THE WAY

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FROM THE HEAD OF JUNIOR SCHOOL

Making Room for Childhood

As we look forward to the school holidays, it is worth reflecting on the importance of making space for the simple things that help children thrive.

Recent discussion about screen use in schools, including the NSW Government's move towards tighter limits on classroom screen time, has prompted an important conversation about balance. The holidays are an opportunity to put down the screens and make room for childhood - play, reading, creativity, family and time outdoors.

There is great value in being bored. When children are not constantly entertained, they have the opportunity to imagine, create, problem solve and discover. An ordinary afternoon can become an adventure and boredom can be the beginning of creativity.

Reading is equally important. Reading for pleasure develops vocabulary, comprehension and background knowledge while nurturing a lifelong love of learning. A trip to the library, reading together or simply seeing adults enjoying a book can make a lasting difference. And don't underestimate the value of chores. Helping prepare a meal, making a bed, feeding a pet or tidying a room teaches children responsibility, independence and that they have an important contribution to make within their family.

Most importantly, holidays provide precious unstructured time together. Family meals, walks, board games, conversations, visits with grandparents and simple afternoons at home build strong

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relationships and create memories that last.

As a Christian community, we are reminded that children are gifts from God. Our role is not simply to prepare them for the future, but to nurture them now - helping them grow in wisdom, character, faith and love. Often, this happens in the ordinary rhythms of family life.

So, this holiday, let’s give our children permission to play, read, help, explore, be bored and simply be together.

Technology has an important place, but it should never crowd out the things that make childhood rich.

May these holidays be a time to slow down, reconnect and enjoy the gift of family. See you in Term 4.

Mrs Kylie Singles
Head of Junior School

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