From the Principal’s Desk:

We are rushing towards the end of Term 1, but still have lots of learning and some great shows to look for before the Easter break and holidays.

I have been extremely pleased to see the hard work that our children are doing in their classrooms and have had a few come to show off their great work. Everyone has had a wonderful start to their learning this year and we look forward to watching our students learn and grow.

Road Safety
Please be considerate of our neighbours each morning and afternoon. We have had some complaints recently about cars being parked in and across driveways. It must be difficult living across from a school at times, due to the increased traffic at certain hours so please give a thought to our neighbours when parking.

Please be sure to drive carefully, especially near the school in the mornings and afternoons. The front of the school is a very crowded place around 3pm and it can often be difficult to find a parking spot. Have you tried meeting your children at the back gate in Seymour St? There is ample parking there, it is less crowded and there is less traffic.

Recently we have seen parents, double parked, attempting U-Turns and calling their children across the road in front of the school. To keep our children safe, please walk with your child across the road, park safely in the marked areas and ensure that children enter and exit vehicles from the footpath side of the car.

School Entry Protocol
It is important that we are aware of who is on the school grounds and when. If you visit the school for any reason; you must report to the front office, even if it is just a quick visit to drop off lunches or equipment to your child. Following this procedure will save you time, keep the staff informed about who should be in the school and if there is an emergency, we will know to look for you during the evacuation!

School Hats
They’re back! We have our new school hats available again from the front office. They have been extremely popular and our school looks great when everyone wears them. They are only $10 and both styles, the baseball cap and the surf hat, are ready for you. Plenty of staff and parents have them too!

Thank you to all our parents and staff who helped out at the Bunnings barbecue last Sunday. The next Bunnings barbecue will be held on Sunday 3 May.

Mr Mac
**What’s on? - Term 1**

**CANTEEN CLOSED EACH WEDNESDAY**
Clothing Pool is open every Friday from 8:45 – 9:30am in Sick Bay

**Week 7**
Easter egg guesses start this week

**Week 8**
Tuesday 17 March St Patricks Day Green Day
gold coin donation
Wednesday 18 March Snake Tails incursion

Friday 20 March Stand up against bullying day

**Week 9**
Tuesday 24 March Shell Questacon Science Circus.
Wednesday 25 March Books in Home
Sunday 29 March Bowen Market Day

**Week 10**
Monday 30 March Western Rugby League
Wednesday 1 April Easter egg raffle drawn
Friday 3 April GOOD FRIDAY

**What’s on? - Term 2**

**Week 1**
Classes resume Tuesday 21 April
Tickets for the Mother’s Day raffle go on sale this week

**Week 2**
Monday 27 April public holiday
Friday 1 May Bowen Cross Country
Sunday 3 May Bunnings BBQ

**Week 3**
Thursday 7 May Mother’s Day stall
Friday 8 May Mother’s Day stall and the Mother’s Day raffle is drawn today.
Cooking up a storm making Green Tomato Pickles
Cooking up a storm making Green Tomato Pickles
On Monday 16 March the P&C will be holding our Annual General Meeting (AGM) in the Community Room commencing at 2:00pm. All positions will be vacated and we will be asking for nominations for President, Secretary and treasurer. If you are interested in any of these position, or would just like to be involved and nominate another parent, please come along. You must be a financial member of the P&C which will cost $2 for membership in 2015.

Out next P&X meeting will be Monday 4 May commencing at 2:00pm in the community room – everybody welcome.

Bowen School Market Day: will be held on Sunday 29 March – if you would like to have a stall please contact either Virginia on 0416 064 811 or Briony on 0431 516 778. We hope to see all parents and children attending on the day.

St Patrick’s Day – Tuesday 17 March – will be ‘Green’ Day where all students are able to either colour their hair or wear a green t-shirt, bow, etc.; gold coin donation.

On Saturday 28 March (Election Day) the P&C are having a barbecue and cake stall to raise funds. If anyone is able to help with barbecuing or selling on the day, or making cakes for sale could you please let the office know.

Autism support group: next meeting will be held on Tuesday 12 May here at the school commencing at 9:30am – all welcome, just come to the school office.

Teabag tags: please bring any you are saving to the school office; all donations gratefully received and will go towards providing wheelchairs for children.

A very big ‘Thank You’ must go to all parents and teachers who helped at the Bunnings barbecue last Sunday. It was a very successful day and our Year 6 fundraising is underway. Our next Bunnings barbecue is on Sunday 3 May; if you have a spare hour or so we would appreciate your assistance. Please come and leave your name and number at the school office, together with you preferred time.
**Supported Playgroup and Bush Babies**

- Do you have children aged birth to 5 five years?
- Are you at home wondering what activities to do with your children?
- Would you like to meet new families that have children of a similar age?
- Would you like to have a yarn and a cuppa whilst the children play?

If you answer yes then Orange Supported Playgroups and Bush Babies is for you!

**Tuesdays:**
*Glenroi Grasshoppers*
Marang Gunya -The Good House, 8 Oxley Place, 9:30am - 11am

**Thursdays**
*Bush Babies play group*
The Carriage Cottage, 145 Spring Street, 10:30am - 12:30pm

**Fridays**
*Bowen Supported Playgroup*
Bowen Public School, 9am -11am.
FREE AFTER SCHOOL SPORT

Ages 8—18 years

Monday afternoons 4:00 pm to 5:00 pm
Come and play Soccer at
Margaret Stevenson Park, Spring Street
February — 2, 9, 16 & 23

Tuesday afternoons 4:00 pm to 5:00 pm
Come and play Basketball with Rock the Rim
Coach at Glenroi Oval, Maxwell Avenue
February — 3, 10, 17 & 24
March — 10, 17 & 24

If children playing sport are
under 8 they must be with an adult.

We advise all children attending to
wear enclosed shoes, bring a hat
and drink bottle with water.

This program is funded by
the Australian Government
Department of Social
Services through the
Diversity and Social
Cohesion

Come along and meet your neighbours!
ALL WELCOME!

St Barnabas Anglican Church
Cnr Eko & Mitchell St, Orange
Dates for your diary
Sunday, February 15, 2015 – 5pm
Theme: A New Start
Sunday, March 15, 2015 – 5pm
Theme: Remember Me
Sunday, April 26, 2015 – 4:30pm
Theme: Love Rules
Sunday, May 17, 2015 – 4:30pm
Theme: Mother’s Day
Sunday, June 21, 2015 – 4:30pm
Theme: Pentecost

INTERACTIVE WORKSHOP FOR THE WHOLE FAMILY
All ages from Ber’ed Age – 6002 5549

What is HIPPY?
HIPPY is a two-year home-based early
childhood enrichment program. HIPPY builds
the confidence and skills of parents and
carers to create a positive learning
environment to prepare their child for
school.

How old does my child need to be to start
HIPPY?
Children join HIPPY in the year before they
start formal schooling (usually around four
years old).

How will HIPPY help me and my child?
HIPPY helps parents/carers learn many
things including:
- how to be more involved in their child’s
  learning
- understanding more about child
development and the way children learn
- encouraging a love of learning in children.

HIPPY helps children by:
- preparing them for a confident start to
  school
- building their self-esteem and confidence
  in learning
- providing opportunities to enjoy time
  with their parents.

HIPPY Orange is funded by the Australian
Government Department of Education through
the Home Interaction Program for Parents and
Youngsters.
The Orange Apple Festival is happening on Friday 8 May Concluding on Saturday 9 May

Migrant Support Service and Neighbour Aid/Social Support

Women’s Sewing Circle
FRIDAY 10am till 12.30pm
Senior Citizens Centre (located back of Woolworths Car Park)
Come and share morning tea, meet new people and learn some basic sewing skills. Older women and Multicultural women welcome.

It is our pleasure to meet together with the Orange Fibre Artists Group at the same time, so you choose between sewing or weaving!

30 January 2015
27 February 2015
27 February 2015—Special day—10.30am—2:30pm with Tai Chi, women’s health talk, weaving workshop, plus shared lunch with multicultural women from Consolata and Lake Cargelligo
13 March 2015
27 March 2015

GOLD COIN DONATION
Children Welcome! Parents to share child care

Phone for bookings Anni 6393 8625 or Jodie 6393 8051

KIDS CLUB
All Primary Aged School Aged Kids Welcome
Games, Craft, Music Program
FRIDAY
4pm - 5.30pm
Carriage Cottage Spring Street
Opposite Margaret Stevenson Park
Organised by Fusion, a Christian organisation committed to working with local people to build safe communities helping children develop healthy values and life skills.
For more info please ring Fusion Office 5310 2474.

CATHY PEAChEY
INDIGENOUS ATHLETICS CARNIVAL

Phone for bookings Anni 6393 8625 or Jodie 6393 8051
April Merge Program

Orange City Council are once again conducting their April Merge program commencing Tuesday 7 April and going through to Friday 10 April for years 3 – 6 only

Primary Aged School Children

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 7th April</td>
<td>10am – 2pm</td>
</tr>
<tr>
<td>Wednesday 8th April</td>
<td>10am – 3.30pm</td>
</tr>
<tr>
<td>Thursday 9th April</td>
<td>10am – 2pm</td>
</tr>
<tr>
<td>Friday 10th April</td>
<td>10am – 2pm</td>
</tr>
</tbody>
</table>

Please note the above program is for PRIMARY aged school children. (Years 3-6 only)

Bowen After School Activities

A friendly place to learn new things and make new friends

Free activities for young people 4pm – 5pm

At the Bowen CTC
Carriage Cottage, Spring Street

Thursday 12 February
Drumming with Ross Wolch

Thursday 19 February
Martial Arts for self-development with Rolly Tandang

Thursday 26 February
The Fries are coming!
Home Fire Safety for the whole family

Thursday 5 March
Cooking yummy food

Thursday 12 March
Singing Group with the “CanBettos” Choir

Thursday 19 March
First Aid

Thursday 26 March
Let’s Write a Song! with Ken Smith

THE BEST HOLIDAYS HAPPEN AT CAMP

- Relaxing
- Great value
- Fun
- Safe

Entertain the kids these school holidays with a Sport and Recreation camp. Our popular Kids’ and Family Camps offer a range of exciting activities to keep even the biggest kid entertained. Try your hand at over 40 different activities, including fishing, sports, arts, abseiling, crafts, kayaking, cooking and more. Led by qualified instructors, you can rest easy knowing your kids are in safe hands.

Kids’ Day Camps start from $47. Family Camp weekends start from $65 per day for kids and $96 per day for adults (kids under 5 attend free, cost includes accommodation, meals and activities).

NetSetGO

Skills Only Program
5-7 Years

ANZ NetSetGO is an introductory program for netball.

NetSetGO for ages 5-7 years is a play based movement skills program. Emphasis is on the acquisition of basic movement skill in a fun environment of games and activities. Children are the program as individuals, not as teams, and the emphasis is on participation and developing skills. The program will be conducted by accredited coaches to ensure a quality experience for all participants.

Short Dates: Wednesday 18th March 2015
Venue: Povy Netball Courts.

Please note – sessions will not run in the 2 weeks of the holidays. They will resume Wednesday 22nd April 2015.

Time: 4:00 – 4:45pm

Registrations close 15th March 2015
Cost: $50 – This covers the 8 x 45 minute coaching sessions plus each child receives a D5S Participant Pack.

The 2015 Participant Pack will include a pack of 6 white netballs, an ANZ NetSetGO t-shirt and a participation medal.

Easy online registration at www.registration.com.au
An Association Centre Name in Orange Netball Association Inc.

Please contact Emily Culloway on 0413 763 975 or email emily@orange.net.au if you have any questions.
Bowen Public School Market Day

Where: Seymour St entrance
When: Sunday, 29th March 2015
Time: 9am—2pm

Gold coin donation at the gate.

Join us for a Fun day out...
BBQ and Refreshments
Jumping Castle, Book Fair
Trash & Treasure,
Handmade Craft and Gifts
and more....

For more information or to book a stall please
contact Virginia 0416 064 811
or Briony 0431 516 778
Or email bowenmarkets@yahoo.com
**Positive parenting**

A three hour interactive seminar on positive communication and parenting techniques. Parents will learn to help their children grow and develop to the best of their ability.

- Acknowledging each child as an individual
- The power of focusing on what children are doing well
- Helping children have better relationships with themselves and others

**(Tuesday 24th March @ 5.30pm)**

$25 per person | $15 Concession

108 Molakot St, ORANGE NSW 2800

Call 6363 9650 to book

www.interidenav.org.au

Phone 1300 736 966

---

**MINIMBAH PROJECT BIRTH CERTIFICATE SIGN UP DAYS**

Free Birth Certificate Signing Days will be held at:
- Warmi Indigenous Community Links, Orange on Tuesday & Wednesday, 17th & 18th March.

Open to all children, youth and families
- Born in NSW
- Don’t have a birth certificate?

Voluntary (FREE) Enactus students have raised funds from business, government and others to provide you, your family and friends with birth certificates. Formally these can cost up to $240 or more each, they can be supplied without charge after you apply, through this once only opportunity!

Birth certificates are necessary for full participation in Australian society, such as opening bank accounts, playing sport, getting a driver’s license, and starting at school.

Go along! These forms of identity are required (details optional).

Enactus Project:
- ADVANCING AUSTRALIA, FOR ALL
- SUPPORTED PROJECT

---

**Trade & Investment Resources & Energy**

**2014-2015 Family Energy Rebate**

Apply before Midnight 16 June 2015

**Apply online now!**


**WHAT DO I NEED TO DO BEFORE I APPLY?**

Before you apply, here’s a quick checklist. Have you:

- Lodge your tax return after 30 June 2014 with your Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?

- Received confirmation from DHS as to your eligibility for the Family Tax Benefit A or the Family Tax Benefit B;

**HOW TO APPLY**

- ONLINE: Takes just minutes to submit an application. Processing starts immediately.

- PHONE: 1300 723 796

- EMAIL: families@energyre Rebate@tre.nsw.gov.au

- WEB: [https://www.energyre Rebate@tre.nsw.gov.au](https://www.energyrebate@tre.nsw.gov.au)

---

**Trade & Investment Resources & Energy**

**2014-2015 Family Energy Rebate**

Apply before Midnight 16 June 2015

**Apply online now!**


**WHAT DO I NEED TO DO BEFORE I APPLY?**

Before you apply, here’s a quick checklist. Have you:

- Lodge your tax return after 30 June 2014 with your Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?

- Received confirmation from DHS as to your eligibility for the Family Tax Benefit A or the Family Tax Benefit B;

**HOW TO APPLY**

- ONLINE: Takes just minutes to submit an application. Processing starts immediately.

- PHONE: 1300 723 796

- EMAIL: families@energyrebate@tre.nsw.gov.au

- WEB: [https://www.energyrebate@tre.nsw.gov.au](https://www.energyrebate@tre.nsw.gov.au)
## Canteen Menu – Week 2 Term 1 Summer

### Sandwiches/Rolls

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>$1.55</td>
</tr>
<tr>
<td>Cheese</td>
<td>$1.55</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$2.55</td>
</tr>
<tr>
<td>Salad</td>
<td>$3.55</td>
</tr>
<tr>
<td>Ham</td>
<td>$3.05</td>
</tr>
<tr>
<td>Ham Salad</td>
<td>$3.85</td>
</tr>
<tr>
<td>Chicken</td>
<td>$3.05</td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>$4.05</td>
</tr>
<tr>
<td>Tuna</td>
<td>$3.05</td>
</tr>
<tr>
<td>Tuna Salad</td>
<td>$3.55</td>
</tr>
<tr>
<td>Egg</td>
<td>$2.55</td>
</tr>
<tr>
<td>Egg &amp; Lettuce</td>
<td>$2.85</td>
</tr>
<tr>
<td>Meat Salad Box</td>
<td>$4.55</td>
</tr>
</tbody>
</table>

### Wraps

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken tenderloin</td>
<td>$3.55</td>
</tr>
<tr>
<td>Chicken &amp; Lettuce</td>
<td>$3.65</td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>$4.05</td>
</tr>
</tbody>
</table>

### Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milkshakes</td>
<td>$1.65</td>
</tr>
<tr>
<td>Choc, Straw, Vanilla, Caramel, Banana</td>
<td></td>
</tr>
<tr>
<td>Fruit Smoothies</td>
<td>$2.05</td>
</tr>
<tr>
<td>Banana, Mango, Fruit Juice, Passionfruit</td>
<td></td>
</tr>
<tr>
<td>Up &amp; go</td>
<td>$1.65</td>
</tr>
<tr>
<td>Poppers</td>
<td>$1.05</td>
</tr>
<tr>
<td>Milo</td>
<td>.65c</td>
</tr>
</tbody>
</table>

### Snacks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancakes</td>
<td>.55c</td>
</tr>
<tr>
<td>Muffins (Orange/Poppy seed, Apple/Cinnamon, Double Choc Chip)</td>
<td>.65c</td>
</tr>
<tr>
<td>Popcorn</td>
<td>.35c</td>
</tr>
<tr>
<td>Fruit kebabs</td>
<td>$1.05</td>
</tr>
<tr>
<td>Fruit salad box (seasonal)</td>
<td>$3.05</td>
</tr>
<tr>
<td>Pieces of fruit (seasonal)</td>
<td>$1.05</td>
</tr>
<tr>
<td>Yoghurt Sticks (until sold out)</td>
<td>.25c</td>
</tr>
<tr>
<td>Sun fruits 3 for</td>
<td>.25c</td>
</tr>
<tr>
<td>Jelly Cup</td>
<td>.65c</td>
</tr>
</tbody>
</table>

### Hot Food

- Chicken and gravy roll: $3.55
- Homemade spring rolls (oven baked): .95c
- Party pies: $1.55 (3 per serve)
- Small sausage rolls: $1.55 (2 per serve)
- Travel pies: $2.15
- Fish and Salad Box – Tartare Sauce-Lemon
- Slice – 4 pieces fish: $4.55

**Tomato Sauce**: .30c

**Tartare Sauce**: .30c
Keyring Torch

THE STEWART HOUSE KEYRING TORCH IS FUN AND PRACTICAL.

The keyring features the new Stewart House logo and a real working LED miniature torch.

Our sponsor MTA-Modern Teaching Aids, has generously funded all postage and handling costs for delivery of the keyrings.

$3.00

ORDERS CLOSE 2 APRIL 2015

Yes I would like to purchase a Keyring Torch.

Child’s name _________________________________________________class__________________

I have enclosed $3 payment.

Parent/Guardian__________________________________________________________

ORDERS CLOSE 2 APRIL 2015
International Carers Autism Network Inc.

RESPONDING TO PEOPLE WITH AUTISM AND THEIR CARERS WORKSHOP

For Service Providers and Carers of People on the Autism Spectrum

Are you a frontline responder?
Work with the general public?

Did you know that Autism diagnosis is on the increase?

Special Guest Speaker: Steve Den-Kaat
Clinical Psychologist – Clinic Director
MSc(Psych) PGDip(ClinPsych)MAPS MCCP
Founder Director Diverse Minds Psychology Clinic and International Speaker

OTHER SPEAKERS...
Betty Ross: Founder and Director of ICAN
2014 Nominee Law and Justice Foundation Volunteer Award
PLUS Carers and people on the autism spectrum

WHEN & WHERE... NO REGISTRATIONS ON THE DAY

ADDRESS: Salvation Army Hall, Corner Lee and Gisborne Sts, Wellington, NSW.
SERVICE PROVIDERS... 17th April, 2015
Fee: $30 which includes catering... morning tea, afternoon tea and light lunch.
Dietary needs? Please bring your own food as we cannot cater for specific dietary needs.
Check In: 8.30AM FOR 9.00AM START FINISH AT 4.30 PM

CARERS... 18th April, 2015
WORKSHOP TIME: 9.00 AM FOR 9.30 START FINISH AT 3.00 PM
FREE... Bring own lunch, morning tea provided.
Carers: What do you want to know? Let us know on registering

Supported by Wellington Salvation Army...

REGISTRATION: Please Register with Betty Ross via MOB: +61 409151467
International Carers Autism Network Inc., PO Box 506, Wellington NSW 2820, Australia
www.autismcarers.org
Physical activity can be:
• sport and organized games
• playing with the dog
• backyard cricket
• climbing frames
• housework
• dancing to music
• skipping and moving is normal for children and can be regarded as activity so avoid telling them to stop!

Ideas to get your family moving:
• Go outside and play kicking, hide and seek or Hot Potato.
• Encourage children to make their own obstacle courses at home. You could use garden hoses as tightropes, chains to climb under and the clothes line to run around. Include a skipping rope and some jumping. Caravans can have them to walk backwards, hop or skip through the obstacle course. Time them to see how they are improving.
• Encourage your child to play outside whenever possible. Play along whenever you can.
• Be a good role model – be active when you’re with children. What gets children moving is what parents do, not what they say. Children learn by example!
• Include games and walks in family outings.
• Negotiate a time limit on sedentary activities such as watching TV and playing computer games.
• Walking together is a good time to talk to children about their lives and yours.
• Be prepared: think about activities your family can do in and around your home. Have some plans for wet days.

Screen-free things to do
Limit your child’s screen time to no more than one to two hours a day. This includes television, electronic games and computer games. Offer alternatives to watching TV, until new, healthy habits are created. Some alternatives are:
• listen to music
• go to the park
• draw a picture
• play cards
• ride a bike
• read a book
• make a scrap book
• hula hoop
• jump rope
• play with your pet
• do a crossword
• learn a magic trick
• learn to juggle
• plant some seedlings
• play hopscotch
• learn to knit or crochet
• play a board game
• create sidewalk art with chalk
• build a cubby house.

Fundamental movement skills
There is evidence that children with poor fundamental movement skills such as jumping, skipping, leaping, kicking, throwing and catching are less likely to be active. Give your kids a head start and teach them these skills.

Rainy day activities
Keeping kids active and occupied during wet days can be challenging. Here are some active rainy day ideas for your children:
• Build a cubby house with sheets, chairs or cardboard boxes.
• Play hide and seek.
• Play basket or soft ball and see how many times you can throw a foam ball into a washing basket. Keep increasing the distance to make it more challenging.
• Have a dance competition or disco at home.
• Set a limit on the amount of time children spend in front of a screen (TV, computer etc.).

Active tips for busy families:
• Make time to be active as a whole family.
• Go out and play basketball, top or soccer, throw a ball or ride a bike with your children.
• Visit friends or family in a park and take balls, frisbees, bats or other outdoor games to play.
• Set limits on television watching, computer time and video games to no more than 2 hours a day.
Be healthy – be active
Children and adults need physical activity every day. Activity helps build better bones, muscles, joints and helps maintain a healthy weight. Physical activity can also reduce the risk of heart disease, type 2 diabetes and some cancers. Get active anyway you can – walking, riding, swimming, and playing active games such as Duck, Duck, Goose or Bull Rush.

Great reasons to be active for children and parents
✓ boosts confidence
✓ improves fitness
✓ makes bones and muscles stronger
✓ improves posture
✓ helps maintain a healthy weight
✓ lowers the risk of heart disease
✓ reduces stress
✓ improves sleep
✓ reduces the risk of cancer
✓ improves self confidence
✓ teachers you new skills
✓ develops better motor skills
✓ makes a person happier with their body
✓ lower risk of disease including heart disease and cancer later in life.

Did you know…?
Sedentary living causes over 20 different health problems including heart disease, type 2 diabetes and some cancers. Obesity can make nine different conditions worse including chronic back pain and stroke. Get active and stay healthy!

Do an hour of physical activity everyday
Children need at least 60 minutes of activity each day. Children are not going to have enough physical activity while at school. Families can plan extra activity into their lives to make up the difference.

Keep active in the colder months
Don’t be a winter wansabe and let you and your children be sedentary this winter. Encourage children to engage in active play such as bush walking, bike riding, kicking the footy, or playing a game of tag all year round.

Turn off the TV or computer and get active
✓ Set a limit on the amount of time children watch television or spend on the computer. Two hours a day is the maximum. Too much screen time limits physical activity.
✓ On the weekend, live life instead of watching it on TV. Find a new place to hike, bike or run. When you hear “I’m bored” – think of something active to do.
✓ During the winter months, avoid allowing children to watch too much TV or play video games. Encourage active play, which builds social, mental and physical motor skills.

Why reduce television time?
➢ studies have shown we use less energy watching TV than sitting still
➢ TV influences the food choice of kids – Australia has a high rate of food advertising during children’s viewing hours
➢ TV replaces time a child can be active and enjoy physical activity
➢ there is an association between TV watching and being overweight
➢ 40% of children 5 – 12 years report watching an average of two hours or more of television or videos a day.