

# SOFALA PUBLIC SCHOOL NEWSLETTER

*Learning Caring Sharing*

Turon Terrace, Sofala NSW 2795

T 02 63377085 F 02 63377012

Email: [sofala-p.school@det.nsw.edu.au](mailto:sofala-p.school@det.nsw.edu.au)

Website: [www.sofala-p.schools.nsw.edu.au](http://www.sofala-p.schools.nsw.edu.au)

Principal: Debbie Barratt



Term1 Week4

Wednesday 20th February, 2019

## Calendar of Events

### Term One

#### Week 4

Friday Hearing Checks

Sunday Sofala Show

#### Week 5

Friday Schools Clean Up Day

#### Week 6

Monday Premier's Reading Challenge begins

#### Week 7

Friday National Day of Action against Bullying and Violence

#### Week 8

Thursday Harmony Day

Friday BMEC The Radical Recyclers

#### Week 9

#### Week 10

Tuesday Premier's Sporting Challenge Launch

Wednesday Bathurst Mobile Library

Friday BSS Gala Day

## Principal's Report

*We have been very busy during the past two weeks with a variety of learning activities at school. We participated in a video conference on 'Your Digital Super Power' with many ideas on using the internet in a safe manner.*

*We participated at the BSS Swimming Carnival with great success. I am very proud of our students who represented our school in such a wonderful manner. I enjoyed the day as timekeeper and am always amazed at the time that goes into preparing for a day to allow students the opportunity to participate.*

*We have very excited students with the Sofala Show this coming Sunday. I look forward to attending on Sunday and will no doubt see a familiar face or two.*

*Our official school Facebook site is now live and this will continue to be a work in progress. I have spent some time on the phone with the Department of Education's Media Unit to ensure the page is set up following the guidelines of the Department.*

*Our first student assembly will be held this afternoon followed by afternoon tea. I am looking forward to acknowledging our students and their successes.*

*I have met with Ms Hughes our Director of Educational Leadership around our focus area and strategic directions for 2019. We discussed how to best meet the learning needs of the students of Sofala Public School during this year and the School Plan 2018-2020.*

*I thank Miss Palmer for her contribution to our school and wish her all the best as she takes up a full time classroom teacher position. This is a great opportunity for Miss Palmer to build her skills and experiences as an educator.*

Regards  
Debbie Barratt



Education

## Award Recipients

### Class Award

#### Week 2 - Cal



Technology and online trends move at a rapid pace and it can be hard for busy parents to keep up. The Office of the eSafety Commissioner's iParent portal is designed for parents and carers so they can learn about the digital environment and how to help their children navigate the online world confidently and safely.

## Risks and concerns

Research tells us that a large number of parents (60%) are concerned that their child is being exposed to a range of risks by being online, such as accessing inappropriate content, contact with strangers and excessive use. Parents report they want more information on online safety, especially about how to help their child deal with negative online incidents.<sup>1</sup>

## The iParent portal

Our iParent portal is designed for parents and carers to learn about the digital environment and how to help their children navigate the online world confidently and safely.

The portal outlines the online risks that young people can face and strategies for parents and carers to help keep their children safe. It is evidence-based and provides advice on current and emerging online safety issues, including:

- cyberbullying
- unwanted contact
- balancing online time
- online pornography
- nudes and sexting
- eating disorders
- online gaming
- games, apps and social media.

The portal includes a range of resources, such as:

- the Screen Smart Parent Tour—an interactive self-reflective tool for parents and carers with practical tips and advice
- information and tips from leading online safety experts
- latest research and facts about Australian children online and parent views
- a range of downloadable infographics and guides
- links to professional support and help for parents and their children.

[esafety.gov.au/iparent](https://esafety.gov.au/iparent)



<sup>1</sup> Survey commissioned by the Office of the eSafety Commissioner, June 2016, of 2,360 parents in Australia with children aged 8 to 17 years who access the internet.

## iParent tips to help keep your child safe online

It's virtually impossible to stay on top of every new app and emerging issue, or to monitor your child 24/7. Safeguards like parental controls, filters and safe searches can help to screen content and set time limits.

However, the best way to positively influence your child's online wellbeing is by actively helping them to make sound decisions and manage online risks as they arise.

iParent encourages you to take proactive steps, such as to:

- **Communicate openly**—talk openly and regularly with your child about their online activities, how they connect with friends, who they talk with and the type of sites they visit.
- **Get involved**—explore and experience online content together. Research or set up your own social media accounts and apps to get a better feel for any online risks and age ratings. Play along in online gaming.
- **Explore safety strategies together**—get your child to actively think of ideas on how they can keep safe online and how to avoid content that could be harmful to them.
- **Agree on ground rules in advance**—set daily limits for screen time and device free rooms at home. Be clear about the types of sites your child should not visit and personal information they should not share.
- **Lead by example**—reduce your own screen time and stick to the rules that apply to the family. Show that you care about your own personal information through privacy settings and the type of content you share.
- **Encourage respectful behaviour**—encourage your child to think carefully before they post, text or share and avoid posting things that may upset others. Remind them there is a real person at the other end.
- **Develop a safety plan in case things go wrong**—encourage your child to speak to you or another trusted adult if they encounter something online that makes them feel uncomfortable or distressed. Be aware of what you and your child can do in cases of cyberbullying through blocking and reporting. Parents can report serious cyberbullying to the Office using our cyberbullying complaints form. [esafety.gov.au/reportcyberbullying](https://esafety.gov.au/reportcyberbullying)
- **Get professional support**—if your child is distressed and needs further help as a result of a negative online experience, seek professional support.

## Where to go for help?

### Kids Helpline

Provides free, 24/7 confidential online and phone counselling for children and young people aged 5 to 25 years. Phone 1800 55 1800 or visit

[Kidshelpline.com.au](https://kidshelpline.com.au)

### eheadspace

Offers confidential, free and secure space where young people aged 12 to 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional. Phone 1800 650 890 or visit [ehheadspace.org.au](https://ehheadspace.org.au)

### Parentline

Provides a counselling, information and referral service for parents that operates seven days a week between 8am and 10pm. Phone 1300 30 1300 or visit [Parentline.com.au](https://parentline.com.au)

## How to reach us

General enquiries: [enquiries@esafety.gov.au](mailto:enquiries@esafety.gov.au)  
Subscribe: [esafety.gov.au/subscribe](https://esafety.gov.au/subscribe)

Social media: [twitter.com/esafetyoffice](https://twitter.com/esafetyoffice)  
Media enquiries: [media@esafety.gov.au](mailto:media@esafety.gov.au)