monday 23rd July

This means on these days there is NO school for children.

The focus for staff on Friday 6th July is on progressing our school goal of "Enhancing Oral Language for every child at SHS". We will also be spending time reflecting on Well-Being

The focus for staff on Monday 23rd July is on nourishing our own Spirituality. Father Richard Ross will be using the Pillars of SHS to support and challenge staff to reflect on the role we all play as witnesses to Christ.

Mid Year Reports and Parent/Student/Teacher Conversations (PST)

In the past week I have been fortunate to read the Mid Year reports for every child from Prep - Grade 6. I am genuinely privileged to read the reflections and feedback from our dedicated teachers about your children. Every teacher has shared positive comments and celebrations about the achievements of each child in the first half of 2018, comments designed to challenge children and to consider how they can make an improvement in their work habits or behaviours.

Early next week parents will receive copies of PST forms and later in the week Mid Year Reports will be distributed.

To enable processing of times for the PST conversations it is critical that families return the PST forms promptly.

Key Dates

- **Monday 25th June** - Parent/Student/Teacher Forms distributed
- **Friday 29th June** - Reports distributed
- **Tuesday 3rd and Wednesday 4th July** - Parent/Student/Teacher Conversations

NIJSSA Cross Country

Last Wednesday Sacred Heart did exceptionally well at the NIJSSA Cross Country Carnival. Our school finished first out of the nine participating Catholic and independent schools. This is the sixth year in a row Sacred Heart has finished first at this event.

Whilst this result is great, the most pleasing aspect this term has been the way **ALL** of our students (not just the children who participated last week) have worked so hard to do their personal best and support each other. Our school has developed a wonderful culture of working hard with our running, being persistent and including everyone. Congratulations everyone on your efforts this term!

John Anderson

Health & Physical Education Teacher

Congratulations to the following teams:

1st placed team: Grade 3 Girls

(Ruby Jones, Amelie Millar, Jasmine Hartley, Payton Heyward, Lily Matthews & Amelia Lowe)

1st placed team: Grade 3 Boys

(Xavier Davie, Ben Berlese, Daniel Wojcik, Thomas Tanton, Tahj Jones & Harrison Millwood)

1st placed team: Grade 4 Boys

(Oscar Marsden, Max Matthews, Alex Woolley, Cooper van Emmerik, Samuel Lindsay & Hamish Anderson)

1st placed team: Grade 6 Girls

(Annaliese Leeflang, Mia Goody, Ruby Dawkins, Piper van Emmerik, Phoebe Martin & Zoe Gillow)

1st placed team: Grade 6 Boys

(Oliver Baldock, Owen Millar, Alex Zegveld, Max Roney, Spencer Drew & Will Saunders)

2nd placed team: Grade 4 Girls

(Stella Freeman, Jasmine Graham, Maya Chapple, Alice Fox, Annabelle Pyke & Emily McMullen)

2nd placed team: Grade 5 Girls

(Abbey Berlese, Breeanna Harper, Abbie Kingston, Meg Rickerby, Georgia Millwood & Millie Geale)

3rd Placed team: Grade 5 Boys

(Oliver Viney, Oliver Wright, Zane Headland, Leo Bailey, James Hogarth & Matthew Williams)

NIJSSA Cross Country...continued

Congratulations to the following students who finished in the top ten:

Grade 3 Girls: 1st Ruby Jones, 7th Jasmine Hartley & 9th Amelie Millar

Grade 3 Boys: 1st Xavier Davie, 2nd Ben Berlese & 3rd Daniel Wojcik

Grade 4 Girls: 6th Stella Freeman, 7th Maya Chapple & 9th Annabelle Pyke

Grade 4 Boys: 1st Oscar Marsden, 2nd Max Matthews, 4th Alex Woolley, 9th Cooper van Emmerik & 10th Samuel Lindsay

Grade 5 Girls: 2nd Abbey Berlese, 4th Breeanna Harper & 9th Abbie Kingston

Grade 5 Boys: 5th Oliver Wright

Grade 6 Girls: 2nd Annaliese Leeflang & 5th Mia Goody

Grade 6 Boys: 3rd Oliver Baldock, 7th Alex Zegveld & 8th Max Roney



NIJSSA Cross Country...continued

On Wednesday nine schools from around Launceston participated in the NIJSSA Cross Country Carnival. Sacred Heart was lucky enough to send six boys and six girls from each grade from grades three through to six. Everyone ran so well and it was great to see everyone trying their best and encouraging others. We would like to thank all the students for having a go in the Sacred Heart Cross Country and congratulations to all the students that made the interschool team. Thank you to all the parents and staff who volunteered to help out, without you we wouldn't have been able to run this event. All the students from Sacred Heart that ran in the interschool cross country set a great example, showing why Sacred Heart is not just the best at running, but also the best at cheering on others. The students didn't just cheer on Sacred Heart, they cheered on everyone and tried their best. Finally a big thanks to Mr Anderson for putting all the time and effort into making this a reality.

Written by Owen Millar & Annaliese Leeflang (2018 Sacred Heart Cross Country Captains)



2018 Term Dates Catholic Schools

Term 1 Thursday 8.2.18 to Friday 13.4.18
Term 2 Monday 30.4.18 to Thursday 5.7.18
Term 3 Tuesday 24.7.18 to Friday 28.9.18
Term 4 Tuesday 16.10.18 to Thurs 20.12.18

6th July 2018 - Pupil Free Day

23rd July 2018 - Pupil Free Day

15 October 2018 - Pupil Free Day

2019 Term Dates Catholic Schools

Term 1 Thursday 7.2.19 to Friday 12.4.19
Term 2 Monday 29.4.19 to Friday 5.7.19
Term 3 Monday 22.7.19 to Friday 27.9.19
Term 4 Monday 14.10.19 to Tues 17.12.19

Pupil free days will be communicated as soon as they are confirmed

School Photos 26th & 27 June

URGENT- Return your school photo envelopes to the class teacher or the office by TOMORROW Friday 22nd June.

SCHEDULE FOR SCHOOL PHOTOS

Tuesday 26th June	Wednesday 27th June
9.00 Kinder Halley	9.00 Kinder Nas
9.20 Prep Best	9.20 Gr 6 Davie
9.40 Prep Hills	9.40 Gr 6 Steven
10.00 Gr 1 Gleadow	10.00 Gr 5 Hood
10.20 Gr 1 Foster	10.20 Gr 5 Viney/Liston
10.40 Gr 2 Reid	10.40 Gr 4 Wood
11.00 Morning Tea	11.00 Morning Tea
11.30 Gr 2 Crawford	11.30 Gr 3 Underlin
	11.50 Gr 3 Symons
	12.10 Gr 4 van Ryn
	12.30 Whole School Photo

All students to wear their full winter uniform

Students participating in the All Schools Cross Country to wear their Sports uniform on the Tuesday

Grades 3 & 5 students to bring their sports shoes on the Wednesday

Family Photo envelopes are available at the office

June 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
17th	18th	19th	20th	21st	22nd	23rd
	3.30pm Faith Sharing Session @ Church of Apostles	3.10pm Gr 3/4 Art Club 3.30pm Faith Sharing Session @ Church of Apostles	School Banking	8.30am Band Program 11.30am Strings Program	2.10pm Assembly School Photo envelopes must be returned by today	
24th	25th	26th	27th	28th	29th	30th
		3.10pm Gr 3/4 Art Club 3.15pm Gr 5/6 Book Club 7.30pm P & F Dinner Meeting Primary All Schools Cross Country @ Symmons Plains	School Banking	Foundation Band & Strings Workshop Day @ St Ailbes	2.10pm Assembly Gr 5 Excursion to Salvation Army	
SCHOOL PHOTOS						

July 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1st	2nd	3rd	4th	5th	6th	7th
	Dance Fever Showcase 9am Prep- Gr.2 10am Gr 3-6 3.30pm Faith Sharing Session @ Church of Apostles	3.10pm Gr 3/4 Art Club 3.30pm Faith Sharing Session @ Church of Apostles	School Banking	8.30am Band Program 11.30am Strings Program LAST DAY TERM 2 Subway Day...no canteen today	PUPIL FREE DAY	
8th	9th	10th	11th	12th	13th	14th
	SCHOOL HOLIDAYS					
15th	16th	17th	18th	19th	20th	21st
	SCHOOL HOLIDAYS					
22nd	23rd	24th	25th	26th	27th	28th
	PUPIL FREE DAY	FIRST DAY TERM 3 3.10pm Gr 5/6 Art Club 3.15pm Gr 5/6 Book Club	School Banking	8.30am Band Program 11.30am Strings Program	2.10pm Assembly	
29th	30th	31st	1st August	2nd August	3rd August	4th
	3.30pm Faith Sharing Session @ Church of Apostles	3.10pm Gr 5/6 Art Club 3.30pm Faith Sharing Session @ Church of Apostles	School Banking	8.30am Band Program 11.30am Strings Program 7pm Sacrament of Reconciliation @ Church of Apostles	2.10pm Assembly	

2018 Carnivals

Monday 10th September
Gr 3-6 Athletics Carnival

Thursday 8th November
Prep - Gr.2 Athletics Carnival

Webpage: www.sacredheartl.tas.edu.au

Twitter: @shslton

Facebook: www.facebook.com/sacredheartl

Pinterest: www.pinterest.com.au/sacredheartl/

S.H.S. Parents and Friends email

shsl.pnf@catholic.tas.edu.au

S.H.S. Clothing Pool email

shs.clothingpool@catholic.tas.edu.au

The Spirit of Jesus is Alive in:

Prep Hills	<p>Sam van Zetten For great work in being able to explain the reason why you can't always be first</p>	<p>Frankie Roberts For making excellent progress with her writing</p>
Prep Best	<p>Tari Goebel For fantastic work with writing, Identifying sounds in words and using the word wall</p>	<p>Oscar Disney For making more positive choices about his work. Great attitude and effort</p>
Grade 1 Foster	<p>Georgina Hagan For a positive attitude towards all learning</p> <p>Remi Quarrell For her huge improvement with reading</p>	<p>Campbell Spencer For his enthusiasm at Dance Fever and great listening</p>
Grade 1 Gleadow	<p>Flynn Cowan For always showing excellent listening skills and being a role model</p> <p>Isabella Walsh For excellent work in Maths! Well done</p>	<p>Thomas Hartley For consistently challenging yourself and giving 100% to all aspects of school</p>
Grade 2 Crawford	<p>Elliott Hodgetts For writing an excellent narrative</p> <p>Stella Hogarth For her super preparation for Sacred Heart's Got Talent</p>	<p>Jackson Quill For writing an excellent narrative</p> <p>Ally Agelopolous For being an outstanding role model in our class</p>
Grade 2 Reid	<p>Charlie van Zetten For always making good choices</p>	<p>Sienna Austin For working well on all tasks this week</p>
Grade 3 Symons	<p>Jasmine Hartley For trying her best to listen in class.</p>	<p>Sylvain de Clouet-Cooper For great work in symmetry</p>
Grade 3 Underlin	<p>Kayleb Barker For his excellent work in HASS</p>	<p>Lillian Neighbour For being more willing to challenge her thinking</p>
Grade 4 Wood	<p>Geordie Kotynia For your excellent work and contributions with our ATSI project group</p> <p>Mitchell Campbell For your fantastic progress in Mathematics</p>	<p>Isabelle Crerar For your excellent work on Multiplication</p>
Grade 4 van Ryn	<p>Max Matthews For trying something new in maths</p>	<p>Orla Kelly For being a passionate environmentalist</p>
Grade 5 Hood	<p>Lily Tyson For your creative ideas during our drama lessons</p>	<p>Maddie Leonard For always working hard to achieve success in each subject</p>
Grade 5 Viney/Liston	<p>Eloise Heather For her outstanding attitude and dedication to her learning</p>	<p>Jorja Thomas For always being willing to share her ideas and contribute to discussions</p>
Grade 6 Davie	<p>George Worsley For improved attitude to all areas of school</p>	<p>Mia Goody For always being positive and a Go Kart</p>
Grade 6 Steven	<p>Piper van Emmerick For her fantastic efforts in the cross country and her never give up attitude</p>	<p>Zoe Gillow For her fantastic efforts in the cross country and her efforts in SHS Got Talent</p>

PHYSICAL EDUCATION PROGRAMS FOR SCHOOLS

DANCE FEVER MultiSport

Dance Fever Showcase Performance

All parents are invited to watch the Showcase Performance on Monday 2nd July
in the Presentation Hall

Prep - Grade 2 9:00am - 10:00am
Grade 3 - Grade 6 10:00am - 11:00am

Entertainment Books Fundraiser for 2018

The Entertainment book/digital membership fundraiser is well under way and thank you to the many school families and friends who have already purchased their membership. Your support is fantastic and much appreciated.

By purchasing the Entertainment book/digital membership you'll receive valuable money saving items and services and in return raise funds for classroom resources. The Entertainment book/digital membership has many new additions of restaurants, attractions and services.

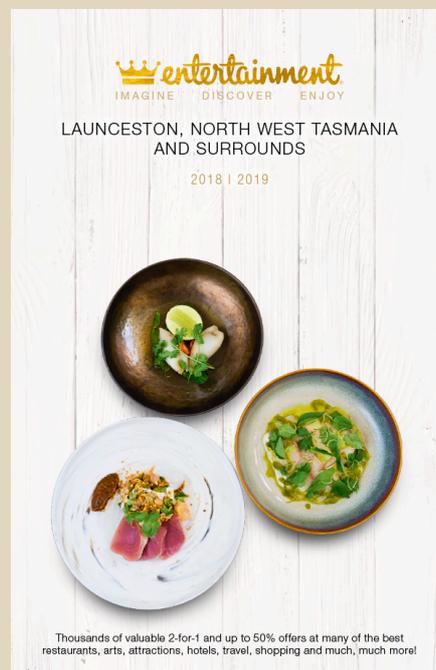
The memberships are \$65.00 each and the school receives \$13.00 from each membership sold in book or digital form. Once you have purchased your membership online please ensure you collect your book from the school office. Cash sales can be made at the office.

To order a Book or your Digital Membership online visit:

www.entbook.com.au/24037x7

For any enquires please email Rebecca on rebecca.millwood@catholic.tas.edu.au

<http://www.entbook.com.au/24037x7>



**Boys School Ties and
Girls Tights are in stock
in the Uniform Shop**

**Uniform Shop open:
Thursday's 2 - 4pm**

P & F DINNER MEETING

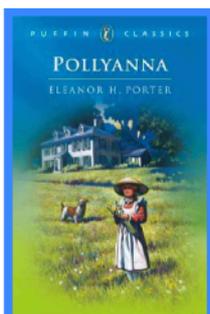
Parents and Friend's Annual Dinner - Jailhouse Grill, 7pm, Tuesday June 26th

This is a social night that everyone is invited to attend. If you are interested in the P&F and what we do within the school, this is a great opportunity to come along and find out more in a casual environment and enjoy a great meal. Everyone is welcome to attend.

Please RSVP by Friday June 23rd to our secretary Tahnee Hodgetts by email to olivertahnee@hotmail.com

Hope to see you there

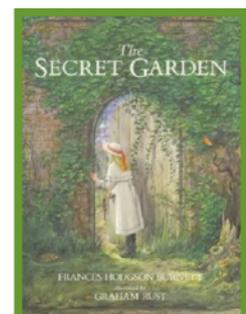
POLLYANNA
Eleanor H Porter



Gr 5/6
Tuesday Book Club
2018

The next meeting is
Tuesday 26th June
3:00pm - 4:00pm.

THE SECRET GARDEN
Frances Hodgson Burnett



Our Memories

Inspired by the work of Indigenous Artist Laurel Nanup

Over the past 4 weeks the Grade 3/4 Art Club students have been looking at the work of Indigenous artist Laurel Nanup. Laurel's artwork is inspired by her memories growing up as a member of the stolen generation. Our students used her etchings as inspiration towards their own "Memory Paintings" made using oil pastels and black paint.

Last week these paintings were entered into the QVMAG's ArtStart program, where 6 of our students were selected to have their work displayed in the upcoming "Inside Out" Exhibition.



Those students are:

*Annabelle Pyke, Isabelle Crerar,
Isabella Perry, Elaria Acquarola,
Mitchell Campbell, Ava Boyle*

Well Done to all students who entered the competition.

The Exhibition opens on Wednesday the 20th of June and runs until November at the QVMAG on Wellington Street. I hope you all get a chance to visit the Gallery and view the amazing artworks from students not only OUR School but from those all over Tasmania.

Instrumental Band Program

The Sacred Heart Development Band performed at the Launceston Competitions on Monday 4th June. The students who performed were: *Jack Adams, Leo Bailey, Elyse Campbell, Harry Cibik, Mason Clark, Fletcher Crosswell, Jordan Enright, Mia Goody, Jasper Jamieson, Eliza Johnson, Isobel Leake, Emilia Macri, Max Maloney, Georgia Millwood, Thomas Mineall, Lucas Powell, Max Powell, Hugh Rickerby, Charles Snare, Max Symons, Oliver Viney, Abby Wines, Hannah Zegveld.*

The band played *Rio Bravo* and *Fanfare and Minuet* from "The Royal Fireworks". They were awarded 3rd Place with a score of 88. The adjudicator's comments were positive, also saying

"Keep working everyone! You are a fine band and will develop well. Great job!"



MINI VINNIES

Term 2 Subway Fundraiser

Letters and order envelopes will come home this week for our Subway lunch fundraiser on the last day of Term 2 - Thursday July 5



A few important details:



- All Subway orders are \$6.50.
- Please remember to send completed envelopes, with money inside, to **class teachers** by **Monday July 2**
- No canteen on Subway day.

Family Mass

Sunday 9am

St Patrick's College Chapel

All welcome!

18th March

15th April

20th May

17th June

15th July

19th August

16th September

21st October

18th November

WORKING WITH VULNERABLE PEOPLE REGISTRATION

Government legislation now requires all people working or volunteering with vulnerable people to be registered. It is an expectation placed on our schools that any person who is on an excursion, helping in the classroom, helping out with students getting changed after swimming, attending camps etc must have this registration.

If parents do not have registration or registration is pending you will not be able to volunteer and attend the excursion or school event. This is something that we do not want to have to do but as legislation and system policy we need to adhere to.

How to apply for a WWVP and Number

1. Complete the online application form www.justice.tas.gov.au/working_with_children
2. Print the "Application Receipt" which is generated when the application has been completed in full
3. Take the "Application Receipt" to a Service Tasmania shop, pay the fee (\$17.60) and have your 100 point check to confirm identity

Once your registration has been approved and you receive your WWVP card, please bring it to the school office so your name, registration number and expiry date can be recorded and verified.

Reminder - Before School expectations

Even though it is a parent responsibility to make arrangements for the supervision of your children before 8:30 a.m., S.H.S. offer an arrangement for families who need their children to be arriving at school earlier.

- ❖ Mrs. Deb Scott will be at school from **8:00am** each school day for any students.
- ❖ **Students are not to arrive before 8am**
- ❖ If a student is here before 8:30 a.m. they need to go to the Gym. **The cost will be \$2 per child per day, which needs to be paid as the student arrives at the Presentation Gym.**
- ❖ The child's name will also be recorded on an attendance sheet on a daily basis.

Student absences

If your child will be absent from school please remember to either:

- call the School office on 63311011
- email shsl@catholic.tas.edu.au
- use the Skoolbag app, fill out an eForm

Please note that children arriving late to school need to enter the school via the York St entrance and report to the school office to update our records and avoid unnecessary absentee text messages.

Reminder that dogs are not permitted on the school grounds without prior permission from the Principal

TOILET ACCESS AFTER HOURS

Student toilets are locked daily at approximately 3:15pm-3:30pm. There is a toilet located in the administration building, which is opened until 4:00pm daily.

parenting * ideas

insights



TECHNOLOGY AND PARENTING

Dealing with video game crazes: Fortnite and fanaticism

by Martine Oglethorpe



Working with kids in schools these past weeks, and indeed having five children of my own, has alerted me to the seemingly unprecedented obsession with the new online game Fortnite. Not since Pokémon Go has something seemed to take the world by storm, leaving parents wondering when it will ever stop.

The answer to that last question is probably that it will stop when the next big thing comes along. These fads may well be a modern day version of the Rubik's Cube, elastics or swap cards, though of course the effects of the obsession can be much more pervasive than with my childhood obsession with PacMan.

If Fortnite is the latest craze to hit your household, or you are being nagged and cajoled to let them have the game "that everyone else is playing", then here are a few things you should know:

- It is violent. The aim of the game is to be the last person standing, and in order to do that you must kill all the other players.
- However the violence is portrayed as less real and almost cartoonish. There is no blood and gore as such, and so the violence is not comparable to that portrayed in other games such as Call of Duty or Grand Theft Auto.
- You can work in a team or on your own; working in a team can develop some effective teamwork skills.
- You can chat to team members but also random strangers who make up the remainder of the 100 players who are playing at the time.
- You can turn the chat function off by going to the settings and clicking on Audio options. This limits chatting to a player's friends or team members.
- Kids will be very loud playing this game so there is little chance of them playing it behind your back!
- Each game goes for about 20 minutes so it is an easy one to put time limits on by stipulating the number of games.
- It is frequently described as addictive so it is unlikely they will leave a game midway through.

We're a Parenting Ideas school

parentingideas.com.au/schools

parenting *ideas

As with any new game, social network or fad, it is crucial that we familiarise ourselves with it. Have a game with them, play around with the app or read about what the possible dangers may be so that you can have the right conversations and put the right boundaries in place.

Whilst there are certainly many areas of video gaming to be concerned about, it is also important to recognise that most video games can build skills and can also have social, emotional and cognitive benefits.

Now of course in order to enjoy these benefits parents need to ensure that gaming remains under control and that the games being played are at an appropriate level for their child.



Five things to keep in mind

1. Discuss any themes or concepts you are concerned about to see if your child has a grasp on the reality (or lack thereof) when it comes to certain games.
2. Monitor how your individual child is coping with a game and the amount of time they are playing. If their mood is changing, they are having a fight to come to the dinner table or they are staying up all night and neglecting other areas of their lives, then you will need to step in and make some changes.
3. Remember it is your house and your rules. But making these rules and boundaries from a place of knowledge and understanding makes them a lot easier to enforce.
4. If a child is struggling with time limits, warnings may help and you may wish to slowly reduce the time being played (rather than go cold turkey). However, some parents have had success with giving their kids a total break from games when things were getting out of hand.
5. Always go to the settings area of any game or network as there you will find ways to make the experience as safe and positive as possible. Minimising the number of people they have the ability to connect with and who can make contact with them is a good place to start.



Remember that every child is different and so the effects that gaming has on each child will be different. The key to enjoying a positive experience with whatever game or craze comes your way is to ensure your child maintains control over their play, that they are playing safely and that they are still leaving plenty of time to do all of the many other things they need to experience on any given day.



Martine Oglethorpe

Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops, for teacher professional development and for corporate and parent information sessions. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent