

# Newsletter

Wendouree Primary School

Friday 7<sup>th</sup> August 2020

What a very busy week it has been for us all!

A huge thank you to everyone in our community for the fabulous way we have all transitioned back into remote learning this term. We are still in the process of organising our processes here at school given the short amount of time we had to get ready so please bare with us if the delivery of your first learning booklets is not on schedule. We are aiming to send two weeks at a time so you can be well prepared. We are also in the process of establishing protocols around using additional online programs this time around to enable students and teachers to have more contact with each other. We will let you know via email when we have this ready to go.



Included in today's newsletter is advice from the eSafety Commission regarding student's online screen time and eSafety information. We have also updated the REMOTE LEARNING section of our Website to include links to valuable eSafety resources for both parents and students.

Once again can I thank everyone for your patience and flexibility during this unprecedented time.



Ms Branagh



## 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.



# BASIC PIZZA DOUGH

## Ingredients

1kg bread flour (plain flour works just fine!)

20g dry yeast

10g salt

10g castor sugar

660ml cold (not chilled) water



## What to do...

*(This Theo Kalogeraco's recipe, helps develop a "feel" for making pizza by hand, but the dough can also be made in a mixer. If using a mixer, always put your water into the bowl first, then the dry ingredients. Always use a dough hook and mix on the lowest speed.)*

1. Start by mixing all the dry ingredients together and creating a well in the centre.
2. Carefully pour 600ml of the water into the well and gradually incorporate the water into the flour mixture. It will take 3-4 minutes for the dough to come together. The remaining 60ml of water is only added if necessary, depending on the gluten content of the flour (if it's a little dry).
3. Knead dough for about 10 minutes, but avoid using a clock and try and develop a feel for what is right. A well kneaded ball of dough should be smooth and springy, yet soft. At this stage it should be possible to stretch the dough quite thinly, so it is translucent when held up to the light.
4. Divide into eight balls (200g each), and leave to rest under a clean tea towel for 10-15 minutes.
5. Stretch, press or throw the dough with the palm of your hand to desired size and thickness. A 200g ball will make a 25cm (10") pizza. Make all the bases as quickly as you can. If you don't have enough pizza trays/peels, you can place them on baking paper sprinkled with semolina flour - these can be stacked in threes and kept in the fridge until you are ready to cook. You can freeze the bases ready for another time.
6. Top your pizzas with desired toppings and cook in a very hot oven - about 220C.



## GREEN EGGS AND HAM PIZZA

### INGREDIENTS

2 balls of pizza dough, or pizza bases, pita bread. You could even use puff pastry.

250g shaved ham, roughly torn into lengths.

4 eggs, whisked lightly with a good pinch of salt and pepper

5 tablespoons of basil pesto, store bought or homemade.

Tub of bocconcini cheese, or 250g mozzarella cheese.

Grated parmesan cheese, for topping (optional)

### WHAT TO DO...

1. Preheat oven to 220C. Line 2 baking trays or pizza trays with baking paper. Alternatively, preheat 2 pizza stones in the oven.
2. If using pizza dough, stretch, roll dough to desired shape and place on baking trays.
3. Tear bocconcini in half or if using mozzarella, slice thinly or grate.
4. Smear pizza dough with 2 tablespoons of pesto, leaving a 1-2cm border (this will be the pizza crust).
5. Top with the bocconcini/mozzarella and torn slices of ham.
6. Drizzle over the whisked egg.
7. Put into the oven until the pizza crust is browned and the egg is cooked to your liking, about 12-14 minutes.
8. Before slicing and serving, drizzle over the remaining pesto and a sprinkling of the parmesan, if using.
9. Slice into eighths and enjoy!