



# CUST SCHOOL NEWSLETTER

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School's bank account number is 03 1592 0074218 00



Friday, 5 May, 2023 - Week 1 —Term 2

**BE YOUR BEST**

**Kia Rawa Pai**

## SCHOOL THEME: GROW / TUPU

To see their greatness,  
to notice their strengths,  
to value their gifts,  
to believe in their worth,  
to grow their potential

...is to enhance their Mana

From the Deputy Principal's desk...

### SCREEN USE – CUST SCHOOL:

Recently, Rooms 6 and 7 completed an anonymous survey about their screen use beyond the classroom. The results were interesting, to say the least! Below is a snapshot of some of the more thought-provoking findings, along with some of my thoughts, as both a teacher and a parent.

**38% of Year 7/8 students at Cust School have their own smartphone**

Your children may claim to be 'the only ones' without a phone in Year 7 and 8. The data speaks for itself - they aren't! In the vast majority of cases, cell phones actually make children's lives harder, not easier, and saying "not yet", is a smart move.

**36% of our Year 7/8's use Snapchat daily**  
**22% of our Y7/8's are active users of TikTok**

The age limit for these apps is 13+, for good reason. They are designed to be addictive, and in the case of Snapchat, destroy evidence of conversations, pictures and comments moments after sending. Group chats tend to be particularly problematic with this age group, easily resulting in exclusion or direct bullying that we often have to deal with at school. Navigating social issues is hard enough at this age, without the added issues that social media of this kind exacerbates. If you'd like more information on Snapchat, including tips to manage its use with your children, [check out this link](#).

**42% of our senior students keep their device in their room at night**  
**56% of our students have used a device at night when their parents thought they were asleep**

Your children will not thank me for passing this info on! Although your children may not all be watching YouTube under the covers, it might pay to investigate this one. We are definitely seeing some very tired children in our classrooms throughout the school, and the effects of blue light on sleep is well documented. Few children have the self-control to manage this one alone - if your child 'needs' a device in their room to play music or as an alarm, consider utilising parental controls that limit the functions available. You may also like to consider a family screen amnesty at a certain time, when all devices are put away for the night - modeling this to our kids will help them get on board.

A significant number of children expressed concern about their parents removing their device if they found out about some of the conflicts or difficulties they were having online. Speaking as a parent, it's a valid concern! Before removing all screens from your child's life, it's worth considering and discussing the following factors together:

- *What is the difference between **consuming** technology and **creating** using technology? How can you shift the balance so that you are stretching your brain instead of sitting idly?*
- *What conflicts are caused by screen use in your life / family life?*
- *How much sleep and exercise is recommended for this age group? Is it happening?*
- *What boundaries / rules would help create a better balance? Write them together.*
- *What should you do when you see or experience something that isn't ok online?*

Children, and even teens, need help to manage their screen use. As parents, it's our job to provide boundaries of when it's an acceptable time to be on a screen, to keep an eye on what they're up to (especially at primary school!), and to help them navigate the social issues or uncomfortable content that they will almost definitely be confronted with on a regular basis. While we cover some of these aspects at school, this must be backed up at home. We certainly don't have all of the answers, but are here to help if you have any particular concerns or questions around this topic.

Miriam Bell

**Is your child spending too much time online?** If the time your child is spending online is having a negative effect on other areas of their development, it's important to look at their internet use. Some of the questions for you to think about include:

- **Is excessive internet use affecting their sleep or the quality of their schoolwork?**
- **Has their behaviour changed? Do they become angry or even aggressive if you try to limit their time online?**
- **Are they spending so much time online that other hobbies are becoming less important?**



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



# What parents need to know about SCREEN ADDICTION



## HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

## LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

## LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



## CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

## APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



## Top Tips for Parents



### LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

### LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

### REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

### LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

### ENCOURAGE ALTERNATE ACTIVITIES



It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

### MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

## STATISTICS

**52%** of children aged **3-4** go online for nearly **9hrs** a week

**82%** of children aged **5-7** go online for nearly **9.5hrs** a week

**93%** of children aged **8-11** go online for nearly **13.5hrs** a week

**99%** of children aged **12-15** go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

SOURCES: <https://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018: <https://www.ofcom.gov.uk>, <http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies: <https://www.mitronix.co.uk/tech/one-five-kids-to-keep-sleep-3653386>, University of Leeds: [https://medhealth.leeds.ac.uk/news/article/1206/lack\\_of\\_sleep\\_damaging\\_for\\_children](https://medhealth.leeds.ac.uk/news/article/1206/lack_of_sleep_damaging_for_children)

**CUST SCHOOL CROSS COUNTRY  
THURSDAY, 11 MAY  
Venue: Cust School**

Junior School

Assemble	11:20 am
Year 1	11:30 am
Year 2	11:45 am
Year 3	12:00 pm
Year 4	12:15 pm

Lunch 12:30 pm – 1:30 pm

Senior School

Assemble	1:20 pm
Year 5	1:30 pm
Year 6	1:45 pm
Year 7	2:00 pm
Year 8	2:15 pm

Runners to wear suitable footwear and have named warm clothing for after their race. Children should have a light morning tea / lunch. All children should bring a drink for after the race.

**PTA CASINO ROYALE EVENING**

**With the fundraiser of the year around the corner the Casino team are down to limited numbers of tickets available. Get in quick if you wish to support this event and help raise funds for the Children of Cust School.**

You can head to the Facebook page to find out more information.

Friday, 20 May at the Cust Community Centre. Tickets \$50

The Ticket website for Cust Casino Royale 2023 is NOW LIVE.

<https://www.eventcreate.com/e/custcasinoroyale>

Cust Community let's muster up our friends and family and come support a good cause

**POPPIES**

Please return the envelope with your donation per poppy, or any unwanted poppies to the school office. The local branch of the RSA really appreciates our help in getting the poppies out into our community and it would be appreciated if all families could support this worthy cause. Thank you.

**SCHOOL PHOTOS**

You will have been emailed your child's unique Key Code to go online to view and purchase 2023 School Photos.

**\*\*\*FREE DELIVERY EXPIRES Midnight Sunday 14<sup>th</sup> May \*\*\***

You might need to keep an eye on your trash / spam folder.

Parent Queries – Please contact us on: [enquiries@photolife.co.nz](mailto:enquiries@photolife.co.nz)

## MANA POWER – BE A PEACE MAKER

- Room One: Awarded to Leo – your Mana is your strength in Peace Keeping. We appreciate your calm, caring, sensible approach to solving problems.
- Room Two: Awarded to Georgia – your calm and organised personality helps with the overall environment of Room 2.
- Room Three: Awarded to Israel – you are always looking for solutions to problems, helping people and being an all-round little legend!
- Room Four: Awarded to Roisin who has mana because she is a peacemaker, she is always willing to help others, and is a very caring friend / classmate. Miharo mahi!
- Room Five: Awarded to Willow – we love the way you quietly help others with their problems Willow.
- Room Six: Awarded to Izzy – you are a fabulous peacemaker! I love the way that you find solutions to problems.
- Room Seven: Awarded to Lachlan for being a friendly, kind and easy-going member of Room 7. Lachlan is always happy working with all members of the class, is able to play nicely at break time and has a great sense of humour. Well done Lachlan!

## CLASS CERTIFICATES

- Room One: Well done Sam for showing success in Piko's tips – THINK – congratulations on your excellent attitude to all your classwork. A wonderful role model.  
Well done Maya for showing success in Piko's tips – THINK – congratulations on your excellent efforts settling back into Room One. You are a much-valued member of our room. Welcome back. We all missed you.
- Room Two: Well done Alexis for showing effort and resilient personality.
- Room Three: Well done Estella for showing success in Piko's tips – THINK – you are putting in 100% effort into everything you do in your learning. I appreciate how hard you work at practising the new reading skills you are learning.
- Room Four: Well done Travis for being a role model in Room 4 – awesome effort, and focus. Koia kei a koe!  
Well done Rosa for being a role model, and hard-working learner in Room 4. Excellent thinking, leadership and independence. Ka pai to mahi.
- Room Five: Welcome to Cust School Isla, Bodhi and Jade.
- Room Six: Well done Corbin for showing success in Piko's tips – be INDEPENDENT – I admire your resilience, Corbin! You are doing a great job at battling through hard things.
- Room Seven: Well done Hunter for your persistent efforts with your classwork. You are making an effort to complete more homework (especially with our connected reading) and are you are beginning to see improved results as a consequence. Keep up the good work!

## SCHOOL DONATION & ACTIVITY

Payment of the school donation and activities would be greatly appreciated and this can be made to our school bank account number Westpac 03 1592 0074218 00. Please reference for what you are making payment for.

If you would like to make arrangements in regard to payment or have any questions please do not hesitate to contact the school office.

The school donation is tax deductible and during the week you would have received via email a tax receipt for your use when doing your tax returns.

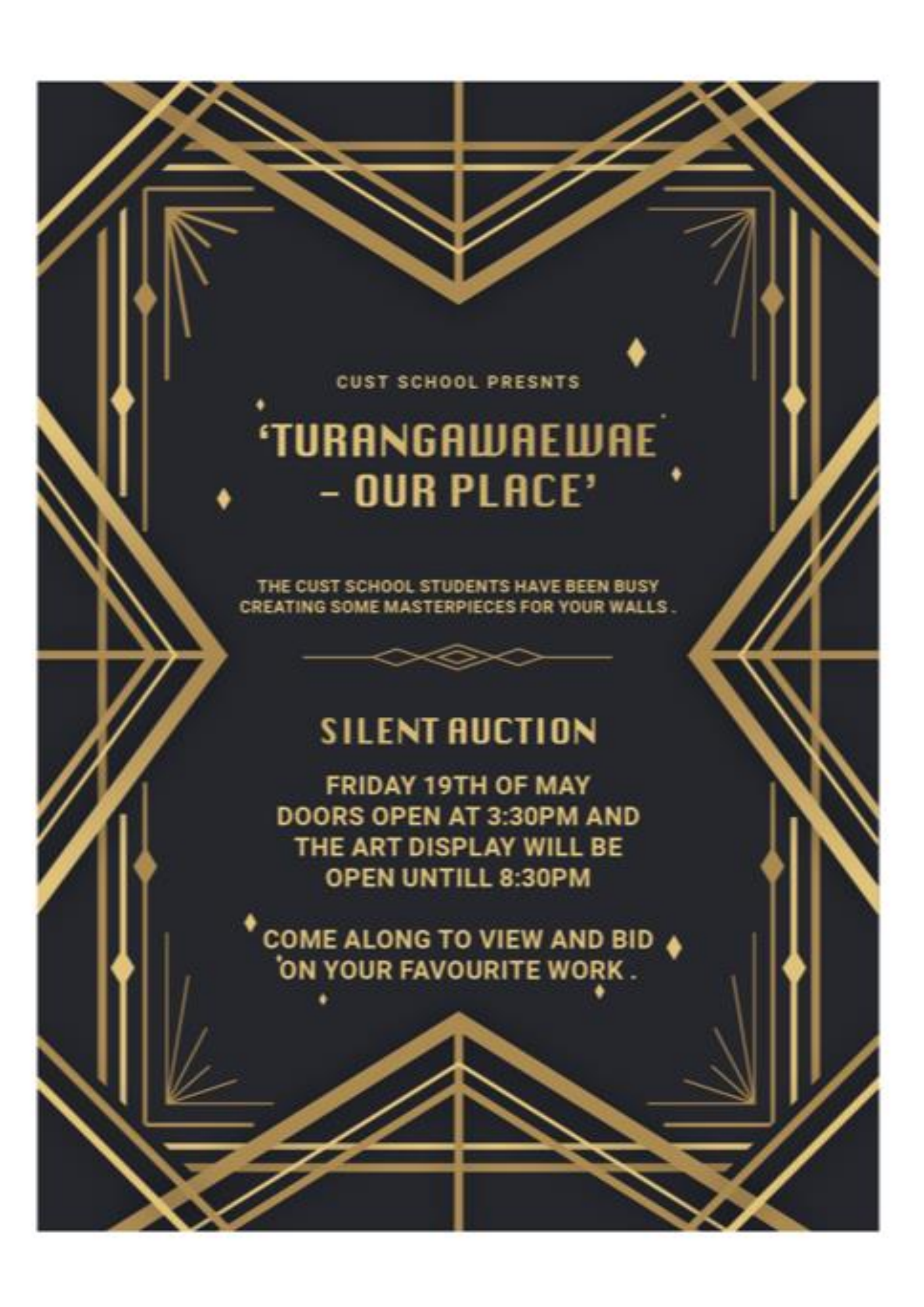
## SCHOLASTIC BOOK CLUB ISSUE 3

To view what books are available go on line - <https://www.scholastic.co.nz/schools/book-club/>

All parent credit card orders must be placed via the LOOP platform. You can order online at [scholastic.co.nz/LOOP](https://www.scholastic.co.nz/LOOP), [mybookclub.scholastic.co.nz](https://www.mybookclub.scholastic.co.nz) or via the LOOP mobile apps. **NOTE:** skip the box that asks for suburb, enter Cust in the school name and then proceed. If you require any help just ring them and they are happy to talk you through. (0800 266 525)

The latest Issue 3 includes heavily discounted books and value packs, latest releases at great prices, books for all interests and abilities and 30% of products \$10 and under.

We recommend you return your order by 12 May to ensure your order is picked and despatched to you before the opening of Book Club Issue 4.



CUST SCHOOL PRESENTS

**'TURANGAWAEWAE  
- OUR PLACE'**

THE CUST SCHOOL STUDENTS HAVE BEEN BUSY  
CREATING SOME MASTERPIECES FOR YOUR WALLS .

**SILENT AUCTION**

FRIDAY 19TH OF MAY  
DOORS OPEN AT 3:30PM AND  
THE ART DISPLAY WILL BE  
OPEN UNTILL 8:30PM

COME ALONG TO VIEW AND BID  
ON YOUR FAVOURITE WORK .