

# Perthville Public School



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## Newsletter

Wednesday 13<sup>th</sup> March 2019

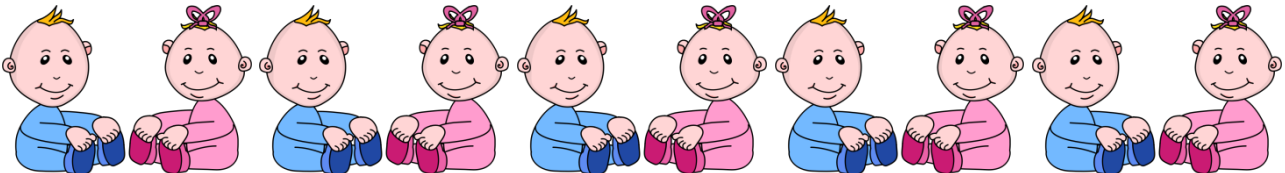
Term 1 Week 7

Dear Parents,

Half term is upon us and we are full steam ahead! Our external validation date has been announced and we are one of the first schools to get underway next term. We look forward to welcoming the panel and discussing the great things that make up Perthville School.

### Congratulations to Mr & Mrs Hardy

We are very excited to announce that Mr and Mrs Hardy will be welcoming a new baby in August. Mrs Hardy will continue teaching Kindergarten until the end of Term 2. We are very happy for them both and look forward to welcoming a new baby Hardy to the world in a few months time!



### Changes to Some Term One Events

There have been some changes to events that were scheduled at the end of Term One, please make sure you jot these down in your diary and check our Facebook page for any changes.

**Easter Hat Parade – Now Friday 12<sup>th</sup> April - last Day**

**ANZAC Service has been moved to Term 2 – First Friday 3<sup>rd</sup> May**

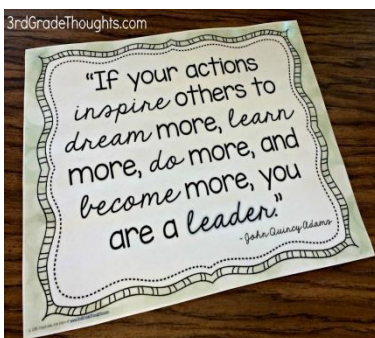
**Bike Week has been postponed until Term 3**

**Our Term One Half Staff development Day will be held T3.**

**Leadership Camp – 1<sup>st</sup> & 2<sup>nd</sup> April – Years 5 & 6**

In week 10 of this term, Years 5 & 6 are invited to the Leadership Camp. The camp will run over 2 days at the Bathurst Gold Fields and will involve other students from the Bathurst Small Schools. This excursion has been planned to supplement the following work being done in the classroom on Leadership and History. The cost of the camp is \$90 for the 2 days and overnight stay and \$10 for the softball girls who will be attending day one only. Students will also participate in 'puberty and change' talks from Bathurst Community Health and also have a day session on Australian colonies focusing on Gold in early colonial times. There will also be a disco held on the night after dinner. Please return the note that was sent out last Thursday.

3rdGradeThoughts.com



### What's Due Back?



- School Contribution
- Band fees
- Hot Dog Orders
- Cakes for Election
- Easter Eggs for Raffle

### P&C Meetings

**Tuesday 9<sup>th</sup> April – 6pm**



## **Western Swimming Carnival**

Good luck to Brooklyn, Lottie, August and Jaya who will swim tomorrow at the Western region Swimming Carnival in Dubbo. GO Perthville!

## **NAPLAN Online**

The National Assessment Program – Literacy and Numeracy for Years 3 & 5 will commence in week 3 next term. Information about the testing was sent home with Years 3 & 5 last Thursday. Students should be encouraged to not become anxious and simply do their best. Mrs James and Mr Dickson will administer the tests. These will be held in the computer lab.

## **P&C Executive elected for 2019**

President – Amanda Peterson

Vice President – Leanne Kirk

Treasurer – Allan McDaid

Secretary – Kathy Rowan & Julia Moorhead

Uniform Coordinators – Claire Kirby & Helen Topp

WH&S Coordinator – Toireasa Gallagher

We look forward to working with you all. Congratulations and thank you!

**Birthdays – Please do not send in lolly bags. Birthdays are well catered for at school in the classroom. If you need to send in a cake please ensure it is cupcakes for an easy handout. We appreciate your assistance.**

## **Easter Hat & Mask Parade & P&C Raffle – Friday 12<sup>th</sup> April ← Please note change of date**

The P&C will be holding an Easter Raffle which will be drawn on Friday 12<sup>th</sup> April. If you are able to donate a small bag or carton of eggs that would be most appreciated. Please send these in to the front office. K-2 will be holding their hat and mask parade at 12.30.

## **Perthville 'Speak Off' Speeches to be conducted 4<sup>th</sup> April**

A reminder to all children in Yrs 3, 4, 5 & 6, your speech is due for delivery on Thursday 4<sup>th</sup> April.

A copy of the topics and presentation strategies was sent home on Monday this week with your homework. The following teachers will be adjudicating the speeches and will select the representative for the CWA Public Speaking competition to be held at James Sheanan School in Orange on Tuesday 21<sup>st</sup> May. Good luck to all students.

Year 3 – Mr North

Year 4 – Mr Dickson

Year 5 – Ms Barlow

Year 6 – Mrs Yordanoff

## **School Contributions**

The school fees assist us with purchasing online maths and reading programs, text books, sports equipment, art and craft supplies and stationary needs. This year school fees have remained the same as 2018. Fees are as follows.

1 child = \$65

2 children = \$120

3 children = \$175

We ask that you pay this contribution to the office before the end of term 1. If you are having difficulty please contact Mrs Webb.

## **Festival of Instrumental Music – Recorders**

Recorder lessons, Thursdays 9.30am – 10am, are well underway and the students are sounding great! Please do not hesitate to phone or email the school with any questions you may have. Thank you!

Mrs Bicanic

## **ESafety advice on the Momo Challenge and Online Safety in general**

I encourage all parents to go to this website and read the advice regarding this issue and indeed all online activity of children. Students in Years 5&6 have already completed cyber safety lessons in class and will do so again at Leadership camp. I have attached some information about smart phones, social media and the link below has many resources for parents including those following at the end of this newsletter. A reminder that all devices should be handed in at the front office at the start of each school day.

<https://www.esafety.gov.au/about-the-office/newsroom/media-releases/statement-esafety-advice-on-the-momo-challenge>

Here are 5 great tips that you can use to help limit your child's exposure to harmful content online:

- Engage in your child's online activities – ask what apps, sites and games they're using and make sure they're age-appropriate
- Use parental controls on devices to help limit what your child is exposed to
- Let them know not everything they see online is real or true.
- Help them report and block upsetting content they see on social media sites or apps.
- Let them know they can come to you about anything upsetting they see online, and contact Kids Helpline if they need further support.

**Office of the Children's eSafety Commissioner**  
Australian Government

**Should my child be on social media?**

Parents can sometimes feel the pressure of peer power to allow their children on social media, even if they don't feel comfortable doing so.



While these services are a fun way to stay connected with others, there can be downsides like cyberbullying, risks to privacy and contact from strangers.

**If you allow your child to sign up to a social media service, consider these handy tips.**

- Get in the know**  
– research the 'terms of use' and age requirements on social media services and explain them to your child.
- Keep it private**  
– show your child how to use privacy settings to control what others can see.
- Play nice**  
– encourage your child to respect others online and to always think before posting.
- Report**  
– show your child how to report inappropriate content, especially cyberbullying.
- Beware of bad eggs**  
– teach your child that not everyone they meet online can be trusted, even if they seem nice or friendly.
- Join in**  
– create an account yourself and find out what your child is likely to encounter.
- Talk**  
– maintain open communication with your child so they feel safe talking to you about any concerns.
- Learn more**  
– keep up to date with popular social media sites at [esafety.gov.au/quickguide](https://www.esafety.gov.au/quickguide)

[esafety.gov.au/iparent](https://www.esafety.gov.au/iparent)

## Term One

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7</b> <b>11<sup>th</sup>-15<sup>th</sup></b>			Newsletter	Recorder Lessons	Say No To Bullying Day
<b>8</b> <b>18<sup>th</sup>-22<sup>nd</sup></b>				Recorder Lessons	Assembly Kinder 9.30 am
<b>9</b> <b>25<sup>th</sup>-29<sup>th</sup></b>	AP Position Interviews	Boys Softball	Newsletter	Recorder Lessons Peachey Shield PPC Meeting Mrs James away	PPC Meeting Mrs James away
<b>APRIL</b> <b>10</b> <b>1<sup>st</sup>-5<sup>th</sup></b>	Sporting School Athletics K-2  Leadership Camp Yrs 5&6	Girls Softball		Recorder Lessons PPS CWA Speak Off Yrs 3-6	Assembly K/I 9.30 am Crazy Hair Day World's Greatest Shave Hot Dog Day 
<b>11</b> <b>8<sup>th</sup>-12<sup>th</sup></b>	External Validation Submission Preparation Sporting School Athletics 3-6	P&C Meeting 6pm	Newsletter		Last Day Tm I Easter Hat Parade 

**Bullying No Way!**

**Friday 15<sup>th</sup> March**

Students will be completing activities throughout the afternoon on anti-bullying, identifying support networks and building resilience



Galloping Gumnut Mobile Children's Service is currently looking to fill the following positions:

Casual Educators for our Preschool, Care, After School Care and Play Sessions.

Full-Time Certificate III Traineeship

For details about each of these positions please refer to our Website –

[www.gallopinggumnut.com.au](http://www.gallopinggumnut.com.au) or our Facebook Page or email [admin@gallgum.ngo.org.au](mailto:admin@gallgum.ngo.org.au)

### **P&C Upcoming events**

The P&C have a few events coming up to raise money to assist the school with upgrades. These upgrades would not be possible without the help and generous donations from the school community.

Below is a list of upcoming events and what is required to make these events a success. We understand that not everyone is able to contribute financially therefore if you are able to offer some time on the below dates to help out it would be greatly appreciated.

#### **Saturday 23<sup>rd</sup> March – Election Day Cake stall.**

For this event we would appreciate donations of cakes, slices, biscuits or anything else you wish to bake. Baked goods can be dropped at the School office by 22<sup>nd</sup> March or delivered to the cake stall. If you are unable to bake you may donate ingredients to assist those who can such as packet mixes or eggs. We ask that these donations be made ASAP to allow us time to organise someone to bake them. We will also need people to help sell the cakes on the day – if you are able to assist for even a short period of time, please fill in the below roster and return it to the office ASAP.

**Easter Raffle** – This will be drawn at the Easter hat parade 12/4 and tickets will be sold at the Election Day cake stall as well as being sent home with students. Any donations of Easter eggs or Easter related items would be greatly appreciated. We also ask that these donations be made ASAP to allow us time to make up some hampers for the raffle.

**Hotdog Day – 5<sup>th</sup> April** – 5 Students will be participating in the World's greatest shave, this will also be Crazy hair day so the P&C will be doing a Hotdog lunch. Order forms are attached and sent home in hard copy today. We would appreciate some parent helpers on the day to assist with assembling and distributing the hotdogs. If you are able to assist please email Amanda on [amanda-peterson@bigpond.com](mailto:amanda-peterson@bigpond.com)

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### **Election Day Cake Stall**

**Name:** \_\_\_\_\_

Please indicate which timeslots you are available to assist with the Election Day Cake stall. You may select more than one if you are available for longer

Time:	Available? Yes/No
8:00am – 9:00am	
9:00am – 10:00am	
10:00am – 11:00am	
11:00am – 12:00pm	
12:00pm – 1:00pm	
1:00pm – 2:00pm	

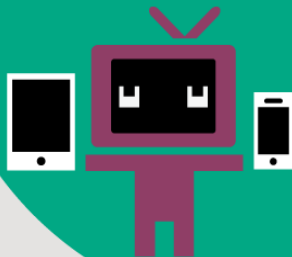
Email address: - \_\_\_\_\_

A copy of the roster will be sent to you via email. Should you have any enquiries or concerns please contact Amanda Peterson – 0412 329 509 or [amanda-peterson@bigpond.com](mailto:amanda-peterson@bigpond.com)

*Thankyou from the Pethville Public School P&C*



## Keeping an eye on screen time

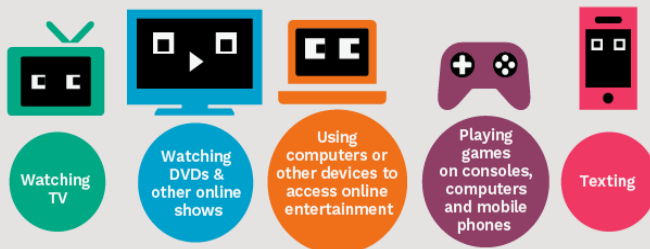


Are your kids constantly glued to a screen? Where do you draw the line to keep screen time in check?

This quick guide can help parents manage screen time.

### What is screen time?

Screen time is the amount of time spent watching a screen or electronic media for entertainment. It includes:



Screen time does not include time spent on educational activities, such as for school work.

### What is the right amount of screen time?

We know parents are time-poor, dealing with work and other life pressures, so screen time can be an easy alternative for keeping kids occupied.

But what is recommended?

Health experts suggest these screen time limits:



Source: Australia's Physical Activity and Sedentary Behaviour Guidelines

### Is too much screen time a risk?

It is important that parents help their children enjoy a mix of entertainment and social activities.

Excessive screen time may lead to problems such as:



### But not all screen time is bad

Screens are a part of family life and when used in moderation can offer positive benefits, like:



## Is there an age limit for kids on social media?



Most social media services and apps require users to be 13 years old to join.

**WHAT ABOUT APPS?**  
App stores set their own age ratings based on the app's content.

**WHY 13?**

This is usually to comply with the Children's Online Privacy Protection Act of 1998 (COPPA)—a US law preventing the collection and storage of personal information from a child under 13.



### Age Guide to Social Media

SOCIAL MEDIA		TERMS OF USE - MINIMUM AGE REQUIREMENTS	APP STORE RATING	GOOGLE PLAY RATING
ASK.fm	ASK.fm	13+	12+	12+
Club Penguin	Club Penguin	All ages (Directed at 6-14 year olds)	4+	G-General
EA (Electronic Arts)	EA (Electronic Arts)	18+ (With parental permission up to 17yrs)	n/a	G-General
Facebook	Facebook	13+	4+	12+
Facebook Messenger	Facebook Messenger	13+	4+	3+
Flickr	Flickr	13+	12+	12+
Foursquare	Foursquare	13+	4+	12+
Google+	Google+	13+	17+	12+
Instagram	Instagram	13+	12+	12+
Keek	Keek	13+ (With parental permission up to 17yrs)	12+	12+
Kik	Kik	13+ (With parental permission up to 17yrs)	12+	12+
LinkedIn	LinkedIn	14+	4+	3+
Minecraft	Minecraft	All ages (Parental permission required to create mojang account if user is under 13)	n/a	M-Mature (Pocket Edition)
Moshi Monsters	Moshi Monsters	All ages (Directed at 6-12 year olds. If user is under 13, parent's email is required)	4+	G-General
Pinterest	Pinterest	13+	12+	12+
Skype	Skype	18+ (With parental permission up to 17yrs)	4+	3+
Snapchat	Snapchat	13+	12+	12+
Spotsafriend	Spotsafriend	13-19 yrs only	17+	16+
Steam	Steam	13+	17+	12+
Tinder	Tinder	18+ (Facebook account required to register)	17+	18+
Tumblr	Tumblr	13+	17+	12+
Twitter	Twitter	13+	4+	12+
Vimeo	Vimeo	13+ (With parental permission up to 17yrs)	17+	12+
Vine	Vine	13+	17+	12+
WhatsApp	WhatsApp	16+	4+	3+
Yellow	Yellow	13+ (With parental permission up to 17yrs)	12+	12+
YouTube	YouTube	13+	17+	12+

\* Age guide based on published Terms of Use and app store ratings as at April 2016.

## Your child's first smartphone—are they old enough?

Children often have access to devices, including smartphones, from a very young age. Whether it's watching their favourite program through streaming services on your phone, using educational apps or simply viewing photos with you and the family, they are engaging with devices in one form or another.

### But when is my child old enough to be given their own mobile phone?

In 2012, the Australian Bureau of Statistics revealed children as young as five years old owned a mobile phone—two percent of children aged between five and eight years old, and 29 percent for children aged five to 14 years. This figure is likely to be higher now!

For many parents and carers, five years old would seem too young. For others, it might offer them peace of mind and security to know they can keep in touch with their child—especially in an emergency.

The right age for your child will depend on their level of maturity. It's worth asking yourself the following questions before handing over a digital device.

- Does my child have a good sense of responsibility?
- Are they able to stick to the rules?
- Do they show a good understanding of actions and consequences?
- Do they come to me or another trusted adult when they are distressed or encounter problems?



For younger children it's best to start with a mobile phone without internet access, and introduce a smartphone when they demonstrate an appropriate level of maturity. Some younger children might argue that they are ready for a smartphone, especially if their friends already have one. But it's worth holding out until you feel confident that your child is mature enough.

### My child has their first smartphone—now what?

When your child receives their first smartphone it's a great opportunity to instil safe online behaviours early on, so they can carry these skills through to their teens and beyond.

Here are some tips for getting them on board with good online habits.



#### Establish rules at the outset with clear boundaries

Talk about expectations and the consequences for not meeting these rules. Depending on the age of your child, you might want to set up a written signed agreement which lists the rules.

Here are some you may want to agree on:

- No phones after a certain time (i.e. 8.00 pm)—unless in an emergency.
- Keep to daily screen time limits (i.e. 1 hour per school night).
- Family time is a no-phone zone (i.e. dinner).



- Do not share your passwords with others—apart from parents.
- Do not share your real name (or full name), age and address when posting, talking to strangers or on sites where anyone can see it.
- Be kind to people—treat people on the phone as you would face-to-face.
- Do not take or share photos of others (including friends) without their permission.
- Tell a parent or another trusted adult if anything makes you feel uncomfortable, or if a stranger contacts you online.
- Do not purchase or download an app or game without talking to a parent first—especially as these often have minimum age requirements.



### Use technology tools to help set the boundaries to keep your child safe

Use parental controls to help manage your child's device and the types of content they can access. Most devices come with parental controls and offer a range of features:

- iPhone: Go to Settings > General > Restrictions. Here you can disable apps or features, prevent access to explicit content and specific webpages.
- Android (Google Play): Go to Play Store > Settings > Parental controls. Most Android phones use Google Play as the digital marketplace for purchasing apps and accessing content. Through Google Play you can restrict the content your child can download or purchase from Google Play.
- Google's Family Link is an app for parents to help manage their child's device and account and offers additional layers of protection. It enables parents to set screen time limits, review app permissions (such as their camera, location, contacts), block apps and approve downloads, block sites and filter content.
- You can also check with your mobile service provider if they offer any parental control tools.

Activate any privacy settings and safety features available on the device, in web browsers and apps. In some cases you can do this through parental controls or when installing apps on their phone. Carefully consider permissions and whether apps really need to access your child's location, contact list, messages and other features.

Help your child set up a pin or password to lock their phone. In addition to protecting their personal information, this will ensure that no one else can use their phone.

Help your child set up strong and unique passwords for their apps and websites. Even if the phone is locked, apps and websites can be accessed from other devices.



### Communicate openly with your child, establish and maintain trust

Most importantly, communicate openly with your child about their phone and online use. It's not possible to supervise your child 24/7 and no technology tool is 100 percent effective in protecting them from online risks. So it's really important to establish and maintain trust.

- Talk openly and regularly with your child about their online activities. Show them that you are interested in how they connect with friends, who they talk with and the type of sites they visit.
- If you are using parental controls, be upfront about this and get them on board. Let them know that these can be reviewed and changed as they get older and they continue to demonstrate responsible behaviour.
- Talk about positive online behaviour and about respecting others online. Encourage your child to think carefully before they post, text or share comments or photos so they don't hurt or upset others. Remind them there is a real person at the end of the screen.
- Encourage your child to come to you (or another trusted adult) if they are upset because of an online experience, even if they think they are to blame.



Office of the  
eSafety Commissioner

[esafety.gov.au/iparent](https://esafety.gov.au/iparent)



# HOT DOG LUNCH DEAL!



If you are able to help  
out on the day please  
contact Amanda.

Volunteers are much  
appreciated

**Cost: \$5.00 each  
1 hot dog and a popper  
(additional hot dog \$3.00)**

**When: Friday 5<sup>th</sup> April 1.30pm**

**PLEASE USE A SEPARATE FORM & BAG FOR EACH CHILD.**



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**Please send your order to the school office with**

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Number of hot dog deals: \_\_\_\_\_

Additional hot dog: \_\_\_\_\_

I enclose the amount of \$ \_\_\_\_\_

**Written on a brown paper bag.**

**Make sure your correct money is enclosed.**

***All orders must be received no later than Monday 1 April.***