

Strathaird Primary School News

11/06/2025

Edition 9



Strathaird



Primary School

School Values

Respect

Honesty

Responsibility

Compassion

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Principal Page

CYBERSAFETY @ STRATHAIRD

On Monday 2 June our Years 5 and 6 students worked with international cybersafety expert, Susan McLean, exploring a range of topics including: Rules and Laws; Cyberbullying; Online 'friends' that are not really a friend; the sites & apps that children are using; Staying safe online; How to be a good Digital Citizen. The 90 minute session was very beneficial for our students, significantly enhancing their learning and understanding about a range of cybersafety topics. After school our Teachers worked with Susan to learn about a range of topics, significantly enhancing their awareness and understanding, so they can provide high level support to our students. Parents, now more than ever, have a significant role to play in educating their children about the online world and keeping them safe. Below are some excellent tips from Susan's website which may help you to keep your child safe online.

Excellent advice for parents from: **Top Tips from Susan McLean**

[Susan McLean's Top Tips Top Tips - Cyber Safety Solutions](#)

Hi, this is Susan McLean and today I'll be talking you through my Top Tips to help keep your child safe online. Parents are the gatekeepers to their child's online world. They need to be there with them. They need to know what they're doing and who they're doing it with. This can be a daunting task for parents, especially those who did not grow up with access to the same digital technology that their children have.

Many parents fall into the trap of thinking that their kids know it all. And whilst young people are tech savvy in that they can use the devices and use them well, what they don't have is cognitive and brain development aligned to that skill. So we know that there is a massive gap between what young children can do online and what they have the capacity to understand.

Teenagers are risk takers. They always have been. And of course, they don't have the capacity to understand or perceive the risk or the outcome of their actions.

So having an adult in their life to guide them is vital. You don't have to be a tech expert. You just need to be there as their parent. So here are my top tips to help you keep your child safe in the digital space.

Number one, get devices out of bedrooms and bathrooms. No matter how good a parent you are, you can't supervise in a bedroom and a bathroom. And sadly, all the images I've seen of child exploitation material through my work as a police officer and the nude images that I've had to deal with since, none of them are taken in common areas of the house they're taken where parents can't supervise.

If your child complains that they like to listen to music in the shower, buy them a Bluetooth speaker, keep the phone in the kitchen. If your child complains that their phone is their alarm clock, head into Kmart and purchase a clock radio.

Have a set of rules, you have rules about acceptable behavior in real life. Make sure those rules extend online. So an online family contract about expectations of use is important.

Know your children's passcodes and passwords. That is not invading their privacy, that's being a parent. Make sure that you can, if necessary, get into their accounts if something has gone wrong. Talk early. Talk often. The earlier you start, the better. But it is never too late to start. Let your children know that no matter what they can come to you.

Use some sort of filtering. Please understand the Internet is a very adult world. It does not come segmented into age-appropriate areas, so you need some sort of filtering to help make sure that your children are not exposed to inappropriate, explicit or illegal content.

Learn to say no. It's a very important word, and it's one, sadly, that a lot of parents don't use. They're too worried about upsetting their child or having their child not like them. It's not your job to be liked by your children. Your children will love and respect you for saying, no.

Don't try and be your child's best friend. That will end with disaster.

Learn about the apps that they use, be there with them, download them, look at them, play with them. Have an appreciation of what the app is, what it does, and how to best protect your children when they use those apps.

Use security and privacy settings. Some apps have really good privacy and security, some not so. But if you're not using them, it's like the bike helmet. If it's not on your head when you fall off, it's not going to protect you.

Make sure that you limit their online communications to people they know and trust in real life. This isn't going to remove risk, but it's going to reduce risk. And that's all we can hope to do. You cannot remove risk if a child is going online. So what we have to do is identify the risk, minimize and manage it. So unless I know them in real life and I mean really know them, not a friend of a friend. They shouldn't be hanging out with them online.

And lastly, **know where your child is online, just as the same as would in the real world.** Know where they're going, know what they're doing. and make sure you regularly check in with them. As I said, being an active and involved participant in your child's online world is the best protective factor that they have. Do not be afraid of technology. It's not going to harm you if you use it well.

*So if you're interested in more information about how you can keep your children safe online. I thoroughly recommend you check out a copy of my latest book. **Sexts, Texts and Selfies** published by Penguin.*

This book is available in all good bookstores, or you can visit my website, CyberSafetySolutions.com.au and purchase it online. It's filled with case studies, with scenarios, lots of talking points that you can use to have these discussions with your children, and there's also a sample online family safety contract that you might like to use in your household.

NAPLAN

Schools have received preliminary NAPLAN data and the Individual Student Reports are due to arrive in schools from Monday 21 July.

ASSESSMENT AND REPORTING

Teachers are currently assessing students and writing their reports. As usual, our students are working hard and doing their best to improve their learning. Reports will be available for parents on Sentral on Friday of week 10 and Parent Teacher Interviews will be held on Monday and Tuesday afternoon of week 11.

YEAR 5 CAMP

Our Year 5's will be the first group of Strathaird students to go to a city camp. From Monday 23 June to Wednesday 25 June, students will be based at Urban Camp. An amazing program has been planned, with the group visiting many famous landmarks around the city including a night tour of the Melbourne Zoo. A big thank you to Ms Elzink who has been responsible for organising the camp. A big thank you to the following staff who have volunteered to take our students on camp, Kylie Elzink, Corey Fleming, Annika McCann, Annette Haskett, Tayla Mathewson, Alana Gilfedder and parent, Paul Valavanis. We look forward to hearing about this wonderful experience when our students and staff return.

PARENTS AND CARERS PLEASE BE AWARE OF THE FOLLOWING:

SCHOOL SAVING BONUS REMINDER AND ALLOCATION TO SCHOOL ACTIVITIES

The Victorian Government is delivering the School Saving Bonus (SSB) – a one-off support of \$400 for eligible government school students from Prep to Year 12 in 2025.

The SSB can be used for uniforms and textbooks until **Monday 30 June 2025**.

Any funds remaining after **30 June 2025**, including online voucher amounts that have not been redeemed, will become a credit to use on school activities. However, the credit will not be available on your family account at our school until late July.

To use any remaining SSB funds to cover the cost of school activities in July, please refer to the SSB online system and allocate the funds to school activities before 30 June 2025.

To learn more about the SSB online system, download the step-by-step System guide for parents and carers (DOCX, 945KB) or watch this School Saving Bonus video. System guide translations are also available in 14 languages.

The Department of Education's SSB contact centre will remain available until 30 June 2025. The contact centre can be reached by:

- completing the School Saving Bonus enquiry form

- calling 1800 338 663, between 8:30 am and 4:30 pm on weekdays.

After this date, please contact our administration team for any SSB related questions.

SAVE THE DATE! PARENTS AND CARERS – YOU ARE INVITED

STRATHAIRD'S GOT TALENT

You can attend either session – Tuesday 1st July 9.15 a.m. – 10.45 a.m. OR 11.45 a.m. – 1.15 p.m. (repeat show)

BATTLE OF THE BANDS

Friday 4th July 9.45 a.m. – 10.45 a.m.



VICTORIA POLICE

HOW CAN WE KEEP YOU SAFER?

Complete the Community Sentiment Survey



NOW OPEN

Scan the QR code or head to
engage.vic.gov.au/vicpol-2025



OUR COMMUNITY • YOUR SAFETY • OUR PRIORITY

Term 2 2025

MAY

JUNE

JULY

9th Kings Birthday - Public Holiday - No School	10th School Council Meeting 6.30pm Gr 5 Camp Information Night 5.30pm	11th	12th Gr 4 Aquatics Notices Due	13th Senior Assembly Gr 6 Lightning Prem
16th	17th Gr 3 Aquatics	18th Bookclub Issue 4 Due	19th	20th Junior Assembly
23rd	24th	25th	26th	27th Senior Assembly
Grade 5 Camp				
30th Parent Teacher Interviews 3.30pm - 7.30pm	1st Strathairds Got Talent Parent Teacher Interviews 3.30pm - 5pm	2nd Gr 4 Aquatics Day Forms Due Gr 6 Aquatics Prep Special Person Afternoon Tea	3rd	4th Purple Day Last Day of Term 2.30pm Finish Battle of the Bands
7th	8th	9th	10th	11th
School Holidays				
14th	15th	16th	17th	18th
School Holidays				

Student of the Week



Week 6

Prep A	Navid	For working so hard during Guided Reading. Well done!
Prep B	Chinmayi	For an amazing effort with sounding out words when writing! Great job :)
Prep C	Suleiman	For working hard to use sounds in your writing. Well done!
Prep D	Sara	For always having a positive attitude :) Well done!
1A	Jason	For challenging himself when working with 3 digit numbers. Well done!
1B	Tariq	For working so hard in reading! Keep up the great work!
1C	Noura	Great job on your amazing narrative writing.
1D	Eliya	For working on his handwriting
2A	Nate	For giving his best efforts in Writing sessions!
2B	Lachlan	for his amazing efforts in all learning areas this week!
2C	Bradley	For working hard to edit and revise you work.
2D	Sachi	For always looking for ways to challenge herself!
3A	Billie	For always asking questions and being more willing to have a go at different tasks.
3B	Max	For working cooperatively as a team member, in group activities!
3C	Aayiz	For his hardwork and respect in the classroom
3D	Skye	For her fantastic questioning during our excursion to Cranbourne Botanical Gardens.
3E	Atrina	For working hard to master 'fact families' in Maths this week!
4A	Eman	For working hard towards her 'next step' in Mathematics
4B	Diva	For writing a fantastic information report about Uluru!
4C	Roya	For working hard in Numeracy and showing determination. Well done!
4D	Shahzad	For his determination and consisent practice of his multiplcaton facts. Excellent!
4E	Charlie	For showing your understanding of mass.
5A	Samim	For trying so hard with your fraction work this week. Keep up the super effort!
5B	Ethan	For coming up with a great strategy in his Maths learning, and sharing this strategy with others. Keep up the amazing effort!
5C	William	For working well in his group to complete his Gold Rush Artifact as part of inquiry!
5D	Sammi	For working well during fraction maths board games!
6A	Ashley	For confidently sharing and helping your mathematical understanding of fractions with your peers.
6B	Ali	For fantastic work habits during all Numeray activities.
6C	Zayn	For working hard to improve his exposition writing.
6D	Patrick	For working well in Maths when adding fractions.



Student of the Week



Week 7

Prep A	Octavia	For working so hard during Writing. Well Done!
Prep B	Lara	For trying hard with learning your sounds and blending when reading words! Great job :)
Prep C	Rayan	For working so hard to sound out words during reading groups. Well done!
Prep D	Richard	For working blending his words in reading and writing. Well done :)
1A	Diana	For using connectives in her sentences during Writing sessions. Well done!
1B	Tobias	For working so hard on his narrative writing! Fantastic effort!
1C	Imran	Your effort and improvement in writing have been amazing.
1D	Zuhra	Working hard on her letter formation
2A	Vanessa	For giving her best efforts in Math sessions!
2B	Shahar Naz	for her positive approach to learning!
2C	William	For creating a very engaging narrative with descriptive language.
2D	Doris	For your hard work and determination in writing!
3A	Leah	For participating in class discussions about various topics.
3B	Galaxy	For working hard with your reading!
3E	Subaiya	For taking on a positive approach to teacher feedback
4B	Yahya	For a very entertaining performance during Readers Theatre!
4C	Sienna	For collaborating with your peers to produce a fantastic Readers Theatre performance.
4E	Axel	For your persuasive writing to have a pet frog for the classroom.
5A	Sarah	For working so hard in your maths work this week. Keep up the super effort!
5B	CeeCee	For doing an excellent job on her persuasive writing. What a star!!!!
6A	Tabasum	For the continual effort that you have put in for adding and subtracting fractions.
6D	Ryan	For aiming to produce some great description in his writing.





School Values Awards



Congratulations to the following Students

Week 6

Prep A	Smarpit
Prep B	Sarah
Prep C	Tabish
Prep D	Brock
1A	Tate
1B	Ellexia
1C	Zoha
1D	Levi
2A	Romeisa
2B	Indiana
2C	River
2D	Ali
3A	Oliver
3B	Jowakou
3C	Tahlia
3D	Cedric
3E	Liam
4A	Campbell
4B	Yevin
4C	Farhan
4D	Austin
4E	Lucille
5A	Meena
5B	Lincoln
5D	Tarquin
6A	Mia
6B	Asma
6C	Abbas
6D	Aaron

Week 7

Prep A	Chelsea
Prep B	Dua
Prep C	Keaton
Prep D	Mahalia
1A	Saleena
1B	Hezekiah
1C	Max
1D	Levi
2A	Musa
2B	Jayda-Tay
2C	Salvation
2D	Sahar
3A	Yusra
3B	Mehria
3E	Yunus
4B	Yovaan
4C	Lincoln
4E	Jax
5A	Mikayla
5B	Isla
6A	Farhanaz
6D	Parasto

Compassion

Respect

Honesty

Responsibility

Wellbeing Page

Teaching Our Kids Self-Control: The Superpower that gets results

Self-control is one of the most important life skills our kids can develop. Whether it's a toddler throwing a tantrum, a tween interrupting in class, or a teen glued to their phone instead of doing homework — self-control (or the lack of it) shows up in every stage of parenting.

Here's some encouraging news: self-control is a learned skill. And just like learning to read, ride a bike, or play an instrument, our kids can improve their self-control with practice, guidance, and the right tools — no matter their age or temperament. (And so can we.)

What Is Self-Control (And Why Does It Matter So Much)?

At its core, self-control is our ability to manage our thoughts, emotions, and behaviours in ways that help us reach our goals. Note that the "goals" aspect matters here. Three-year-olds don't have goals due to limited cognitive development, so they don't think about whether to express or suppress their emotions. They just let it all out!

For kids, that might mean calming down instead of hitting, waiting their turn instead of pushing in, resisting a distraction rather than giving in and losing focus, or walking away from an argument rather than fighting back.

Research shows that strong self-control develops from about age three or four, and most kids are ok with it by around age 8-10. Self-control is linked to better relationships, improved wellbeing, greater academic success, and more positive life outcomes — even decades [later](#). But it's not just about long-term success. It's also about helping our children live more peaceful, connected, and meaningful lives day-to-day.

Three Self-Control Strategies That Work — At Any Age

Whether you're parenting a four-year-old or a fourteen-year-old, here are three practical, research-backed strategies that help children build better self-control:

1. **Distraction and Attention-Shifting**

Temptation thrives on attention. The more kids focus on the thing they want (the lolly, the device, the comeback in an argument), the harder it is to resist. Help your child shift their focus. Younger children might need a change of scenery or a new activity. Older children can be encouraged to engage their minds elsewhere — a different task, music, movement, even humour. Shifting attention isn't avoidance. It's smart regulation. Look at the cloud. Go for a walk. Sing a song. Pray or meditate. Shift focus and increase control.

2. **Reframing the Situation**

The way we *think* about something changes how we *feel* about it. If a child is obsessing over not being allowed something, help them see it differently. For little ones, this might sound playful: "Imagine that biscuit is actually a piece of broccoli." For older children, it might mean encouraging

them to look at the bigger picture: “Will this still matter tomorrow?” or “What’s the most helpful way to handle this?”

3. Using a Role Model — The ‘Batman Effect’

A powerful technique, especially for younger children, is to have them imagine what someone they admire would do. “What would Batman do?” “What would Wonder Woman say?” For teens, this evolves into a question of identity and values: “Who do you want to be right now?” “What would someone you respect do here?” Stepping outside ourselves, even momentarily, gives us clarity and control.

What About Kids Who Struggle More Than Others?

Some kids — including those with ADHD, anxiety, or other challenges — may find self-control especially hard. The research tells us that the *same strategies* still work, and in fact, they often benefit these children even more. With consistency, support, and understanding, they can absolutely grow in this area. Your biggest challenge here will be that it takes a bit of extra work. But that’s the case for most things where these challenges exist.

And What About Us?

Let’s not forget — self-control isn’t just a challenge for kids. As parents, we’re often running low on patience, energy, and calm. When you feel like you’re about to snap, try these quick self-control strategies for yourself:

- **Use your name** in self-talk: “Jess, take a breath. You can handle this.”
- **Zoom out:** Ask, “Will this still matter next week?”
- **Get into nature:** A few minutes outside can reset your whole nervous system.

Our kids *catch* our calm (or our chaos). The better we regulate ourselves, the easier it is for them to learn to do the same.

Final Thoughts

We’re not aiming for perfection. We’re raising humans, not robots. Our children will still have meltdowns, make impulsive decisions, or act before they think — just like we do sometimes. But every time we coach them through those moments, we’re giving them tools they’ll use for life.

So next time your child is about to lose it — or you are — remember: this is not a character flaw. It’s a learning moment. And with time, support, and the right tools, self-control *can* be learned.

And your calm, consistent presence? That’s the best teaching tool of all.



Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine’s Parental Guidance, and he and his wife host Australia’s #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.

SUSTAINABILITY NEWS

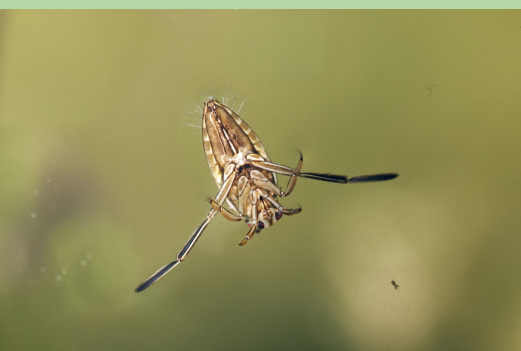


Preps Go Ponding!

As part of their Sustainability unit on Nature, the Preps have been exploring what nature we find in a healthy pond.



Many birds including Red Rumped parrots bathe and drink at the pond.



The main bug we found were back swimmers. We think we didn't find much else because the pond is new and still establishing



Grade 1s improve the Lizard Lounge



While we have had a lizard lounge for several years, the Grade 1s did some work to improve the Lizard lounge. They learnt about lizard friendly plants and planted around 30 plants near the lizard lounge. Now we just need some large rocks for the lizards to sun themselves on and an old frypan for water. If you have any big flat rocks please let Ms VanStyn know - we need about 5-6.



Hardenbergia - Purple Coral pea has berries lizards can eat and also attracts bugs lizards like to eat. It also provides shelter for them to hide.



Kangaroo Grass provides habitat and seeds lizards eat.



What can you do at home?

Create a lizard lounge with

- rocks
- logs
- terracotta pipes
- lizard friendly plants
- leaves and branches

Make the habitat and they will come!



You're invited to:

STRATHAIRD'S

Got Talent

Categories

Dancing, Singing, Comedy, Magic,
Acting/Drama, Instrumental



Tuesday

1st of July, 2025

LIVE ON STAGE

The School Gym



Junior Show Time

9:15am - 10:45am



Senior Show (repeat show)

11:45am - 1:15pm

Student Attendance

Every day counts. Attending school every day means experiencing what counts – the learning, friendship, fun and opportunities that can shape your child's future.

Why going to school is important

Going to school every day is an important part of your child's education. Children and young people learn new things at school every day, connect with friends, have fun and develop good habits that help them to succeed. Attending and participating in school will help your child:

- develop important skills and knowledge to help them learn
- develop social and emotional skills such as good communication, resilience and team-work
- establish friendships with peers which help develop self-esteem and a sense of belonging.

There is no good number of days for missing school. Being away from school for 1 day a fortnight adds up to missing 4 whole weeks of school a year. Where possible, you should avoid your child missing school, for example, make appointments for your child outside of school hours and keep family holidays to outside term time.

What to do if your child can't go to school

As a parent/carer, you are legally required to ensure your child attends school every day, and if your child is absent you must provide an explanation.

Schools acknowledge and understand that parents and carers may be juggling various challenges to get their children to school every day. If your child must miss school for any reason, notify the school as soon as possible so you can work together to ensure your child is supported. Each school will have a preferred way to do this. It may be by phone, email or via an app.

Openly communicating with your child's school about all absences is important. If you're having attendance challenges with your child or if your child needs to take an extended period of time off, please let their classroom teacher know as soon as possible.

Student Attendance

Tips to help improve your child's attendance

Setting up good attendance patterns and addressing attendance issues promptly can lead to future success and help your child feel more engaged and connected at school.

Here are some ideas which may assist you in supporting your child to attend school:

- Talk to your child about school and the importance of attending every day. You can ask them how they feel about school, what interests them or if they are having any difficulties. Some problems to look out for include: bullying or cyberbullying feeling isolated at school
disliking or feeling disconnected from the school culture or environment
falling behind in school work or feeling overwhelmed about keeping up
disliking school subjects, choice of subjects, or not feeling challenged by the work
finding relationships with teachers or other students at school difficult
competing demands on time, such as extracurricular activities
not feeling understood and fully accepted by peers or teachers
not experiencing cultural acknowledgement and understanding
- Encourage and celebrate good attendance habits with your child, including arriving at school on time every day.
- Set a good example. Show them how you keep to your own commitments.
- Encourage your child to take on hobbies at school that they enjoy such as sports and clubs. This will help them develop positive relationships outside of the classroom setting and can help your child feel part of a group, important to the school, and more motivated.
- Help your child maintain daily routines such as finishing homework and getting a good night's sleep.
- Help them pack their school bag the night before with everything they need.
- Have a set time for breakfast.
- Plan for your child to meet with a friend so they can travel to school together.


Remember, Every day counts. Act early if you are concerned about your child's attendance and contact their school to discuss how you can work together to support positive attendance.

Grade 2

YEAR 2 ROCKPOOL EXCURSION

We love Inquiry in Grade 2!

In Grade 2, students travelled by bus to Ricketts Point Marine Sanctuary to explore the wonderful world of sea life and rockpools.



Students participated in engaging activities throughout the morning with their peers. They were researchers and thinkers as they discovered sea life on the rockpool floor and used hands on investigation to hold sea shells and sea creatures.

Grade 2 students confidently reflected on their experience and their new understanding of the Inquiry unit.



Grade 2

YEAR 2 ROCKPOOL EXCURSION



"I learnt that there are types of coral that look like brains"



"I liked Ricketts Point because we got to see many sea stars and learn about them"



"At our excursion I learnt that sea stars can snap off an arm and they can regrow them"



Grade 6 Zooper Dooper Sales

MONDAY AND TUESDAY

\$1.00 Each

OUTSIDE ADMIN AT RECESS

Money raised goes
towards Graduation
2025



**ZOOOPER
DOOPER**

Sentral for Parents App

The **Sentral for Parents** app allows families to:

- view academic reports
- explain past and upcoming student absences
- view calendar events
- book parent/teacher interviews
- receive sick bay notifications
- view school newsletters

as well as receive real-time notifications and messages from the school



Instructions for accessing the Sentral for Parent App

1. **Download** the 'Sentral for Parents' app. Depending on your device, visit either the Apple App Store, or the Google Play Store.
2. **Search** for Strathaird Primary School. Tap Next.
3. **Sign in** using your Sentral username (your registered email address) and password (that you created when Registering). Tap Log In.
4. You are now ready to start using the app.

If you have never registered on Sentral:

1. Click register here to register a new account. It will ask you to create a user name and password. Enter your email address as your username and create your own password. You will receive a verification email which **MUST** be verified in order to continue.
2. Once verified, log back into the app and use the access key provided by the school to link to your child's details. *The access key will be created for you once your child is attending.*

For a quick overview on how to access the Parent Portal, please watch this short video.

<https://vimeo.com/sentraleducation/review/431752138/968dcb15a8>

If you have questions about using the app, or need some extra help then please browse the list of FAQs at

<https://info.sentral.com.au/new-app-getting-started> or contact us for assistance.



Important Parent Resources

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources
www.education.vic.gov.au/protect



Top 5 online safety tips for kids

1

Set up your device to protect your information.

2

Explore safely & tell an adult if you see anything online that makes you feel yuck.

3

Limit who can contact you when you're playing games.

4

Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.

5

Ask for help if anything online is bothering you.



Attendance

Please ensure your children are at school on time. Students should be at their class by 8.50am ready to begin class by 9am.

If your child is absent, please notify the school through the Parent Portal on Sentral or call the admin on 9705 3800.

Every Minute Counts

5 minutes	• 3 days lost
10 minutes	• 6.5 days lost
15 minutes	• 10 days lost
20 minutes	• 13 days lost
30 minutes	• 19 days lost



In a school Year

How to report cyberbullying material

1

Report the cyberbullying material to the social media service



2

Collect evidence
copy URLs or take screenshots of the material



If the content is not removed within 48 hours apply steps 3 and 4

3

Report it
esafety.gov.au/report



4

Block the person and talk to someone you trust



If you are in immediate danger, call 000 (triple zero)
If you need to talk to someone, visit kidshelpline.com.au or call them on 1800 55 1800, 24 hours a day 7 days a week

Make good choices



Why do you like it?



Use devices near a grown-up



Time's up



Make good choices

Help children to think about the content they watch and how to manage their time on screens.

Message 1: Why do you like it?

Choosing to say kind things when connecting online is a life-long skill that can help prevent cyberbullying later on. The screen image can be a stimulus to discuss the types of things you should do when video calling, like saying hello with a smile.

Message 2: Use devices near a grown-up

Children need to be aware that digital technologies should be used with a grown-up nearby and in a shared space. Children should get used to the idea, from an early age, that devices should not be used in bedrooms.

Message 3: Time's up.

It is important to discuss with children how they will know when it's time to turn devices off and how they will transition to another activity.

Key questions when discussing this poster could include:

- What do you like to play on devices? What makes you like it?
- Where are these people using devices? Where are you allowed to use them?
- Have you ever been told you have been playing on a device for too long? How do you feel when that happens? What do you usually do?

Be safe



Play with the games and apps that are yours



Only talk with people you know



Some things should be kept private



Be safe

Help children understand personal information and how it can be protected.

Message 1: Play with the games and apps that are yours.

Devices should be set up so children know which content is for them and that other games, programs or apps may not be suitable for them. The screen image shows the folder where the little girl can find the games and apps just for her use.

Message 2: Only talk with people you know.

This picture reminds children that they should only video call when a grown-up is helping them, and only speak to people they know.

Message 3 - Some things should be kept private.

In this picture the boys are creating an avatar with their Grandad. Avatars can be a practical way of showing children how they can keep their real name and identity private by creating a character to represent themselves in games.

Key questions when discussing this poster could include:

- Do you play on your Mum or Dad's phone, tablet or computer? Do you have a special place for your games and apps? How do you know what is yours?
- Do you talk on the computer to your friends and family? Who helps you?
- Why do you think the boy in the last picture looks confused? If you were going to create an avatar for yourself what would it look like? Why?

Be kind



Say kind things



Take turns



Ask before you take a photo



Be kind

Teach children to be kind and respectful in digital contexts.

Message 1: Say kind things

Choosing to say kind things when connecting online is a life-long skill that can help prevent cyberbullying later on. The screen image can be a stimulus to discuss the types of things you should do when video calling, like saying hello with a smile.

Message 2: Take turns

Taking turns is a good way of managing time on screens and building self-regulation skills. The child in the background of this picture is sad because they have been left out of the game.

Message 3: Ask before you take a photo.

The little boy in is taking a photo of himself with his family. The screen image depicts another time when he is asking his family if they would like to be in the photo.

Key questions when discussing this poster could include:

- Have you ever called your family or friends on a computer or tablet like the people in the first photo? What do you think they are saying? How do you know?
- Why do you think the boy in the middle photo looks sad? What could they do to stop him feeling sad?
- Do you always ask someone if it is OK to take their photo before you take it? Why?

Ask for help



Tell a grown-up



Check before you tap



You won't get in trouble



Ask for help

Teach children to ask a trusted grown-up for help with any issue using digital technologies.

Message 1: Tell a grown-up.

It is really important for children to know that if something makes them feel worried, scared or sad when they are using a device they should tell a grown-up.

Message 2: Check before you tap.

Before children use a device, they should ask a grown-up. The picture shows the little boy asking if he can play a new video he has not seen before.

Message 3: You won't get in trouble.

When children are playing with digital technology often things happen that they didn't expect. It can be the same for grown-ups too! Children need to know that if something unexpected happens, they should tell a grown-up. They should be assured that the grown-up will know it was important for the child to share the problem even if it happened because they made a mistake.

Key questions when discussing this poster could include:

- Have you ever seen something that made you feel worried, scared or sad when you were playing on a tablet? Who would you tell? What do you think they would say?
- Who do you ask before you play, watch or tap on something new on a device?

Our Vision Statement and Mission

VISION STATEMENT AND MISSION

To empower students to strive for personal achievement, embrace challenges and develop the skills and values that enable them to become lifelong learners and engaged responsible citizens in an ever changing global society.



Honesty

We are truthful in what we say and do, people can rely on us and trust us .



Strathaird



Primary School

Responsibility

We make good choices and are accountable for our actions .



**School
Values**
PROGRAM



Respect

We value people's worth and qualities and treat them in a polite and friendly manner.



Compassion

We care about others, we treat them with kindness and we help people when they are in need .