



Moulamein Public School

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2022 Term 2 Week 7

Principal Messages - Jennie Wilson

Reminders and Important Messages

The school will be closed for the Public Holiday on 13th June and our staff are not participating in the NSW Public Sector Industrial Action on 8th June.

Morning Reading Parent Invitation

Morning Reading Program is starting for all classes for parents who are interested in coming to read with and to students on Monday and Thursday from next week. This is to encourage the love of reading and help students revise their home reader. Parents, grandparents and carers are invited in and asked to sign in at the classroom.

Time: 8.40-9.00am

Footy Colours Day

Wear your footy colours, next Friday 10th June, for a voluntary gold coin donation that will be donated to the Fight Cancer Foundation, which keeps kids with cancer learning while they receive and recover from treatment. Any code of football is welcome! This is also pie day. Orders have now closed.



**SHOW
YOUR TRUE
COLOURS!**

Homemade Pancakes for Breakfast!

Every Tuesday and Wednesday our Breakfast program continues to gain momentum. Last week Mrs Mertz, as part of her new Wellbeing role, prepared a pancake breakfast. It is great to see all our staff supporting this program to ensure our students are ready for learning.





Year 3/4 Virtual Incursion

Miss Wilson organised a fantastic virtual incursion for Reconciliation week. During this time, they completed this great artwork that will hang in the library.



Attendance

There are still ongoing concerns about attendance. A lot of absences are not linked to illness and therefore considered unjustified. We are yet to reach a day this year where we have 100% attendance. For students with low attendance, their lack of expected achievement is concerning and backed by recent assessments.

Auskick

Students will be participating in a school based AFL Auskick, the curriculum-linked program, this Friday and also next Friday for Sport. It focuses on basic skill development in a fun, safe learning environment where everyone is encouraged to do their best. Trainers will be running three workshops over the day. This is a great opportunity for our students!



Social Media Apps for Students in Primary School

Both the physical age of your child and their level of maturity and resilience can affect their ability to have positive experiences on social media.

Each social media site and app has its own criteria for minimum age requirements. Most require users to be at least 13 years of age before they can register, although some sites are created especially for children under 13. No student enrolled in Moulamein Public School is 13 years old. Staff cannot accept Facebook friendship requests from students as this is a breach of our Code of Conduct.

If there is an issue on social media and your child is not at the age limit set by app then this is problematic. Parents and carers need to take responsibility for monitoring their children on social media at home. This not a schools, principals or teachers' job. We do cover cyberbullying and safety online in lessons, but this is also a shared responsibility. The Life Education van will also focus on this at the end of the term. I am often asked by parents, what to do when their child is experiencing difficulties online. My advice remains the same, take them off it until they are in high school and have the maturity to understand cyber socialisation.

Advice from the E-safety commissioner in Australia

Key questions to help determine your child's readiness for social media

We suggest considering these questions to determine whether your child is ready 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. Talk about the settings you have selected for your accounts and why you chose them.

If you would like help with technology, including how to use social media services yourself, [Be Connected](#) provides step-by-step advice on the basics and more.

- **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 about the dangers — then they may need your help to use social media sites.

Discuss the risks of 'checking in', tagging people in photos, sharing nude or sexually suggestive pictures, meeting online friends in person, making offensive comments and other behaviour that is considered unacceptable.

- **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 other users.

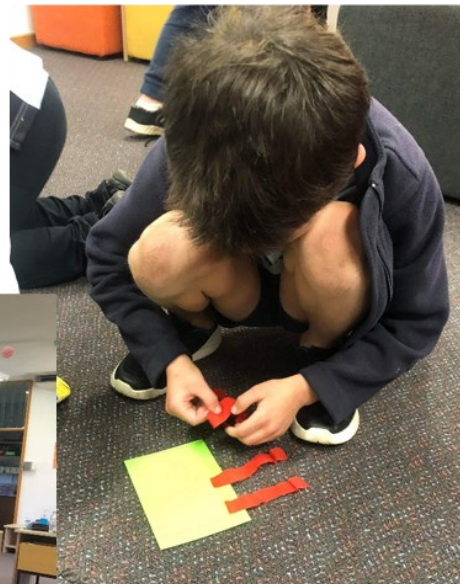
Please read the hand-outs in this newsletter from the E-safety Commissioner.

Wellbeing Wednesday

Our Week 6 Wellbeing focus was another breathing activity called 'Dragon Breaths'. First up students had to make their dragons. After watching a short clip demonstrating how to perform dragon breaths we discussed when and why dragon breathing can help us:

Dragon Breathing releases tension and negative energy. It is a great exercise to practise for those moments when we are angry or feel like we might explode. A few rounds of dragon breathing could help us calm ourselves down.

Finally, it was time to test our dragons out. A very simple activity but one that resulted in lots of smiles and laughter.






PREMIER'S READING CHALLENGE

Book of the week

BLOSSOM POSSUM

The sky is falling down-under



CHANEWTON • READERS' PICK

YEAR 3-6

DO YOU HAVE THIS BOOK AT HOME?

YOU COULD READ IT AND ADD IT TO YOUR READING LOG AND BE ONE STEP CLOSER TO COMPLETING THE CHALLENGE.



PREMIER'S READING CHALLENGE

Book of the week

KING PIG



Nick Bland

K-2

DO YOU HAVE THIS BOOK AT HOME?

YOU COULD READ IT AND ADD IT TO YOUR READING LOG AND BE ONE STEP CLOSER TO COMPLETING THE CHALLENGE.



5 tips to keep your family safe online



Parents and carers can use a combination of strategies to help young people build their digital technology skills and have safer experiences online.

1. Start the chat

Get into the habit of talking about online safety as a family, so your child feels comfortable coming to you if they ever need help working out an issue. It's never too early to introduce [good online habits](#) such as respect, empathy, critical thinking, responsible behaviour and resilience. As your child grows older, eSafety's advice about [hard to have conversations](#) will help with some of the tricky topics like sending nudes, online pornography and contact from sexual predators.

2. Create a family technology agreement

Creating a Family Technology Agreement can help you and your kids decide together when and how digital technology will be used at home. As a family, brainstorm easy-to-follow rules and display them where everyone will see them. Your agreement could cover things like: time limits, apps your kids are allowed to use and online behaviour. Families with younger children can [download](#) a template to guide the conversation.

3. Set up parental controls

Parental controls let you monitor and limit what your child sees and does online. It's best to use them in combination with the other online safety strategies listed here. [Taming the technology](#) can help you understand your options. Grab a device and get started with our guides to setting up parental controls on [devices and accounts](#) or in [social media, games and apps](#).

4. Choose games and other apps carefully

Use eSafety's [App checklist for parents](#) to think about the positives and negatives when your child asks to download a new game or other app. The checklist covers things like age ratings, managing privacy settings and reporting abuse in-app. You can also use [The eSafety guide](#) to check and set up safety features with your child.

5. Use digital technology together

Exploring or playing on devices or online with your child can be a positive experience that promotes learning and development. Ask questions, be curious and get involved. To learn more, read our blogpost [How to encourage good screen practices for your child](#).

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Getting started with parental controls on devices and accounts



Many digital devices and accounts now come with parental controls.

Here are some examples of the parental control features included in common devices and accounts.

Your home wi-fi network

Some wi-fi routers and accounts with internet service providers (ISPs) come with software that allows you to set up parental controls across your whole network. However, you don't always get as much control and monitoring as you get from the tailored software installed on each device. If you would like to learn more about controlling content using your wi-fi network, contact your ISP provider.

Apple devices

Apple allows parents to set up family sharing accounts. Family sharing enables parents to share purchased apps and manage their child's device. You can find out more about setting up parental controls at [Apple families](#). The [Apple Support](#) YouTube channel has videos that provide step by step advice.

Follow these steps to get started:

1. In your settings, select your Apple ID and account info.
2. Go to family sharing and click on '+Add member' to add a new account for your child.
3. Go to Screen Time settings to set limits on apps, block websites and restrict purchases – whenever you change this it will update on your child's device.
4. On your child's device, activate the account.



Andriod devices

Google Family Link allows parents to use an app to manage their child's device. You can find out more at families.google.com.

Follow these steps to get started:

1. Set up an account for your child using your Google account.
2. Download the Family Link app to your phone or tablet.
3. Verify your child's account.
4. Go to Digital Wellbeing and Parental Controls and use the settings to set limits on apps, schedule downtime and see what your child is doing online – whenever you change this it will update on your child's device.
5. On your child's device, activate the account using the passcode or by pairing their device to yours.

Wearables

Wearable technology such as iWatches, Fitbits and Virtual Reality headsets can be fun and provide benefits such as being portable. Some of these new technologies have parental control options that limit use to specific times, schedule downtime or hide your child's location from others. It's worth looking at the options available before buying any wearables.

Find out about staying safe while using wearables and other new technologies in the [eSafety Gift Guide](#).

Getting started with parental controls in social media, games and apps



Many social media sites, games and apps now come with parental controls. The eSafety Guide has advice on safety features that can be useful for parents and carers, including how to use the settings to protect personal information and report online abuse.

Here are some examples of the parental control features included in popular social media, games and apps.

Roblox

Roblox is a game creation platform that allows users to design games, play together and chat. Using built-in parental controls, parents can manage the way their children use the game. These features include a 'restricted' mode that prevents access to chat and inappropriate games.

Find out more about Roblox safety settings in [The eSafety Guide](#) or Roblox [account restrictions](#).

TikTok

TikTok is a social media app for creating and sharing short videos. TikTok has a feature called Family Pairing that allows parents to link their Tik Tok account to their teen's account. Family pairing lets parents set controls like how much time their child spends on TikTok, the content they can see and their privacy settings.

Find out more about TikTok's safety settings in the [The eSafety Guide](#) or TikTok [for parents](#).

YouTube Kids

YouTube Kids is a filtered version of YouTube. Parents can create a separate profile for each child in their household. YouTube Kids uses a mix of automated filters, human review and parent feedback to limit the content that kids can see on the platform. Parents can also manually approve videos for their kids to watch, block videos and set screen time limits.

Find out more about YouTube Kids in the [The eSafety Guide](#) or [YouTube Kids](#).

Facebook Messenger for Kids

Messenger Kids is a free video calling and messaging app owned by Facebook. Parents can monitor their child's activity and control their contact list using a Parent Dashboard. Parents can sign up on behalf of their child, and it doesn't require the child to have Facebook account. Messenger Kids does not show advertising or offer in-app purchases.

Find out more about Facebook Messenger for Kids in [The eSafety guide](#) or [Messenger Kids](#).

App checklist for parents



Checklist

The aim of this checklist is to help you navigate the app world and give you the tools to ensure you and your family enjoy safe and positive online experiences.

☐ Do your research

- [The eSafety Guide](#) is a good starting point.
- Other sources include [Common Sense Media](#) and [ConnectSafely](#), which review the most popular apps.
- Search for recent reviews from Google Play and Apple Store.
- Discuss the benefits and risks with family or friends who use the app.

eSafety tip: Check whether the app can be used for [content sharing](#), [photo and video sharing](#), [messaging and online chat](#), [voice chat](#), [video calling](#), [live streaming](#), [gaming](#), [in-app purchasing](#), [online relationships](#), [location sharing](#) and [encryption](#).

☐ Check the age rating and requirements

- Apps usually state a minimum age for users in their terms of use but they don't all have verification requirements.
- [The eSafety Guide](#) includes the stated age for many popular apps.
- [Common Sense Media](#) makes an independent assessment of provides age recommendations.
- Check the advice on the eSafety Parent page [Are they old enough?](#)

eSafety tip: When deciding if an app is suitable for your child, think about their level of maturity and judgement as well as the age recommendation.

☐ Consider privacy – read the terms and conditions and ask yourself these questions:

- What information does the app request?
- Does the app provide privacy protections?
- Can you restrict who sees your profile?
- Who can find you in a search?
- What information can people see about you?

eSafety tip: See the eSafety page [Connecting safely – Apps](#) for more advice. [The eSafety Guide](#) contains links to information about how to adjust privacy settings in popular apps.

☐ **Check the permissions and other settings – read the community guidelines and ask yourself these questions:**

- What permissions does the app request?
- What information the app collect?
- Does the app need microphone and/or video camera access to perform its functions?
- What are the default settings?
- Do you need to change default settings, initially and after each update?
- Does the app allow in-app purchases?

eSafety tip: See the eSafety Parents page [Taming the technology](#) for advice on using parental control and safe browsing tools.

☐ **Safety check**

- Can you report things in the app? (For example: online abuse, impersonator accounts, offensive or illegal content).
- Is the in-app reporting process easy and clear?
- Are the in-app reporting options limited or can you report a wide range of safety concerns?

eSafety tip: Let you child know they can come to you for help if anything makes them feel uncomfortable or unsafe and they won't be in trouble. You can help them [report serious online abuse](#) to the eSafety Commissioner.

Save the Date!

P & C Fundraiser



Saturday 2nd July

WOODCHOP

Reconciliation Week Poster Competition Winners



Belle Year 1



Bryli Year 1



Kamilah Year 2



Harry Year 3