Hi everyone,

I would like to welcome Gypsy and her family to our school. We have been looking forward to having Gypsy here for a little while now, so it was fantastic that she could start school last Friday.

It is also lovely to have Lily back with us and also Skye and Anneke, who came to Kindergarten Orientation on Friday.

Swimming School began yesterday. Students were tested for their swimming skills and placed in a group for their level. It is really important that students have a rash shirt or a t-shirt to wear over swimmers to help with sun protection. Hair ties are required for long hair to be tied back while swimming.

Last week we congratulated Hailey on her merit award in the English Competition. This week we need to extend congratulations to all who participated in the Maths Competition and give a big smile to Ruby who received a merit award. Her score was in the top 42% of Year 4 participants in Australia.

http://mrsbath8.edublogs.org/

is our new Tumble Tigers Blog. We have been working on it gradually all year. There is still more to do. Our Waste Wise Challenge and Frog project is on there. If you would like to have a look and leave a comment, please do. There are rules for commenting on the site. If you click on the Blogging Guidelines, it will guide you through this. One of the ideas behind the blog site is to allow our students to put their work up for you to see.
Speaking of our Waste Wise Challenge- Congratulations to all our students (and thank you to Miss Jodie for the Rap Song) for an excellent effort. We came equal second in the competition. Well done everyone!

And don’t forget- Dirty Dozen- Teach your cousin- Reduce-Reuse- Recycle!

Alison Bath

#### Limit Screen time to Two hours

- 40% of children aged 5 - 12 years watch an average of two or more hours of television or videos a day. This does not include time on other kinds of screens.
- Studies have shown that we use less energy watching TV than just sitting still.
- TV influences the food choice of kids - Australia has a high rate of food advertising during children’s viewing hours.
- TV replaces time a child can be active and enjoy the Great Outdoors.
- There is an association between TV watching and being overweight.
HYPERFOCUS
Everyone knows that children with ADHD struggle to focus and concentrate, especially on something that doesn’t interest them. But, “hyperfocus” (which is common in ADHD) is the ability to “focus very intensely on things that do interest them”, usually because instant feedback is provided. It is this aspect of ADHD which has led to some people believing that “they can concentrate if they want to!”

Unfortunately this is not how hyperfocus works. Most kids with ADHD cannot always control it and therefore their performance can be quite scattered. A child that used “hyperfocus” to create an impressive and detailed diorama on rainforests, may then struggle to recall and use this same information in a class quiz.

Hyperfocus can definitely be a positive aspect of ADHD, however it needs to be monitored carefully (especially in children) to ensure that they don’t end up playing computer games all day oblivious to other tasks that need to be done and at the expense of interacting socially. Most children who hyperfocus will be unaware that they are doing it, it is almost like a trance. Which means to break this trance the parent/teacher needs to gain their attention – eg speak to the child (perhaps standing in between the child and what they are doing), they may need to wave a hand in front of them, tap them on the shoulder, etc. and certainly allow a few minutes for them to shift to the next activity.

Ensure you don’t raise your voice, as the child is not being intentionally disobedient, their brain just needs time to register the change.

Parents/teachers can set up guidelines beforehand about how long the child will be allowed to do the activity. This way the child has warning that there is an end in sight. It’s always worthwhile talking to your child about “the way his or her brain works” so they can understand and hopefully harness this positive trait in the areas they need it.


Have you read this article...

Have you seen this book...
100+ Ideas for Supporting Children with Dyslexia, by G Reid & S Green
Have you googled this website...
http://languageoflearningnetwork.com/