Dear Parents and Guardians and other members of the Parish Community,

**CYBERSAFETY**
Whether in the classroom or at home, children are using technology - computers, mobile phones and the internet - more and more in their day-to-day lives.

- Bullying that occurs online or via technology is called cyberbullying.
- Online relationships can be different to face-to-face relationships.
- Hurtful comments and embarrassing photos posted online are potentially there forever.
- Solutions to cyberbullying need a whole community approach, not just schools or parents working in isolation.
- Filters only block certain content and aren’t a solution to cyberbullying.
- Parents need to be aware of the technology their kids are using, and learn to use it as well.

Child behaviour experts agree that cyberbullying is predominantly a relationship issue, not a technology issue. Cyberbullying, experts agree that the most important thing parents can do is be involved and familiar with their kids’ online lives.

Because most cyberbullying happens in the home, parents need to be aware of the technology that young people are using, so that they can be in that space with them and look at the ways in which they are engaging with their friends.

No amount of filters will replace your active involvement in your child's online life. That's partly because filters only block certain content. Your child will still have their mobile phone, email accounts, chat rooms and possibly even their gaming equipment through which they can interact with the outside world.

But it's also because when your child faces relationship challenges in their social life (online or offline), you need to have enough shared experiences and understanding of their world for them to feel it's worth telling you.
Say NO to cyberbullying - tips for parents

- Talk to your child about cyberbullying before it happens. Work out strategies to address cyberbullying that both of you are comfortable with so your child knows what to expect if they do report their concerns to you.
- Establish one or two other trusted adults your child is comfortable in approaching about their concerns.
- Be aware of what your child is doing online and explore it with them.
- Keep the lines of communication open so your child will be comfortable about talking to you if something is worrying them. Help your child to develop the skills they need to interact safely and respectfully online. Guide their online activities and help them learn to communicate appropriately with friends and family.
- **Locate the computer in a shared or visible place in the home.**
- Discuss the kinds of sites that are ok to explore and those that are not and have clear rules about online activities.
- Help your child to block anyone who sends offensive content. Most social networking services allow users to block and report someone who is behaving badly.

**What to do if you think your child is being cyberbullied**

- Discuss any changes in mood or behaviour with them. If you are concerned, help your child to stay connected to friends and family they trust.
- Notify the police immediately if you have serious concerns for your child's safety.
- Work with your child to save some evidence of cyberbullying behavior - it may need to be followed up by the child's school, internet service provider (ISP), mobile phone carrier or the police.
- If you need to involve the school, ask staff to thoroughly explain the school processes so that you can work toward achieving a positive outcome.
- Cyberbullying won't stop if it's ignored - you can help by listening to your child and working with them to take control of the situation.

**Why active kids are less likely to be cyberbullied**

- Kids who do extracurricular activities encounter less cyberbullying.
- Exercise strengthens resilience.
- Socially connected kids are more able to switch off from online abuse.

We all know that getting kids off the computer and outside to play is important for their health. Researchers have found kids who do extracurricular activities (such as sport or voluntary work) tend to be safer online, encounter less cyberbullying, and are more resilient to harassment if it occurs.

**STUDENT / PARENT / TEACHER INTERVIEWS**
Thank you to all families who have made a time to meet with teachers this week. Reports will be sent home next Thursday 27th June. A letter explaining changes in the reporting system will accompany your child’s report. In addition, in the school newsletter over the next few week’s, we will explain these changes more fully.

**HOT DOG DAY**
The school canteen is having a **Hot Dog Day on Friday 28th June** (last day of term) - Hot Dog and drink $6. Order to be in a paper bag with name and grade of child on front. Pre-order before Tuesday 25th June.

**REGIONAL CROSS COUNTRY**
Congratulations to Emily W-D on her great effort in running in the Regional Cross Country. Well Done!

**APPLICATIONS FOR HOSTING AN INTERNATIONAL STUDENT**

Nazareth College has International Students from Japan, China, Cambodia, Vietnam, Taiwan, Indonesia, Sri Lanka and Laos. We are currently inviting applications from families who are interested in hosting a student.

Students require their own room, meals and laundry services. Families receive $250 per week for hosting a student.

If you wish to open your heart and home to an International Student, or want to learn more about becoming a Host family, please contact Nazareth College's International Education Manager, Anne Soccio via email at socca@nazareth.vic.edu.au.

Nan Perazzo
Deputy Principal
Jesus asked his disciples who the people said he was. He learned that some said he was John the Baptist while others thought he might be Elijah. He asked the disciples themselves who they thought he was. Peter, speaking for all them, said he was the Messiah, the one that Israel had been waiting for. Jesus immediately told them to say nothing of this to anyone because he had much yet to suffer. In order to help his followers understand the commitment of discipleship, he explained that they must take up their own crosses — that is, make sacrifices — in order to follow him.

Sometimes in our role of parenting and all that we juggle with it, we have no choice but to recognize Jesus as the Messiah in our lives. Our burden is too heavy to carry alone and so we parents are most often first to turn to God. For many of us, we collapse into bed and give up our burdens in complete weariness, while others of us begin the day asking for God’s help in carrying out the responsibilities of our daily lives. Either way, we find peace and strength in knowing that God will help us if only we ask.

Who is Jesus? Ask each family member to describe the image of Jesus that best helps them follow him. For example, is Jesus the Good Shepherd, or Light of the World, or Teacher? Which image helps each member follow Jesus best? When you have decided this, share with one another what you think it means in your own life to carry a cross. Do all crosses have to be a burden?

Keep smiling!

Elisabetta Salierno
Catholic Identity Coordinator
saliel@sedandenongnth.catholic.edu.au

CLASS LITURGIES:
Thursday 27th June: Level 1 Learning Community Mass at 9.15am.

SACRAMENTAL NEWS:

Confirmation:
A reminder regarding the Confirmation Parent Information Night on: Wednesday 14th August at 7:00pm at St Elizabeth’s Church.

This night is vital for all parents and children to attend.

“Look for a lovely thing and you will find it, It is not far - It never will be far.”

SARA TEASDALE
Student Wellbeing News...

EIGHT EASY WAYS TO HELP YOUR KIDS STAY OUT OF TROUBLE IN CYBERSPACE

Keep computers out in the open
Your child may think twice about looking at inappropriate websites and won’t be able to chat to their friends all night while you think they are doing their homework.

Mind your business
Remind your child to keep information such as their name, address, phone number, school and even your credit card number to themselves. When signing up to a chat room, they should use a screen name that is a nickname and not easy to work out. The same goes for choosing passwords - don't make them easy to figure out. If your child is going to put photos on the internet, ensure they don't show them wearing their school uniform - this can be enough to identify your child's school. Also ensure that any photos are not the type that would attract unwanted attention from strangers.

Just because it’s on the internet, it doesn’t mean it’s true
Make sure your child uses multiple sources for research, and is careful not to plagiarise.

Stranger danger is online, too
Ensure your child never organises to meet up with any strangers they have met online. If they really want to meet up, encourage them to talk to you about it first and insist on going along with them. Remind your children to also be wary opening emails from strangers. They could contain spam (online junk mail), a virus (which will harm your computer), or be from a stranger looking for trouble.

Get a filter
Internet filters can help block inappropriate sites for children. None are completely reliable and it's best if you talk about what websites are appropriate with your child so they understand and make the right choice on their own.

Encourage your child to talk with you about their online experiences - good and bad
This will make it easier for them if they see something inappropriate or are emailed something unsuitable. If they are embarrassed to tell you, persuade them to at least tell a teacher or another trusted adult.

Good manners also exist online
Talk about this with your child and it may lead to a decline in bullying behaviour, not to mention the many disagreements that children have with each other.

Forever is a long time
A lot of blogs and websites maintain information as part of cyberspace forever. By publishing without thinking of the future, your child's innocent work online may be something that comes up later on and may negatively impact their career and personal life.

Key messages around internet safety that all students should be aware of:
1. Always ask an adult if you're unsure of anything when you are online.
2. Don’t sign up for sites that are 13+ if you are not old enough (Facebook, YouTube, Instagram etc).
3. Remember YAPPY (the personal information you should not share online) - Your full name, address, phone number, passwords, your plans.
4. Don’t add people as online friends unless you know them in real life or have parent permission. Never arrange to meet an online friend without talking to a parent.
5. Remember that you cannot believe everything you read on the internet and you can't trust everything online friends tell you.
6. Choose sensible names for usernames, email addresses etc.
7. Talk to your parents about what you’re doing online and let them know when you’re going on the internet.
8. Know what cyber bullying is and tell someone if you think it’s happening to you. Cyber bullying is when someone picks on you, annoys, embarrasses, or threatens you over and over again using technology, such as the internet or a phone.
9. Protect your digital footprint: don't put anything online that you wouldn't want all your friends, family, teachers and future employers to see.
10. Treat others online the way you’d like to be treated.

Nan Perazzo
Wellbeing Coordinator
perana@sedandenongnth.catholic.edu.au
You may be aware that schools this year have begun using the Australian Curriculum to plan, teach and assess your child’s progress in Mathematics, English, Science and History. In Victoria we refer to this curriculum as “AusVELS”. In Mathematics there has been some significant differences in how the content has been arranged. Previously with our curriculum of VELS (Victorian Essential Learning Standards), Mathematics was divided up into 4 or 5 main areas depending on the year level being taught:

- **Number** - this included counting, size of numbers, fractions, four operations (+, -, x, ÷).
- **Measurement, Chance and Data** - this included money, length, mass, time, temperature, graphs and the likelihood of an event happening (probability).
- **Space** - this included shape and location.
- **Working Mathematically** - this included problem posing, problem solving and investigation.
- **Structure** (from level 3 only) - this included developing an understanding of algebra.

Under AusVELS, this has now changed to 3 main areas for all students in Years Foundation to 10:

- **Number and Algebra**. This includes the VELS areas of **Number** and **Structure**.
- **Measurement and Geometry**. This includes the VELS areas of **Measurement** and **Space**.
- **Statistics and Probability**. This includes the VELS areas of **Chance and Data**.

The VELS area of **Working Mathematically** is no longer assessed as a separate area as it has been placed throughout the 3 main AusVELS mathematics areas.

Not only has the way the curriculum is organised been changed, there have also been changes to the content that each year level is expected to develop an understanding of! Some examples of this are: we used to expect students to develop an understanding of how to add and subtract simple fractions during Year 4, however this has now changed to Year 5. In Year 2 we now expect students to develop an understanding of fractions showing eighths, where we used to expect students to only understand halves, thirds and quarters. These are just some of the many examples of where changes have been made in the curriculum.

In noting some of the changes, it becomes clear that it would be unreasonable to compare student achievement in Mathematics in 2012 and 2013. Teachers have been working very hard to ensure that their planning takes into account these differences in curriculum and that students are being supported to achieve their best.

Rebecca Gage
Learning and Teaching Leader
gagere@sedandenongnth.catholic.edu.au
We are having little luck with the weather on Thursday mornings as yet another round of Inter-School sport was cancelled. This week we are playing Resurrection away and, fingers crossed, it will be a fine day.

Emily W-D ran in the regional cross-country on Monday down at Ballam Park in muddy, slippery conditions. She was running around midfield amid very strong competition when she tripped in a pothole and was unable to complete the race. Emily has another year to go at cross-country, we also have her brother Jacob debuting next year - they are a very talented duo!

**NetSetGo!**

A reminder that next term we will be starting a NetSetGo! program at school. It will run from 3.30pm until 4.30pm every Wednesday afternoon. The program is a great fun way to introduce your child to the sport, and will help them develop their motor skills and team play.

Yours in Sport
Dean Andrew
Sports Teacher

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**Hi Everyone**

You will be happy to know that I am learning lots of things here in Jerusalem. I have a very good teacher. We have also been visiting lots of places outside of Jerusalem. The picture on the front is a photo of me floating in the Dead Sea. The Dead Sea is so full of salt that you can’t swim at all, you can only float. I have also visited the Negev Desert and slept under the stars in a hammock. Love from Ms Ash.
Parents and Friends.

Mark your calendars and diaries for the upcoming Parents and Friends meetings:

- **15th July** ~ 2:15pm in the Staffroom
- **16th September** ~ 2:15pm in the Staffroom
- **11th November** ~ 2:15pm in the Staffroom
- **26th August** ~ 2:15pm in the Staffroom
- **14th October** ~ 2:15pm in the Staffroom
- **AGM 9th December** ~ 2:15pm in the Staffroom

Come along and have a cuppa this friendly group of parents.

Monday morning cuppa.

Each Monday after morning assembly Parents, Grandparents and Carers are encouraged to stay for a chat and a cup of tea or coffee.

Family Fun Night

Saturday 31st August in the PAC.

Unlimited Hoppers (crepe like) served with Chicken / Beef Curry and Sambols. A night of food, games and music with the band “Mu-Theory” playing. http://www.mu-theory.com

Are you interested in coming along to the Parish Family Fun Night? Tickets are available after weekend masses or via Trixie in the LRC. Cost Adults $15.00. Children $10.00

Upcoming events for you to add to your calendar.

**Friday 28th June** (last day of term). The canteen is having a Hot Dog Day. Hot Dog and drink $6.00. Order to be in a paper bag with name and grade of child on front. Pre-order before Tuesday 25th June

**Friday 18th October** is the next Market Night. Bookings open soon. Please email Trixie on info@sedandenongnth.catholic.edu.au if you are interested in having a stall.

Killester College

Killester College warmly invites you to attend an Alumni Network After Tea on Sunday 28th July 2013 at 3-5pm at Killester College, 433 Springvale Road, Springvale. Join us in an opportunity to meet and greet old friends and teachers. RSVP - http://www.trybooking.com or phone Sue Douglas on 9547 5000.

Do you still have stickers at home, on the fridge, in your bag or in the car? Please send them into the school as soon as possible. We need to send them in soon!
YOUTH LEADERSHIP VICTORIA PRESENTS
ST. ELIZABETH’S OUT OF SCHOOL HOURS CARE PROGRAM

Contact Details ...

St. Elizabeth’s Out of School Hours Care Program
111 Bakers Road, Dandenong North
Ph: 0422 803 709 / 0402 133 225

Before School Care:
7.00am to 8.45am Monday to Friday during school term, excluding all Victorian public holidays.
Permanent: $11.50 Casual: $12.50

After School Care:
3.15pm to 6.15pm Monday to Friday during school term, excluding all Victorian public holidays.
Permanent: $13.00 Casual: $14.00

Vacation Care / Pupil Free Days:
7.00am to 6.00pm Monday to Friday
Per Day: $45.00

Late Pick Up Fees:
Per minute: $1.00

For enquiries or further information, please contact Elarine on 0422 803 709 or 0402 133 225 during session times.

Weekly Activities ...

Beginning: Monday 24th June, 2013

Monday
- Trouble, Computer Games, Colouring Sheets, Hula Hoops, Running Race

Tuesday
- Dominos, Twister, Battleship, Pool, Moon Sand, OUTSIDE - 40-40, Sand Pit

Wednesday
- Connect Four, Slammer Blocks, Playdough, OUTSIDE - Skipping, Badminton

Thursday
- Drawing, Lego, Card Games, Marble Games, OUTSIDE - Rolly-Polly

Friday
- Footy Board Games, Guess The Leader, OUTSIDE - Basketball, Cricket, Volleyball

These advertisers support us, please support them: