Issue 2: 
Herald for Week 4

**Quote for the week:**
“Education is not the answer to the question. Education is the means to the answer to all questions.” William Allin

Don’t forget to write in all your assessment dates in your Student Diaries!

Being focused and organised now will help you in the coming weeks!

**Digital Technology and YOU!**

Kids spend more time engaged with media than they do in any activity other than sleeping and who can blame them? The digital world is loaded with interesting and entertaining activities designed to capture and hold our attention. While young people participate in a number of positive activities online, such as using the Internet for school work and staying in touch with friends they rarely see in person there are some downsides too.

**One of these downsides is spending too much time with technology.**

Learning how to balance time spent online with all of life’s other activities is one of the great challenges of the digital age. In addition, learning how to use our online time wisely is an important skill we must develop it is a lifelong skill that families can learn and practice together.

**Tips for Parents - Keeping a healthy balance in our digital age.......**

- Create an “electronic media free” environment in children’s bedrooms.
- Keep family time “media free” by banning digital devices from the dinner table!
- Help your children select creative alternatives to digital media consumption.
- Charge phones and other devices such as the iPad each night in a central location where they can’t interrupt sleep.
- Do not use smartphones as alarm clocks.
- Many doctors recommend no screens through the last hour before bed for improved rest and health, and reduced anxiety.

Please keep me updated with your news and achievements so they can be posted in the next Year 7 Herald!

**Birthdays Week 4: Rhianna Simpson**
Try Sports Photos!

Our coaches all agree Year 7 have shown great sportspersonship in all their actions! The aim of Try Sports is to meet new people and create new friendships!

Above: Year 7 Try Sports—Our Team Photo taken by Mr Tierney.


Year Seven Week 4

Monday –
School Photos for Year 7 in Period 1—you need your Blazer.

Tuesday –
Year 7 Peer Support—Meet in the Performance Theatre.
Afternoon Try Sports (Don’t forget a House Shirt, hat and water bottle)

Wednesday –
A Normal School Day

Thursday –
Afternoon Try Sports (Don’t forget a House Shirt, hat and water bottle)

Friday –
A Normal School Day

Saturday -
Try Sports starts at 9:30!

Saturday is also Scholarship day—good luck if you are sitting the exam.
Try Sports Photos! Continued.....