PERTH WALDORF SCHOOL

Term 1, Week 5

Many Data Collection Forms have not been returned. Data Collection was due back on the 25th January. If you have not yet returned your form you could please do so as soon as possible. Please note that all forms must be filled out correctly, including parents first and last name’s and child’s full name. Any forms that don’t include this information will be disregarded. Forms can be dropped into the Front Office, posted or emailed to adminpws@pws.wa.edu.au. Please see reception if you require a new form. The data required on the form is relatively generic and the school treats such data with utmost privacy.

The data collected in this exercise is not for the school to use but instead is used to inform the Commonwealth government about the socio-economic status of our parent body and what postcode they reside. The Commonwealth Government funds all private schools according to this data. Information that suggests a school has parents with a high socio-economic status will get less government funding and vice-versa. Your accuracy is really important to the level of our school funding which in turn affects the amount of fees the school charges to make up for the shortfall.

On a similar topic, our school submitted its school population census data last week. Both state and commonwealth government funding is based on student numbers. Government funding makes up more than half of our school’s funding.

- From Playgroup to Class 12 there are 542 children
- In Playgroup and Kindergarten there are 126 children
- In Class 1 to Class 7 there are 216 children
- In Class 8 to Class 12 there are 200 children

NOTICE The school has a clearly stated policy about giving notice when withdrawing a student. That is that a term’s notice should be given or one term’s fees will be billed. Please be mindful of this and respect the school’s need to plan and manage class lists according to this data. Information that suggests a school has parents with a high socio-economic status will get less government funding and vice-versa.

C-SHED (a mnemonic for Five Principles of Steiner Education)

We’ve briefly looked at Collegiality and Spirituality as core principles of Steiner Education. This week we touch on the Holistic nature of the education. Examples of this include:

1. Having an expectation that ALL children will engage in both the creative arts as well as what is perceived to be the more academic subjects. So Waldorf students are likely to get to choose “electives” in Class 11 and 12. Until then, all students do woodwork, LOTE, music, art, PE and craft. In the doing of something that takes us out of our comfort zone we develop and grow.

2. Having an expectation that ALL children will study all areas of the curriculum. This means every student does all the main lessons* right through until the final Class 12 play. No exceptions. If you’re not into science you’ll still be doing a chemistry main lesson in Class 12. If literature is not your thing you’ll still be getting down and dirty with the classics in Class 12. Also, students only get to choose “electives” in Class 11 and 12. Until then, all students do woodwork, LOTE, music, art, PE and craft. In the doing of something that takes us out of our comfort zone we develop and grow.

* A main lesson is a block of study in one area for three or four weeks, for two hours at the beginning of each day. It is a unique feature of Waldorf education and occurs non-stop from Class 1 to Class 12.

IN THE LIGHT OF A CHILD

In misty, misty autumn air,
Summer lingers still through mellow days,
And light which glimmers gold and fair
Is dimmed and dulled by gentle veils of haze.
I myself can clearly see
How autumn, soft and slow, is creeping.
Summer gave herself to me
And now departs for winter-sleeping.

- Michael Hedley Burton
Having an expectation that the curriculum and the way it is brought to students will engage the will, feeling and thinking realms and is not one sided – often schools err towards the thinking realm to the exclusion of the other dimensions of humanity. Physics for example is not taught passively through note taking and regurgitating facts for an assessment down the track. Instead, students must engage their will forces in asking and answering questions in discussion, they must present their work in main lesson books attractively and creatively and of course they are led to think and ponder on how laws of nature can be harnessed and made sense of.

It is trite nowadays for education marketing to talk about educating the head, heart and hands. There has been some progress by some educators however the biggest lament of school principals is the focus of the government on literacy and numeracy (and more recently STEM subjects) to the exclusion of a holistic education. At Perth Waldorf School we agree with many commentators on this subject that this narrowing rather widening is the antithesis of what the world needs which is a creative, flexible and adaptive population ready to meet the challenges of this century.

SAFETY AND CARE FOR OTHERS:
Please be responsive to the needs of others and the needs of our environment by:

- not blocking in other cars when parking,
- driving slowly in school grounds and
- never using your mobile phone while driving or guiding your young child to your parked car.

Thank you for your support of the Steiner Curriculum.

Bruce Lee - School Administrator

FROM FINANCE

SCHOOL FEES ARE NOW OVERDUE - Term 1 Due Date: Friday, 9th February, 2018.

<table>
<thead>
<tr>
<th>CREDIT CARD/ONLINE PAYMENT</th>
<th>ELECTRONIC FUNDS TRANSFER</th>
<th>CHEQUE AND CASH</th>
</tr>
</thead>
</table>
| Payments by Credit Card can be made by visiting the Bpoint website: https://www.bpoint.com.au | Payments by Electronic Funds Transfer (EFT) can be made to the school’s banking details as follows:  
Account Name: Perth Waldorf School  
BSB: 066 000  
Account Number: 1205 1015  
Commonwealth Bank Perth  
Reference: Family Code | Payments by cheque can be made payable to Perth Waldorf School. Please have a copy of your statement attached when mailing your cheque.  
Postal Address:  
PO Box 1247  
Bibra Lake WA 6965  
Cheques and Cash Payments can also be made during office hours at the School Reception.  
EFTPOS terminal also available |
| Biller Code: 147 2133  
Reference: Family Code |  |  |
| Phone payments can also be made by calling Reception on 9417 3638 during Office Hours.  
We accept VISA and MASTERCARD. |  |  |

A late payment fee will apply to all accounts not paid by the due date. This does not apply if you have a payment plan arrangement in place.

UN-REFERENCED PAYMENTS
The Finance Department have received payments without Family Code’s with the following details:

Thursday, 1st February, 2018 - $60.00
Friday, 9th February, 2018 - $753.00
Friday, 23rd February, 2018 - $753.00

If you believe any of these payments were made by you, please contact the Finance Department at account@pws.wa.edu.au. Thank you.
HEALTH NOTICE
Dear Parents,

There has been a case of Scabies in Class 10 and 12.

Scabies is an infestation of the skin caused by the scabies mite. It can be spread by skin to skin contact or contact with an infected person’s clothing or bedding. Itching begins 2-6 days for individuals who have not previously been exposed to scabies and have been infected, and within 1-5 days for individuals who have been previously exposed. Scabies is similar to hair lice except on your body.

Treatment involves application of insecticidal cream, lotion or solution as prescribed by a doctor. Students should then be excluded from school until the day after treatment has begun. Please check your child for any rashes in the upcoming weeks and notify the school if they are diagnosed with it.

POSITION VACANT

PWS invites applications for:

Community Support Officer (10 hours per week).

This role involves working to build a sense of community in the school and ensure that, as much as possible, it is a ‘healthy’ community by way of clearly communicating school expectations and provisions for parents and students and keeping in touch on a human level with members of the community - both staff and parents. A high degree of social-emotional intelligence and diplomacy when working with people as well as an ability to plan and coordinate others is required.

Working in this role requires fitting in with school culture and the needs of the school and evolving in the position with changing needs as they occur.

Applications close: 28th February at 3:00pm.

Full job description is available on our website.

All written applications, including a CV and three referees, should be marked ‘Private & confidential’ and forwarded to:

The Administrator, Perth Waldorf School, PO Box 1247, BIBRA LAKE WA 6965
OR employment@pws.wa.edu.au
FROM COMMUNITY SUPPORT

PALM SUNDAY WALK
We look forward to sharing with you and your children the Palm Sunday walk coming up on Tuesday, 27th March. Our children’s walk through the school with the donkey and with their colourful crosses is a celebration of the entrance of Jesus into Jerusalem during Holy Week. This is a very significant festival in a Steiner School and we ask parents and the wider community to remember that this is time for reverence and for being truly present to the sacredness of this event. We will be asking the market stall holders and the canteen to cease trading before the procession so that we can all be ready to receive our children as they walk under palm fronds and are bathed in our voices.

If you have any palm fronds please drop off on the veranda of Cedar House (near lost property) on the morning of the walk.

Please note that the P&F will be having their Easter Market Cake Stall again this year and require each Class to provide 3 cakes per class. If you would like your container back please make sure your name is on the container and the lid. Please remember to ensure that the ingredients of your offering is listed - see the label at the back of the Pabulum for your use. Please no cream!

Thank you,
Penny Champ, Renae Fassom and Heidi Halter - Community Support Team

EARLY CHILDHOOD

REMINDEERS FOR THIS WEEK
Friday, 2nd March - PUPIL FREE DAY.
Monday, 5th March (next week) - PUBLIC HOLIDAY.

PARENT and BABY GROUP

The Parent and Baby Group is ready to meet some new babies!

If you have a baby or know of anyone who has a baby anywhere from newborn to one year of age, please contact Rosemary or Jennifer to see how you can attend.

The Parent and Baby Group runs on Thursday afternoons each week of term. Our aim is to provide a nurturing meeting place for parent and baby, holding them in a space of warmth, reverence and acceptance. We meet and create community over a piece of cake, a cuppa, and sharing.

Everyone is welcome to attend
Cost $10 per session
12:15pm-2:00pm

Parent and Baby Group - Rose Hughes - phone 0430 207 577
Early Childhood Coordinator - Jennifer Byrne - 0407 391 482
REMINDERS FOR THIS WEEK

Wednesday, 28th February - Class 1 and Class 7 (Kulbardi) will both be having a Parent Teacher Meeting at 6:30pm. Parent Teacher Meetings are wonderful opportunities to discuss with your child’s teacher about how your child is progressing and behaving at School, as well as to better understand what they are currently learning in the classroom.

Friday, 2nd March - PUPIL FREE DAY.

Monday, 5th March (next week) - PUBLIC HOLIDAY.

EASTER FESTIVAL

As we have entered the time of Lent, we begin to prepare ourselves for the Easter Festival. This year the Easter week falls in Week 9. Starting on Tuesday, 27th March with our Easter Palm Walk, we will follow our Little Donkey around the school, holding our beautifully decorated Crosses aloft and joyously singing. In order for us to do this we need to prepare our Crosses which most students will already have from last year. For our new students a basic cross needs to be made using the pattern below and return with it to school by Monday, 19th March, as this is the day when we decorate the crosses in the afternoon.

EASTER CROSSES

The Cross is to be constructed using dowel approx. 12mm in diameter; the vertical piece is to be 72cm long and the horizontal piece 45cm long. The dowel should “cross” 22cm from the top of the vertical and be wrapped with wool or wire to stay together. Take some thick wire and make a circle around the cross with a 20cm radius from the crossover section. To make it easier to attach the Easter Roosters, attach a long nail to the top of the cross.

ALL Crosses are to be brought to school by Monday, 19th March, 2018.

HIGH SCHOOL

REMINDERS FOR THIS WEEK

Thursday, 1st March - Class 9A will be performing in the historical play ‘Stories From Suburban Road’. Please see below for details.

Friday, 2nd March - PUPIL FREE DAY.

Monday, 5th March (next week) - PUBLIC HOLIDAY.

WANTED

High School Craft is in need of some really large (1.5 - 2 litre) glass jars with lids. If you have any jars spare that you would like to donate, or know of anyone who does, we would greatly appreciate them. We will be using them for solar dyeing. Please leave any jar donations at the Front Office. Thank you.

CLASS 9A PLAY - THIS WEEK

Class 9A will be taking to the stage this week to perform in the historical Australian play ‘Stories From Suburban Road’.

Adapted by Alan Becher from Tom Hungerford's autobiography of the same name, Stories from Suburban Road is a nostalgic and vivid look at growing up in an Australian rural setting between two world wars.

WHEN: THIS WEEK - Thursday, 1st March at 9:00am and 6:30pm.
WHERE: PWS, Williams Hall.
COST: $5 Adults, $2 Students.
Suitable for all ages. Hope you see you all there!

See poster on next page....
Library Classes have now settled into a good rhythm and we are enjoying your children very much. Library is a wonderful space for not only encouraging the children to love books and reading but also a place where they can breathe out in a peaceful and quiet environment. We feel very blessed to be able to hold this space for such wonderful young people.

Please note the following days for your children’s Library classes and ensure that they have their library bags on this day. It is heartbreaking for the child and us when we are unable to allow a child to take a book home because they do not have their bag.

Monday - Class 4, 5 and 7 (Kulbardi).
Wednesday - Class 1 and 2.
Friday - 3 and 6.

The Library is open to parents and community friends from 11:30am until 3:00pm on Tuesdays, 9:00am until 12 noon on Wednesdays, all day Thursdays and from 12:00pm to 3:00pm on Fridays.

Thank you to all of those in our community who are still donating books to the Tashi Steiner School Community Bookstall in the Plaza and to those who often buy. Already this year the stall has raised over $100 which is a substantial amount in Nepal. Please keep the donations coming and remember to drop them in the Library rather than straight to the bookstall itself.

You may remember a few years ago a Class 12 Student, Amber Lavell, who for her Project Practical produced a wholesome, inspiring and nourishing magazine for teen girls. Amber has now brought out the second edition. If you would like to buy a copy of Luna ($20), and support her along the way as well as bring to your girls something that has realistic images of healthy girls and motivational stories please pop into the Library.

Penny Champ and Kelly Geyer - Library
THE EASTER MARKET
This year our Easter Market will be held in conjunction with the Primary Easter Donkey Walk on Tuesday, 27th March. P&F are now calling for Market Stalls to be held on the day. If you are interested in holding a stall, application forms are available from outside the Front Office. If you have any further questions please contact Gabby (head of P&F) on 0439 919 926. Thank you.

CALL FOR CAKE MAKERS
The P&F would like each class to make three (3) cakes for the Easter Market Cake Stall. Please fill in an ingredients label to put with your cake (available on the back of this week’s Pabulum). Please deliver to the table outside the canteen on the morning of the Easter Market.

COLES SPORTS FOR SCHOOLS PROGRAM
This year Perth Waldorf School will be participating in Coles Sports for Schools program that is currently running. Tickets can be dropped at The Carriage.

MAINTENANCE & GARDENING
We are a waste wise school!

Look around, there’s so much plastic. Let’s recycle its fantastic.
Don’t forget about paper and glass. Recycle together with your entire class.
We’ll make sure we never litter. Let’s recycle, we’re not quitters.
When we place our garbage in the right bin, both us and nature win.
Thanks for keeping the environment healthy and clean. Recycling is fun and keeps our earth green.

Chewing gum is prohibited! Please refrain from bringing/chewing gum on school grounds.

BUSY BEE
You are invited to join our gardening Busy Bee each Wednesday morning from 9:00am till 10:00am. This will count towards your family participation hours. Let’s make our gardens and grounds all the more beautiful for our children. We will meet in the Rainbow/Rose Room kindy garden after morning drop off at 9:00am. No gardening experience necessary, just bring your enthusiasm. Please contact Heidi on 0427 445 754 for more information.
COMMUNITY CLASSES

Groups/Classes
Participating in any of these activities goes towards Family Participation Hours.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Mondays, 8:50am-10:15am</td>
<td>Parents and Friends Study Group by Anne Williams (in the Library, no children please) 0424 771 217.</td>
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<tr>
<td>Mondays, 10:30am-12:00pm</td>
<td>Biodynamic Group with Heidi Halter (in the Playgroup garden).</td>
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<tr>
<td>(fortnightly) 12/03</td>
<td>Craft Group with Pixie Stott (outside the Canteen).</td>
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<tr>
<td>Tuesdays 9:00am</td>
<td>Eurythmy with Kristina Hamilton (in Williams Hall).</td>
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<tr>
<td>Tuesdays, 2:15pm-3:00pm</td>
<td>Adult Singing - Come and join Claire Williamson and discover your inner voice (in the Music Office).</td>
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<tr>
<td>Wednesdays 9:00am</td>
<td>Listening Circle with Bruce Lee - the Administrator (in the Library).</td>
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<td>Fridays, 9:00am-9:45am</td>
<td>Waldorf Wood Workers with Christian Geyer (meet in Plaza) 0409 267 178.</td>
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<td>Saturdays 1:00pm-4:00pm</td>
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These groups for parents are run or led by teachers or parents. Members of the school community are encouraged to join any of the groups and enjoy the experience of personal growth and learning in this beautiful environment - a great inspiration for our children!

PARENTS AND FRIENDS STUDY GROUP - with Anne Williams.
Mondays, 8:50am-10:15am in the Library.

The Anthroposophical study group for parents and friends meets on Mondays from 8:55am to 10:15am in the Library. No children please. For further information contact Anne Williams, 0424 771 217.

BIODYNAMIC GROUP - with Heidi Halter.
Monday, 12th March, 10:30am-12:00pm in the Playgroup garden.

Please join us on Monday, 12th March for our compost making workshop. It's a great practical way to learn the basics of making a foolproof compost. Guiding notes will be given out to take home. Meet at the Playgroup garden at 10:30am. A gold coin donation is appreciated. If you have any questions feel free to phone Heidi on 0427 445 754.

CRAFT GROUP - with Pixie Stott.
Tuesdays, 9:00am outside the Canteen.

Come join our lively group of crafters and learn some new skills or polish up some old ones. All levels of ability are catered for. It will be run as "first you make you keep and then make one for the group to be sold". This will go towards completing your community hours. Children welcome but do need to be supervised. We are working with Easter Crafts this term so come make something for your child and help make something towards the Easter market stall. We look forward to seeing you next week.

EURYTHMY - with Kristina Hamilton.
Tuesdays, 2:15pm-3:00pm in Williams Hall.

Rudolf Steiner’s art of movement, EURYTHMY, helps to connect the spirit within each human being to the world at large. As well as being a much respected performance art, Eurythmy is recognized world-wide for its practical applications in education and therapy. At PWS Eurythmy is an essential component of the Waldorf Curriculum and is currently being offered from Kindy to Class 6. Each lesson is created anew to help the child meet the particular challenges of each stage of child-development.

In these free Eurythmy classes designed for adults, the aim is to share the life-affirming benefits of Eurythmy movements. After doing Eurythmy many people remark how they feel so much more relaxed, at one with the world, and ready to meet the challenges of life. Happy parents mean happy children, so do come and try this wonderful elixir! No experience is necessary, only a wish to enrich your soul in the joyful company of others.
SCHOOL NOTICES

School notices are strictly for members of the school only and may consist of lost and found items, items for sale (student/school related), and classes/lessons within the school, etc. Please restrict your notice to two lines (this is free of charge). School notices will appear in this section for two weeks. If you would like the ad to appear for longer, please contact the Pabulum on 9417 3638 each week. Thank you.

LOST - one high school calculator (name in texta on side and back) left in maths room above upper school kitchen. Please call Hunter on 0435 755 658 if you have found it.

FOR SALE - 1 x full size cello and bow with soft case - $400. Please call Lena Durbridge on 0409 350 114.

BABYSITTING - Avalon of last year’s Class 12 is available for babysitting. Avalon is experienced, caring and brings some Waldorf magic to her work. Please phone or text 042 698 7630.

WANTED - High School Craft is in need of some (1.5 - 2 litre) glass jars with lids. If you have any jars spare that you would like to donate, or know of anyone who does, we would greatly appreciate them. Please leave any jar donations at the Front Office.

COMMUNITY NOTICES

Community Notices are for members of the school's community only and may consist of business adverts, producers, services, items for sale (non-school related), etc. keeping in mind that they need to be consistent within our schools' ethos. Please restrict your notice to two lines (this is free of charge). All Community Notices will appear in this section for two weeks only. If you would like a ¼ page advert, a $10 fee is required and will only appear in Week 2 and Week 8.

DÉ DANANN’S HENNA ART - Temporary henna tattoos. Individual from $20 up. Party for $60/hr. Dé Danann 0438 774 768.

Perth, WA.

FULL MOON INTERNATIONAL WOMENS DAY a beach celebration to honour women of the past with Red Tent Circle. Friday, 2nd March, 5:30pm-8:30pm, in Fremantle area. Visit our FB page ‘Red Tent Circle’ or call Penny on 0414 654 212 for more info.

HOUSE FOR RENT - in North Lake. 4x2, Lush garden, wood heater and gas bayonet, evap. a/c, bright and sunny. Very close to Bibra Lake, in walking distance of PWS. Quiet and safe neighborhood. $400 pw. Please contact 0408 650 215 for more info.

COLOUR CREATING EXHIBITION - of works by Sharon D. Clifford. Opening Event - Fri, 23rd Feb, 7:00pm-9:00pm. ‘Sink your soul into a night of Colour, Food and Music.’ $15 tickets at https://www.trybooking.com. Open from Sat, 24th Feb - Sat, 7th Apr.
PIXIE STOTT CANTEEN

Canteen Open times:
Mon and Fri, 8:10am-2:00pm.
Tues and Wed 8:10am-2:00pm. After school 3:00pm-3:15pm.
Thurs 8:10am-1:30pm. After school 2:10pm-2:30pm.

All Primary school students must order before school for morning tea and lunch.

Menu for Term 1

Daily specials (must be ordered):

Monday - Vegetable chilli served with rice, corn chips, natural yoghurt and cheese. $5.00
Tuesday - Chicken and vegetable pie, vegetable pie, chicken korma pie, or chunky beef and vegetable pie. $5.00
Wednesday - Sushi hand rolls (gf & egg free) - tuna and cucumber or avocado and mixed vegetables. $4.00
Miso Soup. $4.00
Thursday - Whole meal rolls - egg and salad, cheese and salad or ham and salad. $4.50
Friday - Beef burger with salad or tempeh burger with salad. $6.00

Available everyday (items with a ★ must be ordered):

Savoury:
★Veggie roll (gf). $5.00
★Beef pie (gf). $5.50
Rice paper rolls. $5.00
Spinach and ricotta rolls. $4.50
Cheese and tomato toasties. $2.50
★Toasties (gf). $3.00
★Ham, cheese and tomato toasted sandwiches. $3.50
★Ham, cheese and tomato toasted sandwiches (gf). $4.50
★Pizza - vegetable or meat. $3.00
Salad bowls. $4.00
Boiled egg. $1.00
Popcorn. 50c

Sweet:
Cakes (assorted variety)
Bliss balls $3.00
Cookies from $1.00
Fresh fruit from 50c
Smooze (primary only after school) $1.50
New Icy Poles (primary only after school) $2.00

Drinks:
(Bring your own take away cup for 50c discount)
Slushies' refund of 50c on return of small cup Sm $2.50 / Lg $4.00
Large juices $3.50
Small juices $2.50
Coconut water Sm $3.00 / Lg $4.00
Fresh coconuts $4.50
Hot Chocolate Sm $3.00 / Mug $3.50 / Take away $4.50
Ice Chocolate Mug $3.50 / Take away $4.50
Coffee Mug $3.50 / Take away $4.50
Long Black Mug $3.00 / Take away $4.00
Tea Mug $2.00 / Take away $3.00
Herbal Tea Mug $2.50 / Take away $3.50

*Almond or coconut milk extra $1.00
When you take away phones and tablets, you have to give your kids other things - more time outside, more low-tech toys or more time with you.

According to a recent survey by the toy company Melissa & Doug, 70% of parents want their children to spend less time watching electronic media and 62% want them to spend less time on electronic devices. They are right. After all, studies show that screen time is associated with higher levels of obesity, shorter attention spans and more psychological problems, including higher rates of depression. The new year is as good a time as any to rethink your house rules.

A media diet is just like a regular diet. If you’re not consistent in the first few weeks and months, you will fail. You can lay out a couple of exceptions for your kids ahead of time - car rides longer than two hours, trips to the emergency room. But if you start with no screen time on school nights, and then you make an exception because you need to do some work, you should expect that your kids will ask you for screens the next night and the one after that. If you let them play on your phone in the line at the supermarket, they will take note and expect you to supply them with screens when they are forced to wait anywhere for anything. They know how to wear you down.

But keep in mind, you cannot simply remove the devices and offer nothing in return. As any nutritionist will tell you, deprivation is not sustainable, substitution is. When you take away phones and tablets, you have to give your kids other things - more time outside, more low-tech toys or more time with you. "You shouldn’t give your kids their own phone lightly, or for the sake of convenience."

A significant temptation of technology is its portability. In a widely read rant in the Washington Post, Amanda Kolson Hurley wrote about our culture of “snackism” for kids: “We walk around with trail mix and Sun Chips stuffed in our bags like we’re mobile, no-fee vending machines.” The same is true of our digital devices. Kids used to sit too long in front of the TV. But at least once you got them out of the house, that was the end of it. Now the TV can be on perpetually and parents can dispense movies and video games like mobile, no-fee theatres and arcades. Snackism means children eat when they’re not hungry; on-demand screen time is no better for them.

Too often our diets are ruined by impulse buys. If we go to the grocery store with a list and stick to it, everything goes well. But confronted with a plate of hors d’oeuvres or brownies, we give in. When we dole out the devices after planning our kids’ screen time and thinking carefully (and even researching) how much time and what kinds of activities our children should be engaged in on screens, things go well. But when we feel pressured into handing over a phone or granting permission to watch or play something on the fly, they don’t.

You shouldn’t give your kids their own phone lightly, or for the sake of convenience. The McDonald’s drive-through is a more convenient option than cooking at home, but that doesn’t make it a good choice. A recently formed group called ‘Wait Until 8th’ is suggesting parents to hold off on kids’ phones until they’re in the eighth grade - and even then offering a flip phone, not a smartphone. The group points to research suggesting that having a cell phone interferes with sleep (parents confirm that 9-year-olds are regularly texting into the night) and the formation of relationships (taking phones away for even a few days seems to increase children’s abilities to read facial cues accurately). Along with all the other negatives, mobile phones are a distraction from schoolwork. And that’s not even considering the potential content that kids can be exposed to - cyber bullying and pornography.

One paediatrician told me that a number of parents have given their children phones simply because they’ve bought a new phone for themselves and, hey, what else are they going to do with the old one? Some parents just want to make sure their children are tethered to them at all times - “What if my daughter gets upset at a birthday party and needs to come home?” the mother of one 9-year-old with an iPhone asked me. Parents don’t have to be an Uber driver. Kids can be given a watch and a few tech toys or more time with you. “You shouldn’t give your kids their own phone lightly, or for the sake of convenience.”

It’s OK to be a hypocrite about your own phone use versus theirs. Yes, we can all use a little less time on our screens - adults included - but rules can be legitimate, even if they aren’t the same for you and your kids. You don’t give your kids alcohol or the keys to the car. Why should they have the same access to devices you do?

Most adults know what they should be eating and they don’t substitute candy bars for vegetables. They also know the pleasure of shutting off distractions to read a good novel or to focus on the company of friends and family. But if you never experience getting lost in a good book all afternoon or enjoying time outside without worrying about checking your phone, will you be able to create these experiences as an adult? Kids would no doubt prefer a Milky Way to a salad for dinner, just as they’d like to do and see what they want on your phone or better yet, their own. Don’t budge.
These labels are a requirement from the Department of Health for parents baking and donating cakes for the Easter Market.

Please fill out a label below with **all** ingredients used, cut your label out and attach to your donated cake. Ensure you include: **flour, shortening, eggs and nuts**. Don’t forget to label your plates, dishes, etc and collect them at the end of the day.

Your cakes may be dropped off at the Canteen on the day.

If you have any questions regarding the Easter Market please contact Gabby on **0439 919 926**.

Thank you!

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