



Killara Primary School

Our Best – Every Child, Every Day

Caring Acceptance Responsibility Excellence Support

Newsletter 29

September 14 2017

CALENDAR

19 Sept	School Council Meeting
21 Sept	Colour Run 2pm Start
22 Sept	Last Day Term 2.30pm Finish
9 October	TERM 4 BEGINS 9am
10 October	Special Group photo day
18 October	Maths Night
26 October	Year 1/2 Community Helpers Expo
6 November	CURRICULUM DAY
10 November	T20 Milo Blast Year 5/6 Teams
12 December	Year 3-5 Swimming Trials
19 December	Year 6 Graduation
22 December	Last Day Term 4 1:30pm Finish

FROM THE EXECUTIVE TEAM

“RUN FOR COLOUR!”

Our KPS COLOUR run is now just one week away. As of today, over 100 of our students have set up fundraising pages online for this event. That means there are 500 of our students who are yet to join in the fundraising and receive some fantastic prizes (as seen in the fundraising booklets sent home). Of course there is still time to get on board so jump online with your child tonight and help them set up their page, and just in case your fundraising booklet has mysteriously disappeared, a digital copy has been sent out today via FlexiBuzz.

In creating a page, students have the opportunity to set a fundraising target to achieve. This can be based on what prize bracket your child would like to win a prize from. Of course, setting up a fundraising page for your child is only the first step. Next you need to promote it! So summon your inner social butterfly and share your child’s fundraising page via social media or e-mail.

The Colour Run will take place on Thursday September 21, starting at **2:00pm** (not 2:30pm as previously stated in the newsletter) and finishing by 3:30pm. More details can be found in the PFA report in this newsletter.

This week, our Killara COLOUR Congratulations go to...



Joselyn (Room 23) & Connor (Room 3)! Joselyn and Connor have both raised a whopping \$500 each for our school! If every student raised \$500, that would be a \$300,000 fundraiser!
Awesome effort Joselyn and Connor!!



SOCIAL MEDIA SCRIPTS

Attached to this newsletter is an article from leading Parenting expert, Michael Grose, giving guidance to parents about helping children to use appropriate, polite and thoughtful language whilst online. Our role as adults is to model this behaviour and take the time to instil the correct messages.

GRADE 3/4 CAMP

Our 3/4 students and staff (and some parents!) are back to business after a big week at Camp Wilkin last week. It has been very pleasing to hear the positive reports of student experiences and behaviour from staff, parents attending the camp, and of course the students themselves.

A big thank you to our parent volunteers for assisting on the camp. Without such support, we would not be able to run camps.

And of course, our camps would definitely cease to exist if not for the fact that our fantastic staff organise and attend them. It is a common joke amongst the teaching fraternity that going on camp is just like “going on holiday”. The fact is that camps take a great deal of time, effort and energy to organise and run and involve staff being on duty 24 hours a day and away from family and friends. With that in mind, we say a very big thank you to all our staff who attended camp. Special thanks to Lauren McShanag and Robyn Smith who were our camp co-ordinators and Sam Burnett and Emma Heywood who were our camp First Aid Officers. Thank you also to Emma for representing Leadership at the camp, and for the staff back at school who assisted in covering for staff members attending.

To view some of the photos of our staff and students at camp, please go to our Facebook page.

Best Wishes

Phil, Pete and Andrew

CURRENT NEWS

PAYMENTS DUE

**Understanding Ourselves: Overdue
Year 5/6 Netbook Term 4: 22
September**

Please Note: If payment has not been received by September 22, students will not be permitted to take their device home over the holiday period. If you are having difficulties with payment please contact the office.

ENVIRONMENTAL CORNER

By washing your clothes in cold water and drying on a line or rack, you can save up to \$100 a year.

ADVANCED LIFE GROUP PHOTO DAY

On Tuesday 10 October Advanced life photographers will be at Killara to take the following group photos.

Year 6 Graduation Group
 Classroom Heros Semester 1 and 2
 Class Captains and Vice Captains Semester 1 and 2
 2017 Student Leadership Council

If your child is a member of any of these groups, they will receive an order envelope from the classroom teachers prior to the end of term. If you place an order before photo day the early bird price will be \$14 per photo. If you place an order online after photo day the regular price will be in place of \$17. An information sheet will accompany the order envelope your child receives next week. If you have any concerns regarding ordering these photos please contact Advanced Life on 9852 1133 or email info@advancedlifevic.com.au

INQUIRY COMPETITION

We're still waiting for entries from our adventurous Grade 1/2 students! Parents, please encourage your children to enter and help them in any way they need. All you have to do is answer the questions below on any piece of paper and place your entry in the year level envelope on the display board at the office. Winners will be drawn out at Assembly. There will be a winner from each year level, Prep, 1/2, 3/4 and 5/6. Here are the questions:

1. Koalas and kangaroos are found in?
2. The Sphinx is found in?
3. The Statue of Liberty is found in?
4. The Eiffel Tower is found in?
5. The city of Tokyo is found in?
6. The Parthenon is found in?
7. Kiwi birds are found in?
8. Stonehenge is found in?
9. The City of Moscow is found in?
10. The Taj Mahal is found in?

PUPIL OF THE WEEK TERM 3, WEEK 5			
Junior School Being an excellent zoo keeper		Middle School Respecting everyone's right to feel safe and comfortable at school	
R1	Ava C	R12	Jackson V
R2	Tex L	R13	Emily K
R3	Kaiden T	R14	Charlize H
R4	Mason L	R15	Felisha C
Year 1/2 Using excellent listening skills and representing our school with pride		R16	Alisha K
		R21	Scarlett A
		R22	Lachlan M
R17	Samuel P		
R18	Shiroam W-W		
R19	Sienna P		
R20	Aleisha S		
R23	Amelia M		
R24	Maya N		
R25	Bianca T		
R26	Bella W		

YEAR 3-6 WRITERS EXPO

We are delighted to announce that a Year 3-6 Writers Expo will be held in the final week of Term 3. The Writers Expo will provide students in years 3-6 with an opportunity to prepare and publish a piece of their writing for display to the school community. The Expo will run from Monday 18th - Friday 22nd September in the 3/4 building corridor, with viewing times before and after school. We look forward to seeing you there!

DEVICES IN BEDROOMS: SHOULD THEY BE BANNED?

Taking devices to bed is a very common habit which most adults are now guilty of in today's digital age. But, when we let our kids take their devices to bed, what are the impacts?



According to a study conducted by the Royal Children's Hospital, June 2017, almost half of all children are taking digital devices to bed (43%) and one in four children report having sleep problems. Cyber expert and author, Dr Kristy Goodwin, believes these figures are conservative. 'I think the problem is much bigger. Given that screens can have a really negative impact on our kids' sleep, it's essential that parents, educators and health professionals teach today's kids how to use screens appropriately and enforce boundaries around when and where screens can be used,' Dr Kristy says there are many issues when letting kids and teens take their devices to bed.

Sleep delays – tablets and smartphones emit blue light and this can cause sleep delays. Children's eyes are still developing and haven't yet developed the protective pigments that enable them to filter out some of the harmful blue light. Blue light suppresses the body's production of melatonin (the hormone that regulates their sleep-wake cycle) which kids need to produce to fall asleep quickly and easily.

Interrupted sleep cycles – if children have digital devices in their bedroom, the alerts and notifications can wake them and interrupt their sleep cycles. A typical sleep cycle takes approximately 90-110 minutes to complete – four stages of non-rapid eye movement (NREM) and one stage of rapid eye movement (REM). If kids are being woken multiple times each night they're not completing a sufficient number of sleep cycles (most kids and teens need between 4 and 6 sleep cycles per night).

Night waking – viewing scary or violent content can cause nightmares, particularly amongst younger children under 10 years of age. While many parents wisely restrict their kids' exposure to violent movies and/or video games, sometimes we overlook the scary or disturbing images or video that are featured on TV news programs and distributed via social media.

What can parents do?

Dr Kristy advises banning devices in bedrooms for kids and teens. 'I don't believe kids or teens should ever have devices in bedrooms. It isn't just the sleep issues that put them at risk. We know that most cyberbullying can take place at night because devices are in the bedroom and because of the way kids' and teens' brains are wired – their prefrontal cortex (the part of the brain responsible for logical thinking and impulse control) doesn't work at night and their emotional brain is working instead. So they're wired to be impulsive, take risks and be emotional and this means that they can make mistakes,' she explains. 'If your teens require their smartphone to use as an alarm clock there are ways around this; buy them an actual alarm clock or better still, install parental controls on their devices to disable the internet during bedtime.'

Family Zone enables parents to choose when their kid's internet access is disabled, ensuring a quality night sleep each and every night. Our team of Cyber Experts, including Dr Kriksty, are also here to support parents by providing tailored control settings and ongoing advice on managing the many issues and risks associated with online activity.

If you would like to read more about this issue and to find out more about **Family Zone** you can access this with the following link <https://www.familyzone.com/au>

Thanks for helping us to keep all our students safe.
eLearning Team

EGG CARTONS NEEDED

Our new Vermicompost system has been installed in our new veggie garden. To help the worms do their job we will be adding cardboard pieces. Egg cartons are ideal for this. If anyone has egg cartons that they don't want, please drop them into the office or room 22 and we will do the rest.

Thanks, Sustainability Team

PFA NEWS

Father's Day Stall

We hope all our fathers enjoyed their carefully chosen gifts from our Father's Day Stall. The school raised \$2051.54 and we would like to say a big thank you to all our students, teachers and parent volunteers for helping out on the day.

Colour Run

Our Colour Run next Thursday 21st September is fast approaching. This is our major fundraiser for the year with all funds being used to establish our vegetable garden and outdoor library. This year we are turning our event from bland into grand by adding a splash of colour. Has your child set their fundraising goal and prize incentive? Have you set up your online fundraising profile to increase the amount of funds they can raise and for a chance to win more prizes?

On the day students are to wear casual clothes with a white top which increases the effectiveness of the colour. Each child will receive a wrist band and funky sunglasses to wear during the event and after the event they will receive a frozen fruit juice stick. A reminder that the powder used is non-toxic and biodegradable and the powder will be aimed at the torso. Children will have the option to not be sprayed with colour if they choose. Parents and relatives are welcome to attend on the afternoon to support your children. We will have the Sacco Coffee Van onsite to enjoy a hot beverage during the event. Come down for our 2pm start. We are still after volunteers to help out on the day to make this a successful event. If you have a WWCC and can assist, please send the PFA an email at killarapfa@gmail.com. All volunteers are to meet in the Gym foyer at 1.15pm.

Trivia Night

What do Aliens, Bel-Air and the Wild, Wild West have in common? SAVE THE DATE!!!! Our Term 4 fundraiser will be Killara's first Trivia Night in a while on Friday November 17. Can you guess our theme?

PUPIL OF THE WEEK TERM 3, WEEK 6			
Junior School Enthusiastically participating in our author study reading activities		Middle School Making interesting observations during our excursion to Werribee Zoo	
R1	Jack R	R12	Hannah B
R2	Billy L	R13	Ryley E
R3	Yuvraj N	R14	James W
R4	Charles H	R15	Cairo P
Year 1/2 Entering into the spirit of Book week with their creative character from a book		R16	Tamika T
		R21	-
		R22	-
R17	Maya W		
R18	Eden M		
R19	Claire H		
R20	Lucas H		
R23	Joselyn C		
R24	Isabella M		
R25	Jai V		
R26	Damon B		

DEVELOPING YOUR CHILD'S SOCIAL MEDIA SCRIPTS

by Michael Grose - Australia's No 1 parenting educator

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.

"If a job's worth doing, it's worth doing well."

This mantra always pops into mind whenever I'm about to cut some corners or do a rushed job in any endeavour. As a result I double-check every article I write for mistakes. I over prepare every talk I give. And I continually edit and re-edit my books. This message keeps me at the top of my game.

I can thank, or blame, my mother for inserting this mantra in my mind as she repeated it whenever I did a rushed job as a youngster making my bed, doing homework or cleaning up my bathroom mess.

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 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.

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