

Strathaird Primary School News

8/5/2024
Edition 6



Strathaird



Primary School

School Values

Respect

Honesty

Responsibility

Compassion

Contact Us:

20 Sherwood Road
Narre Warren South, 3805

PO Box 4124
Narre Warren South, 3805

9705 3800

Strathaird.ps@education.vic.gov.au

www.strathairdps.vic.edu.au

Principal Page

MULTICULTURAL DAY

Last Friday, we had a wonderful Multicultural Day, celebrating the many countries our families come from around the world. A big thank you to all of our students who dressed up in clothing from their cultural background or wore the colors of their national flag. I am so very proud of our students and how kind, caring, and compassionate they are, everyone is respected. We are a harmonious community of people, who work together, learn together, play together, it doesn't matter where we come from or what language we speak - that is something to celebrate! :)



Wishing all of the mothers in our school community, a very **HAPPY MOTHER'S DAY** for Sunday (and every other day).



Education Week Open Afternoon, you are invited! Next Wednesday 15 May 2.15 – 3.00 p.m.

Education week celebrates the strengths and achievements of Victoria's government education sector and this year is particularly special because we are celebrating 80 years of Education Week.

The theme will be **Spotlight on STEM**, a chance for schools to celebrate and share how they bring science, technology, engineering, and maths to life in the classroom. If you visit on the Open Afternoon you will have the opportunity to join in a Science, Technology or Maths activity with your child.

Principal Page

A Free Dental program, Smile Squad is on the way to our school! Please complete and submit the consent form by the end of today if you want your child to be included in this program.

All children deserve a healthy smile, and the Smile Squad is coming to our school to help make sure this happens.

Smile Squad is a Victorian Government program that provides free dental care to all Victorian government primary and secondary school students.

Smile Squad is run by Monash Health.

You do not need a medicare card or be eligible for medicare benefits.

The friendly Smile Squad dental team will visit our school soon to conduct a free annual dental health examination for every student and provide free follow up treatment as needed.

What do you need to do?

We need your consent before Smile Squad can provide services. Consent is usually provided by a parent or guardian.

Sign up to Smile Squad at: <https://bit.ly/smilesquadvic>

OR use the QR code opposite:



The Smile Squad team will check the student's teeth and mouth and show them how to keep their teeth healthy and strong. They will also provide any preventive services you have consented for. If the student needs more treatment, the Smile Squad will discuss this and seek consent.

Please complete and submit the consent form by the end of today.

Paper copies of the consent form are available. Please contact the School Office if you would like to request one.

The electronic consent form can be translated into more than 100 languages, and the paper form is available in 13 languages.

If parents need help completing the consent form, please let the School Office know. Nazia will be available at the Office from 9.00 – 10.00 a.m. each morning up until 8 June to help parents where needed.

A very big thank you to the parents who came to school this week to run the Mother's Day stall. Our students have been so excited to visit the stall and buy gifts for their mums. We very much appreciate these parents for the time and effort they have put in to making this happen. A big thank you to Sharon McMahon who has put in a significant amount of time and effort to organise the Mother's Day stall. THANKS SO MUCH :)



Term 2 2024 - Dates

**M
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e**

Monday	Tuesday	Wednesday	Thursday	Friday
6th Mothers' Day Stalls	7th Mothers' Day Stalls	8th	9th \$ Due Gr 5 Imax/Museum Excursion	10th Junior Assembly SNR Electives
13th	14th \$ Due Gr 6 Lightning Prem School Council 6.30pm	15th Gr 5 Aquatics Notices Due Ed Week Open Session 2.15-3.00pm	16th Gr 5 IMAX & Museum Excursion \$ Due Gr 3 Botanical Gardens	17th Senior Assembly JNR Electives Gr 6 Lightning Prem
Education Week				
20th \$ Due Gr 1 Mad about Science Incursion	21st Gr 3 Botanical Gardens Excursion	22nd	23rd Gr 1 Mad about Science	24th Junior Assembly SNR Electives
27th	28th 2nd Hand Uniform Stall	29th	30th	31st Senior Assembly JNR Electives Gr 5 Aquatics Day
3rd	4th	5th	6th Whole School Photo Day \$ Due Prep Woodworkers	7th Curriculum Day - No School
10th King's Birthday Public Holiday	11th School Council 6.30pm	12th	13th	14th Senior Assembly JNR Electives Grade 4-6 House Athletics Day
17th	18th	19th	20th	21st Junior Assembly SNR Electives Grade 3 Aquatics
24th	25th	26th	27th	28th Last Day of Term 2 - 2.30pm dismissal No assembly



School Values Awards



Congratulations to the following Students

Week 2 - Respect

Prep A	Hamed
Prep B	Ransher
Prep C	Kirra
Prep D	Ileana
Prep E	Jayon
1A	Kiara
1C	Emi
1D	Agam
2B	Aaliyah
2C	Rohan
2E	Emerald
2F	Natasha
3A	Ghadir
3B	Karanvir
3C	Noman
3D	Taha
3E	Elijah
4A	Alina
4B	Zoe
4C	Georgia
4D	Elaina
4E	Lincoln
5A	Ella
5B	Alina
5C	Mitchell
5D	Josephine
6A	Madina
6B	Gifre
6C	Clare
6D	Dean
6E	Elhaam

Week 3 - Compassion

Prep A	Mobina
Prep B	Tobias
Prep C	Carter
1C	Richard
2A	Aidah
3A	Kaitlyn
3B	Asiya
3C	Seth
3D	Mia E
3E	Lily
4A	Samim
4B	Preston
4D	Isabella
4E	Sofia
5A	Ali
5B	Raymond
5C	Arfan
5D	James
6A	Sahas
6B	Savanah
6D	Madiha
6E	Stephanie

Respect

Compassion

Responsibility

Honesty

Student of the Week



Week 2

Prep A	Ella	For having a go at writing on her own!
Prep B	Emma	For having a positive attitude and always putting in so much effort! Well Done!
Prep C	Ryder	For always working so hard to learn new sounds. Well done!
Prep D	Idris	For trying his best to finish all of his work. Well done!
Prep E	Kora	For being a helpful and responsible member of the class
Prep F	Aydin	For trying hard to be helpful to his teacher and classmates.
1A	Brooklyn	For being a superstar listener at all times. Well done!
1C	Minahil	For her excellent narrative writing this week.
1D	Samera	For excellent subtraction skills in Maths
2A	Mustafa	
2B	Saanvi	For being a motivated and respectful learner!
2C	Brandon	For showing excellent leadership in the classroom!
2D	Billie	for her positive attitude and awesome efforts!
2E	Letitia	For her excellent writing efforts!
2F	Hadis	for working hard to complete a story with a beginning, middle and end.
3A	Eman	For your accuracy and understanding during maths.
3B	Prathna	For always being polite
3C	Austin	For fantastic problem solving in Maths!
3D	Neville	For working extremely well in group tasks.
3E	Amer	For using a loud and clear voice when sharing his thoughts and ideas.
4A	Ali-Sina	For his massive improvement in his Writing!
4B	Maryam	For her improvements in contributing this week!
4C	Charlene	For doing her best in her maths learning and contributing her thinking. Well done maths whiz!
4D	Carpenter	For trying his best to complete all of his work to an excellent standard!
4E	Ayobi	For working hard to improve your skills. Well Done!
5A	Mannet	For always working so hard and trying your best in all that you do. Keep up the super effort!
5B	Aaron	For always being willing to have a go and do his best. I love your enthusiasm Aaron!
5C	Yutong	For settling well into her new school with ease. Well done Yutong!
5D	Arsin	For writing a fantastic 'Mother of the Year' persuasive piece. Keep up the good work!
6A	Iqra	For your positive attitude towards all of your learning tasks.
6B	Emily	For putting in 100% towards all of your learning tasks.
6C	Yashika	For having a cheerful and positive attitude towards all aspects of school,
6D	Leon	For making some great arguments in his exposition.
6E	Abieha	For being a superstar and team player in Kitchen Garden

CONGRATULATIONS!

Student of the Week



Week 3

Prep A	Mia	For writing wonderful sentences!
Prep B	Naweed	For working hard on learning your sounds! Well Done!
Prep C	Paige	For using amazing sounds in your writing. Great work!
1C	Mahdi	For his hard work in reading groups this week.
2A	Adeli	For her excellent effort shown in her classroom work!
3A	Medina	For your skills shown in the dance production workshop.
3B	Muhib	For excellent effort in writing this week
3C	Austin	For his excellent contributions during Guided Reading lessons!
3D	Levi	For working extremely well in group tasks.
3E	Ali Waris	For working cooperatively in group activities.
4A	Asra	For working hard on learning her 2, 3, 5 and 10 multiplication facts.
4B	Dominic	For his valued contributions and knowledge during Inquiry sessions
4D	Timora	For always trying her best!
4E	Tabesh	For your wonderful persuasive writing. Well done Tayeeba!
5A	Ryan	For challenging yourself in your thinking in Maths. Keep up the super effort!
5B	Elise	For being a wonderful friend and always being kind and helpful.
5C	Wrih	For your wonderful attempt of a concrete poem during our pre testing stage of our poetry unit.
5D	Zainab	For writing a splendid 'Mother of the Year' persuasive piece. I'm proud of you!
6A	Yalda	For consistently displaying your excellent leadership skills
6B	Alex	For challenging your thinking in Maths and demonstrating excellent multiplicative strategies. Keep up the super effort!
6D	Shimar	For showing some great multiplicative thinking during maths.
6E	Cena	For being an excellent leader in the production dance practice!

Specialists

Sustainability	1D	for excellent cooperation and critical thinking when looking at the health of the pond.
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Grade 2



Inquiry Rockpool IncurSION

On Tuesday we were visited by Wild Action as part of our Inquiry learning. We got to see and meet many animals that are native to Port Phillip including puffer fish, seahorses, molluscs, sea stars and starfish, spider crabs and sea urchins. The incurSION was held in our new Eco Cabin.

Students were able to explore how the creatures felt, holding many different animals. They were in awe.

The incurSION was run by a zoologist who was able to teach the children all about our local sea life. Students were able to ask lots of questions to help their understanding of our Inquiry topic: 'How do oceans support life?'

The students are now very motivated to continue their learning about oceans.



Sport



STRATHAIRD PRIMARY SCHOOL CROSS COUNTRY

Last Monday we had our Interschool Cross Country team compete at the District competition, which was held at Sweeney Reserve. The team is selected based on our Strathaird Primary Cross Country race which was held in Term 1. Children placing in the top 8 in each age group is selected to represent our school and compete against children from other schools in our District. Results from our Strathaird School Cross Country run were;

Under 10 boys

- 1st—Irfan Tahsin
- 2nd- Blake Triffett
- 3rd—Ali Taheri
- 4th -Christopher Taylor
- 5th Reza Mohammady
- 6th—Noah Van Den Akker
- 7th-Imie Ashna

8th- Archer Marion

Under 10 Girls

- 1st—Peyton Horne
- 2nd- Rohina Sarwari
- 3rd—Isla Sutherland
- 4th –Tayeeba Tabesh
- 5th—Mia Alameddine
- 6th– Sima Haydari
- 7th—Kawsar Aliyar
- 8th—Stacey Best

Under 11 boys

- 1st—Ali Jabari
- 2nd- Declan Silva
- 3rd- Arfan Mirzayee
- 4th- Leon Fuiava
- 5th– James Long
- 6th- Zohair Mirzai
- 7th- Mohammad Hameed

8th -Jethro Rexhep

Under 11 Girls

- 1st—Harper Neal-Wilson
- 2nd- Tahlea Murray
- 3rd– Savannah Gersbeck
- 4th –Mannet Sandhu
- 5th— Selini Kalpage
- 6th– Isla Bosch
- 7th—Ethmi Mallikarachchi
- 8th- Sadaf Qalandari

Under 12boys

- 1st— Alex Valavanis
- 2nd - Karim Shahi
- 3rd—Sajjad Nazari
- 4th-Lincoln Franklin
- 5th -Omid Haydari
- 6th– Mehdi Alami
- 7th—Chace Wood

8th –Kane Fenton

Under 12 Girls

- 1st—Stephanie McDonald
- 2nd- Emily O'Brien
- 3rd– Saima Hassani
- 4th –Amul Jabari
- 5th— Lena Ezeonyido
- 6th– Sienna Serong
- 7th—Sitaish Mirzayee
- 8th- Hosna Qalandari

DISTRICT Results— We had a fantastic day on Monday with all children competing to the best of their ability. The under 10 age group ran 2km and the under 11 and 12 ran 3km. The following children placed in the Top 10 so have now advanced to the Divisional Level.

Harper Neal-Wilson Under 11 Girls 3rd
Alex Valavanis Under 12 Boys 5th
Sajjad Nazari Under 12 Boys 6th
Irfan Tahsin Under 10 Boys 7th
PHOTOS next page .

District Cross Country team



Students successful in placing Top 10



Wellbeing Page

Managing Fatigue as a Parent

If you're a parent, I can almost guarantee you're tired. Parenthood and fatigue seem inseparable. Infants and toddlers amplify our tiredness, but regardless of their age, raising children is tiring. (The impact of COVID, economic insecurity, and general life stress from recent years exacerbate this feeling).

It's tempting to see our parental exhaustion as a moral failing. We are worse parents when we are tired. We parent better when we feel alive and vital. But life conspires against us. We'll never beat fatigue completely. The daily grind combines with ageing to ensure we'll be tired every day. It just happens faster with kids than without them! But we misunderstand two things about this exhaustion.

The first is that much of our tiredness is firmly within our control; it comes down to choices (with the exception of parenting young children who genuinely require us at ALL hours and remove a lot of choice for attentive and involved parents).

The second is that we think we have no way around our fatigue, whereas the truth is that we may not have learned better strategies to reduce our exhaustion.

We're also afraid... of change. What if we make a change and we're less tired, but that change requires us to sacrifice something we really like in our lives?

If we do have more control than we realise, and if strategies do exist, then there is value in making the attempt to reduce fatigue. The following three solutions feel kind of sucky because they're so obvious, but they work.

Solution 1 Sleep:

The Ultimate Recharge Sleep is non-negotiable, but so many of us treat it like a luxury item. Get real about sleep (unless you are dealing with a baby or toddler) by:

- Switching off screens (no streaming, no socials, no games) at least 30 minutes before bed.
- Focusing on reading or connecting with your partner before sleep.
- Aiming for a solid 7+ hours each night (recognising some people need up to 9).
- Waking up early enough to be tired at night.
- Staying off the coffee, sweets, and alcohol, particularly in the afternoon and evening.

Solution 2 Diet:

Fueling the Body Quick, sugary snacks and convenience foods exacerbate fatigue (and inflammation). It sounds boring, but:

- Minimise drinking anything other than water (and drink plenty of it).
- Increase your vegetable intake for snacks and at meals.
- Grab a handful of nuts rather than sweets when you need a snack.
- Prep well-loved, nutritious meals in batches on the weekend to minimise stress on busy nights.
- Set up a routine where you have the same meals each week or fortnight to minimise cognitive load. Eg: Monday is Mediterranean, Tuesday is Tacos (Mexican), Wednesday is a one-pot solution, Thursday is Pizza, Friday is Fish, Saturday is BBQ, and Sunday is leftovers (or a roast).

Wellbeing Page

Solution 3 Attention Management:

Be Present Multi-tasking is both exhausting and inefficient.

- Focus on one thing.
- Do it well.
- Be present. Engage.
- When complete, move on.

Your energy flows where your attention goes. Putting attention on too many things pushes energy in too many directions. Be clear on your focus. Direct your energy. Watch your productivity increase while your exhaustion drops.

Parenting requirements shift from moment to moment, day to day, and week to week. But improved sleep habits, better systems, and clearer focus will increase your balance and allow you more time and energy to spend on what (and who) matters most—your family.



AUTHOR
Dr Justin Coulson

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 www.happyfamilies.com.au

Student Attendance

Students learn new things at school every day and sending them to school is the single most important part of their education. This gives them the best opportunities to learn and achieve success.

Families and schools work together to encourage and support student attendance and build sustained learning opportunities.

Parents responsibility:

Students are required to attend school everyday. If a student is absent, parents and carers **must** inform the school that their child is absent on the day or before the day of absence.

Parents will need to provide an explanation for their absence. This is a legal requirement.

How to inform the school:

- 1) Log it on the Parent Portal.
- 2) Alternative call the school (03) 9705 3800
- 3) Send an email strathaird.ps@education.vic.gov.au

School's Responsibility:

The school must notify you of an unexplained absence in relation to your child as soon as practicable on the same day. This will be sent via a text message.

Attendance Support:

If you require further support with your child's attendance, please contact our school and speak with our Assistant Principal.

Attendance Matters

Everyday Counts at Strathaird Primary School

if your child is absent:	That equates to:	Which is:	Which means over their 13 years of education, this is:
1 day every 2 weeks	20 days per year	4 weeks per year	Almost 1.5 years of learning.
1 day per week	40 days per year	8 weeks per year	Over 2.5 years of learning.
2 days per week	80 days per year	16 weeks per year	Over 5 years of learning.
3 days per week	120 days per year	24 weeks per year	Nearly 8 years of learning.

Wellbeing



We are SunSmart - a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to *Slip, Slop, Slap, Seek and Slide!*

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.



Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.

SunSmart membership

Our school is a registered member of Cancer Council Victoria's SunSmart Schools Program. We aim to protect students and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures included in our policy at school and at home.

During the daily local sun protection times (usually from mid-August to the end of April), **use these 5 SunSmart steps – even if it's cool and cloudy.**

1. **SLIP** on covering clothing

For free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.



2. **SLOP** on SPF50+ broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to reapply throughout the day. Sunscreen should be reapplied every two hours. Please ensure children get plenty of sunscreen application practice at home so they'll be all set when they are at school. Under supervision, ask children to put a dot of sunscreen on each cheek, nose and chin and rub it in (avoiding the eye area) and sunscreen squiggles or dots on the back of the neck, arms and legs to cover these areas.

3. **SLAP** on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection so please leave them at home. Please help your child remember to bring and wear their approved **school hat**. Please keep this at school so they will always be ready for outdoor activities, outdoor learning and play during school days. For the walk to and from school and weekends, please have an extra **home hat** to help keep children protected at home.

4. **SEEK** shade

Choose shady spots for learning and play whenever possible.

5. **SLIDE** on wrap-around AS1067 sunglasses

When appropriate and practical, help protect the eyes with sunglasses.

Need information in another language? Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language



Youth Chess Club at Cranbourne Library



Do you love playing chess?

**Come along to our weekly chess club at
Cranbourne Library.**

Play with others and make new friends.

Cranbourne Library

Every Monday during the school
term, 4.15pm

Free

Scan the QR Code to book

Ages 10-18



Special Events

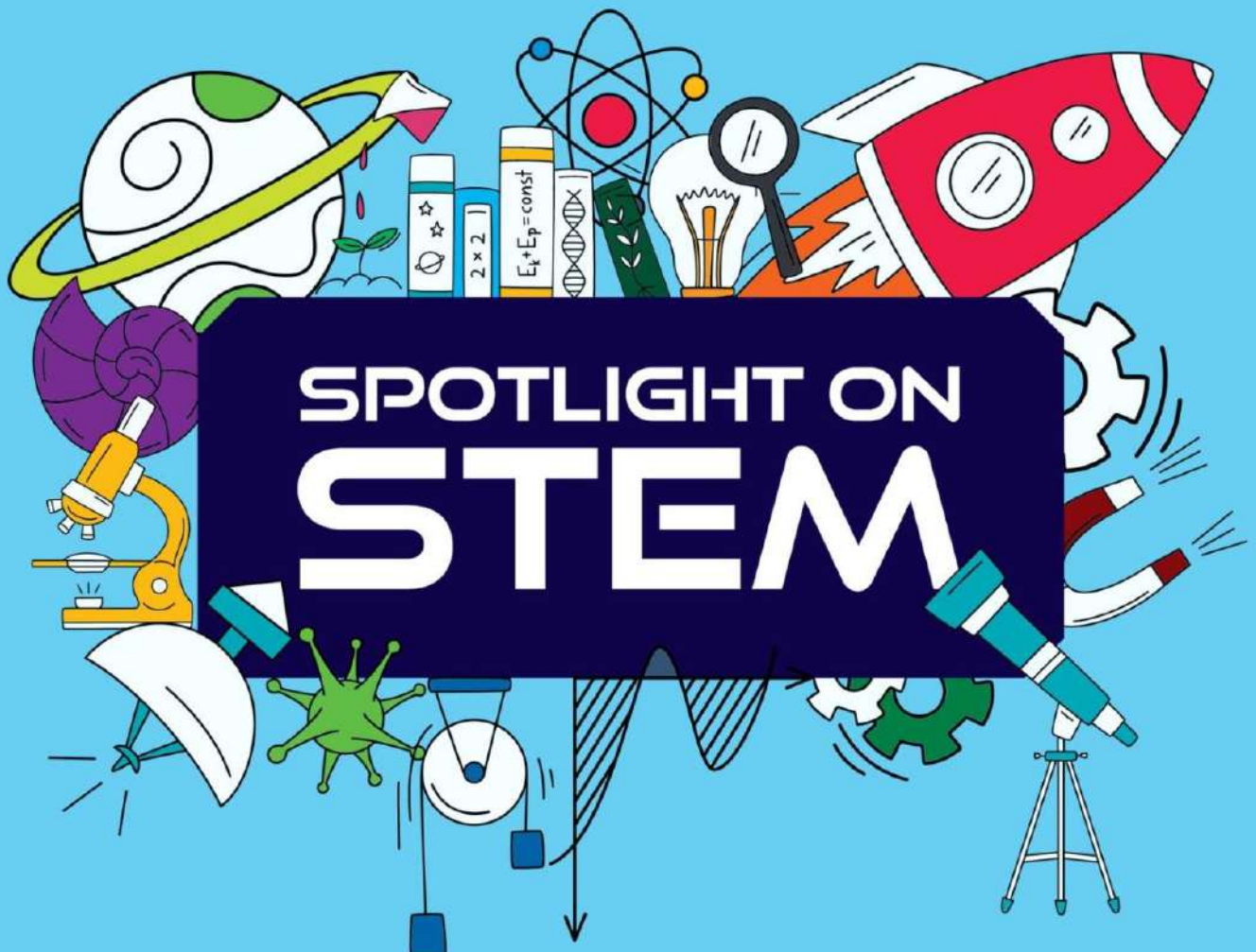
STRATHAIRD PRIMARY SCHOOL

EDUCATION WEEK

PARENT
OPEN AFTERNOON

WEDNESDAY 15TH MAY
2:15PM - 3:00PM

JOIN US IN THE CLASSROOM TO EXPLORE OUR STEM
ACTIVITIES



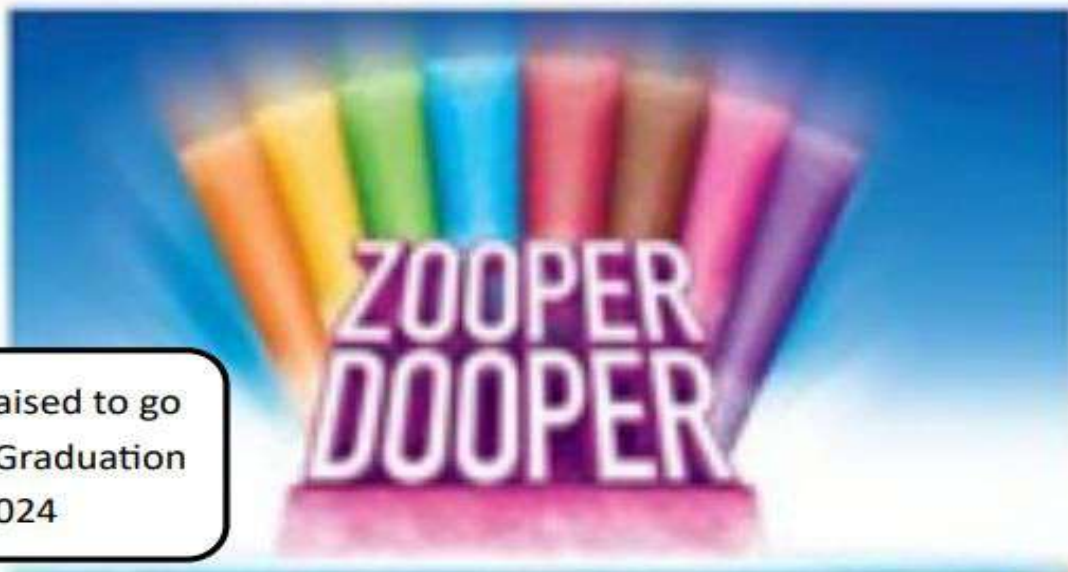
Grade 6 Zooper Doopers

Grade 6 Zooper Dooper Sales

Monday and Wednesdays

\$1.00 Each

Outside Admin



Money raised to go
towards Graduation
2024

Library / Child Safety

Library News



Child safety and wellbeing at Strathaird Primary School information for families and the school community

The Victorian Government has announced new Child Safe Standards to further strengthen child safety across organisations, including schools. The new standards recognise the critical importance of families and the broader school community in maintaining and promoting child safety and wellbeing.

Strathaird Primary school has reviewed and updated our child safety policies and procedures to ensure they meet the requirements of the new standards. These are available to view on the school website on: www.strathairdps.vic.edu.au

We are committed to continuous improvement in our approach to child safety and wellbeing and welcome feedback from families and members of our school community on ways we can further strengthen our child safety policies, procedures and practices.

If you have any suggestions, comments or questions, please contact

Julie Kennedy
Strathaird Primary School Principal



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.



School Photos

Have you
ORDERED YOUR
school photos yet?



Strathaird Primary School
Photo Day: **06-06-2024**

TO ORDER

1. Scan QR code or go to: www.leadingimage.com.au
2. Enter your unique school ACCESS KEY **24U5USA5**



Strathaird PS Photo Day is on Thursday 6th of June

- *Sibling photos will be taken from 8.00-8.45am
- *Class photos and groups will be taken during the school day.
- *All students will have their photo taken regardless of whether an order is placed.

Leading Image prefer all payments to be completed online prior to the school photo day. If you wish to pay cash, please collect an order envelope at the office and bring exact money on the day of the photos. **NO CHANGE** is available at the office.

NOTE: Family orders need to be placed online prior to 4.30pm Wednesday 5th of June.

Please follow QR code on above flier for more information or go to www.leadingimage.com.au

Our school access key is 24U5USA5

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



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

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.



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 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



Honesty

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



Strathaird



Primary School

**School
Values
PROGRAM**

Respect

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



Responsibility

We make good choices and are accountable for our actions .



Compassion

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

