

Muswellbrook South Public School Newsletter



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"Muswellbrook South Public School Official"

TERM 4 WEEK 3

Wednesday 30 October 2019

PRINCIPAL'S MESSAGE

Last week I discussed some questions that parents might use to decide if their child is ready for a smartphone. This week I'd like to discuss some key questions to help determine your child's readiness for social media.

Is your child able to withstand negative online experiences?

If you think your child would be very upset by a negative experience online, you may need to guide them closely if you allow them to establish a social media account.

Look through online profiles and public feeds together, and talk about how some people behave differently online. Teach them how to filter abusive comments, block and report people.

Does your child understand the importance of protecting their personal information?

Explaining to a child why privacy is important can be difficult. Start by describing what personal information is. Emphasise that it includes anything that can identify them, such as their mobile number, email address, photos, the name of their school, and any sporting clubs they belong to. Remind them that photos can contain information that could be used to identify them, such as a photo taken right outside your house or a photo of them in their school uniform.

Let them know that if they share personal information online, it could mean that others, including strangers could use it in ways they may not have thought about. Someone could even post bullying messages or inappropriate photos on social media while pretending to be them.

Does your child understand how privacy settings for social media work?

Show your child how to view the privacy settings for each social media service you use and talk them through how you decided on which settings to use in your own accounts.

Does your child understand what is safe to share online?

If you are concerned your child may post personal information that allows people to identify and locate them — even after you have talked through the

dangers — then they may need your help to use social media sites.

Talk about the risks of 'checking in', tagging people in photos, sharing nude or sexually suggestive pictures, meeting online friends in person, making offensive comments, and what is not acceptable.

Does your child know how to report cyberbullying and other kinds of abusive content?

Although there are huge benefits to being connected through social media, your child may experience some form of online bullying or harassment. If this happens, it is important that they know how to manage and report this behaviour. Together with your child, check the safety resources for individual social media services and look for information about how to block and report. You can also report abusive content to the Australian Government eSafety Commissioner website (<https://www.esafety.gov.au/>).

Is your child willing to let you establish clear rules and supervise their social media activity?

It is a good idea to supervise your child's online activity, at least initially and certainly with younger children. Be clear on things like when and where online devices can be used and when they need to be switched off. The way a preschooler or younger child begins to use connected devices will instil good online habits from the start and help them transition to using social media later on.

On our Facebook Page you will also find a video showing you how to use parental controls to assist you in supervising your child's online activity and what they can and cannot access.

Video: <https://vimeo.com/136068752>

Other tips and advice can be found on the Australian Government eSafety Commissioner website (<https://www.esafety.gov.au/>).

Glen Kite
Principal

Please note there will be no Infants Assembly this week due to the Infants Fun Day

SPORTS REPORT

Year 6 MSPS students Declan, Marcus and Sophie were very fortunate to be asked to play by their current team Hunter Valley Hawks to travel overseas to Spain and play in Barcelona Football Cup. Football Cup Barcelona is an international youth football tournament for boys and girls held in Salou and Cambrils area in the south of Barcelona. They were the only Australian team and played in a knock out competition. All 3 children played outstandingly and made Australia proud.



K-2 Fun Day is on this Friday 1 November. Parents and carers are welcome to come watch and support our K-2 students. Please remember students are required to wear hats and are encouraged to come dressed in their sports house colours. Please bring plenty of water as it will be very warm. Thank you to all of the staff who have helped organise this massive day. Have fun kids!

Mr Adams - PE Teacher

INFANTS K-2

FUN DAY

Friday 1st November

School oval

9:45am to 3pm

Parents invited

Children must have a hat and are encouraged to come dressed in their sports house colours.

All infants children will be involved in a march past, running and novelty races as well as rotating through a variety of fun sporting activities.

WEEK 2 PBL AWARDS

Congratulations to the following students who received PBL awards at last week's Primary Assembly. MSPS are proud of your efforts!

Bronze Award (25 Pebbles) – Tabitha T, Lilly K, Scott F, Jayden V, Christian C, Sophie B, Harmony W, Gracie M, Tyler R, Jacob R, Paxton H, Jackson B, Ava H, Alysha D, Dylan S, Claudia S, Teagan A, Letisha J, Henry D, Tom N, Jukell Mc, Destiny H and Samantha G.

Silver Award (50 Pebbles) – Noa K, Indy B, Cassidy L, Briettah L, Lettecia-Lee Mc, Shayla K, Kiara G, Teisha S and Chanel S.

Gold Award (75 Pebbles) – Bailey C, Bailey S, Dax V, Cory S, Marlon G, Lilly G, Travis C, Aiden J and Chloe C.



PJ says . . .

"When you are moving around the school always use your manners and be respectful".

Attendance Hero

Each week we like to acknowledge those students who come to school each day, ready to learn, by awarding students as 'Attendance Heroes'. These lucky students receive a lunch order to the value of \$5 to be used during the week.

To be an Attendance Hero and get your name in the draw, you must be

Here
Every day
Ready
On-time!

(Please note if your child is sick, please do not send your child to school, as it may cause others to be unwell).



Congratulations to the Term 4 Week 2 Attendance Heroes pictured below.

Infants –

Jackson N of 1BLUE, Dallas F of 1BLUE, Brayton S of 1RED and Ruby P of 2GREEN.



Primary –

Bracken S of 3/4YELLOW, Myles B of 3/4YELLOW, Samantha G of 4RED, Briettah L of 3RED, Hunter Mc of 5RED and Cate H of 5RED.



Continuing in Term 4, the SRC will be collecting spare change to raise money for the whole school's End-of-Year Celebration of Learning. Each class have their own jar to collect spare change donations from both students and teachers. The funds will be collected regularly and the Spare Change Challenge poster will be updated so we can track our progress. The fundraiser will finish in Week 8 of Term 4 and our goal for 2019 is to raise at least \$3000. Please get behind the Spare Change Challenge so the SRC can make our End-of-Year Celebration of Learning Day the best day yet.

Muswellbrook & Upper Hunter



Certificates were recently presented to the students who submitted creative writing entries in the Muswellbrook and Upper Hunter Eisteddfod. Congratulations to all the participants, we had record entries from Muswellbrook South this year. A special mention to Danny R, who received the Adjudicator's Encouragement trophy.



Absent from photo – Bailey S, Danny R

Interhouse Debating

MSPS recently completed their House Debating Competition. Stage 3 students from each of the sports houses debated against each other in the heats and the final was completed in the last week of Term 3.

The topic of discussion was 'Solutions should be banned at Muswellbrook South' with Edinglassie being the affirmative and Gyarran the negative team.

A big congratulations to the winning house, Gyarran, who was represented by Josie, Mia, Amber and Blake, coached by the wonderful Mrs Felan.

Well done to all Stage 3 students who participated in the competition and thank you to all those teachers who gave up their lunchtimes to coach them.

Thank you to Emma and Indy who completed chairperson duties on the day.

A big thank you to Mr Turvey and Mrs Moore who had the tough job of being adjudicators. They commented on the valuable skills students learn during this competition such as thinking on their feet, researching a topic, gaining confidence in public speaking and critical listening and thinking skills.

The students who participated in this competition should be extremely proud of their performance. Hopefully they have inspired some of their fellow students to participate next year so that this cherished competition can continue in the years to come.



Above - Gyarran winning team of Josie, Mia, Amber and Blake.



Above – Edinglassie finalists – Charlotte, Lilly, Maddison and Kyle.



Debating chair people – Emma and Indy.

2019 PhotoVoice Competition

Two MSPS students, Brayden & Jacinda, recently entered some photographs in the 2019 PhotoVoice Competition, an initiative of Muswellbrook Healthy & Well and Muswellbrook Regional Arts Centre. PhotoVoice involves participants taking photos under the theme Act-Belong-Commit and include a sentence or short paragraph explaining the photo; giving the photo a "voice".

Brayden and Jacinda attended the opening of the exhibition at Muswellbrook Regional Arts Centre on Saturday night to find that one of each of their photographs had been selected in the top 5 of their age category and were on display.

The photographs feature online and are on display at the Art Gallery until 12th January 2020. Congratulations Brayden and Jacinda.



Enrolments for Kindergarten 2020 are now being taken.

Children turning 5 on or before 31st July 2020 are eligible to enrol.

Please contact the school office on 0265 431 896 to register your child's name and to pick up an enrolment form.



ABCDEFGHIJKLMNOPQRSTUVWXYZ

On the down low with Mrs Dowdell

This week sees the end of Mental Health Awareness Month, but that doesn't mean we shouldn't continue to focus on our mental health. Here are some ways to nurture your child's mental health.



ABCDEFGHIJKLMNOPQRSTUVWXYZ

Visible Wellbeing and Positive Behaviour for Learning

In our Visible Wellbeing and Positive Behaviour for Learning lessons, we are looking at Growth Mindset. Growth Mindset is about believing you can grow in any area of life and applying the right skills to achieve positive growth. Here are some questions you can discuss with your child to help develop a growth mindset.

10 What Questions to Develop a Growth Mindset in Children

1. What did you do today that made you think hard?
2. What happened today that made you keep on going?
3. What can you learn from this?
4. What mistake did you make that taught you something?
5. What did you try hard at today?
6. What strategy are you going to try now?
7. What will you do to challenge yourself today?
8. What will you do to improve your work?
9. What will you do to improve your talent?
10. What will you do to solve this problem?



Muswellbrook South Public School

"Building Solid Foundations for Life"

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24 October 2019

2020 Leadership Program

Dear Parents/Carers,

In 2020, our Year 5 students will become the leaders of our school and should now be starting to consider if they would like to be part of our school leadership team. All Year 5 students have already participated in a half-day leadership workshop at the end of Term 3, after returning from Year 5 camp, where they demonstrated excellent leadership and team work skills. This term they will be participating in another day and a half workshop that will continue to enhance and outline the skills and responsibilities needed to be an effective leader at Muswellbrook South Public School. All students will have the opportunity to nominate for a leadership role in 2020.

Below is an outline of dates for our leadership program that you and your child need to be aware of:

Week 4

Tuesday 5 November – half day leadership workshop.

Wednesday 6 November – leadership workshop and leadership nomination forms sent home for those wanting to nominate for a 2020 leadership role.

Week 5

Wednesday 13 November – Nomination forms due.

Friday 15 November – Successful leadership nominations accepted and students notified with a note to go home. Start preparing speech and 1 poster for school display.

Week 6

Thursday 21 November – Leadership Speeches in school hall. Parents are welcome and encouraged to attend. Voting and counting.

Friday 22 November – New leaders to be notified by Principal (not given position details).

Week 7

Monday 25 November – Sports Captain Nominations Due.

Tuesday 26 November – Successful Sports Captain nominations accepted and students notified with note to go home. Start preparing speech and 1 poster for school display.

Friday 29 November – Sports Captain Speeches, voting and counting.

Week 8

Monday 2 December – Sports Captains to be notified by Principal.

Friday 6 December – Sports Captains for 2020 officially announced at Sports Presentation and presented with their badges.

Week 9

Tuesday 10 December - All new school leaders will be invited to attend the Year 6 Farewell.

Friday 13 December - Leaders for 2020 officially announced at school Presentation Day and presented with their badges.

If you have any questions about the above timeline please don't hesitate to contact the Year 5 teachers or Mrs Winning.

Sincerely,

Year 5 Teachers

Mrs Winning
Stage 3 Assistant Principal



P&C News

Melbourne Cup Day Canteen Special

Tuesday 5th November 2019



ONLY \$6.50

Hot dog + sauce, salt & vinegar chips
Gaytime ice cream and 600ml water

Pre-order and pay by Friday

1st Nov 2019.

Ice creams will be highlighted on bag for child to return to canteen to collect. Kids will not receive a slush puppie if they do not return their bag.

Upcoming Events

19th November 2019 6.30pm

P&C Meeting in school library

Canteen News

Open 5 days a week 9am to 2pm.

EFTPOS is available for lunch order payments by adults only.

Lunch orders must be handed to the canteen before 10am with child's name and class clearly marked on the lunch bag.

Last week's meal deal winner

Ryan B of 5BLUE.

Ryan has won a lunch order to the value of \$5.

Please note the meal winner must claim prize within one week.

Summer Meal Deals

The following meal deals are available during Spring & Summer –

Deal 1 - Ham sandwich with two fillings - \$4.00

Includes sandwich, popper, popcorn and Quelch ice block

Note: Toasted is an extra 50c

Deal 2 - Chicken, lettuce & mayo sandwich - \$5.00

Includes sandwich, popper, popcorn and Quelch ice block

Deal 3 - Ham or Chicken salad ½ wrap - \$5.50

Includes ½ wrap, popper, popcorn and Quelch ice block

Note: For full wrap add \$1

Deal 4 - Salad bowl - \$5.00

Includes small salad bowl, popper, popcorn and Quelch ice block

Note: Ham or chicken is \$1 extra

Ham and cheese sandwich - \$3.00

Includes sandwich, small juice cup and Quelch ice block

MUSWELLBROOK SOUTH PUBLIC SCHOOL P&C PRESENTS

COLOUR FUN RUN

Friday

ALL MSPS STUDENTS, STAFF, FAMILY & FRIENDS ARE INVITED TO PARTICIPATE IN SOME END OF YEAR FUN!

29th November at 2.15pm

on the school oval

GOLD COIN DONATION REQUESTED

ALL PROCEEDS
SUPPORT OUR SCHOOL!

Permission note must be returned



Muswellbrook South Public School

School Summer Uniform



Summer Uniform

Sports Uniform



Grey or white socks Monday to Thursday

White socks on Friday

Black leather shoes or joggers Monday to Thursday

Black or White sports joggers on Friday

"Building Solid Foundations for Life"

Uniform Shop

Located in the school canteen. It is Open 5 days
9am to 10am ONLY.

The office has order forms for you to order over the counter at any time.

We accept cash, cheque and EFTPOS. Layby system also available.

No items can be taken without full payment.

INFANTS FUN DAY – FRIDAY 1st NOVEMBER

Any parents wishing to purchase lunch from the canteen this Friday (Infants Fun Day), please pre-order at the canteen before 10am. Thank you

UNIFORM SHOP SPECIAL OPENING

TUESDAY 28th JANUARY 2020 from 10am to 2pm only

MSPS Dates for the Diary – Term 4 2019

weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oct W3	28	29	30 Kinder Transition – Parent Info session	31	1 K-2 Fun Day
Nov W4	4 Colour your threads for PosED	5 Year 5 Leadership workshop	6 Kinder Transition ← Year 4 Sydney Excursion	7 Year 4 Sydney Excursion	8 Primary Assembly → Year 4 Sydney Excursion
Nov Wk5	11 Remembrance Day Assembly 10:45am	12	13 Kinder Transition	14	15 Whole School Assembly
Nov Wk6	18 Stage 3 cyberbullying talk	19 Year 3 Blackbutt Excursion	20 Kinder Transition graduation	21 Leadership speeches - Hall	22 Primary Assembly
Nov Wk7	25	26	27 Whole School Disco	28	29 Colour Run Sports captain speeches Infants Assembly
Dec Wk8	2	3 Yr6 Orientation Day/Night	4	5	6 Sports Presentation 9.45am
Dec Wk9	9	10 Year 6 Farewell	11	12	13 Presentation Day K-2 9.45am 3-6 11am
Dec Wk10	16 End of Year Celebration	17 Honour Award lunch	18 Last day for students	19 SDD	20 SDD

Remembrance Day Service - Monday 11th November 2019



The whole school will be attending a Remembrance Day Service on Monday 11th November starting at 10.45am in our School Hall. All students are requested to be in full school uniform. We look forward to a reflective and respectful assembly.

Calrossy Primary and Secondary Interschool Horse Sports Day

Friday, November 15, 2019

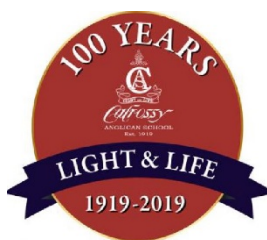
Tamworth Pony Club Ground Hallsville

Entries close Monday

11th November 2019.

Program and entry form

available from MSPS Office.



The simplest way

... to pack lunches for kindy kids.

Packing lunch boxes for the first time can be overwhelming. Here are our top tips for new kindy parents:



- Pack something from each of the 5 food groups plus water. Check out our [lunch box builder](#) for ideas.
- Keep foods fresh and safe by packing an ice brick or a frozen water bottle to keep lunch cool.
- Make sure your child can open the lunch box and containers.
- From day 1, make vegetables a habit in the lunch box.
- Remember it is 'OK to say NO' to unhealthy foods such as chips, chocolate and lollies.
- For recipes, snack ideas and lunch box examples visit healthylunchbox.com.au

healthylunchbox.com.au



Wellbeing Challenge #3

Give to others this week.

8 WAYS TO... SUPPORT CHARITIES WITHOUT DONATING MONEY

1 GIVE BLOOD

Most people between 18-65 can donate blood. And every donation can save three lives! The process is simple and painless and at the end they give you a cookie!



2 CLEAN OUT YOUR PANTRY

Moving house? Why not take out all the non-perishable food you will never eat and box it up for a local food bank?



3 CLEAN OUT YOUR CLOSET

Take out anything in your closet that you haven't worn in over 12 months and put it in the nearest charity donation bin!



4 ADOPT A PET

If your family is looking for a new pet to love, why not look at adopting rather than shopping? You can also foster pets.



5 VOLUNTEER YOUR TIME

Most charities rely on the work of volunteers to keep their good work going. Ask your favourite charities if there is anything you can do to help!



6 GET A HAIRCUT

Some charities collect human hair for wigs to assist cancer patients. If you have been thinking about getting a chop - why not donate your hair?



7 HONE YOUR CRAFT

Use your knitting skills to make beanies and booties for premature babies or blankets for the homeless



8 BECOME AN ORGAN DONOR

If you want to be a donor - register, carry your donor card and make sure you let your family know your wishes.



WWW.BEFOREVERHEALTHIER.COM

Good for Kids good for life





theCarlyRyan foundation. APP FACTS

INSTAGRAM

(Including Musical.ly)

Age Rating in the App Store: **13+**

Instagram is a photo and video sharing app that has been an almost exclusively mobile platform. Once the user has either taken/selected a photo or video they can scroll through the editing filters and experiment with the best one for that particular image.

How does it work?

After the user has created an account they can follow other Instagram users and 'like' or 'comment' on their photos and videos. Instagram is owned by Facebook and accounts between the two can be linked to verify the users age and identity.

Instagram accounts are public by default, but can be set to 'private' if the user wishes. If an account is set to public then it opens it up for any other user on Instagram to view. If the account is set to 'private' then only the users that follow the account are able to view it. Setting an account to private allows the user to choose who follows them, which gives the user more control of who is able to view their content.

Instagram is being used by young people to share their lives with their friends. Some challenges around the use of Instagram are young people taking nude selfies and seeking attention and acceptance from strangers, bullying comments and the ability to access inappropriate photos and videos. It is important you know how to block and report inappropriate users on Instagram.

Privacy Settings

Account settings can be found by selecting the three dots on the right hand side of the top of your profile page, scroll down to 'Privacy and security' - 'Account privacy' then switch on the toggle 'Private Account'.

We would recommend turning off the location function for the camera on the users mobile device. By doing this, it ensures that the location of where the photo was taken isn't embedded in the image.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

carlyryanfoundation.com

[TheCarlyRyanFoundation](https://www.facebook.com/TheCarlyRyanFoundation) [@theearlyryanfoundation](https://www.instagram.com/theearlyryanfoundation) [@TeamCarlyCRF](https://www.youtube.com/channel/UC8wYkYkYkYkYkYkYkYkYkYk)



theCarlyRyan foundation. APP FACTS

TIK TOK

(Including Musical.ly)

Age Rating in the App Store: **12+**

Tik Tok is a social media platform for creating, sharing and discovering short music videos. Every day, millions of people use Tik Tok as an outlet to express themselves through singing, dancing, comedy, and lip-syncing. The app celebrates creativity with videos recorded in 15 seconds or less and shared across the Tik Tok community.

You have the ability to make cool, short videos-songs or short dialogues - that you can share with the world, and people can see them. Think MTV meets SNL meets karaoke meets Dubsmash meets American Idol meets Instagram.

Challenges

- 12+ content in the songs lyrics. Swearing and adult concepts in the provided music.
- Pornography, graphic content, suicide notes.
- Tik Tok users can search for other users to view or follow near their own location/city.
- User generated videos can be viewed and shared onto other social media and messaging apps increasing exposure.
- Bullying in comments.
- Users can publicise their messenger usernames or social media profiles on their Tik Tok profile.
- Many fake user accounts, used to hijack views or set up to bully.
- Hacking of accounts by promotional accounts (Free 'Tik Tok Crowns') within the apps.
- Not easy to report accounts for being fakes or underage inside the app.
- Many underage accounts with large amounts of followers.
- Easy for users to create multiple accounts and hide them from their parents.
- Fake Tik Tok apps on the app store that charge for download or offer followers.

- Add a phone number if you haven't already.
- A verified phone number is a requirement for removing your Tik Tok account.
- Scroll to the bottom of the page where it says 'Thinking about removing your account?' Tap it.
- Tap 'Send Code'.
- Wait for the code to be sent.
- Enter the 4-digit code within 60 seconds of it being sent to you. Then hit continue.
- Read over the implications of removing your account. Hit continue if you agree with the terms.
- Hit 'Delete Account'. You'll be logged out and your account will be deleted.

How Do I Block a Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the magnifying glass.
- Search for the user you want to block.
- Tap their name or photo.
- Tap on the '...' icon.
- Tap 'Block'.

How Do I Report a Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the magnifying glass.
- Search for the user you want to block.
- Tap their name or photo.
- Tap on the '...' icon.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

How Do I Delete My Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the person icon at the lower right of your screen to open your profile.
- Click on the three dots located in the upper right corner.
- Click on 'Privacy and Settings'.
- Click on 'Manage my Account'.

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