

The Bally Buzz



Balgownie Public School
Living & Learning



W: www.balgownie-p.schools.nsw.edu.au

T: 4284 4245

F: 4284 3462

E: balgownie-p.school@det.nsw.edu.au

Term 4 - Week 2

Wednesday 23 October, 2019

Calendar Term 4 - 2019

Wed	23 Oct	Uniform shop CANCELLED Playgroup CANCELLED Kinder Teddy Bears Picnic
Tues	29 Oct 4.00-5.30	Northern Illawarra AECG AGM Figtree High School
Wed	30 Oct	1 st Kindy orientation Last chance to order girl's tunics.
Mon	4 Nov	Oliver Phommavanh Visit
Wed	6 Nov	2 nd Kindy Orientation

Deadly award winners

Congratulations to our two Deadly Encouragement Award winners – Justice and Tianna, at last week's Northern Illawarra Aboriginal Education



Consultative group. Our children were celebrated along with award winners from schools from Helensburgh in the north, to Unanderra in the south, including high schools, pre-schools and TAFE. One of our future students, Lebron's brother, Ryder, also received an award.

Congratulations to our children and their families. So very proud of you.

From the Principal's Desk

Congratulations Mr & Mrs Gosling.



Our lovely Miss Grant has been married during the school holidays. Her new name is Mrs Gosling. Congratulations on your marriage and our whole school community wish you every happiness.

World Teacher's Day Friday 25 October.

Thank you to all our wonderful teachers who are dedicated, hard working and professional. Balgownie Public is very lucky to have such a calm caring group of people who go above and beyond for our students. Thanks team- you make coming to work a pleasure.



Child protection this term Attached to the newsletter is the lesson outline for Child Protection. This essential part of our PD Health syllabus helps protect our children by discussing personal safety. We use the key phrase of "No, Go, Tell." If you have any questions, please speak with your child's teacher.

Social media There are quite a number of our students who are on a social media platform,

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Aloma Stewart - Principal PO Box 192 Fairy Meadow NSW 2519 P&C: www.balgowniepnc.com

including TikTok, Instagram, Snapchat, Facebook and to some extent posting on Youtube. This includes a number of Stage Two students on TikTok. All of these platforms have an over thirteen age restriction. You can 'google' and get information about each of these sites. Most of them allow for some form of posting film clips or images, commenting on posts, messaging or group chats.

I respect families' choices in these decisions and urge parents to be informed about what social media your child is engaging with, and have discussions with your children about what they are posting, and to whom. You may be surprised with the extent that your child is interacting with people online- these may be friends or new acquaintances. Our children are quite innocent and the urge to have many friends can be alluring. Please take the time to sit with your children and discuss the fun part of social media and how to keep themselves safe.

I have enclosed some information that could be helpful to you when talking to your children about social media and some questions you may like to ask about your child's use of social media. It is not exhaustive but could be of assistance while we try to help our children stay safe and to become good digital citizens.

Developing your child's social media scripts By Michael Grose

It's important to start conversations with children about using social media at a young age to prepare them to be savvy users when we're not around.

Parents of every generation have always found ways to frame messages of safety and success for their children to remember. Parents of past generations who only had to contend with the offline or real world intuitively knew that they needed to teach child important lessons about safety and manners rather than assume they'll be understood.

The same maxim holds true for the world of social media that children now inhabit from an increasingly young age. Even though our children are growing up with technology as a part of their everyday lives, they will still make plenty of mistakes while using it. This means we need to have direct conversations with our kids about the comments and posts that are okay to make using social media of all forms.

As parents we teach our kids to talk politely and clearly so that they know how to speak to others when we're not around. In effect, we give our kids

social scripts to fall back on when they talk to friends, teachers and relatives. There's no guarantee they'll look an adult in the eye when they speak to them, but our discussions, reminders and lessons about manners will hopefully hold up when we're not around.

The same applies to social media. Our conversations and lessons will prepare them to be savvy users when we're not around. Here are some ideas to get you started:

1. "Is this worth posting?" The relatively impersonal nature of social media means that we can post information and pictures with relative immunity. Also its immediacy means that we can do so without much thought. This means that kids need to be very critical about what they see online. 'Is this accurate?' and 'Is this worth posting?' are two valid questions children can ask when they read posts placed by others.

2. "Have you taken a big breath?" A child who blurts out everything that comes into his mind without thinking is sure to put plenty of people offside. 'Think before you speak' is the type of message that every child should have in mind. The same applies to social media. Just because they think something doesn't mean they post it. 'Take a big breath' may just about be the most important message to give your kids about social media.

3. "Do you want the principal or your grandmother to see this?!" An invitation to a teenage birthday party posted on social media is one way to get more attendees than you bargained for! The viral nature of social media means that kids should only post messages and photos that they want to be spread and read by a large audience.

4. "How does this post make you feel?" We need to teach kids that not every post needs to be commented upon and not every thought needs to be shared, particularly when they are angry. Teaching them to walk away and then to step back in when they've calmed down is perhaps the most important communication lesson of all. It is very relevant to social media as emotions are often the last thing on many people's minds when they haphazardly post a message.

5. "How will you fix this?" Social media just like any social space requires kids to behave ethically and with kindness. When kids overstep the mark and post hurtful things then it's fair that they fix their mistakes, and apologise. It's reasonable that we

teach our children to act with tolerance and with empathy online, and if mean things are posted then they should be expected to try to repair relationships through social media, just as they should offline.

I agree with Galit Breen author of Kindness Wins who says that parents should have conversations with children around social media before they reach the teenage years. Starting these conversations when they are younger means that they are more open to our parenting opinions, as well as being a little more amenable to the messages of tolerance, kindness and empathy that we need to encourage.

Joke of the Week

Q: Why didn't the oyster share the profits from his pearl?

A: He was shellfish.



Stage 3 Canberra Trip 2019

Our Stage 3 Students went on an educational tour of Canberra on the last 3 days of Term 3. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The cost of the excursion was subsidised via a rebate from the Government. The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributed funding of \$20.00 per student under the Parliament and Civics Education Rebate program. The rebate is paid directly to the school upon completion of the excursion.

Over the three days we visited; The National Museum, Telstra Tower, The War Memorial, Parliament House, The Institute of Sport, Questacon and cruised Lake Burleigh Griffin. Students really enjoyed themselves and it was a great way to finalise our learning about Democracy in Australia.

I would like to thank our Stage 3 students who conducted themselves in a way that

demonstrated our school values and the maturity expected of them. Thanks also to Mr Loxton, Miss Burrows and Mrs Rice and Mrs Carrigan for accompanying our 81 students. Your energy and humour were much appreciated.

Mrs Di Burns.

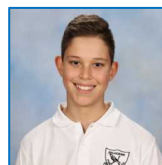
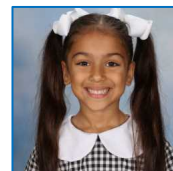


Update contact details ASAP!

A reminder to all parents & carers to update any changed phone numbers, addresses etc for your children. It is very important that the office staff have current details if we need to contact you. You can do this by, sending in a note or email to the school. Thank you for your cooperation.

Well done!

During the school holidays Zara in KS received 1st place at the Dance From Your Heart Eisteddfod for her classical ballet solo.



Lukas from 5/6B has been successful in obtaining a scholarship with the Illawarra Academy my of Sport for Basketball

Opal Cards 2019

Applications for student travel in 2020 opened on

Friday, 11 October 2019. **Students progressing to year 3 and year 7 no longer need to re-apply if they: are continuing at the same school; are residing at the same address; and have not been sent an expiry notification from Transport for NSW.** Where a student meets the new distance eligibility, the system will automatically update their



entitlement. If they do not meet the new eligibility, they will receive an expiry notification via email. Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply. Term Bus Pass holders will receive a notification to re-apply.

Compulsory Educational Fees

Please note any outstanding Educational Fees need to be **paid now**. This is an annual fee of \$30 per student. These fees are for subscriptions, iPad apps, Reading Eggs, etc. and are charged on a per-student basis. These items are used at school to develop your child's learning through Technology. **This fee must be paid before any extracurricular activities are undertaken.**

Uniform Shop

The second and FINAL round for 2019 Girls Summer Dress pre orders are now open. Orders can be placed online

<http://balgowniepnc.com/ourschool/uniforms/>

All orders must be placed and paid for by 3pm Wednesday 6th November. Please note these orders will not be delivered until the end of term 4.

All 2020 Kindergarten orders are being filled as stock arrives. Thank you to those parents who have already placed their order. Every order directly assists the P & C to purchase resources for your School. Please be patient during this time as we are dealing with large orders for lots of new students. Please note you may receive your order in more than one delivery. If you have any questions, please do not hesitate to contact us balgowniepublicschool-uniform@pandcaffiliate.org.au

The Uniform Shop will be CLOSED Friday 1st November. All orders placed after Friday 25th October will be delivered on Thursday 31st October. We will be back Friday 8th November 8:30am.

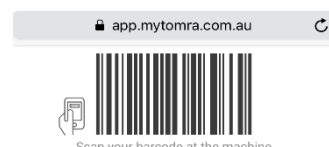


Double Deal - Helping your school & the environment!

You probably know about Return & Earn? What you may not know is that you can contribute Return & Earn money to Balgownie Public School!



Return & Earn works for those small single serve plastic bottles (eg. gatorade), cans or glass bottles. Milk cartons or big juice cartons etc are not accepted. You can recycle them in your yellow bin at home. **Where is Return & Earn located?** The automatic deposit machine is located at the back of the Fraternity Club in Fairy Meadow. When you get to the Return & Earn collection point, simply scan the barcode below and start feeding your bottles



Do you have a sense of Adventure?



Do you want to learn new skills, have fun and make new friends? Why not come along to 1st Balgownie Scouts! Where? Balgownie Scout Hall 3 Barker St, Balgownie When?

Joeys	6-7years	Tuesdays	5.15 – 6.15pm
Cubs	8-10 years	Tuesdays	6.30 – 8.00pm
Scouts	11-14 years	Thursdays	6.30 – 8.30pm
Venturers	15-18 years	Thursdays	6.30 – 8.30pm
Contact	Barry	Scolnik	
			Ph. 0407 785 317
http://www.balgowniescouts.org.au/			



Do you dream of being a Matilda one day or playing for an awesome W League club? Do you want to play with the very best talent in our region? Then you might like to consider trialling for the Illawarra United Stingrays.

Registrations are now open to trial for the 2020 season, please register prior to the trials on our website, www.illawarrastingingrays.com.au where you will find all the dates and locations of the trials commencing on Sunday 20th October 2019

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Dear Parents and Carers,

Our school is strongly committed to the safety and well being of our students. The advent of social networking sites such as TikTok, Instagram, Snap Chat, YouTube and Facebook add a dimension to our lives that was not around when we were children. Staying in touch with friends and family is now easier than ever before. Young people are using online communication to build friendships, share their lives and work together. There may be many advantages to such sites but there are also some potential concerns that need to be considered. Most of them allow for some form of posting film clips or images, commenting on posts, messaging or group chats.

Our school has many students who use social networking sites. Many sites have age restrictions. As parents you may not be aware that your child has signed up to these sites and falsified their age to do so. Technically no child of primary age is 13 and thus should not have access to age restricted sites.

It is not the school's role to interfere in decisions being made by families around their children's use of the internet. As a school we are however concerned that children may be putting themselves at risk, by not understanding the safety concerns associated with the improper use of social networking sites. Sometimes, we as parents are not fully aware of the extent which our children are using social media.

I respect families' choices in these decisions and urge parents to be informed about what social media your child is engaging with, and have discussions with your children about what they are posting, and to whom. You may be surprised with the extent that your child is interacting with people online- these may be friends or people they have not met. Our children are quite innocent and the urge to have many friends can be alluring. Please take the time to sit with your children and discuss the fun part of social media and how to keep themselves safe.

As parents, we need to help our children navigate this digital world. It is common to worry about their safety, but by setting boundaries and expectations, you can help guide their use. When approaching a conversation with kids about social media, it's important not to have an "us-versus-them" attitude. Understanding and accepting that different generations use technology differently is a good starting point. It provides opportunities for understanding each other as technology users, to be more aware of when issues arise, and how to guide children to positive and empowering uses of technology.

I have also included some websites where you can find out more, some questions you may wish to use when talking with your children and also some basic conditions and guidelines for social media use. These are not exhaustive, but may be of benefit. Never easy being a parent – many would think it is getting more difficult all the time! Please come and see myself or our leadership team, if you would like further information.

Regards

Aloma Stewart
October 2019



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Helpful websites

eSafety Commissioner website <https://www.esafety.gov.au/>

Digital citizenship <https://www.digitalcitizenship.nsw.edu.au/>

Benefits of social media

<https://theconversation.com/when-it-comes-to-kids-and-social-media-its-not-all-bad-news-80547>

What are some questions that we could use to talk with our children about social media?

- What sites are you using and how do you use them?
- Can you show me the site and tell me about it? Can you show me your profile?/account?
- How many accounts do you have?
- What are the features of the site?
- What settings are you using? Are you making your sites private?
- Have you disabled the location function?
- What are your passwords?
- What do you post online?
- Who can see this content?
- Who are your friends – do you actually know them?
- How many friends do you have? (ie they may have many 'friends' eg 600+ but cannot possibly know them.)
- How do people comment?
- How do you comment?
- Have you had any yukky comments? If so, how did you deal with them?
- If people you know are making horrible comments to another person, what do you do? What could you do? (Tell them to stop, block them etc, unfriend them, join in....)

These questions may help you understand what sites your children are on and how they are interacting with the world. We need to guide our children to firstly be safe themselves and to also help them become good digital citizens. For example, to not engage in cyber bullying or being negative in what they write.

Keep the Log On Details and private information Private The use of your profile depends on who knows the password. Things written on a site remain archived and while the writer may delete the details there is a record of those conversations. Some people trust websites too much and forget that millions of people can look at the private information they post; this includes criminals looking for their next victim. Social networking sites are the new browsing grounds for identity thieves. There is a saying – Once on the internet, forever on the internet.

Beware of Child Predators Child predators have taken over chat rooms and social networking sites. These adults will search sites for unsuspecting youngsters, and pose as children/teenagers themselves. They will get to know the young person, and then eventually try to meet him or her offline.



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Strangers are Still Strangers When you meet someone for the first time offline, you may have a difficult time knowing if the person really is who he or she claims to be. The online world is no different. The online world is ideal for people who enjoy over exaggerating their life, or making up a completely different one from their own. This is a frightening thing for parents to hear, but parents can cut down on the risk by monitoring your children.

Increases Internet Addiction Social networking sites are fun and addictive. Meeting new people, catching up with old friends, and visiting interesting profiles can take up hours each day. You may spend more time on social media than studying, which contributes to lower grades.

Cyber bullying and inappropriate interactions. Children who are at Primary school may not fully understand the implications for their posts and videos and the effects it can have on others. Things in writing can often be very hurtful. Please talk to your child in regards to this.

Some basic information about some social media platforms.

Is your child legally old enough to sign up and do you know what he or she is doing on the internet?

TikTok, Snapchat, Facebook, Youtube, and Instagram set a minimum age limit of 13 for users to register.

TikTok (formerly known as musical.ly)

Lip-syncing and dancing videos are the most popular genres on the platform. Just like Youtube, **TikTok** is an interactive app where you can connect with friends, comment on videos and follow other people on the platform. Some kids have gained popularity and fame using this app

<https://www.youtube.com/watch?v=xvq0gl3q7o8>

<https://www.youtube.com/watch?v=mQEGJMmqBTw>

<https://www.fosi.org/good-digital-parenting/what-families-need-know-about-tiktok/>

Is TikTok appropriate for children?

- When signing up on TikTok, user profiles are made 'public' by default. This means anyone can view videos that your children upload, send direct messages to them and access their location information.
- Popular TikTok uploads emphasize today's top music which means that some of the lyrics may contain swearing and sexual content that is not appropriate for children.
- Some of the music videos have mature content that feature revealing outfits and inappropriate dance moves.
- A report by ABC news found that the messaging feature in the app could enable strangers to send direct messages to children.

Snapchat



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Snapchat is a popular messaging app that lets users exchange pictures and videos (called snaps) that are meant to disappear after they're viewed. It's advertised as a "new type of camera" because the essential function is to take a picture or video, add filters, lenses or other effects and share them with friends.

Everything you need to know about Snapchat <https://m.phys.org › news › 2018-06-snapchat>

Community Guidelines

- Never post, save, or send nude or sexual content involving anyone under the age of 18 — even of yourself.
- We have zero tolerance for bullying or harassment of any kind.
- Don't send a Snap with the intention of making someone feel bad. If someone blocks you, don't try to contact them from another account.
- Don't take Snaps of people in private spaces — like a bathroom, locker room or a medical facility — without their knowledge and consent.
- If someone is in your Snap and asks you to remove it, please do!
- When playing a game, don't harass other players or deliberately ruin the fun by playing in an unintended way.
- Never threaten to harm a person, a group of people, or someone's property. Encouraging violence is prohibited on Snapchat.
- Don't pretend to be someone you're not — this includes your friends, celebrities, brands, or other organizations — or attempt to deceive people about who you are.

Basic Terms of Instagram – from the site. (abridged)

1. You must be at least 13 years old to use the Service.
2. You may not post violent, nude, partially nude, discriminatory, unlawful, infringing, hateful, or suggestive photos or other content via the Service.
3. You are responsible for any activity that occurs through your account and you agree you will not sell, transfer, license or assign your account, followers, username, or any account rights.
4. You are responsible for keeping your password secret and secure.
5. You must not defame, stalk, bully, abuse, harass, threaten, impersonate or intimidate people or entities and you must not post private or confidential information.
6. <http://help.instagram.com/customer/portal/articles/262387-community-guidelines>.
7. Violation of these Terms of Use may result in termination of your Instagram account. You understand and agree that and you use the Service at your own risk. If you violate the letter or spirit of these Terms of Use, we can stop providing all or part of the Service to you.

From Facebook Safety Center (abridged)

Playing It Safe How you present yourself on Facebook says a lot about who you are—just like what you say and do at school or with your friends. In all public places, online and off, it's important to represent yourself as the kind of person you want to be.

The Importance of Being You Facebook is a community where people use their real names and identities, so we're all accountable for our actions. It's against the [Facebook Terms](#) to lie



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about your name or age. Help us keep the community safe by reporting fake profiles to Facebook if you ever see them.

Think Before You Post It's easy to get caught up in the moment and write or do something that may seem hilarious at the time. But remember, what you say can really hurt someone, or come back to haunt you. Think before you post. It only takes a second or two. Ask yourself if you really want to say it. Make sure you don't mind if your friends, classmates, or teachers hear about it later.

Also remember that any information you post – whether in a comment, a note, or a video chat – might be copied, pasted, and distributed in ways that you didn't intend. Before you post, ask yourself - would I be OK if this content was shared widely at school or with my future employer? At the same time, we all make mistakes. If you find yourself wishing you hadn't said or done something, it's never too late to apologize.

Don't Talk to Me Anymore If you ever receive hurtful or abusive messages or posts on your profile page you have options. Depending on how serious the situation is, you can ignore it, ask the person to stop, unfriend or block the person, or tell your parents, a teacher, a counselor, or another adult you trust. Everyone deserves to be treated with respect.

Report Abusive Content Be sure to always report abusive content—whether it's on your profile page, or someone else's. You can also report inappropriate Pages, Groups, Events and fake or impostor profiles. (Remember that reporting is confidential, so no one will know who made the report.)

Be authentic. The real you is better than anything you might pretend to be.

THE LORD MAYOR'S

Picnic in the park

**FOR 2020 SCHOOL
STARTERS AND
THEIR FAMILIES!**

FREE entertainment and giveaways
for all 2020 school starters.
Join in the fun while finding out
more about starting school!

**Sunday 3 November, 10am-12pm
@ MacCabe Park (southern end)
Cnr Church & Ellen Sts, Wollongong**

www.transitiontoschool.com.au

For more information or to RSVP contact:

Emma Montalti on 4283 9943, or
transitiontoschool@bigfatmile.com.au

Tracey Kirk-Downey on 4227 7158, or
tkirk-downey@wollongong.nsw.gov.au



Smith's Hill High School Youth Theatre

Presents

The Adventures of Trash Queen and Recycle Wizard



Touring the Illawarra December 4th and 5th.

For bookings, contact:

bro.reveleigh1@det.nsw.edu.au

\$2 per student