FROM THE PRINCIPAL

Tree Removal
As you would have noticed we had some extreme risk trees cut down in the holidays. The department has also ruled that high risk trees are also to be removed. This will mean that we will have more trees removed during the term. The good news is we will be able to plant trees that will provide shade, look aesthetically pleasing and be safe for our students.

Year 7 Selective High School Placement in 2016 Reminder
Applications are now open for Year 5 students wishing to apply for Selective High in 2016. Please note that applications can only be made online at [www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement) between 14th October 2014 and 17th November 2014 however you need to let the school know if you are applying. If you do not have access to the internet at home you are welcome to use the school computers. Please contact Mrs Rolt to arrange a suitable time. All applicants will be required to sit the Selective High School Placement Test to be held on Thursday 12th March 2015.

Assembly
Last week 2R did an excellent job running the assembly. They did a presentation to the staff for World Teachers’ Day. This week 2T will be running the assembly. Parents are welcome to join us at assembly time.

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tuesday 18th November</td>
<td>P&amp;C Meeting</td>
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<tr>
<td>Wednesday 3rd December</td>
<td>Year 6 Orientation Day Mount View High School</td>
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<tr>
<td>Thursday 11th December</td>
<td>Presentation Day</td>
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<tr>
<td>Monday 15th December</td>
<td>Year 6 Farewell</td>
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Permission Notes & Payments Due

**Fun Run money due in by Friday 31st October.**

EFTPOS is available at the office for payments of school excursions and performances.

Clothing Pool
Located in the old canteen near the bus stop.
Open - 8.40 - 9.10am
First Friday of the Month
Purchases are limited to 2 sets per size.
StartSmart
This week all students from year 1-6 will be participating in the StartSmart program. The StartSmart Primary program is delivered as three separate workshops according to year group and teaches money skills in a way that students can understand and enjoy. Offered throughout the school year our exciting characters ‘Gobbles’, ‘Coach Cash’, and ‘Captain Super Cents’ take students on an adventure in new money skills. Students will learn to identify and understand currency, the difference between ‘wants’ and ‘needs’, the importance of saving and budgeting and how to shop around for the best deal.

Swimming Scheme
Swimming Scheme started this week and will run for 2 weeks. Students have their lesson at Cessnock pool from 12 – 12:45pm. We hope all the students attending will learn new skills that will help keep them safe near water. Thank you to Ms Reid, Mr Pearson and Mrs Peate for accompanying and supervising the students at the pool.

International Competitions and Assessments for Schools (ICAS)
Congratulations to the following students for their great results in the ICAS assessments:

**Mathematics**
- Credit
  - Kolby S Yr 3
  - Gypsy H Yr 3
  - Cooper H Yr 4
  - Ethan F Yr 5

**High Distinction**
- Grace F-S Yr 5

**English**
- Credit
  - Daniel S Yr 5

- Distinction
  - Ethan F Yr 5

Grandparents’ Day
Don’t forget Grandparents’ Day this Wednesday commencing at 9:30am.

Road Safety Around Schools  40km/h school zones
The 40km/h school zone slows traffic in the vicinity of the school. Most 40km/h school zones operate between 8am and 9.30am and from 2.30pm till 4pm. The 40km/h school zone speed limit must be observed even if school children cannot be seen. A 40km/h school zone operates on all gazetted school days including staff development days (pupil free days). While some schools may operate on different term dates, school zone speed limits MUST be adhered to during NSW Government determined school terms. Gazetted school term dates for 2014 and 2015 are listed below. These can be found at roadsafety.transport.nsw.gov.au website and the websites of the NSW Board of Studies, Teaching and Educational
Standards and the NSW Department of Education and Communities.

**Dragon’s teeth road markings**
To increase motorists’ awareness of 40km/h school zones, triangular dragon’s teeth road markings indicate that the vehicle is entering a school zone.
For information about fines and demerit points – visit rms.nsw.gov.au

Many thanks for your support
Ruth McGlashan
Principal

**Library News**

**Pre-loved book Sale**
Last week we had a book swap for Indigenous Literacy Foundation, this week we are having a pre-loved book sale. All pre-loved books are going on sale for a gold coin donation to go to Indigenous Literacy Foundation as well. Thank you to all the people who donated and swapped books last week.

Wear RED to school- Friday 31st October
This term the SRC are asking you to take part in the Daniel Morcombe fundraising event.

We are asking all students K-6 to wear RED to school on Friday 31st October and bring a gold coin donation.

All money raised will go towards ‘The Daniel Morcombe Foundation’, which educates children through child safety and protection initiatives aimed at ‘Keeping Kids Safe’.

We thank you for taking part in this fundraiser.
SRC 2014

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<table>
<thead>
<tr>
<th>GAZETTED SCHOOL TERM DATES</th>
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<tr>
<td><strong>2014</strong></td>
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<tr>
<td>TERM 1</td>
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<tr>
<td>28 January to 11 April</td>
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<tr>
<td>28 April to 27 June</td>
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<td>TERM 3</td>
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<tr>
<td>14 July to 19 September</td>
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<tr>
<td>7 October to 19 December</td>
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**PLAYGROUND RADIO**

The following students will be presenting their Radio Show on the School’s Play-ground Radio Activity during this week and Monday and Tuesday of next week.

**WEDNESDAY 29 OCTOBER**
ELLE M
RYDER H
ELI F
MAKAYLA B
ISAAC G
BRIANNA O
HOPE M
SAMANTHA O

**THURSDAY 30 OCTOBER**
JOEL G
ZAC S
CALEB C
JOAQUIN H
JACK F
KATIE H
RILEY H
PAIGE J
KAYLEIGH F

**FRIDAY 31 OCTOBER**
MADH B
RILEY H
YESSENIA S
KIARA C
Megan C
KIARA H
KATELYN H
PHOEBE W
JACINTA W

**MONDAY 3 NOVEMBER**
JACOB S
ZEUS B
SHELDON H
BRITAIN B
LACHLAN R
CAITLIN O
SYLVIA C
KELLY H
MEGAN C

**TUESDAY 4 NOVEMBER**
CHLOE S
CHRISTINE B
COOPER E
JESSICA P
MEGAN C
JACK W
PAIGE J
CONNOR O
JACOB S

To listen to their Radio Show Podcasts and check out what’s happening on Play-ground Radio go to our Website:-
Grandparents’ Day

Grandparents and Great Grandparents are invited to join us on this special day.

9:30-10:00 Visit your grandchild’s room & purchase their artwork.

10:00-10:45 Student performances

10:45 Morning tea

Wednesday, 29th October, 2014

Parenting Ideas

When does fun flip into addiction?

Gaming has come a long way since Space Invaders. Unfortunately with that growth has come an addiction to gaming in some young people. Catherine Gerhardt describes how to spot the signs and what to do about it.

Gaming addiction is a relatively new phenomenon. When I was growing up, video game addiction didn’t really exist. Kids played video games when they went to the arcade, and were limited to their pocket money. Then came the invention of home video game systems, and today millions of homes around the globe are equipped with both game consoles and personal computers. Remember the Atari andintendo? My how gaming has changed.

When does fun flip into addiction?

Gaming gets into our deepest motivational drivers. As human beings we have a great need to be social. Games allow us to connect with others and give us the feeling of control over our own social environment. This can be a key motivator for youth who feel like they have very little control over their daily lives. Teachers, parents and others always seem to be controlling them.

We are all driven towards pleasure, and the pleasure component in gaming is about intermittent rewards. The rewards are random, they are not predictable and they keep us waiting and therefore playing. Intermittent rewards are the same foundation that gambling is based on, and researchers are currently looking deeper into a potential correlation between gaming and gambling.

In massive multiplayer games there is often punishment for logging off. Fair and pain are, again, major motivational drivers. Some games, like World of Warcraft, penalize players through loss of progress if they are turned off before a goal on the next level is reached. Now it is the game controlling the player and not the other way around. Once players become involved in a guild then there is the added responsibility to that online community, and when they log off they may be letting other players down.

Signs that your child may be developing a gaming addiction include:

- exhibiting defensive behaviour when questioned about use
- making social and recreational sacrifices such as cutting off real-life friends and only having online friends
- secrecy and solitude – playing alone and even in secret, sneaking it in when they can
- lying about use – they tell you they spent one hour playing when really it was two.

What does this mean for parents?

Here you need yelling matches with your child over the amount of time they spend gaming? Have you threatened to take their access away? If you think there might be a problem, then there probably already is. Many parents feel alone in regards to their child’s problematic internet use, but be assured you are not alone. Parenting experts and parents are beginning to find ways to help with this serious behavioural problem.

WORDS Catherine Gerhardt

more on page 2


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