



Education
Public Schools



Charlestown Public School

Newsletter Term 1 Week 10 – Wednesday 30 March 2016

A proud partner of the Whitebridge Community of Schools

Dear Parents

EASTER CELEBRATIONS

Many thanks to the hardworking members of the P&C, and to all of you, for selling lots of raffle tickets last week. Our Easter raffle raised over \$900 and almost 40 prizes were given out to lucky winners. A truly fantastic effort!



DATES FOR YOUR DIARY

	TERM 1 2016
30.3.16	Y3-6 T-Ball Gala Day – CANTEEN CLOSED ALL DAY
31.3.16	School Council Meeting 6:30pm
5.4.16	Coding for kids (parents workshop) cost involved TBA
8.4.16	Last day of school for Term 1
	TERM 2 2016
25.4.16	Public Holiday – ANZAC Day
26.4.16	Staff Development Day
27.4.16	All students return to school
29.4.16	Cross Country Carnival





LMBR (Learning Management and Business Reform)

Mrs Stone and I are well and truly into our training learning the new finance management package. You will notice some new faces in the office: Mrs Rayna Bartsch, Mrs Rochelle Christie and of course, our lovely Mrs Langley. As the software is very new to us I ask for your patience and understanding when making payments at the front office counter. We will do our very best to keep our "business as usual". However, there are going to be times of "trial and error" where we will need your kindness and smiling face. Many thanks!

CODING COURSE

Next Tuesday students who have paid for the second coding course will be completing the work in class time at 9:30am. Don't forget to bring in your money by Friday April 1.



SCHOOL SECURITY

With the school holidays around the corner, please keep an eye out for individuals within the school grounds (that should not be there). Please contact the school security number 1300 880 021.

STAFF NEWS

Congratulations this week to Miss Muir who is being married on Friday.

She will return next week as Mrs Thomson. We wish her and her new husband Kris, the very best for a wonderful wedding day and a lifetime of amazing memories!

Staff have also attended some professional development visiting other schools looking at best practice in goal setting for students. It is important students take responsibility in their learning and know exactly where they are headed. In all classrooms teachers display the learning intention and success criteria for the lesson. This allows the students to have a focus and to see if they have achieved the outcomes for the lesson. Students also engage in activities to check for understanding and reinforce known facts.

It is important that students in Yrs 3-6 know their maths times tables instantly as completing most areas of maths is dependent on knowing their tables. Please practice them at home regularly.

Similarly, K-2 students need to know their friends of ten and twenty as well as double numbers and counting patterns. In class these important number facts are daily practised but they can also be reinforced at home.

Last week Mrs Gill and Miss Hale attended workshops in "Kidsmatter", a new mental health and wellbeing initiative for Australian primary schools. It provides proven methods, resources and support to identify and implement whole-school strategies to improve student mental health and wellbeing. Did you know?

- Nearly half of all mental health problems begin before the age of 14.
- Certain risk factors present before 6 months of age can predict increasing levels of depressive and anxiety symptoms in the first 5 years of a child's life.
- It's estimated 1 in 7 school-age children has a mental health problem, like anxiety, depression and behaviour problems, but only 1 in 4 gets the help they need.
- Education settings are well-placed to comprehensively support children's mental health and wellbeing in close collaboration with families and the community.

All staff will participate in "Kidsmatter" training on our Staff Development Day in Term 2.

HOME READING

This term there has been a focus on increasing the amount of students who are regularly completing their home reading. Congratulations to the many students who have won home reading awards and vouchers to spend at the canteen. But I'm sure we can do better! Home reading only takes 10 mins a day Mon-Thurs, so let's have a much greater effort next term.

Have a great week!!

Jayne Thompson
Principal

STUDENT BANKING

Commonwealth Bank applications for student bank accounts are available from the school office.

CANTEEN NEWS AND ROSTER

Thur	31.3.16	A Jeayes, L Jones
Fri	1.4.16	No orders-counter service at lunch only J Hope, L Maddison
Mon	4.4.16	CLOSED
Tue	5.4.16	CLOSED
Wed	6.4.16	N Filo, S Taylor

CLOTHING POOL HOURS

Wednesdays	2:45 pm – 3:15 pm
Fridays	9:00 am – 9:30 am

P&C NEWS

Easter Celebrations

A big thank you to everyone for supporting our celebrations with donations and the purchasing of raffle tickets. We raised over \$900 for the school. What a great effort!

P & C Events in Term 1

6 April – Requests for donations for the Mother's Day stall Friday 6 May

Entertainment Books

Order your NEW 2016/2017

Entertainment™ Books and

Entertainment™ Digital Memberships from us today, and 20% of the proceeds contribute towards our fundraising!

Online Order Page,

<https://www.entertainmentbook.com.au/oderbooks/342n65>

The books will be available late in April.

'You Can' Mobile Phone recycling

If you have any old mobile phones, please drop them into the recycling box in the foyer.

Clothing Pool – Brown Jackets

We have a small number of the old plain brown jackets for sale. These are brand new but we are no longer stocking them as we have a new jacket that is jersey lined for extra warmth. These plain brown jackets will be sold from the Clothing Pool for \$20.

New Jacket Orders

For those parents who ordered jackets – they should be available the first week of Term 2.

Girls Brown Ponte Pants

Sizes 4-16, limited stock, selling for \$10 each!

COMMUNITY NEWS



Awesome April Workshops

Fun Holiday Workshops! Popular Themes

Kids have fun, learn and socialise in a nurturing environment.

FULL DAY \$79
HALF DAY \$39

bricks4kidz.com.au/nsw-lakemacquarie/

Charlestown Uniting Church's Kids Holiday Fun Club

24-26 Milson Street, Charlestown

Wednesday 20 April 2016

(Children in Years K - 6)

9.30am – 3.30pm

Cost \$10/Child (maximum family payment \$20)

Includes morning tea, lunch and afternoon tea

Registrations & payment essential by 15/04/2016

Registration forms and payment can be posted to:

Charlestown Uniting Church

P O Box 449

Charlestown. 2290

For all enquires please phone:

Cathy - 4908 1083 OR Laraine - 4944 7826



CASH FOR CLASSROOMS

WIN UP TO \$2,500* CASH FOR YOUR SCHOOL!

Simply shop at any participating store at Lake Macquarie Fair until Sunday 8 May 2016.

For every dollar you spend, your nominated school will collect one point. The school with the most points wins!

Simply fill in an entry form, enclose your receipts and place it in your school's entry box. Good luck!

PLUS YOU COULD WIN A \$100 GIFT CARD* EACH WEEK!

www.lakemacquariefair.com.au

Lake Macquarie Fair

Online Flaming

By Catherine Gerhardt



So what is online flaming? Catherine Gerhardt gives us the lowdown and gives practical tips for parents to recognise the signs and how to respond should your child be affected.

A friend of mine lives with avid teenage gamers, and she was horrified to discover recently the language and the insults that her children were exposed to while engaging in a popular online game with their friends.

Flame wars have become a major online annoyance. When people start a flame war they are deliberately trying to stir up trouble, start a fight and get a reaction. Flaming is all too common on multi-player gaming sites, chat rooms, message forums and social media sites.

Most parents are aware of the trolls that can exist out there in cyberspace, and flaming is one of the skill sets that cyber bullies are familiar with. Flamers and trolls use insults to make personal attacks and say offensive things about a person's individual character, their family or sexuality even though they may know very little about them.

Psychologists have termed the behaviour behind flaming, the "online disinhibition effect." It means that people behave with less restraint online, and feel powerful behind the computer screen. Experts say a number of factors contribute to online flaming: the apparent anonymity and invisibility of the Internet, the lag between sending a message and getting feedback, and the minimum authority that seems to exist in digital spaces.

As parents we often complain that we can't keep up with the technology our kids are using, however many of us agree that we want to be their first point of call if things go wrong. Parents can be their child's strongest asset in the line of defence against negative online experiences.

What parents can do:

Discuss with your children what they do online and who they communicate with – try your best to know which social media/gaming sites they are using. Know that they may have more than one account on any social media platform. One of my daughter's friends has four Instagram accounts, each one carving out a unique social space.

Know passwords. Youth may feel this is an invasion of their 'privacy'; however it is a key component of the responsibility that comes with the privilege of using the technology. In most cases parents have either supplied the device or pay the bills for usage – that means you have the responsibility and the right to control it. Mutual respect is required here, having password control does not give you permission to spy, and your child needs to know they are being monitored. Let me tell you the story of another friend of mine who had been 'monitoring' her daughter online for several months. However, her daughter was not aware that every message and photo went through her mother's device as well. When a problem did arise the parent was unsure how to deal with it – after all she had been 'spying' and wasn't sure how to broach the subject with her daughter without giving herself away. It is much better to have that conversation when setting up accounts, and start as you intend to go on.

Start a conversation with your child about the importance of minimising the amount of personal information they give away. Many flammers prey on Internet users who seem vulnerable. If the flamer can find out any personal information about a target, then he or she will use it to cause that person additional distress. Some flammers seek out people who are enthusiastic about certain subjects, and they intentionally bash the subject while others will intentionally start arguments about any topic.

Watch for signs of change in your child's behaviour. If you notice that your child is spending more time online than usual, changes his or her group of good friends, stops spending time with them altogether, or seems withdrawn or depressed and uninterested in activities that he or she used to love, then there may be cause for concern. Keep an eye out for those quiet introspective kids who have always enjoyed their own company, but no longer want to be alone, and do once again not want to leave your side as they seek comfort in your presence.

Evaluate internal feelings this is the best way to tell if one is being flamed. Feelings of anger, aggression, revenge or low mood after reading the text will probably indicate a flaming message. When we feel the strong need to defend ourselves we are likely to react and respond to the text, thereby playing right into the flamer's intent.

Encourage the message "Do Not Respond" The best defence against a flaming comment is to ignore. Do not respond or engage in baiting messages. Once they respond, they have started a conversation. A capable flamer can be cool and composed at first, using kind words and connection to lure the unsuspecting person in. You and your child may not recognise flaming immediately, with many flammers waiting until they get the person to engage in conversation before they attack. Instead they need to walk away from the comment.

Know the strategies. **The best way to deal with a flamer is to ignore.** From the moment the flaming becomes apparent do not respond. Many websites and forums will have options which empower the user in flaming situations. Use the blocking feature which should be integrated into their practices, and report the behaviour to an online moderator or webmaster. It is also critical that the target exit the site so they are not exposing themselves to more online flaming, and of course, let a trusted adult know about their experience.

At its mildest, flaming is a one-time, name-calling incident. At its worst, it is a persistent and tenacious taunting that can lead a child to suicide. Not all cases of flaming lead to youth suicide, regardless of what the media portrays. Anyone can become the target or the aggressor, and anyone can stop it. There are many options for getting out of negative online experiences.

The Federal Government has recently launched the Office of the Children's eSafety Commissioner. The Office provides Australians a range of up-to-date information and resources, coupled with a comprehensive complaints system to assist children who experience serious cyberbullying online. <https://esafety.gov.au/>

Catherine Gerhardt

Catherine is a dedicated advocate of developing resilience and critical thinking skills in children and young people. Catherine has more than 20 years of expertise in Community Services, Health and Welfare and a background in Social Psychology. As a parent of school aged children, she understands the commitment and challenges parents face ensuring they provide the right information to young people in a way that empowers them to develop their personal and social capabilities.



Part-Time Work

School Crossing Supervisors – Work with your community

Permanent Part-Time – Charlestown Public School (00004CIF)

An important person in a child's school life is the School Crossing Supervisor, who ensures they cross the road safely. The role requires minimal hours out of your day and gives something worthwhile back to the community.

The hours will be 10 hours per fortnight and are usually 8.00am to 9.30am and/or 2.30 to 4.00pm Monday to Friday during school terms. The base rate is \$21.37 - \$25.65 per hour.

All the qualifications you need are community spirit, good communication skills, an alert and professional attitude to work and a reliable personality. The casual hours and school holidays would suit a parent or grandparent, a retiree or anyone wanting meaningful work — but not full-time.

Training for your key responsibilities of directing traffic to stop at the designated crossing and giving clear instructions to infants and primary school students to cross the road safely, will be provided. You may be required to attend a health assessment. Appointment is subject to a Working with Children Check clearance.

Roads and Maritime Services is an equal opportunity employer.

For further information on this exciting opportunity please call 1300 305 855 or go to iworkfor.nsw.gov.au.

Applications close Sunday 10 April 2016