

# Muswellbrook South Public School Newsletter



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"Muswellbrook South Public School Official"

TERM 4 WEEK 4

Wednesday 6 November 2019

## PRINCIPAL'S MESSAGE

### Too Much of a Tech Thing

Technology use including gaming, internet usage and social media can be fun. It can also connect children to each other and connect them with the wider world. But some children desire too much of a good thing. Here are a few things to consider if you are concerned with your child's technology use.

1. Is it impacting on schooling?  
Is your child refusing to complete homework in favour of gaming or technology use? Are they missing days of school to play games?
2. Is it impacting on sleep?  
Is bedtime delayed by technology use? Are children getting up extremely early to play games or use technology?
3. Is it impacting socially?  
Are children preferring to use technology over going to friends' houses or play with friends?

If you answered yes to any of these questions, then technology use may be problematic for your child.

What can you do?

- **Reframe internet/technology use - a reward not a right.** Use the power button on the modem. Turn it off and on when appropriate.
- **Avoid guerrilla warfare**, that is, rather than confiscate devices turn the internet off.
- **Negotiate a schedule of internet/technology use.** This is a tough one but spending the time to list when certain things need to be done, such as dinner and homework, and when the internet can be used, will clarify this for everyone and avoid arguments.
- **Define the total time per week that internet/technology can be used** – and stick to it. That total time will be different for all children and needs to work for the family.
- **Minimise data.** If your child has access to mobile data, about 2 GB per month will allow them to talk to friends without

compromising the internet usage agreement.

- **Lock it in.** Write the plan up and post it on the fridge or somewhere easy to see. Do keep it informal, we don't want to scare kids away.

**Glen Kite**

Principal

### Primary Assembly – Week 4

Friday 8<sup>th</sup> November is a Primary Assembly that will start at 11am in the school hall.

3RED will be presenting a class item.

Bronze, Silver and Gold PBL awards will be presented.

All parents & carers are warmly invited to attend.

Please note entry is via the front gate only.

### Remembrance Day Service - Monday 11<sup>th</sup> November 2019

The whole school will be attending a Remembrance Day Service on Monday 11<sup>th</sup> 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.



REMEMBRANCE DAY  
*Left We Forget*

### SCHOOL COMMENCEMENT JANUARY 2020

If any student will not be attending school at the start of Term 1, 2020 please provide written documentation addressed to Mr Kite to the school office before the end of Term 4, 2019.

Thank you.

In planning for 2020 classes, we ask that any families who won't be returning in 2020 please notify the office as soon as possible. If you know of any new families who may be considering MSPS in 2020, please ask them to contact the office on 02 6543 1896 to provide student details.

## 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

**H**ere  
**E**very day  
**R**eady  
**O**n-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 3 Attendance Heroes pictured below.

### Infants –

Jackson N of 1BLUE, Alyiah of KYELLOW, Skye D of 2RED and Phoenix D of 2RED.



### Primary –

Tyson C of 4BLUE, Dorrie O of 3RED, Tom N of 5BLUE and Wayde S of 5/6YELLOW.



## SPORTS REPORT

The prizes for those students involved in raising money for Jump Rope for Heart are on their way and should be here next week. It was fantastic to see students from MSPS skipping their way towards raising money to fight heart disease.

This Friday will be the last week of the Indigenous AFL Program. Thank you Mrs Kelman for taking the group of 30 students out each Friday to work on their AFL skills with AUSKICK NSW.

We are nearly half way through our Learn to Swim program for 2019 and we are seeing some fantastic improvements already. Keep up the great work MSPS students.

Mr Adams - PE Teacher



PJ says . . .

*"If at first you don't succeed, try, try again".*



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.

**Technology tips for Parents**

Last week we looked a little deeper into **Are they old enough - for an online social media account?** This week we will finish looking at this with how to establish clear rules and supervise their social media activity.

**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 instill good online habits from the start and help them transition to using social media later on.

When your child first starts to use social media, talk with them about how to do this in a way that you are both comfortable with. Help them to understand why and how you would like to support them as they begin to explore. It may be tricky having this conversation, particularly with tweens and teens, but getting their agreement will keep the lines of communication open between you and ensure that they feel able to come to you for help if they encounter any problems. This is especially important so you can continue to support them.

Talk with your child about which social media services they would like to use and come to an agreement you are both comfortable with about how they can use these services. You might discuss the following:

- Which types of content they can post — it is a good idea to look at examples together and discuss the pros and cons of different posts.
- How often they should post.
- How often you are comfortable with them checking social media.

Another strategy is to become their friend or follow their social media accounts. This will enable you to observe what they are doing online and support them to make safer choices about what they share and how they share it. But be prepared to learn

more than you might like about their friends and possibly about them.

Try to resist talking about the specifics of their online activity unless, for example, you are worried about particular things they have posted — and keep your comments offline. It is much better to start the chat in person, one-on-one, and let them guide the discussion if specific issues come up, than it is to post online safety tips in comment form. If you intervene too much or comment publicly, it can embarrass them and break their trust. This may prompt them to use a separate profile without your knowledge or restrict what you can see by sharing to restricted groups of friends or followers, before you think they are ready to venture out on their own.

Finding the right balance about how much to supervise your child's online activity will depend on your family's culture and the individual needs of your child. Be prepared for your child to need more support from you at particular times, and to resist your support at other times. Eventually they will be ready to explore on their own — but keep the lines of communication open so they can come to you with any concerns they may have.

These tips and advice come directly from the Australian Government eSafety Commissioner website (<https://www.esafety.gov.au/>).

On our Facebook Page you will also find a video showing you how hashtags work. It would be beneficial to share this with your child as well to show them who can access their hashtag.

Video: <https://vimeo.com/136066190>



## **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.





# What's Happening in 3 Red



It is nearly the end of the year and 3 Red have had a great year learning and growing together!

This term in English we have been learning all about information texts and how to do online research for a particular purpose. Our reading focus has been centred around different pieces of factual writing, from magazine articles to books about animals and plants. We have also enjoyed learning how to write an information report about an Australian State and publish this information in Google Slides.

For Maths, we have enjoyed working with our friends in small groups and participating in hands-on activities and

games. Recently we learnt how to conduct a chance experiment using a spinner and graph the results on a computer.

As part of Geography, we held an Aussie Expo in the school hall to display our homework projects. Many students, teachers and parents had the opportunity to see our fantastic work.



Every day we use the school oval just outside our classroom door for a quick lesson break. We love to improve our fitness by playing different games such as "Octopus" and "Chaos". On Tuesdays for sport our class also walks to the Muswellbrook Pool and has swimming lessons.



As you can see, it is always busy in 3 Red! We have had a wonderful year so far and are looking forward to it continuing!

- 3 Red and Mrs Murphy






## Visible Wellbeing and Positive Behaviour for Learning


In our Visible Wellbeing and Positive Behaviour for Learning lessons, we are looking at Growth Mindset and how our choices can help or hinder growth. Our focus is on supporting students to make positive choices when dealing with conflict and issues. Here are some suggestions for helping your child deal with conflicts.

**healthy**  
**CONFLICT RESOLUTION**  
**TIPS** 😊  
for kids

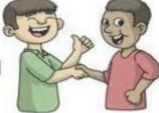


**Get Calm First**  
Wait until you are calm before addressing a conflict. Take some time to cool off and breathe.


**Ignore or Walk Away**  
This works good when dealing with something that is annoying you.




**Find a Win-Win Solution**  
Brainstorm a solution or make a deal where everyone feels heard and that their voices and needs matter.




**Share or Take Turns**  
Everyone wins!




**Use an I-Message**  
Say how you feel, what you hope for and how you want to be treated. For example, "I felt \_\_\_ when \_\_\_," or "I would like \_\_\_," or "I want \_\_\_."




**Play a Game of Chance**  
...like Rock, Paper Scissors or Flip a Coin.




**Do Something Else**  
...like play another game.




**Listen with an Open Heart**  
Listen to the other person without interrupting or judgment. Try to put yourself in their shoes.




**Ask for Help**  
Get help if you feel unsafe or have tried 2 or 3 of these strategies and still feel stuck.



**Say Words that Mean "No"**  
Use a strong and respectful voice to say that you are not okay with something.



**Apologize**  
Saying you are sorry when you make a mistake helps to make repairs.



**WHOLEhearted**  
SCHOOL COUNSELING

## MSPS Dates for the Diary – Term 4 2019

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

2K19

#teamsouth

Getting to know...

**Name:** Amanda Hill**Age:** Secret**School Position:** Classroom teacher**Star sign:** Taurus**Home town:** Weston**Lives:** Muswellbrook**Favourite Food:** Bread**Favourite Movie:** Set it off**Favourite Music:** All types**Interests:** Music, cooking and art**If you were stuck on an Island, and had to take only 2 things with you, what would they be?**

My mum and a boat





Nutrition Snippet

## The simplest way

... to swap ham out of the lunch box.

We know that ham is a lunch box staple for many families, however, Cancer Council recommends that we limit or avoid processed meats such as ham, salami and bacon, because of their link with increasing the risk of bowel and stomach cancer.



One way to help your family limit their intake of processed meats is to keep them out of the lunch box. Better choices include:

- BBQ chicken with skin removed
- Canned tuna or salmon
- Boiled eggs
- [Hummus](#)
- Cheese
- Leftover home-cooked meat
- [Home cooked rissoles](#)

For more ideas visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

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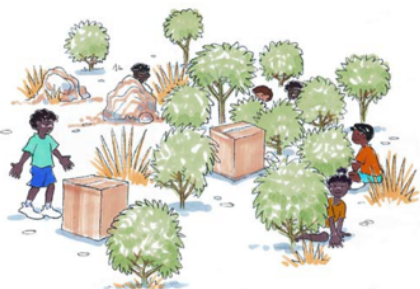
## Good for Kids good for life

### TRADITIONAL INDIGENOUS GAMES

Looking for fun activities for the kids?

Why not try some **Yulunga: Traditional Indigenous Games**

**Thirring-Nunna** 'thir-ring-nun-na' is a hide and seek game that is played by the Aboriginal children in Queensland.



One player is the 'seeker' and the other players hide. Once hidden, the players are not allowed to move from their hiding places.

The seeker searches for the hidden players.

When players are found they can help the 'seeker' to find the other players.

Source: Yulunga Traditional Games - [sportaus.gov.au/yulunga](http://sportaus.gov.au/yulunga)



## Wellbeing Challenge #4

Do a body check and take time to action something that needs to be done ... Massage for a bad neck, breast screen, Doctors appointment for a niggling pain, yearly checkup, eyes tested etc. Take the time to look after and keep your body well.

## Q'S TO CHECK-IN WITH YOURSELF



## SAVE THE DATE

NOTES WILL BE SENT HOME  
NEXT WEEK.

MUSWELLBROOK SOUTH PUBLIC SCHOOL P&C PRESENTS

# COLOUR FUNRUN

**Friday**

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

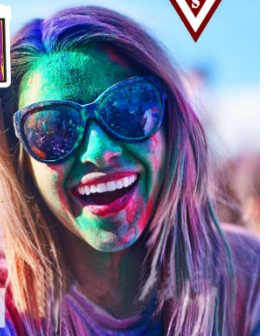
**29th November at 2.15pm**

**on the school oval**

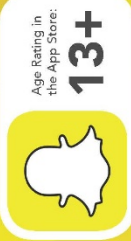
GOLD COIN DONATION REQUESTED

ALL PROCEEDS  
SUPPORT OUR SCHOOL!

Permission note must be returned



# the Carly Ryan foundation. APP FACTS SNAPCHAT



**Snapchat is a popular messaging app that lets users exchange pictures and videos (called snaps) designed to disappear after they're viewed.**

## How does it work?

On Snapchat, users go by a **handle**. To add friends, you can upload your contacts, search for people you know or use the 'Quick Add' feature of add friends of friends or strangers easily. You can also automatically add someone by taking a picture of their "Snapcode," a special QR code unique to each user.

To begin a conversation every Snap starts with a photo or video. Snapchatters can layer text, emojis, doodles, and more on top, and choose how long they want the Snap to be displayed (up to 10 seconds). Then, you can send the Snap to one or more friends. Stories is a feature that lets you string Snaps together into one longer narrative that stays available for 24 hours.

Be mindful who are you sharing images with and always remember that everything on the internet is permanent. Make sure you are happy for potentially anyone to see your snaps and share without permission.

## Live Stories

Live Stories are compilations of Snaps submitted by Snapchatters from events and locations around the world. Discover allows you to explore channels from established publishers who curate their own content. The Discover screen in Snapchat also includes a selection of the day's Live Stories.

## Video and Text Chat

Snapchat also allows for one-on-one chat. Like Snaps, chats are cleared when a recipient leaves the Chat screen. But you always have the option to save a message you'd like to keep.

## Lenses, Filters and Stickers

There are many ways to customise the look of your Snaps. Lenses add real-time special effects and sounds to a Snap. Filters offer different design overlays. Geo-filters are a popular way to customise your Snap at specific locations or events around the world. Stickers are colourful images and cartoons that give you additional ways to share content.

## Memories

Memories is a private collection of the Snaps and Stories that you choose to save and that don't disappear. You can use Memories to create new Stories and Snaps. You can also choose to store certain Memories in the password-protected "My Eyes Only" section, which is an important feature for parents to be aware of.

## Snapcash

Snapchat's payment feature is not for users under 18, but you should know about it so nobody "borrows" your debit card to pay someone back or receive money via Snapchat. Snapchat partnered with Square Inc., to enable users to link their Snapchat and debit card accounts to be able to make peer-to-peer payments for things like paying someone back for lunch.

## Spectacles

Spectacles consists of sunglasses with a built-in video camera. The glasses light up to show that you are taking a Snap. This may not be obvious to everyone at first so if your kids are using Spectacles, talk with them about protecting other people's privacy by asking permission before recording them. You can connect the glasses directly to a phone via Bluetooth or WiFi to add videos to Memories.

## Challenges

Snapchat is the number one application used for 'sexting' or 'sending nudes' between underage people. Users must be mindful of the social and legal consequences of sending images like these. If the user is under 18 years old it is illegal for them to produce, distribute or possess these types of images.

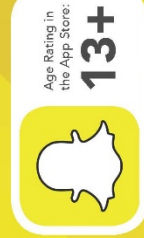
Child abuse pictures are illegal if they are:

- asked for;
- taken;
- received and kept; or
- sent, posted or passed around

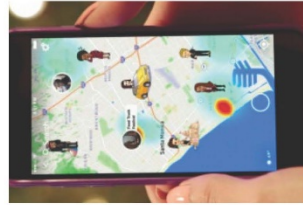
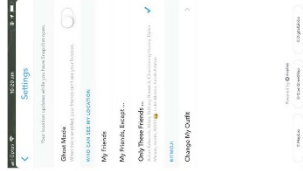
The maximum penalty for sharing child abuse material can be up to 15 years in jail this includes an offenders details placed on the sex offender register.

carlyryanfoundation.com

TheCarlyRyanFoundation @thecarlyryanfoundation @TeamCarlyCRF



# the Carly Ryan foundation. APP FACTS SNAPCHAT



**Privacy**

Privacy settings that are available within Snapchat are the ability to restrict who can send a user photos or videos, 'snaps'. This can be enabled by going into the Settings menu, select 'Who can send me snaps', then select 'My friends'. This will ensure only people the user knows will be able to connect with them via the application.

It is important to read the Snapchat privacy policy as it provides information about how the images and videos are stored and used. Users need to be aware that Snapchat has the right to reproduce, modify and republish photos and videos, and save them to the Snapchat servers, particularly in relation to the 'Live Story' feature.

## Snap Map

The Map allows Snapchat users to see where their friends are, as long as these friends choose to share their locations with them. Location sharing with friends via the Map is optional and is off by default; however, if you submit a Snap to Our Story, it may appear publicly on the Map in the exact location it was taken. Once you opt-in, whatever audience you're sharing with can see your live location updated, every time you open the Snapchat app, regardless of whether you send them or anyone else a Snap.

Location Sharing Options Include:

Only Me (Ghost Mode): Your location won't be visible to anyone else on the Map. You can turn Ghost Mode on and off or opt to set a timer.

Select Friends: Choose specific friends to share your location with. Friends you select aren't notified when you choose them.

My Friends: Your location will be shared with all of your friends this includes friends you add in the future. This option doesn't include people who've added you as a friend, but who you haven't added back.

To edit your location settings, just tap the button in the top-right corner of the Map screen. You can change who can see your location, or you can hide your location completely by going into Ghost Mode.

## How to block a user

- Go to your friends list.
- Hold the name of the offending user.
- Select 'More' on the menu that appears.
- Select 'Block' to stop receiving Snapchats from that person or pick 'Remove Friend' if you want to remove them from your contacts.

## How do I report abuse on Snapchat?

To report a Story on the web from your computer, click the button on the video, then click 'Report'.

Like any social media Snapchat can be a positive social activity that keeps kids connected to their friends. Just be mindful of screen time and be aware of who they are connecting with. We always encourage open conversations around privacy and personal safety.

App Fact Sheets available from the Carly Ryan Foundation. Please email: [info@carlyryanfoundation.com](mailto:info@carlyryanfoundation.com)

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