



Newsletter

Dates for your Diary

May

Friday 18	Walk safely to school day departing cnr Summerhill Rd and Gresford Rd at 8.30am
Monday 21	Mrs Greaves 3 Way- Conferences
Monday 21	Boys Soccer at Gresford Vacy v Paterson
Tuesday 22	Mrs Grainger & Mr Prior 3 Way-Conferences
Wednesday 23	Mrs Graham & Mrs Babic 3 Way-Conferences
Friday 25	Athletics Carnival (Smyth Field Maitland)
Tuesday 29	Science –ICAS
Thursday 31	Deposit for Stage 2 camp due (\$100)

June

Wednesday 13	Spelling-ICAS
Thursday 14	Writing –ICAS

July

Tuesday 31	English-ICAS
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August

Tuesday 14	Mathematics-ICAS
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September

Tuesday 11	Meerkat Production at school
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December

7 December	Vacy School Extravaganza Dungog High School
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Principal's Report

It was encouraging to see a great range of parents attend the ThinkUKnow, cyber safety presentation on Monday night. The information that Susan from the Australian Federal Police provided us, was eye-opening and relevant for all students and their families. I have enclosed in the newsletter some information that will be of assistance to all parents regarding some of the websites that provide you with important information about some of the games and sites your children might be accessible to. There will also be information about where you can go if problems occur that need to be reported.

Last Friday, I met with our SRC and discussed the purchase of our playground equipment. It has been decided that the staff will chose 5 examples of playground equipment to show the students. This equipment will be in line with the suggestions make in our parent survey and each example will need to satisfy such requirements as approximate cost (up to \$30000), size (has to fit in the same playground area), suitability for all grades and durability. Each class will then vote on their favourite and the most popular design will be what we aim to purchase.

Our Future Wallaby!

Last weekend I had the privilege of watching one of our students, Fletcher, play a game of rugby for the Maitland Blacks. I was really impressed with not only how he played but also the 'spirit' in which the game was played. All team sports, when played in the right way, can help our children to learn important life lessons about winning, losing and mateship. Congratulations, Fletcher and all the best for the rest of the season.

Kind Regards

Karen Fonti

Relieving Principal





Maitland Black vs Merewether Carlton



Merewether are a tough team they have quick little people on their side.

The score was 10 tries to 15 tries, it was a tough game.

In the under 7's to 18's you have to wear head gear and a mouth guard.

I was able to score 3 tries which I am very happy with.

My friends were able to score tries too. My friend Jed, he could not make this game.

My number is number 7. It is called openside flanker and that is my favourite players number.

I was very dirty and I got a knock on the shin, but I was ok with that.

I tackled one of the Merewether kids and we slid across the ground.

I was really happy about how we played even if we lost.



By Fletcher

Regional Cross Country

Congratulations to Dakota and Charlotte who are representing Maitland at the Regional Cross Country Carnival. To compete at this level a student must place in the top 4 in their age race at Zone. This is a great achievement as there are often close to 100 competitors in a single race! These girls definitely gave it their all and we wish them luck at the next level.



Athletics Carnival

Our School Athletics Carnival is due to be held next Friday 25th May at Smyth Oval, Maitland. The event will be starting at 10:00am with K-2 students heading back to school at 12:30pm and older students departing at 2:00pm. The day will be filled with races, jumping, throwing and cheering. Parents are more than welcome to come along and join in on the fun! We would love to have some parent helpers to assist in timing and recording, so if you can lend a hand please let us know by contacting the office. Your time would be greatly appreciated.



Jamie Babic

Save the Date



Canteen Helpers—May

Mon 21 Angela & Brad

Thurs 24 Alex & Tanya

P & C Dates for your diary

29 May P & C Meeting

9 September Vacy Village Carnival

20 October Cutting Day

AWARD WINNERS Week 2

	Kindy	1/2G	2/3G	3/4/5P	5/6F
Be Responsible	Nate	Austin		Deegan Harry	Charlotte R
Be Respectful		Abigail	Fletcher		
Be Safe	Jack		Samuel		Lincoln
Student of the Week	Aubury	Nicholas	Isabella	Erin	Flynn
Bronze			Harry		



Mrs Grainger will be walking to school (from her Summerhill Rd address) with her children on Friday morning. If you and your children would like to walk to school with her she will be leaving there at 8.30am sharp.

PLEASE NOTE—All children under the age of 10 must be holding an adults hand during the walk. Mrs Grainger will be walking as parent on this day so will not be responsible for students other than her own.

Term 2 – Walk Safely to School Day (18th May 2018)

Walk Safely to School Day (WSTSD) is an annual, national event when all primary school children are encouraged to walk and commute safely to school. It is a community event seeking to promote road safety, health, public transport and the environment.

WSTSD promotes the important message that active kids are healthy kids. The event encourages parents, carers and their children to build regular walking to and from school into their daily routine. Children need a minimum of 60 minutes exercise per day. Encouraging less driving and more walking aims to decrease dangerous vehicle congestion around schools and reduce carbon emissions from idling cars. Lastly, it is just a nice way to be part of your community. Visit www.walk.com.au/WSTSD to access a huge range of resources for your school.



let's play netball

Singleton 5th May 2018



TAKING ACTION

Grooming

thinkuknow.org.au

Online child exploitation



afp.gov.au



Cybercrime

acorn.gov.au (adults)

Attacks on computer systems, email spam and phishing, identity theft, online scams or fraud



Child pornography

eSafety.gov.au

Online child sexual abuse material



Cyberbullying and harassment

eSafety.gov.au (youth)



acorn.gov.au (adults)



Naked selfies and texting

Report it to your children's school/organisation and/or local police

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USEFUL WEBSITES AND CONTACTS

INFORMATION

ThinkUKnow
thinkuknow.org.au

COUNSELLING & SUPPORT

Lifeline
13 11 14
www.lifeline.org.au

Kids Helpline
1800 55 1800
www.kidshelp.com.au

Reach Out
au.reachout.com

Bullying. No Way!
www.bullyingnoway.gov.au

Headspace
www.headspace.org.au

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cyberbullying

Cyberbullying is the use of information and communication technologies to support **deliberate, repeated and hostile** behaviour.

This kind of bullying can cause great distress and impact on a child's self-esteem and confidence. Young people may feel there is no safe place to hide from it.

Cyberbullying activities may include:

- posting defamatory messages on social networking sites
- spreading rumours online
- excluding a young person from an online group
- sending unwanted messages, either by text, instant messaging or email.

If your child is being bullied:

- Talk with your child about conflict they may have experienced.
- Help build resilience to deal with nasty one-off comments.
- Keep evidence of bullying behaviour such as instant messenger conversations or online posts.
- Discuss options with your child and their school.
- Report content to the site on which it occurred.
- If the content is not removed within 48 hours, report it to the Office of the Children's e-Safety Commissioner esafety.gov.au/reportcyberbullying
- It is important to avoid removing access to technology as this may prevent your child from talking to you if future issues arise.

If your child is bullying others:

- Explain to your child why bullying is unacceptable.
- Find out why the bullying is occurring—often a child who is bullying others may be experiencing other behavioural issues.
- Encourage your child to understand the offline consequences of their actions.
- Encourage your child to think about how they would feel if they were in the other person's position.



Tips for addressing cyberbullying

1. Building parental connectedness can help build resilience in children and help them to overcome conflict.
2. Encourage your child to support their friends who are being cyberbullied and assist them in telling a trusted adult.
3. Provide opportunities for your child to develop their own strategies for combating cyberbullying.
4. Create an environment where your child is comfortable coming to you with any issues they face online without fear of having their devices confiscated.
5. Talk with your child about appropriate forms of conflict resolution so they do not resort to cyberbullying.
6. Make sure your child knows who they can talk to about any issues they are facing online if they are not comfortable confiding in a parent.
7. Encourage your child to reduce their exposure to people they don't know who may upset them by changing their privacy settings.
8. Find out the policies of your school, sports organisation and any of the sites and applications your child uses in relation to cyberbullying.

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ThinkUKnow TOP TIPS

- Start the cyber safety conversation with your child and let them teach you about what they do online.
- Stay in the know—take an interest in how your child uses technology. Why not have a go and trial the apps for yourself?
- Speak with your child about respectful relationships.
- Create a Family Online Safety Contract. We've included one in this SOS Guide, or you can also visit thinkuknow.org.au.
- Know what your kids are doing online, who they are friends with, and who they may be talking to.

www.thinkuknow.org.au



3 Way – Conferences Online Booking Link

Bookings are now open for our 3 Way-Conferences these are the links for you to book with your child's teacher.

www.schoolinterviews.com.au and enter the event code **26usz**.

<https://www.schoolinterviews.com.au/code?code=26usz>