

TV AND COMPUTER GAMES – GOOD OR BAD?



We live in an electronic age of computer chips and high definition, digital television. The images we receive in our homes whether current world news, nature programs or reality TV are so real we can almost touch them. Even animations have become life-like with incredible computer graphics. Our children are exposed to the images they see on television, DVDs, Playstation, Gameboys, DS, Wii and all the variations of electronic gizmos, from a young age. This technology stimulates the brain and can affect development in both positive and negative ways.

So how does it affect children?

Children take in all the messages they receive and this will impact on them in different ways depending on their age and stage of development as well as their temperament. In general, pre-school children have difficulty distinguishing make-believe from reality on TV. They can view cartoon characters as real and are attracted by colour, activity, music and fun. Hence, the popularity of High Five, The Wiggles, 'Dora the Explorer' to name a few.

Under 10's can still struggle to work out the difference between fantasy and reality, especially if it looks like real life. Boys are attracted to male hero figures and girls want to be a princess.

Older primary school age children can be disturbed by images of natural disasters or war, as it could mean it could happen to them. They want to grow up and are curious about the world of teenagers, fashion, sex and relationships.

Children can learn a lot of positive things from what they watch on TV and the computer games they spend time on. However, children are also trying to make sense of their world and this is influenced by the lifestyles and behaviours they see portrayed. Children need a balance. They need to play make-believe, run around outside, look at books, have

stories read to them, chatter to other children and parents.

Children vary in their reaction to violence but they are usually disturbed by violence in the home, to other children and to animals. Research has shown that children who see a lot of violence are more likely to use aggression to solve a problem; be anxious about scary things that might happen in the world and become less sensitive to violence in real life.

Try these tips:

- Choose what your children can watch rather than just leave the TV on and let it baby-sit them.
- Talk about programs or view with them programs you are unsure about. Ask your children what they think of the characters, are they real?
- Don't let your children control the remote. Have rules about when the TV is on and off.
- Watch a program together as a family.
- With computer games, set time limits and stick to them. The games can be addictive but hour after hour focusing on a screen is too intense. Children can become cranky and frustrated if they don't have the opportunity to use up physical energy.
- If you buy a new computer game, don't just give it to the children. Let them earn time on it by helping. Use it as a reward for good behaviour. Then put it away. This way the game will retain some attraction.
- Have a list or make suggestions of other things the children can do when the TV is off. Remember, as well as playing, children like doing things with you, whether that's cooking together, helping hanging out the washing or digging in the garden.

HAPPY PARENTING!

EXCHANGE STUDENTS IN NEED OF VOLUNTEER HOST FAMILIES.

Have you ever considered introducing your own children to an older international sibling? World Education Program is looking for Volunteer Host Families for International Students arriving in February 2010. Our Big Brothers & Big Sisters from France, Switzerland, Japan, Brazil, Italy, and Belgium are keen to start corresponding with a family they can call their own and learn about the place they will call home. If you would like more information on becoming a Host Family, please contact:

Nikki Medwell
Inbound Exchange Administrator, World Education Program
Ph: (03) 9598 4733; Fax: (03) 9598 4233; Toll Free: 1300 884 733
Email: nikkimedwell@wep.org.au
An information pack can be sent on request.
It's easier than you think & a fantastic experience for all!

FOR SALE

Clydie Cross 14.3hh – Quite easy to CSF
Would suit nervous adult or teenager rider for trail, beach riding etc
Ridden trail riding by 9 year old - \$2200
T/B mare 16.1hh
6 year old – no fuss, great to handle
Good in a group or by herself – jumps, had polo stick on her
Suit adult riding, pony club, event, trail etc - \$900
Telephone: 55606222

You are invited to join

Willatook's

Christmas in July Festivities

At the Willatook Hall

On Saturday July 25th

Enjoy a three course traditional festive meal
Pre dinner drinks and Hors d'oeuvres served at 7-30pm
To be seated for main meal by 8pm

BYO drinks & glasses

Join in the fun by bringing a wrapped novelty gift (value up to \$4)
non gender based, to be placed in Santa's sack for distribution later in the evening.

By attending this evening you will be supporting
the Willatook Tennis Club

Tickets \$30 single
Adults only

Limited seating
book early to avoid disappointment

RSVP: By Monday, July 13th

Ph: Wendy Habel 55608524 (after 4pm)

There will be a raffle on the night.

CANTEEN ROSTER – Term 3

Monday, 20 July	Stacey Hausler
Tuesday, 21 July	Jennifer Lewis
Wednesday, 22 July	Marlene Johnson
Thursday, 23 July	Tracey Tanner
Friday, 24 July	Brenda Noonan
Monday, 27 July	Lois Beard
Tuesday, 28 July	Elaine Day
Wednesday, 29 July	Cate Savin
Thursday, 30 July	Leanne Young
Friday, 31 July	Leanne Edwards
Monday, 3 August	Volunteer Required
Tuesday, 4 August	Mary Finnerty
Wednesday, 5 August	Karen Tanner
Thursday, 6 August	Liana Blake
Friday, 7 August	Jane Glare
Monday, 10 August	Volunteer Required
Tuesday, 11 August	Volunteer Required
Wednesday, 12 August	Stephanie Wright
Thursday, 13 August	Volunteer Required
Friday, 14 August	Lyn North
Monday, 17 August	Clare Anderson
Tuesday, 18 August	Maree West
Wednesday, 19 August	Annette Goodland
Thursday, 20 August	Heather McKenry
Friday, 21 August	Cheryl Gardiner
Monday, 24 August	Volunteer Required
Tuesday, 25 August	Marlene Johnson
Wednesday, 26 August	Cheryl Gardiner
Thursday, 27 August	Cherie Macdonald
Friday, 28 August	Mary Finnerty
Monday, 31 August	Tracey Gow
Tuesday, 1 September	Nicole Thomas
Wednesday, 2 September	Tina Parsons
Thursday, 3 September	Liana Blake
Friday, 4 September	Mylee Collins
Monday, 7 September	Volunteer Required
Tuesday, 8 September	Elaine Day
Wednesday, 9 September	Cate Savin
Thursday, 10 September	Leanne Edwards
Friday, 11 September	Tracey Tanner
Monday, 14 September	Stacey Hausler
Tuesday, 15 September	Jennifer Lewis
Wednesday, 16 September	Stephanie Wright
Thursday, 17 September	Karen Tanner
Friday, 18 September	Brenda Noonan

If you are unable to do your rostered day or you become ill and are unable to swap with another person, please contact the school as soon as possible so that other arrangements can be made.



**HAWKESDALE P12 COLLEGE
CANTEEN PRICE LIST – TERM 3 – 2009**

Prices changes for Term 3 and new items for sale have been highlighted on the following list.

(Please note that mini (muffin) pizzas are now \$1.00)

HOT FOOD (Prices are with or without sauce)	\$
Pastie	2.80
Pie	2.80
Potato Pie	2.80
Sausage Roll	1.85
Snack Pie	1.00
Pizza	2.20
Mini Pizza (Muffin)	1.00
Chicken Tortillas	3.80
Chicken Strips	.80
Steamed Dim Sims	.70
Chicken Schnitzel Burger with lettuce and mayonnaise	3.50
Chicken Schnitzel Burger with tomato, lettuce, beetroot and carrot	4.00
Cheese Burger	3.50
Cheese Burger with tomato, lettuce, beetroot and carrot	4.00
Twirls Pasta	3.00
Lasagne	3.00
Bacon Fried Rice	3.00
Macaroni Cheese	3.00
Noodles (Fantastic) Chicken/Beef/Oriental/Chicken & Corn (new)	2.50
ROLLS – all toasted sandwiches and rolls 20 cents extra (white, brown or grain)	
Salad	3.00
Ham and Salad	3.20
Chicken and Salad	3.50
Ham, Cheese and Tomato	3.00
Ham and one filling	2.50
Cheese	2.00
ICE CREAMS	
Frozen Yoghurt – Strawberry, Apricot	1.50
Paddle Pop – Chocolate, Banana, Rainbow	1.30
Frozen Fruit Crush	1.00
Icy Pole	1.00
SNACK FOOD	
Popcorn	1.00
Chips – Sea Salt / Honey Soy Chicken	1.00
Pizza Shapes 70g	1.50
Slices – half	1.00
Sultanas (new)	.80
Slinky Apples	.30
Seasonal Fruit – assorted	.80
Seasonal Fruit Kebabs	.50
DRINKS	
100% Orange Juice 500ml	2.00
Large Water	1.60
Small Water	1.30
Nippy's Milk – 375 ml - Chocolate / Strawberry / Coffee / Honeycomb	1.50
Nippy's Milk – 250 ml – Chocolate / Strawberry / Coffee / Honeycomb	1.10
Fruit Box	1.00

**For catering purposes, could all lunch orders MUST be placed at Form Assembly please?
This is to ensure that your order will be ready by lunch time.**



Promoting the harms and benefits of UV exposure in Victoria

Home > Sun protection > FAQs about sun protection

FAQs about sun protection

- I was burnt a lot as a child, is it too late to start protecting myself now?
- Does a tan naturally protect you from the sun?
- Why did I still get sunburnt – I used sunscreen?
- I have fair skin and burn quickly, which sunscreen is best for me to use?
- Why do I still get sunburnt on my face even though I regularly wear a hat?
- My make up has sunscreen in it – do I still need to use sunscreen?
- If I get a 'base tan' from a solarium before summer starts, will it help to stop me burning?
- Does a fake tan provide protection?
- Can I get sunburnt in the car?
- Can I get sunburnt through building windows?
- Will I become vitamin D deficient if I use sun protection?

I was burnt a lot as a child, is it too late to start protecting myself now?

While sun exposure in the first 10 years of life determines a person's lifetime potential for skin cancer, sun exposure in later life determines the extent to which this potential is realised. Improved sun protection at any age reduces your risk of skin cancer.

Does a tan naturally protect you from the sun?

A natural tan offers very limited sun protection, usually similar to an SPF 4 sunscreen depending on your skin type.

Why did I still get sunburnt – I used sunscreen?

There's more to sun protection than sunscreen. No sunscreen provides complete protection against ultraviolet (UV) radiation. Always use sunscreen together with shade, sun protective clothing, hats and sunglasses. Sunscreen also needs to be carefully applied and reapplied: apply it liberally, to dry skin, 20 minutes before going outside. Reapply every two hours or more often if swimming or sweating.

I have fair skin and burn quickly, which sunscreen is best for me to use?

For all skin types we recommend SPF 30+ broad-spectrum, water resistant sunscreen. Always use sunscreen with other sun protection, so also Slip! Slap! Seek! and Slidel

Why do I still get sunburnt on my face even though I regularly wear a hat?

Hats shade your face. A good sun protective hat will shade your eyes, scalp, face, neck and ears. Baseball caps are not recommended – they shade your eyes, scalp and forehead only. To protect against reflected UV radiation it is important to also use sunscreen and sunglasses.

My make up has sunscreen in it – do I still need to use sunscreen?

Foundation and moisturiser that contains sunscreen is fine if you are outside for a short time such as a quick trip to the shops or hanging the washing. If you know you are going to be in the sun for longer, use a separate sunscreen and reapply it every two hours. Be aware that most cosmetics offer less protection than the SPF30+ recommended.

If I get a 'base tan' from a solarium before summer starts, will it help to stop me burning?

Solariums emit UV radiation that is up to five times stronger than the midday sun, so they can damage your skin even more than a 'natural' suntan. Research shows that using a solarium can significantly increase your risk of melanoma. There is no safe way to tan.

Does a fake tan provide protection?

Fake tanning lotion does not improve your body's ability to protect itself from the sun, so you will still need sun protection. Some fake tans have sunscreen in them but this only works for the first two hours after application.

Can I get sunburnt in the car?

Glass reduces but does not block all UV radiation from passing through. You can still get burnt, particularly if you spend long periods of time in the car. Use sunscreen also.

Can I get sunburnt through building windows?

House window glass filters out about 90% of UV radiation, and office windows filter out about 97.5%. Where windows are located under deep eaves, verandahs or awnings, less UV radiation will be transmitted. In general, UV radiation through the windows of buildings poses little risk to people unless they are spending extended periods of time close to a window that receives the direct sun.

Will I become vitamin D deficient if I use sun protection?

Sensible sun protection does not put people at risk of vitamin D deficiency. When UV levels are high, most people get enough vitamin D through normal activity, even with sun protection.

In summer, a few minutes of sun exposure outside peak UV periods provides adequate vitamin D.

During winter, two to three hours of sun exposure spread throughout the week is sufficient for vitamin D in southern states.

People at risk of vitamin D deficiency may require longer times outside and supplements.

2009 SCHOOL PLANNER

Month	Day	Date	Event
July	Monday	20	
	Tuesday	21	
	Wednesday	22	TAFE VET Taster Day
	Thursday	23	Senior Girls Netball – Years 10 to 12
	Friday	24	
	Saturday	25	
	Sunday	26	
July	Monday	27	
	Tuesday	28	
	Wednesday	29	Keys Please Session – 7.30 pm
	Thursday	30	
	Friday	31	Zone Winter Sports - Warrnambool
August	Saturday	1	
	Sunday	2	
August	Monday	3	
	Tuesday	4	
	Wednesday	5	
	Thursday	6	
	Friday	7	
	Saturday	8	
	Sunday	9	
August	Monday	10	Years 3 and 4 camp to Kangarooobie
	Tuesday	11	Years 3 and 4 camp to Kangarooobie
	Wednesday	12	Years 3 and 4 camp to Kangarooobie Melbourne Symphony Orchestra visit
	Thursday	13	
	Friday	14	
	Saturday	15	
	Sunday	16	
August	Monday	17	
	Tuesday	18	
	Wednesday	19	
	Thursday	20	
	Friday	21	
	Saturday	22	
	Sunday	23	
August	Monday	24	
	Tuesday	25	
	Wednesday	26	
	Thursday	27	
	Friday	28	
	Saturday	29	
	Sunday	30	
August	Monday	31	
September	Tuesday	1	
	Wednesday	2	
	Thursday	3	
	Friday	4	
	Saturday	5	
	Sunday	6	
September	Monday	7	
	Tuesday	8	Injections – Year 7 girls at 9.00 am Advance Great South West Walk
	Wednesday	9	Advance Great South West Walk
	Thursday	10	Advance Great South West Walk
	Friday	11	
	Saturday	12	
	Sunday	13	
September	Monday	14	