



St Patrick's School

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St Patrick's Primary School, Wangaratta, would like to acknowledge the Yorta Yorta Nation, whose clans include Bangerang (Pangerang) Kaitheban, Wollithiga, Moira, Ulupna, Kwat Kwat, Yalaba Yalaba and Ngurai-illiam-wurrung, as the Traditional Custodians of the land on which our school is situated.

This school supports the CHILD Safe Standards (Ministerial Order 870) and actively seeks to ensure that all students are kept safe from all forms of harm at all times.

ST. PATRICK'S SCHOOL NEWSLETTER

15th July, 2020

The Pariah Experience!

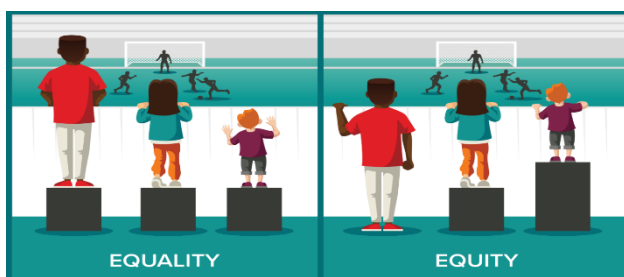
I had an interesting experience over the holidays. As it was a long term in many ways, I decided to get away for a few days to recharge the batteries. We went to Cronulla Beach in Sydney (I did ring the relevant authorities to make sure it was okay to do so). Whilst there, the Victorian/NSW governments announced that they were closing the border. We knew we were COVID free and we had already planned to return to Victoria on the Tuesday anyway.

From the moment the announcement was made, I began to feel like a stranger in my own country. I foolishly mentioned to a woman I was sharing a lift with, that I was from Victoria. From that moment on, she pushed herself into the corner of the elevator (she may have even held her breath!). I assured her that I was from the border region that had no cases for months. It didn't seem to matter though. At that moment, I felt different. I felt unwelcome. I felt dirty in some way.

After that experience, I began to wonder what it must have been like for others with far greater stories of being ostracised by others. Our Indigenous brothers and sisters, through the ages have been made to feel like foreigners in their own land. Migrants to Australia (especially post WW2) have also experienced what it's like to not be fully accepted (at least initially).

My experience was extremely minor, but it was enough to shake me into thinking how bad that feeling and treatment can be for others whose experiences can be ramped to the power of ten compared to mine.

As a Christian, I am called to accept all people equally irrespective of race, creed, colour or gender. Just as Jesus did. It's a part of me that I value. Perhaps, if I'm going to be more like Jesus in the way I treat others, I have to not treat everyone equally, but equitably.



THANK YOU **BERTSY & CO** FOR SUPPORTING OUR SCHOOL

Dear Parents,

Welcome back to another term. I hope that you had an opportunity to spend some time with your beautiful children.

I was hoping for a further easing of restrictions this term but, due to the changing situation in Victoria, I will happily take the current restrictions as they currently stand, as opposed to a complete lockdown again.

It is timely reminder for everyone to remain vigilant and maintain our social distancing so that we don't have to revert back to the previous restrictions.

We will maintain the practises begun at the beginning of the pandemic. These include but are not limited to:

- High levels of hygiene including sanitising hands and workspaces regularly
- Toilets cleaned twice daily
- Limiting entry to school grounds of adults/visitors
- Encouraging students who present as unwell to remain at home

Water Bottles

Just a reminder that all students need to bring a water bottle to school as our drinking taps are out of action whilst the COVID restrictions are in place. Student can use our newly installed bottle fillers to refill their bottles in a safe and hygienic manner.

Reports

Reports are being sent home this Friday in family envelopes. Please check your eldest child's bag for them.

Parent/Teacher/Student Interviews – Postponed

I sent an email out to all parents Monday morning outlining that we had postponed our Parent/Teacher Interviews, marked down for next week, to a date to be set. Given the current COVID19 situation, it's probably not wise to "poke the bear!"

We will revisit Parent/Teacher Interviews when it is deemed safe to do so.

In the interim, if you need to communicate with your child's teacher, that is entirely appropriate. This can be done via telephone, email or through video conferencing if you wish.

To make any arrangements, please contact your child's teacher.

School Photos

At this stage, these will take place on Friday, 7th August. The company used for this shoot have contacted me to assure me that they are based in Geelong and are not in a lockdown zone. I have been assured that this can be done whilst adhering to social distancing. Clearly, if the situation changes, then we may need to revisit the arrangement.



Enrolments for 2021

If you have a child starting school next year, can you let the office know to make sure we have our existing families covered.

Also, if you are aware of other families considering St Patrick's as an option for their child for next year, then encourage them to contact the school to secure their place.

THANK YOU **LA RONDE** FOR SUPPORTING OUR SCHOOL

St Patrick's Church Services

Please see the attached "flyer" from the Presbytery regarding the reopening of the church.

Assemblies

These will remain as Google Meets until further notice. The key point of business on Friday will be the awarding of the "Student of the Week" awards and birthdays. Many thanks to Mrs O'Connor's grade for stepping up to make the presentations.

Newsletter

Our newsletter can be accessed on our website and our Facebook page. Annette (in the Office) also has a mailing list that she is happy to include you on.

Simply email Annette on: abeitzel@spwanganaratta.catholic.edu.au or phone the office (0357215795) and Annette will put you on the list. If all else fails, you can request a hard copy from the office.

St. Patrick's PS APP REMIND

If you want to keep up with what's happening around the school, you can join REMIND.

It can be downloaded from the app stores to your devices using either of these links:

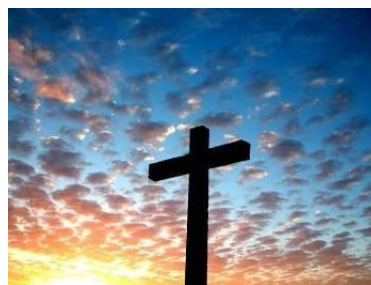
Apple - <https://goo.gl/IHQHGn> or Android - <https://goo.gl/FJWEv>

You will need to join our "Class" after you install and sign up - @spatwang, or St Patrick's Primary School Wangaratta



Mass Times

- * ~~Saturday 6.00pm St Patrick's~~
- * Sunday 8.00am St Patrick's
- * Sunday 9.00am Our Lady's
- * Sunday 10.30am St Patrick's
- * ~~Sunday 10.00am Moyhu~~
- * ~~Sunday 10.30am Whitfield (1st Sunday)~~



By appointment only until further notice. Details on flyer or on the Parish website.

<https://deanklayford.wixsite.com/wanganaratta>

Terry

DATES TO REMEMBER

AUGUST	7 th	-	School Photos
	10 th – 13 th	-	Book Fair
	24 th	-	SCHOOL CLOSURE – Planning Day

THANK YOU **ROBERTSON'S PHARMACY** FOR SUPPORTING OUR SCHOOL

AFTER SCHOOL CARE

JULY 13TH EOFY UPDATE

Child Care Subsidy (CCS) will be resuming on the 13th July 2020. If the families at your centre were receiving CCS prior to 6th April 2020, the CCS will start again if the family is still eligible and the enrolment is current and confirmed. Ensure that families are following the steps below to ensure that they remain eligible and are receiving the correct amount of CCS:

1. Give Centrelink the 2020-2021 family income estimate to receive the correct CCS percentage to avoid an over-payment
 2. Check the activity hours to receive the correct amount of hours of CCS per fortnight
 3. Ensure that your child is meeting the immunisation record requirements
 4. Check the child's enrolment details with the childcare centre and re-enrol if required
 5. Confirm the income for 2018-19 if the guardian hasn't already by 30th June 2020
- For the services who have set up direct debit as a payment method for families, please note that the direct debit will be switched on and families will be invoiced as per normal.

Services on an advanced payment cycle will be invoiced on Saturday. Services that charge in arrears, will be invoiced on Tuesday.

CHATTER MATTERS

Language Learning activities to try at home.

Focus: Story grammar, telling narratives.

Ten activities will be provided over term four targeting your child's knowledge of story grammar. It is important for children to learn that stories generally have parts or a sequence to follow. Knowledge of this will improve your child's reading comprehension and narrative writing.

A story needs to have:

A setting: 'who' the story is about, 'where' the story is taking place and 'when' the story is taking place,

A problem which arises in the story,

Feelings: how the character feels about the problem,

A plan to fix the problem,

The action,

A solution to the problem.

An ending.

1. Here are some fabulous books that you might want to find/borrow to read with your child. They have a strong storyline, which will help develop your child's comprehension.

- Fearless by Colin Thompson
- The Three Little Bush Pigs by Paul Dallimore
- Giraffes Can't Dance by Giles Andreae
- Possum Magic by Mem Fox
- Clancy the Courageous Cow by Lachie Hume
- The Rainbow Fish by Marcus Pfister
- Elmer by David McKee
- There was an old lady who swallowed a fly by



THANK YOU **PROVINCIAL HOME LIVING** FOR SUPPORTING OUR SCHOOL

FINANCE - JOB SEEKER AND CSEF

*For parents/guardians who have recently applied for the Government's JobSeeker support due to COVID-19 and now hold a Health Care Card, please check the card start date. If it is before 14th April 2020 then your children are eligible for Camps, Sports and Excursions Funding (CSEF) of \$125.00 per student. Please contact the school office to have an application form sent to you and we will lodge an application for CSEF on your behalf. Please note that the close off for 2020 CSEF is **Friday, 24th July 2020**. We will be unable to lodge applications after this date.*

PLEASE HELP - PRINGLE CANS

Could you please start collecting large empty Pringle cans and their lids! The Year 1/2's have a special project that they would like to use these for, next term.



THANK YOU **GATEWAY HOTEL** FOR SUPPORTING OUR SCHOOL

PAT ON THE BACK

Foundation Mrs Levesque	Congratulations to MIA HILL for the beautiful smile and caring nature she shares with her friends.
Foundation Mrs Shaw	Congratulations to ABIGAELE NEVINSON for the wonderful way she has come back to school ready to learn and keep persevering when things are a little harder. She does this whilst always happy and sharing a smile. Well done Abigael, you can do it!
Year 1/2 Bray/Cornish	A big pat on the back to NIXON GALES for the enthusiastic way he has settled into learning. We are so proud of the way he is settling into his work and achieving his best, especially in the presentation of his work. Keep it up superstar!
Year 1/2 Cassidy/Barry	Congratulations to SAXON LAWFORD for settling into his new school so quickly. We are so lucky to have you in our class Saxon; you are already such a great friend to us all!
Year 1/2 Ms Rinaldi	A big pat on the back to SEBASTIAN TURNER for the amazing progress he has made with his reading. You have worked very hard, Sebastian, and should be very proud of yourself!
Year 1/2 Mr Capper	Congratulations to ORLA WILKINSON for the superb way she has settled back into second semester. Orla is working very hard and producing some great work. Well done, Orla!
Year 3/4 Mrs Nicoll	Congratulations to VIVIENNE GIGLIO for always striving to do her very best and for confidently asking for assistance when necessary.
Year 3/4 Miss Sirianni	Congratulations to COOPER ROMAN for the extra care and support he has provided towards his friends and classmates, helping everyone to feel accepted and happy in school. Cooper has demonstrated kindness, compassion and inclusion by helping others to solve their disagreements in lesson and break times. Thank you!
Year 3/4 Mrs Rizzo	A big pat on the back to ROXY SMITHWICK for the excellent work ethic she displays everyday. Roxy is also caring, supportive and a fair friend in and out of the classroom. You are an inspiration, Roxy! Well done!
Year 3/4 Ms Whitehead	Congratulations to ANNABELL MARTINO for the positive ways she has started Term 3. It has been great to see Annabell try her best with all learning activities. Keep up the great work, Annabell!
Year 5/6 Mrs O'Connor	Congratulations to MAKAYLA POOL for being a kind and caring friend to others. Makayla lives by the Gospel values, by treating others the way she likes to be treated. Well done!
Year 5/6 Mrs Ackerly	Congratulations to INDIGO PERUZZO for the fabulous effort, thought and dedication she puts into every learning task. Keep up the positive mindset Indigo, well done!
Year 5/6 Mrs Rickard	A big pat on the back to ANDREI LESTINO for the positive way he approaches his work. He displays a positive mindset and always jumps in getting started on his task with enthusiasm and great energy. Well done, Andrei!

WHAT'S HAPPENING IN THE CLASSROOM

FOUNDATION – Caz & Trish

Foundation Newsletter Week 1 Term 3

Welcome back everyone to Term 3! We hope you have all had a well-deserved break and enjoyed your holidays together.

Important messages

We continue to ask that you have your children at school before the beginning of the day bell that rings at 9.00am. Thank you for your cooperation.

Religion - We begin a new Religious Education unit called, 'I can talk to Jesus'.

In this unit the children will begin to understand different ways of praying. They will experience prayer as a way of talking and listening to God. They will discover that prayer can take many forms, something that they can be involved in at any time and in any place.

Literacy - The Foundation students will continue to work through a variety of activities related to the big book in their class. They will continue to write lists, letters and labelling relating to the big book. The students continue to practise the most used words daily and sounds and letters. The students will rhyme and find syllables in words found within the Big Book.

Foundation Levesque - 'Mrs Wishy-Washy Big Wash'.

Foundation Shaw - 'Mrs Wishy-Washy Big Tub'.

Monday is the day for the yellow reading diaries to be handed in for viewing in both classrooms. The children change their readers on this day. We would appreciate it if you could send these books in on **Mondays**.

We thank you to the many families who have established a regular reading routine. We ask you to **please** continue to maintain a regular reading routine with your children at home.

Don't forget that you can still access your child's PM readers at home with the code you were given for remote learning.

Library - Friday is the day where the students are to return their library books. Please ensure your child has their library books and bag on this day.

Maths - The students will revisit the subitising unit to consolidate their skills. This requires knowing the number by sight and not having to count. They will subitise small collections of objects and they will use subitising as the basis for ordering and comparing collections of numbers.

Sport days will now be on **MONDAY** and **THURSDAY**. Please ensure your child wears appropriate sport clothing on these days.

REMINDERS –

Reports will be sent home on Friday the 17th of July

School Photos - Term 3 - Friday, August 7th

We are looking forward to working with you all in your child's learning journey. Have a wonderful week.

Carolyn and Trish

THANK YOU **DESIGN HOUSE INTERIORS** FOR SUPPORTING OUR SCHOOL

YEAR ONE/TWO – Janina, Amanda, Elise, David, Karen & Leah

Important days to remember:

Friday 17th July	– Reports to go home (hard copy)
Friday 7th August	– School Photos
Monday 10th August	– Book Fair
Monday 17th August	– Science Week
Monday 24th August	– Planning Day (students not required at school)
Friday 28th August	– Year 1/2 Rinaldi/Capper assembly
Friday 4th September	– Year 1/2 Cassidy/Barry/Bray/Cornish assembly
Friday 18th September	– Term 3 ends

Welcome back everyone, we hope all our families had an enjoyable break. We are looking forward to the term ahead and all the fun and exciting learning that will occur along the way. We would like to welcome two new students to our school this term; Saxon (1/2 Cassidy/Barry) and Allaryce (1/2 Bray/Cornish).

Please remember to ensure jumpers are labelled and that students bring their own water bottle to school each day.

Literacy

- In class we have been looking at verbs and the students have especially loved playing charades, acting out different verbs.
- This week our spelling sounds are 'ch' as in chin and 'gr' as in green.
- We are continuing recount and letter writing this week. In addition, we are reading and writing fairy tales and looking at what makes a fairy tale a fairy tale.
- For news this week our topic is 'My holiday highlights'.
- Next week our news focus is 'My favourite game to play'

Please keep up the excellent reading at home and don't forget to fill in your yellow reading logs.

Numeracy

In numeracy this week we have continued our focus on telling the time and looking more closely at the months and seasons. We encourage our families to make reference to the time throughout their day and encourage their children to attempt to tell the time using an analogue clock.

Inquiry

This term our inquiry topic is 'Through Generations'. Students will explore how families are the same and different and how life has changed and stayed the same. We will be creating a class museum with artefacts from years gone by. If any families have any items they could share as a part of this e.g. old phone, cassette player it would be greatly appreciated. We will also be learning the rules of some old-fashioned games and would appreciate if anyone had any at home we too could borrow it would be appreciated, e.g. knuckles, tiddlywinks.

We hope you all have a great week!

THANK YOU **GLOW DAY SPA** FOR SUPPORTING OUR SCHOOL

YEAR THREE/FOUR – Karen, Nara, Ellie & Jess

Welcome back to our Year 3/4 students and families. We all hope you had a restful break. Let's hope that we are able to have a solid term of learning together and be grateful that we're not in the same position as our Melbourne counterparts.

Important Dates:

17th July - Semester 1 Reports

20th & 21st July - Parent/Teacher interviews POSTPONED DUE TO COVID-19.

Literacy:

This week in **Reading**, the children will continue focusing on the processing systems that we use when we 'think about text'. This specifically relates to thinking critically about text and also analysing text (noticing aspects of the writer's craft, including text structure). We refer to these processing systems as genre characteristics. This week we are specifically looking at the 'fiction' sub-genre, 'fantasy fiction'. Further to this, students have also been introduced to the features of historical narratives.

In **Writing**, the students have been working on their holiday recounts and they are also engaging in activities designed to develop their understanding of historical narratives, building on from the learning that they are doing during Reading time. This is in preparation for understanding how to compose this type of text. They will be writing this style of narrative as part of their Inquiry unit, 'First Contact'.

The **Spelling** focus this week is: -dge (as in knowleddge), -ge (changge) and -ce (sentencce).

Homework:

There is no formal homework this week however, teachers have given their students some small tasks to complete. This includes reading each evening, revising this week's spelling words and also focusing on developing automatic recall of the multiplication tables.

Numeracy:

This week in Numeracy the Year 3 and 4 students are engaging in a project related to 3D objects and graphing. They are exploring the attributes of a variety of 3D objects (faces, edges and vertices) and recording the data on a Google Sheet (similar to Excel). This data will be used to create graphs that compare different 3D objects. Students will use this information to make observations. An extension of this task will be to calculate and then compare the 'areas' of each 3D object using their nets.

Inquiry:

During our unit, 'First Contact', the students will be given an insight into the history of the Australian community and the traditions and experiences of different cultures. They will be guided to investigate Indigenous communities, the First Fleet, the stories of first contact between European settlers and Indigenous Australians and how historians learn about the past. They will use the information that they learn to produce a historical narrative based on the life and experiences of an Indigenous Australian or a European settler. Students will also research artefacts related to the life of an Indigenous person or a European settler.

Religious Education:

Our first unit this term is 'God's Holy Word'. During this unit, students will be given the opportunity to become familiar with the structure, form and some content of Scripture. They will also research and explore significant people and stories in Scripture.

Uniform:

Please ensure that your child is wearing correct winter uniform (including Sport uniform on each of the two designated Sport days) to school each day. As per our uniform policy, coloured sneakers should only be worn on Sport days. If your child is not wearing school uniform for a particular reason, please kindly advise their classroom teacher via email or a note.

THANK YOU **MCDONALD'S RESTAURANT** FOR SUPPORTING OUR SCHOOL

YEAR FIVE/SIX – Andrea, Helen, Sharyn & James

Welcome back to Term 3, we are all recharged and excited to be back at school.

Mid-Year Reporting

School reports will be sent home **Friday the 17th July**. The reports will have a comment-based format this semester to reflect the adjustments of remote learning.

Parent Teacher Interviews

Sadly, the Parent-Teacher interviews have been cancelled due to Covid-19. If you would like to make contact with your teacher regarding your child's progress please email your teacher or contact the school phone.

Canberra Camp

Unfortunately, due to the recent second wave of Covid-19 and the heightened restrictions, the 5/6 Canberra Camp has been cancelled.

We received notice over the holidays from the Australian Institute of Sport (where the students were to stay) that all school bookings were cancelled for the 2020 school year. Other venues booked also indicated that they were cancelling bookings due to COVID19.

This is disappointing, however, we understand that the decision was made in the best interests of the students.

Mathematics

This week we begin investigating the concept of fractions and decimals. We will be using the Mathematical Mindset approach which focuses on growth mindset and visualising mathematical concepts to build understanding.

Literacy

Students will be spending time in their Literacy circles reading their novels this week. The students are completing, assessing and sharing their historical narratives with the Year 3/4 students this week. Students will be writing a script to narrate their dioramas explaining a significant historical event. **Please ensure all students have returned any overdue Library books.**

Inquiry

The students are in the process of completing and green screening their dioramas. We will be holding a 'Museums in Motion' virtual expo for the rest of the school community to view the dioramas. More details to come.

RE

We will be looking at 'Who is Jesus in Luke's Gospel' for RE. The students will be breaking open the Gospel to find the messages of the hospitality and healing parables. The students will recontextualise the message to create a newspaper article relating to the parable.

Helen, Andrea, Jim & Sharyn

THANK YOU **FRANKLY ECO** FOR SUPPORTING OUR SCHOOL



Wangaratta Catholic Parishes



Effective Tuesday June 2, 2020, public Masses will resume at St Patrick's and Our Lady's Churches.

However, we can only accommodate 20 people at every Mass. Therefore, parishioners **MUST** book ahead to attend. **Each** parishioner will be able to attend **ONE MASS A WEEK**. All are welcome to attend, but they must book ahead.

PLEASE RING 0357221970 between 9.00am and 3.30pm Tuesday to Friday. Only those who have booked will be able to attend to Mass.

Schedule of Masses:

- Tuesdays and Fridays at 9.00am at Our Lady's.
- Wednesdays, Thursdays and Fridays at 12.05pm at St Patrick's.
- Saturdays at 10.00am at St Patrick's.
- Sundays at 8.00am and 10.30am at St Patrick's.
- Sundays at 9.00am at Our Lady's.

Sacrament of Reconciliation

- Fridays and Saturdays from 11.30am to 12.00pm at St Patrick's.

Also, following the directives of the Government for COVID-19, we will be implementing social distancing and asking for people's name and phone number for contact tracing, if needed.

Please feel free to share this information with any parishioners.

MAYFAIR SHOWBAGS



WANTED PLEASE –
McDonald's Toys (in the wrappers),
COLES Minis or Stikeez,
SAFEWAY Lion King Ooshies,
Keyrings, Lanyards
Woolworths Tiles (in wrappers) for
Mayfair 2021 Showbags

Please deliver to the office, thank you.



MATHS IS ALL AROUND YOU

TOP 5 TIPS FOR PARENTS

Maths is all around you! You can explore maths while doing daily activities to help develop your children's maths and numeracy skills.

MATHS IN COOKING

1.

Cooking is all about maths! And it's something we can all do. Get children to read instructions, measure ingredients, and ask questions about the maths involved. Let them explore the

numbers, while being rewarded with a tasty treat! Extend this to maths in the veggie garden as you grow ingredients.

Explore: Measuring and quantities, time, fractions, estimation, temperature.



MATHS IN SPORT AND EXERCISE

2.



Many children love sport, but often don't realise how much maths there is in it! Ask questions about performance statistics, compare and analyse players. Or try

footy tipping as a way to analyse team performance. Exercise is an opportunity! Estimate how far you will run today, and how long it will take. Use an app like Strava to record activity and look at the stats.

Explore: Distance, time, speed, estimating, statistics, comparing, data and data display.

PLAYING GAMES

3.

Games are an awesome way to have fun with maths, any games with counting and dice help develop basic number sense. Many games explore money (Think Monopoly!), and puzzles often work with pattern and shape.

Explore: Numbers, counting, addition, money, number recognition, pattern, shape.



MONEY, SHOPPING AND BUDGETS

4.



Have you ever given your children a budget to purchase the ingredients for a meal? What about shopping for their clothes? You could explore paying the bills, or calculating how

much it costs to run a car? What about budgeting for a holiday! Depending on your child's age there are plenty of activities to try.

Explore: Money, calculating amounts, addition, subtraction, budgeting, tracking, estimating.

JUST ASK QUESTIONS

5.



Regardless of the maths you are exploring, the main strategy here is to ask questions!

Let your children explore, while you prompt them with questions to challenge

and expand their thinking. You don't need to know the answers you can work them out together!

Explore: Maths in the media, fake news, global news.

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THE MATHEMATICAL
ASSOCIATION OF VICTORIA

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Screen time for your child – 7 tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.



1. Be involved

Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.



2. Work with your child to set boundaries for screen use

If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.



3. Be clear about the consequences of not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The [Raising Children Network](#) provides some useful tools and advice.



4. Set device-free zones and times at home

Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- charge devices overnight in a place your child cannot access

5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.

6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child. Instead, be open about the process and check the whole family's usage, including your own. Start with [Google Family Link](#) for Android devices or [parental controls](#) and [Screen Time](#) for iPhone/iPad.

7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.

