Dear EPPS community,

Welcome back to school for Term 4.

I would like to take this opportunity to update everyone about the Principal position at East Para Primary School and welcome Ros Frost, our new Principal.

As mentioned in our Skoolbag message during the holidays, Ros has been appointed as Principal at East Para Primary for the next 5 years, having just finished a five year tenure at Lyndoch Primary School. The staff are looking forward to working with Ros and building on the fantastic achievements that the EPPS students have made this year. Ros has been visiting our school this week on Tuesday and Wednesday ready to commence at East Para on Monday 24th October.

I would like to publicly thank Marg Clark and Terena Pope for their leadership in terms one, two and three. Both Marg and Terena’s professionalism and openness towards our staff and the community was commendable.

I would also like to thank all staff at EPPS for their focussed work during the transition to a new principal. Finally, thank you, our families and friends, for your support. Our strong, collaborative and supportive community has ensured that East Para PS continues to achieve excellence in all areas of schooling and I applaud your commitment to our school.

Regards
Aaron McPherson

Please meet our chickens! Rooms 33 and 34 have made Paper Mache chickens. Using different colours and materials have given them their very own personalities. Here is a selection of chickens on display in our front office.
111 REASONS TO USE YOUR SCHOOL CROSSING.

Reason 1: Nearly one in every eight road deaths in South Australia is a pedestrian. In addition to fatalities there are on average just under 100 pedestrians seriously injured as well as many more who receive minor injuries each year.

Reason 2: Your child will learn about pedestrian safety by watching you, so use safe behaviour around cars, roads, footpaths and car parks. Always stop, look, listen and think before crossing a road, and use pedestrian crossings wherever possible. Always cross at the safest point, even if you have to walk further out of your way and if you’re crossing at the lights, wait for the green man!

Reason 3: Queensland’s Centre for Accident Research and Road Safety recently conducted an Australia-wide survey of parents focused on keeping kids safe around roads and cars. They found until the age of NINE, children’s perceptual and cognitive abilities are not sufficiently developed to enable them to make sound judgements when they are crossing roads. Holding hands with your children is the best way to keep them safe around a school crossing.

Reason 4: The Australian Road Rules state if you are within 20 metres of a crossing (including a school crossing) you must use that crossing to walk from one side of the road to the other.

And the other 107 reasons? 107 is the number of dollars an expiation notice (fine) will cost you if you are detected breaching the above Australian Road Rule. So keep an eye out for any hazards and keep holding hands until you’re all safely in the school yard or in the car.

This article has been prepared by A/Sgt Nigel ALLEN of the Road Safety Section, South Australia Police. If parents have any questions about school crossings please contact the Road Safety Section on the telephone number 82076586.

Do you have a child starting school in 2017 or 2018?

With the single enrolment procedure once a year, it is important to have accurate information about new enrolments so as to assist with staffing and classes.

Students who turn 5 before the 1st May each year will begin their schooling on the first day of Term 1 in that year. Those who turn 5 on or after 1st May will begin on the first day of Term 1 in the following year.

If you have a child starting at East Para in 2017 or 2018 and have not given the office an enrolment form, please contact the school and we can send one home for you to fill out. This will enable us to more accurately gather information on projected numbers of new enrolments and work towards permanent appointment of contract teachers.

If you know of any families who are considering sending their children to East Para, please ask them to come in to see us or to phone us on 8264 3944 to discuss their child’s enrolment. Enrolment forms are readily available on the website at www.epps.sa.edu.au. For more information families can email the school: dl.1134.admin@schools.sa.edu.au or to request

SAPOL ‘Cyber Safety’ Parent Information Seminar

Would you like to know more about:
- Using the internet safely
- Laws regarding social media

EPPS are holding a Parent Information Seminar in our library on Tuesday 25th October at 7:00.

Please call the office on 82643944 if you wish to attend.

Netball News

Good luck to all teams for the start of the Summer Season starting on Friday night.

Football News

Reminder: Football Presentation for Year 4/5 Team is to be held on Saturday 22nd October 10:00 – 2:00. Presentation will be held in the hall.
10 TIPS FOR HEALTHY GAME PLAY
Prof Leon Straker & Dr Wayne Wiltshire

1. Aim for your children to have a healthy media diet in the 3 key areas:
   - Moderate amount of 1.5 hours per day of recreational screen time
   - Content free of the violent, sexual or inflammatory media more pro-social and educational media more active games
   - Remember you know more about content even if your children know more about playing the games
   - Age-appropriateness, especially for children under 8

2. Keep video games (on any device) out of the bedroom
   - This will vastly help to lessen the amount of use and moderate the type of use

3. Aim for more physical activity time than sitting screen time
   - The fitn6 automatically used for world play would be creating lots of fun opportunities each day for activity, this can include replacing ordinary a game with active games but should also include non-least interest that mixed activity

4. When playing video games, have an active break after 30 minutes
   - This increases of length of time and support slow-time effects and helps to switch to other activity

5. Encourage a good safe playing technique. That is a technique that:
   - Avoids violent gestures
   - Avoids excessive movements
   - Ensures sufficient pace for active games

6. Know what games your children are playing and monitor their game use
   - It is a recent study increased parental monitoring of screen use was associated with reductions in screen time, violent media exposure, aggressive behaviour and BMI and increase in hours of physical activity and school performance

7. Set and enforce rules around use
   - This may include time quotas (eg. minimum 2 hours per day of entertainment media, averaged across the week) and content restrictions

8. Model appropriate screen use and participation in real world activities
   - Children copy their parents, so modeling healthy screen use is important
   - Decision making is often made in groups, so promoting healthy screen use in these situations is important

9. Have a screen-free time before bedtime
   - This helps to reduce the amount of time spent on screens and helps to improve sleep quality

10. Be actively involved in your child's game play
    - It is especially important if games involve heavy, fast-paced or anti-social behaviour or upset kids in other ways, it is ideal to have a parent available to join in the game or provide some explanations.
    - Co-playing games can be helpful, but it is better if the parent is actively communicating with the child during play.