

Newsletter

Somerton Public School

Developing Respect, Responsibility, Resourcefulness

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Term 3 – Week 7

Tuesday 25 August 2015

Mr Reid's Message

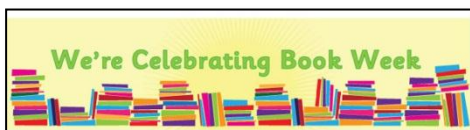
Welcome!

We would like to welcome Skye Lynch to our school. Skye is undertaking her teacher training through the Armidale University and for the next four weeks will be undertaking her teaching practicum. We are sure she will have a rewarding experience working with the students and staff



Book Week Celebration

The theme for Book Week 2015 is '**Books Light up our World**'. On Wednesday the students will have a 'reading under the covers' activity where they will read under covered areas in the classroom (tables with blankets and sheets thrown over them). They will read their favourite book using a torch which will be provided by the school. Leading up to this activity the students will be reading and discussing their favourite books and will partake in a craft activity of creating a large light house and individual boats with their favourite book title written on the sail.



Parent Information Afternoon/Evening

Wednesday 2nd September @ 5:00pm in the classroom.

Miss Brechin, Mrs Stoker and I will be holding an information afternoon to discuss the new programs we are using in the classroom. The programs are the literacy program – **L3**, the numeracy program – **TEN**, and the **NUMERACY AT HOME** program. All parents, family and friends are welcomed to attend. We plan on presenting the programs in a relaxed atmosphere of explanation and discussion with a cuppa and a snack. A detailed note will be sent home later in the week.



School Photo's

TOMORROW... Wednesday 26th August 2015.

Parents please ensure your child is at school by 9am for the photo shoot to commence at 9.30am. All students need to be in clean full school uniform including black shoes and ties.

See more information page 3.



Australian Cultural Day

We are planning to have a day at Somerton Public School to celebrate Australian culture. Uncle Neville, who we met at Oxley Vale Public School last week, has offered to come to our school and advise us on how to construct a garden which will include bush tucker plants and Australian native plants. We also plan on having a guest, Aaron, who will instruct the students and adults on an Aboriginal dialect. We will organise a day which suits both gentlemen and then organise activities centred on these two activities. Further information will be given in future newsletters.



Shade Sail

The work on our sail erection was completed last Friday. The workers did a fantastic job and the staff and I have decided that it was stage 1 of a 2 part project. The erected sail provides much needed shade however we are going to extend onto the structure with another sail of the same size at a different angle to increase the shade area in the middle of the day! Orders have been placed for the materials and work will commence on erecting the next pole and sail as soon as the workers are available.



Numeracy at Home Program

Thank you to those parents who played the numeracy games with their students last week and reminded the students to return them on Friday.

P&C Father's Day Raffle



The P&C are running a Father's Day raffle. Tickets have gone home today for students to sell to family & friends. First Prize is a Bunnings Gift Voucher & Second Prize is a Drink Voucher. Please return money & tickets by Thursday 3rd September please. Raffle will be drawn on Friday 4th September 2015.

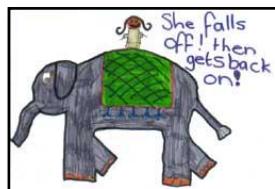
Aboriginal Cultural Day @ Oxley Vale Public School

Here are some pics from last weeks excursion:



Focus Week: RESILIENCE

An important skill to have in today's world. We need to be confident in ourselves that if we make a mistake or things don't turn out the way we would like we can work through it and come out smiling. Working through our mistakes strengthens our character and makes us resilient.



Assembly Awards



Terrific Award: Tiara Markwick – a fantastic transition experience @ Oxley High School
Superstar Award: Shannon Colley – great listening & organisation in class.

Congratulations to Nicholas Hook and Tiarna Harrison whose artwork was selected for display at Operation Art 2015. The exhibition is to be held at the Armory Gallery, Sydney Olympic Park during October.

Kindergarten

Enrolments are now being taken for students who are starting Kindergarten in 2016. An orientation program will be conducted in Term 4, where the students will come to school and be involved in activities to help them become familiar with our school and teachers in preparation for the commencement of their first year of school at Somerton Public School. If any of the community know of any families who have school aged students about to commence kindergarten in 2016, I would appreciate it if you could ask them to contact the school and I can give them an information pack and details of enrolling if they wish to do so.



Oxley High School Transition

Tiara has had a very exciting time being involved in her high school orientation. She has made new friends and has come back to school with interesting tales about her involvement in the activities. Great work Tiara!



Cyberbullying

Please find attached a very interesting article on the effects of cyberbullying and how parents can help their students if this was to occur. With the increase use of technology in the home, this is an important issue that needs to be discussed within the home.



SCHOOL PHOTOS

School photos will now be taken **tomorrow Wednesday 24th August @ 9:00am** (please note date is incorrect on envelopes). Photo order envelopes have been sent home. Please note that you can order online this year, a much faster & easier way to order. There is a school Online Code supplied on the order envelope. If you need any help with ordering or require a sibling order form please contact Michelle on Tuesdays or Fridays.

School Photos Are Now Available For Secure Online Purchase 4 Easy Steps to Online School Photo Ordering

Step 1: Go to www.advancedlife.com.au before photo day and enter your school code Z67 5HV 9QK

Step 2: Enter your student's details.

Step 3: Choose the package that best suits your needs
(all orders will be returned to the school for collection).

Step 4: Pay for the photos via the shopping cart (upper right corner of the page).

Please note: **LATE FEES** will apply once orders are closed | Family/Sibling photo orders online close 48 hours before the first school photo day however they can be purchased using an envelope up until photo day

TERM 3 2015 DATES:

24 Breakfast Club 3pm Assembly	25	26 Breakfast Club 9am - School Photos Book Week Celebration	27 Library	28 Home Readers
31 Breakfast Club 3pm Assembly	1 September	2 Breakfast Club 5pm-Parent Information Afternoon/Evening	3 Library Father's Day Raffle money & tickets due back	4 Home Readers Father's Day Raffle drawn
7 Breakfast Club 3pm Assembly	8	9 Breakfast Club	10 Library	11 Home Readers
14 Breakfast Club 3pm Assembly	15	16 Breakfast Club	17 Library	18 Home Readers Last Day Term 3 Happy Holiday
First Day Term 4: Tuesday 6th October 2015				

When cyberbullying hits home



At a glance

- Bullying that occurs online or via technology is called cyberbullying.
- Online relationships can be different to face-to-face relationships.
- Hurtful comments and embarrassing photos posted online are potentially there forever.
- Solutions to cyberbullying need a whole community approach, not just schools or parents working in isolation.
- Filters only block certain content and aren't a solution to cyberbullying.
- Parents need to be aware of the technology their kids are using, and learn to use it as well.

In a world where friends are made with the click of a mouse, it's probably not surprising that relationships are just as easily terminated.

In fact, the *New Oxford American Dictionary's* word of the year for 2009 was 'unfriend'. Defined by Oxford University Press as: "to remove someone as a 'friend' on a social networking site such as Facebook", the word's popularity gives an insight into the volatile nature of many online friendships.

So is unfriending just unfriendly, or is it cyberbullying? What if a group of school mates gang up and publicly unfriend your child all at once – does that constitute bullying? And does the definition of cyberbullying really matter when your child feels hurt?

Bullying knows no bounds

Tilly was about 14 years old when she was cyberbullied by a school friend. Her mum Hannah says the abuse, which lasted about 12 months, started online but affected the family offline as well.

"[Months later] I was up at the bus stop near my youngest child's school, with the Jif and a cloth, rubbing out rude graffiti about Tilly."

Because most cyberbullying happens in the home, parents need to be aware of the technology that young people are using.

Professor Donna Cross Edith Cowan University

In the online world, it can be even harder to clean up the mess. Many kids still don't realise that comments and photos they post online could be there forever, or that once it's out there, you can't control who sends it on and who sees it.

This potentially permanent record of humiliation also makes it easy for kids who are being bullied to reread the abuse, and relive the trauma.

A parent's perspective

Hannah says, with hindsight, she didn't know enough about her daughter's online social life, mainly because the technology was still quite new.

"Tilly leapt into that world very quickly using MySpace, MSN and texting," Hannah says.

"I probably didn't keep up with her and what she was doing online as much as I should have. Whereas now I have a Facebook page and [the girls] have added me as a friend. I can look at what they're doing, what comments and what photos they have, and things like that. Before, it was all new and Tilly was quite secretive about it."

Researchers say many kids won't tell their parents about cyberbullying, fearing the parent will overreact, and either make matters worse or completely ban them from the internet or mobile phone.

Hannah says she felt very frustrated about not knowing the best way to deal with it.

"I tried to not inflame the situation, but I probably did."

Taking control of the problem

One of the important things Hannah did do was control the '24/7' nature of the contact, rather than ban her daughter's online access.

"When the phone bill was getting ridiculous at one point, I made a rule that everyone's mobile phone had to be on the kitchen bench by 9.00pm, so that the kids could go to bed without that interruption," she says.

Hannah also spoke with the school and the school counsellor.

"I tried to leave it at some point for them to resolve, but it's not wholly a school issue," she says.

"It goes beyond the bounds of what a school can deal with. It's not all happening within school time."

Who's responsible when cyberbullying hits home?

Child behaviour experts agree that cyberbullying is predominantly a relationship issue, not a technology issue. So who is responsible for teaching kids how to behave online, and what do parents do when their child is faced with cyberbullying?

The authors of the 2008 research paper *Behind the Scenes: Insights into the Human Dimension of Covert Bullying* describe the dilemma well:

"What has changed are the boundaries between home and school ... and between what is acceptable behaviour and what is not."

While schools are making it a priority to address cyberbullying (and good digital-citizenship) in their policies and curricula, the problem needs a whole community approach. Solutions also need to involve social media outlets, cyber-bystanders, parents and the government.

Parents have to be participants

One of the world's leading experts on cyberbullying, Professor Donna Cross, says the most important thing we parents can do is be involved and familiar with our kids' online lives.

"Because most cyberbullying happens in the home, parents need to be aware of the technology that young people are using, so that they can be in that space with them and look at the ways in which they are engaging with their friends," Donna says.

"It's easy for parents to see friendships developing when they're face-to-face, but parents don't understand how those friendships develop online, so parents need to be talking to their children from a very young age about where they're going and what they're doing online – and go and have a practise there themselves."

What if you're just not interested in/ too busy to explore online social networking? Sadly, that doesn't let you off the hook. No amount of filters will replace your active involvement in your child's online life.

That's partly because filters only block certain content. Your child will still have their mobile phone, email accounts, chat rooms and possibly even their gaming equipment through which they can interact with the outside world.

But it's also because when your child faces relationship challenges in their social life (online or offline), you need to have enough shared experiences and understanding of their world for them to feel it's worth telling you

SOMERTON PUBLIC SCHOOL PROPOSED TUCKSHOP LIST

MAIN

Cheese Toasties on white or wholemeal

Pizza Hawaiian Muffin (Pineapple, Ham & Cheese) on wholemeal muffin

Noodle Cup (Beef or Chicken)

Half corn on the cob

Small salad wraps



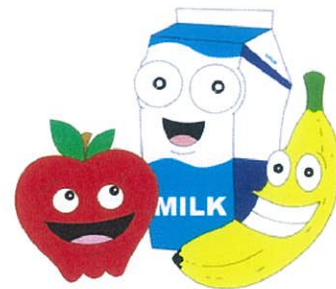
DRINKS

Juice

Milk

Moove Flavoured Milk (Choc or Strawberry)

(Each child is expected to bring their own water bottle)



DESSERT

Jelly Cup

Jelly and Custard Cup (reduced fat)

Low fat Yogurt and fruit Cup

Low fat Yogurt tub



EXTRA

Seasonal Fruit will be an extra .50

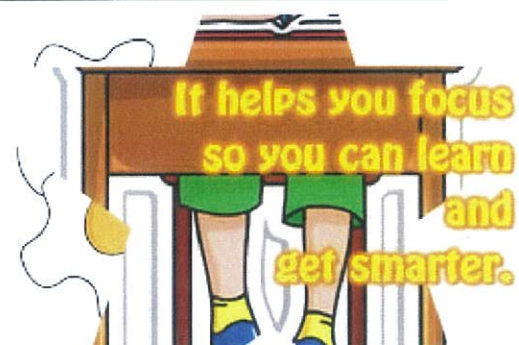


Choose one item from each at a much reduced cost of \$2.00

Breakfast will remain at the options of Organic Weet-bix, Cornflakes and Rice bubbles.

Raisin Toast and White / Wholemeal toast with options of Jam, Honey and Vegemite.

Breakfast is at the cost of the school.



Suggestions for Healthy Tuckshop

- 1) Mini Fritters (chicken/corn/carrot/onion)
- 2) Sushi (tuna/cucumber/carrot)
- 3) Pita Pocket salad
- 4) Half Corn on the cob (butter optional)
- 5) Slice of Quiche (Egg and Bacon with Zucchini, cheese and onion) Made at Home.
- 6) Pizza on wholegrain muffins (one half of the muffin would be a serving)
- 7) Apple crumble yogurt. (Just low fat yogurt with apple crumble on top)
- 8) Fruit Yogurt Cups made on the day. Low fat yoghurt with fruit dropped in cups.
- 9) Small wraps with tuna or other meat / salad
- 10) Chicken sticks with slices of mini tomato and zucchini (Made at Home and heated up)
- 11) Salad Rolls
- 12) Frozen Fruit bits – Low fat yoghurt with fruit in it frozen in a “star” ice tray with paddle pop stick to hold.
- 13) Low fat yoghurt brought at the supermarket.
- 14) Fruit
- 15) Toasted sandwiches.
- 16) Diet Jelly

Suggestions for healthy drink – see attached. Sugar is the issue.

Can purchase small popper milk. Flavoured milk still has nutrition see attached. (maybe use those small flavoured straws so the amount of flavour is not as large as purchasing flavoured milk outright?)

However 1 litre of Dairy Farmers Milk contains 12.2 grams of sugar per 250 ml serves.

The juice we have for student's lunches is 13 grams for 250 ml serves. (Fruit naturally has sugar but it does not have the Protein/Calcium and Vitamin A that milk has)

Milk has more sodium content than juice, however, juice has more vitamin C content.

We allow children to have 1 teaspoon of milo with student's milk. The content of sugar is 2.3 per serve. Add 250mls of Dairy Farmers Milk and the content of sugar go up to 14.5 grams of sugar. With a teaspoon of Milo it comes with Calcium, Vitamin B2, B3, B6, B12, Vitamin C and Vitamin D, Iron and Phosphorus. With children not getting enough vitamins this is helpful.

For you information: This is the cereals we have at school.

Weet-Bix Organic has 0.9g sugar per serve which = for two biscuits

Corn Flakes has 2.8g sugar per serve which = 1 metric cup

Rice bubbles has 3.7g (remembering 4 grams = 1 spoon full of sugar) per serve = 1 1/4 metric cup.

However, by adding milk, the sugar content goes up.

We purchase footy franks which are skinless and contain less than 1 gram of sugar.

Milk (Dairy Farmers Milk) has 12.2 grams of sugar per 250ml serve.