



Meeting Podge at Responsible Pets



Operation Christmas Child

OLIVET CHRISTIAN COLLEGE
89 Main Rd
Campbell's Creek 3451
Phone (03) 5472 3817

The Olivet News

I was reading an article recently in which “parenting expert” Doctor Justin Coulson, suggested a number of steps to a happy school holiday as being:

Limit Children’s Screen Time

One of the first things Dr Coulson advises parents, is to limit the amount of time they spend on screens and devices – “for their sanity and yours”.

“I know the TV and the screens and the devices and all that stuff make life easy, but in the long run they actually make things harder,” he said. “So make sure they’ve got a good balance.”

In an article on his Happy Families website, Dr Coulson said that excessive screen time is associated with several problems in children “including (but not limited to) poorer speech and language skills in young children, poorer social skills in older children, poorer academic outcomes, lack of sleep, poorer health, and increased risk of depression and anxiety”.

In an article about appropriate time limits on screens and mobile devices, Dr Coulson encourages parents to remember that “time off screens allows for more relationships to develop and deepen, creativity to evolve, and physical activity to take place”.

He encourages parents to set up tech-free zones, avoid using technology as a babysitter or stress-reliever, and allow them to use devices in a positive

way, within boundaries.

“The responsibility is ours – as parents,” he writes. “We must establish rules about media and phone use and monitor adherence to those rules, with clear consequences if the rules are not kept.

Be Creative With Holiday Activities

Come up with fun activities you can do with your children, and plan for time around them, Dr Coulson said.

“I think the most important thing for kids – if you can be around and be available – is that you do at least something with them each day.”

“Getting outside, going for a bike ride, going for a walk, just doing something. They’re going to make a mess, deal with it. Kids are not meant to be tidy all the time. Get the kids together with their friends, get them outside, get them having fun, away from the screens – and make it a holiday.”

You can read this full article at <https://hope1032.com.au/stories/life/parenting/2016/what-to-do-with-kids-school-holiday-ideas/>

It is interesting to see that both Bill Gates and Steve Jobs both limited their children’s use of technology.

I am praying that you will all have a happy, relaxing and safe holiday.

Steven Nicholas.

PLEASE PRAY This week for these families: Turnbull, Woodley-Rayner, Amy and Arendtsz/Pezzimenti families.

SUMMER UNIFORMS

The boys summer white shirts will be sent home today. Please check the size you requested is correct for your child. Winter swap for all students will take place in Term 1, 2019. The office also needs to know the sizes of any summer dresses that need to be ordered.

SUMMER TRANSITION

For the first 2 weeks of Term 4 (8-19 October), students have the option to wear winter uniform if the weather is cold. Please note, this is full winter uniform including tie, winter tights, etc, not a mixture of Summer and Winter.

DATES TO REMEMBER

TERM FOUR Mon Oct 8 - Thurs. Dec 6

30th October Orientation Morning

5th November NO STUDENTS AT SCHOOL

6th November MELBOURNE CUP HOLIDAY

8th November Orientation Morning



Mount Alexander Chess Challenge