



# Mansfield Kindergarten

## June 2019

Information about screen time for kindergarten children –

Further details are available from a great parenting website [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

### Screen time for pre-schoolers: part of a balanced and healthy lifestyle

Screen time can be **part of a healthy lifestyle for pre-schoolers when it's balanced** with other activities that are good for your child's development, like physical play, reading and socialising. Getting the right balance also includes making sure screen time doesn't interfere with sleep.

Our tips can help you encourage your child to use screens in a balanced and healthy way.

#### Make rules about screen use

You can help your child find the balance between screen use and other activities by working with your child on some [family rules](#) or a [family media plan](#).

Your family's rules might cover:

- **where** your child can use screens – for example, only in family rooms and not in bedrooms or the car
- **when** your child can use screens – for example, mealtimes are free of TV, computers and phones, or no screen time before preschool or until chores are finished
- **how** your child can use screens – for example, to play a dance competition game or a puzzle app, but not to watch YouTube.

It's OK if your rules include time limits to help your child balance screen time with other things like physical activity. For example, it might help to know that [Australian physical activity guidelines](#) say preschoolers should be active for at least three hours a day.

#### Aim for short screen time sessions

Getting up and moving around is important for your child's energy levels, development, sleep, and overall health and wellbeing. If your child is having screen time, it's good to encourage taking a break every 30 minutes and use screens in short bursts.

You can do this by encouraging your child to:

- use a timer to set breaks from screen time
- do something active when the timer ends, like play outside
- make use of natural breaks in screen time – for example, challenge your child to see who can do the most star jumps before the ads end.

#### Avoid screen time before bed

Pre-schoolers need **11-13 hours' sleep a night**.

Using screens before bed can affect how quickly your child falls asleep.

If your child avoids phones, tablets, computer screens or TV in the hour before bed, he/she is likely to get to sleep more quickly.



#### Did you know...?

Music helps increase young children's sensory development

Music aids with both numeracy and literacy skills

Music helps build co-ordination

Music is a mood-lifter

Music helps strengthen memory skills

Music and dance build gross motor skills and improve self-expression



## IMPORTANT DATES

Lauriston Students Community Service-

Every Tuesday and Wednesday commencing June 5<sup>th</sup>  
until the end of Term.

**Tuesday 18<sup>th</sup> June** Committee Meeting  
– all welcome!

Tuesday 25<sup>th</sup> June

Excursion for both Red and Green groups – SES depot

Wednesday 26<sup>th</sup> June

Excursion for Blue group- SES depot (no Earth Kinder)

Friday 28<sup>th</sup> June – Last day of Term 2 for 4- year old  
kinder.

**Blue group finish at 1.30**

### SCHOOL HOLIDAYS

**June 29<sup>th</sup> – July 14<sup>th</sup>**

PLEASE NOTE

**4- year old kinder commences Monday 15<sup>th</sup>  
July**

**3- year old commences Monday 15<sup>th</sup> July.**

A friendly reminder to ALL families to be punctual to pick  
up your children. No child enjoys being the last one left at  
kinder wondering what has happened to their parent or  
carer.

As per our policy, **LATE FEES WILL BE CHARGED**

Like our Facebook page - Mansfield  
Kindergarten

## REMINDERS

**Enrolments for 2020 are now open.**  
**Please fill in enrolment forms**  
**(available from our website or the**  
**office) and return with \$40.00 fee to**  
**our fees box, or Kirsty in the office.**  
**Please note that current 3-year old**  
**attendees still need to fill in a 4 -year**  
**old enrolment form for next year.**

### PARKING IN AILSA STREET

Parking at drop-off and pick-up times can be  
very busy outside our kindergarten. PLEASE  
ensure that you park legally i.e. no double  
parking, and that all children are holding hands  
with an adult once out of the vehicle. It's a great  
time to reinforce road safety with your children.  
**STOP, LOOK, LISTEN, THINK – HOLD HANDS**  
**AND CROSS WHEN IT'S SAFE**

Parents please note that we  
cannot accept children into our  
room/ program prior to our  
official start time. Doors are  
locked to allow teachers to  
prepare learning activities for  
your children.

**A BIG THANK YOU TO ALL THE  
FAMILIES WHO CAME AND HELPED  
AT OUR WORKING BEE LAST  
SATURDAY!**

