10\textsuperscript{th} October, 2013

WELCOME BACK

Welcome to term 4, 2012. I hope that you all had a happy and safe holiday break and are looking forward to an exciting term.

DISTRICTATHLETICS

I have attached some photos of the students who won a ribbon at the district athletics day on Wednesday 18th September. Four of our students came third and received a ribbon and certificate. These students were Ivana Vranes (200m), Jade Lewis (long jump), TJ Fialelei (discus) and Hayden Ensor (200m). What great achievements. Congratulations to ALL of the students who competed at the district athletics this year.
FOOTY DAY

What a fantastic day we had on Friday 20 September with many children dressed up to celebrate “Footy Day”. Thank you to everyone for your efforts.

“I SEA I CARE” AMBASSADORS

The process to select our “I Sea I Care” Ambassadors was rigorous. The first step was for interested students to write an application in the form of a persuasive letter. All letters were assessed against criteria. On the basis of this assessment, students were shortlisted and invited to attend an interview. Eight students were interviewed by a panel of three staff. The selection panel then considered the interviews and the written applications and selected our ambassadors. They are well deserving of their selection! Congratulations and well done to
Holly Allan, Emily Bridgeman, Travis Smith and Brianna-Lee Burner who are our 2013-2014 “I Sea, I Care” ambassadors.

SHOWTIME

This year “Showtime” will be held on Thursday 5 December. “Showtime” will once again be the culmination of the work the teachers and students undertake in the I Can Dance program, which is an important component of the school’s performing arts program. We look forward to “Showtime” being well supported by our school community so please write the date on your calendar now.

EXTRA CURRICULA ACTIVITIES

What a busy time term 4 is with so many extra curricula activities packed into it! Kinder to school Transition, our swimming program, the year 2 sleepover, a disco, our Showtime performance, graduation celebrations and a host of excursions!

STUDENT INSURANCE.

Parents and Guardians are reminded that the Department does not provide personal accident insurance or ambulance cover for students. Parents and guardians of students, who do not have student accident insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs.

Student accident insurance/ambulance cover policies are available from some commercial insurers, and can be obtained by school councils on a whole-of-school basis, or by parents/guardians for individual students.

SUNSMART

Skin cancer is the most common cancer in Australia – if it hasn’t affected you personally, it has probably affected one of your friends or family members. Skin cancer is a disease of our body’s skin cells caused by over-exposure to ultraviolet radiation in the sun’s rays. Skin cancer is also one of the few almost totally preventable cancers.

Our school is a Sunsmart School. From September 1 until May 30, all members of our school community are required to wear an approved sunhat (broad-rimmed or bucket style) when participating in any outdoor activity. We also encourage the wearing of sunglasses to protect eyes from UV damage and the use of sunscreen.
PETS IN THE SCHOOL GROUNDS

Our school rules discourage animals in the school grounds even when on a leash. As many of our school community may be aware, young children in particular, are scared of animals when confronted by them. So that we can continue to provide for the safety and concerns of our students, please do not bring animals into the school grounds.

I can understand that walking dogs to school is sometimes necessary. In these instances, please arrange to meet your child/ren at an agreed point outside a school gate.

STAFF CAR PARK

A reminder that parents are not permitted to park in the staff car park. The staff car park is also out of bounds for parents and children using it as a short cut to their classrooms. As this is a Health and Safety issue for the staff at our school, I ask that you obey our school rule and discuss with your children the dangers of the car park where staff and other Department employees are coming and going from 8.00 a.m. until 5.30 p.m. Thank you.

SMOKING

Smoking in or on Department of Education, Employment and Training premises is not permitted - all schools are smoke free zones. Accordingly, all parents and visitors to the school are requested to refrain from smoking whilst inside the school boundaries.

HATS

It’s now term 4 so please remember to wear your hats. Hats must be broad rimmed or bucket style. Remember – No hat, no play!

KINDER - PREP TRANSITION PROGRAM

A reminder to the parents of our 2014 prep students that an information session will be held on Monday 14 October in the BER building (northern end).

If you have a child commencing in prep at our school in 2014, please mark these dates in your diary:

Thursday 17 October: Stories and Drama
9.30am to 10.30am
Student session: Students will get to know each other while enjoying literacy and drama activities.

Thursday 24 October: Music and Movement
9.30am to 10.30am
Student Session: Students will enjoy participating in singing, instrumental and dance activities.

Thursday 31 October: Sport and Computers
9.30am to 10.30am
Student Session: Students will make use of our fully equipped gymnasium and our ICT centre.
Thursday 7 November: Food and Fun
9.30am to 10.30am
Student Session: Students will make a delicious healthy snack with their friends.

Tuesday 10 December: Full Morning School Experience
9.00 am to 12.00 pm
Student Session: A full morning in school to give students the opportunity to familiarise themselves with school routines and work. Please pack a healthy snack for your child. Families are invited to join us at 12 o’clock for a sausage sizzle.

SEXTING

“Sexting” means sending sexually explicit photos or videos electronically (e.g. by mobile phone, app, chat, social networking or email). With modern technology this can be done instantly, but it can have serious and lasting consequences.

For people under 18, sexting is illegal. It is a criminal offence to take, possess, or transmit a naked image of a person under the age of 18 years. It doesn’t matter if your child took their own photo and willingly sent or published it. You cannot “give someone permission” to break the law. Penalties for these offences are very serious and can result in your child being placed on the sex offender’s register.

It is important that you regularly talk to your child about their experiences with communications technology. Make sure that you continually reinforce that your child should come to you if they have any problems, if they see something that they know is wrong or anything that upsets them.

**Ignore, block, report, and banish the trolls**

Cybersmart has developed actions to help Australian children and youth protect themselves and others against the impact of trolling.

Trolling is when a user intentionally causes distress, anger and argument in an online public forum for the purpose of disturbing other users. You can protect yourself by taking the following action:

1. **IGNORE** the troll — don’t respond to nasty, immature or offensive comments. Giving trolls the attention they want only gives them more power.
2. **BLOCK** the troll — take away their power by blocking them. If they pop up under a different name, block them again.
3. **REPORT** trolls — report to site administrators. If they pop up under a different name, report them to site administrators again. If they continue, contact the police for further advice.
4. **TALK** with friends and family — if a troll has upset you, talk about it with friends and family - it’s not you, it's them. Visit the Cybersmart Online Helpline or call Kids Helpline on 1800 55 1800.
5. **PROTECT** friends from trolls — if trolls are upsetting a friend tell them to Ignore, Block and Report. Tell their family and other friends and encourage them to seek support.
If you or someone you care about has been affected by trolling contact the Cybersmart Online Helpline or Kids Helpline on 1800 55 1800. Cybersmart’s cyberbullying tips can also be of use.

Brilliant blogging—tips for young kids

Blogging in the classroom or at home is an exciting and a valuable way to teach children about expressing themselves online and communicating with the world. Blogs help children improve their communication skills—both in writing and creative expression. And they are increasingly popular with young children.

As with any other technology it’s important to establish boundaries on responsible blogging to help children have a positive experience from a young age. To encourage them in the right direction, start with the basics by establishing a set of online rules to help them focus on how to be a brilliant (and responsible) blogger.

These include:

- Never post personal information, including your age, real name, address, school or hobby details
- Don’t post provocative pictures on a blog, either of yourself or others and check the background of photos, to see if they give away further information about your whereabouts.
- Focus on the positive topics—blogs are for expression and discussion.
- Be authentic and purposeful when blogging and don’t try to out-do others online.
- Remember that blog content may be permanent.

As a parent or teacher, you can also take actions to keep an eye on what your children or students are blogging about and how others are responding. Try the following:

- Encouraging children to share what they intend to post before they do. This can be as simple as talking to them openly and regularly about their blog.
- Educate yourself on the blogging service’s password protection options and terms of use.
- Bookmark the site of each blog and check it regularly for possible concerns.
- Read other blogs for good examples of positive behaviours that your own children or students can follow.
**Dates to Remember:**

- October 15\(^{th}\)
- October 24\(^{th}\)
- October 25\(^{th}\)
- October 28\(^{th}\) – December 5\(^{th}\)
- October 29\(^{th}\)
- November 5\(^{th}\)
- December 16\(^{th}\)

Recycled Instruments – Level 1 & 2
- Disco
- Swimming commences
- icandance
- CSIRO – P - 2
- Melbourne Cup Day
- Luna Park – Grade 6 Graduation Celebration

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**Air Pollution and Asthma**

School age students and young children with asthma can often have breathing difficulties when exposed to air pollution. Air pollution can occur:

**Outdoors** — smog (made up of nitrogen oxides and ozone), bushfires, cigarette smoke.

**Indoors** — formaldehydes/resins (some building materials), volatile organic compounds (found in paints, furniture, cleaning products), cigarette smoke, poorly maintained gas appliances.

The most important way to reduce the impact of air pollution on your child’s asthma to avoid the pollutant completely if possible.

- Stay indoors on high smog days, close windows and external doors
- Make sure you have a bush-fire plan if you live in a bushfire prone area
- Make sure your child’s asthma is well controlled and that you and your child know what to do if their asthma gets worse
- Make sure your gas appliances are serviced regularly by a registered or licensed gasfitter and that there is adequate ventilation in rooms containing gas appliances
- Choose building items, furniture, paints and wood items that are certified to emit low levels of formaldehyde and volatile organic compounds.

For more information about air pollution and asthma, contact The Asthma Foundation of Victoria on 1800 ASTHMA (278 462) or visit [www.asthma.org.au](http://www.asthma.org.au)