



Moulamein Public School

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2021 Term 2 Week 3

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Principal Messages

This week is another week full of great learning experiences. The Life Education van has visited this week and all students have participated in a session that relates to their learning in class and the syllabus.

K-2 Session

Students completed the 'Harold's Friend Ship' module. This session focused on how to build friendships and care for others, feelings and emotions, safe and unsafe situations. They also learnt about who they can turn to for help when feeling unsafe. Clearly aligned to the Australian Curriculum, this module helps children understand that a healthy lifestyle is an important step towards making positive healthy choices now and into the future.

Harold's friend ship

Good Friends

Help your child continue their learning at home by working with them to complete these activities, and by starting the conversations below.

Activities:

- Make a small gift or card to say thank you to someone who has been kind to you recently.
- Draw a self-portrait and then a circle around this picture. Write the names of all of the special people who are part of your inner circle.

Conversations:

- Share an act of kindness you showed or experienced today.
- Discuss what each family member considers to be the qualities of a good friend.

life EDUCATION

For helpful information about any of these topics, check the links in the Life Education Parent Resource. www.lifeeducation.org.au/parents

Harold's friend ship

Safe Behaviours

Help your child continue their learning at home by working with them to complete these activities, and by starting the conversations below.

Activities:

- While in the car, walking somewhere, or on public transport, identify all the signs that exist to keep people safe as they travel.
- Map out your family's escape plan and meeting place in the event of an emergency at home.

Conversations:

- Identify household substances that could be dangerous and discuss whether they have been stored safely.
- Have children practice saying their address aloud in case they ever need to call Triple Zero (000) in an emergency.

life EDUCATION

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Year 3-6 Session

Students in Year 3-6 completed a module about online behaviour. 'B Cyberwise' focused on the importance of being safe and respectful online. Helping your child understand why being a responsible digital citizen is vital for their own safety as well as their friends and family. Children today really are digital natives, so it is more crucial than ever that they understand the importance of being safe and respectful whilst learning and having fun online. 'B Cyberwise' is about cyber safety, cyber security and cyber ethics.

The children learn about:

- How to be responsible and respectful when using online technology
- The importance of keeping personal information safe and not telling other people private passwords or arranging to meet with strangers
- Strategies to use if exposed to inappropriate content online; for example deleting and blocking unwanted messages or talking to an adult
- What to do if they or their friends experience cyberbullying or are being cyberbullied themselves.

If parents would like to access resources about how to keep their child safe online, please visit the website to access Cyber Safety videos and information. They are able to access the world wide web at home with more freedom than at school, so it is important for parents to protect their child's privacy and safety in the online world.

<https://www.lifeeducation.org.au/parents/resources?topic=cyber-safety>

Should you have a family technology contract?

Family technology contracts? Should my family have one?

What is a technology contract, I hear you ask? A technology or digital contract is a way of establishing boundaries around your family's technology usage. Ideally, it should include all devices, particularly the TV! But most importantly, it should include items such as how many hours can be spent at the computer, TV or Xbox, what information can be shared online and where the phones sleep at night.

Yes, it is another job on the list but let me tell you why I think you need to invest – it's all about your kids' physical and mental health:

Weight Gain

You don't have to be a rocket scientist to know that not moving = weight gain. But the research is compelling. In 2007, a US study compared the weight of pre-schoolers who used computers and those that didn't. And, surprise, surprise – it was found that the computer-using kids were rounder. It appeared that 2 hours per day spent sitting in front of any device was the tipping point for weight gain.

Sleep

A 2013 study from The University of Adelaide showed that over 70% of young people don't get enough sleep on school nights due to overuse of electronic media. In fact, only a small minority were getting optimal sleep, which is more than 9 hours a night, according to the Australian National Sleep Foundation.

Mental Health

Too much internet/technology time has also been linked to depression and anxiety. In 2010, researchers from Notre Dame University in Sydney concluded that teens who use the internet pathologically are 2.5 times more likely to develop depression than teens who are not addicted to the internet. The researchers conducted a study of 1041 random teenagers aged 13-18 from high schools throughout Guangzhou in China however these results have many lessons for parents worldwide.

Here are a few examples:




SafeKids.Com

Family Contract for Online Safety


Kids' Pledge

1. I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of my school without my parents' permission.
2. I will tell my parents right away if I come across any information that makes me feel uncomfortable.
3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.
4. I will never send a person my picture or anything else without first checking with my parents.
5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my parents right away so that they can contact the service provider.
6. I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
7. I will not give out my Internet password to anyone (even my best friends) other than my parents.
8. I will check with my parents before downloading or installing software or doing anything that could possibly hurt our computer or jeopardize my family's privacy.
9. I will be a good online citizen and not do anything that hurts other people or is against the law.
10. I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology.



HELPING FAMILIES IN THE MODERN WORLD

Internet Contract



HELPING FAMILIES IN THE MODERN WORLD

When engaging in any online interactions on any device, be it viewing, downloading, updating, sharing or forwarding, I _____ will always abide by these rules. If in doubt I will ask advice from my parents. Date _____

- I will not befriend people with whom I have not met in real life unless I have permission from my parents
- I will not bully, slander or say anything unkind toward anyone for any reason and nor will I copy or forward on any such messages written by anyone else
- I will not give away personal information such as my birthday, address, school or phone number without my parents consent
- I will not use a credit card for any purpose without my parents permission
- I will not engage in online conversations with people I have not met in real life
- I will stick to the time limits set by my parents and will not argue when asked to turn off the technology
- I will keep personal conversations I need to have with friends for real life
- I will always get my parents permission before signing up for anything on the internet
- I will not give out any of my passwords to anyone other than my parents, not even my good friends
- I will not download music, games or software without my parents consent
- I will never order anything online without my parents consent (even if it says it is free)
- I will stop communications immediately and tell my parents if a conversation gets rude, uncomfortable or threatening in any way
- I will never use inappropriate language online
- When pop up or banner ads come up I will not click on them but will close with the x button

- When interacting with others online, I am aware that
 - People are not always who they say they are
 - People do not always tell the truth
 - There is no such thing as privacy online

If I do not abide by these rules at all times then my parents will ban me from using technology for a time deemed appropriate by them.

 Signature of internet user

 Signature of parent

Mother's Day

An invitation has been sent home to each school family. Please ensure you RSVP for this special event by 6th May. We are looking forward to celebrating with all the wonderful women in our lives.



School Cross Country

Our Cross Country Carnival was held today and we welcomed Wakool Burraboi Public School as well. Thank you to Mr Svensk for organising the event and the parents who also helped.



Swimming Lessons

Again, our students were very excited on Friday to attend swimming lessons. Seeing our entire school in the water participating in swimming lessons at the same time, supported by teachers, learning support officers with instructors feels like a huge achievement! All students are supported, in ability groups and we can already see an improvement in confidence. Our more advanced students are really enjoying their stroke correction lessons and must have completed at least 20 laps of the pool. It was a very quiet trip on the way home on the K/1 mini bus with a few students having a sleep!

Thank you to the parents who have already started paying the fees. The school is contributing over half the cost to ensure this program occurs.



Check – in Assessments

Year 4 and 6 students will participate in a reading and numeracy check-in assessment on Wednesday and Thursday this week.

The check-in assessment is a NSW Department of Education online reading and numeracy assessment available to support schools to assess and monitor student learning following the period of learning from home.

The check-in assessments can supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs.

NAPLAN Dates

The NAPLAN paper test window is three days. Students who are absent during the test window can sit catch-up tests on the fourth day. Students with disabilities do not need to sit NAPLAN tests. It is important that your children attend these days.

Year	Day 1 - Tuesday 11th May	Day 2 - Wednesday 12th May	Day 3 - Thursday 13th May
Year 3	Language conventions: 45 minutes Writing: 40 minutes	Reading: 45 minutes	Numeracy: 45 minutes
Year 5	Language conventions: 45 minutes Writing: 40 minutes	Reading: 50 minutes	Numeracy: 50 minutes

Jennie Wilson

Principal

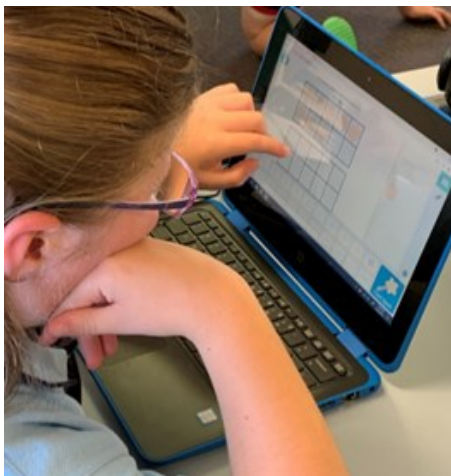
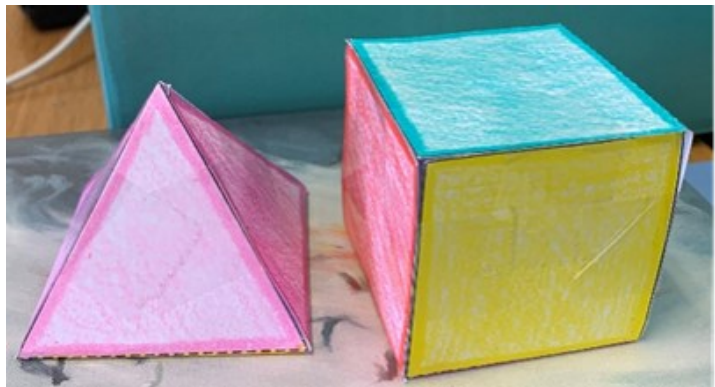
News from the Year 5/6 room with Mrs Wheeler

This term we are participating in some exciting activities. In Creative Arts, we are working with Mrs Wilson completing some visual artwork and we are also developing our drama skills. In drama, we played some improvisation games using our imagination. In groups of 4, we had to immediately act out the scenario with no rehearsal time! In the 'Typewriter' scenario, we acted out the story that the writer was writing and in 'Park Bench' we didn't know who we were until another person called us by name! Everyone enjoyed themselves and there was some very dramatic acting happening!



Sophie and Jason in 'Park Bench' where Jason was Taylor Swift!

In Numeracy, we have been looking at 3D shapes. We have been identifying different objects by the number of faces and edges and by feeling, then describing them to each other. We drew models of a cube, sphere and rectangular prisms into our books. We found it tricky to make them look accurate! We made some models of a cube and a square based pyramid. We have also been completing maths mental on Prodigy. Prodigy is an online game that encourages development of basic maths skills while progressively becoming more difficult.



In Science, we are using the Dash bots to develop our coding and robotics skills. We have coding lessons each week, using the Blockly program, so we can program Dash to complete specific tasks. We are having a lot of fun!

