

Wongarbron Public School Newsletter

3 May 2019 ~ Term 2 Week 1

Principal's Message

Dear Parents and Caregivers

What a wonderfully warm welcome filled with support and understanding the students and staff of Wongarbron Public School have offered me since beginning as relieving principal. Peter is very much enjoying his leave and will be away for the following three terms. If you have any compliments, questions or concerns please do not hesitate to contact me via the school office.

Our school staff attended wellbeing training on Monday at Dubbo College with world renowned child psychologist Dr Michael Carr-Gregg and Gregory Nicolau. Some of the key messages were the connection between Positive education and the science of Positive Psychology with best practice teaching that encourages and supports individuals, schools and communities to flourish. A big message from the day was the idea of building resilience and the importance of this on children's mental health. We know that children with greater resilience are better able to manage stress.

Some of the identifying factors that that help build resilience in children include:

- Building good relationships with others including adults and peers
- Building their independence
- Learning to identify, express and manage their emotions
- Building their confidence by taking on personal challenges.

Lest We Forget



ANZAC DAY CELEBRATION

A big thank you to the students who marched with our school on ANZAC Day. It is always hard to make this commitment during the holidays so a big thank you to the parents who made this possible for their children. The children were very well behaved throughout the march and ceremony even though the weather was quite warm. Congratulations to the students that ran the ceremony you did a wonderful job representing our school.

'ADOPT A FARMER' INITIATIVE

Our school is supporting the 'Adopt A Farmer' initiative to be held across the nation on Wednesday 8 May 2019. There is an ambitious goal – to have a gold coin mufti day drive on Wednesday May 8 2019, to raise \$800,000 nationally. All proceeds will go to farmers.

"Education is the key to unlocking the world a passport to freedom"

Oprah Winfrey

Regards

Nikki Mudge

Relieving Principal

'Try Always'

UPCOMING EVENTS

TERM 2

Wednesday.....May 8

Gold Coin Free Dress Day

Thursday.....May 9

Billionaire Boy DRTCC Yr 3-6

Friday.....May 10

Mothers Day Stall

Tuesday.....May 14

NAPLAN – Writing, Language

Wednesday.....May 15

NAPLAN - Reading

Thursday.....May 16

NAPLAN – Maths

NOTES & PAYMENT DUE

* Billionaire Boy Yr 3-6

* Year 6 Polo Shirts

* 2019 Voluntary Contributions
\$50 first child / \$40 second child / \$30 third child



Earn & Learn

When: 1 May to 25 June

We are excited to be taking part in the **2019 Woolworths Earn & Learn** program. During the previous campaign, we were able to purchase some great resources for our school, thanks to you. Collect your stickers at Woolworths and for every \$10 you spend (excluding the purchase of tobacco, liquor and gift cards), you will receive a sticker. Your children can then place them on the special sticker sheet. Once completed, bring it to school or you drop them into your local Woolworths collection box.

There is a sticker sheet included in this week's newsletter; some spare sheets are available at the school office.

The more points we earn, the more we can redeem from a choice of over 10,000 educational resources including mathematics and English resources, art & crafts materials and much, much more!

We are grateful for your support and are looking forward to a successful program.

NAPLAN

NAPLAN Assessments will take place for students in Years 3 and 5 during Week 3. These assessments will cover reading, writing, language conventions and numeracy commencing Tuesday, 14 May through to Thursday, 16 May. It is important that students (and parents) don't worry too much about these assessments. These assessments don't assess everything that we look to develop in a child, and give us a snapshot picture of the child on that particular day. You can help your child by not placing too much emphasis on the days, ensuring they have a good night's sleep, a healthy breakfast to start the day, and arrive at school on time.

Billionaire Boy DRTCC

We have only a week to go until we venture to the Dubbo Regional Theatre for the performance of David Walliam's Billionaire Boy. This is an exciting opportunity and a great way to experience live theatre without travelling to Sydney. If you haven't returned your child's note and payment, could you please do so early next week to assist with our planning.

Children's Crossing for Beni St

Mr George has been successful in securing some children's crossing signs for Beni St intersection. The RMS will be in town over the next few weeks to install them so that are children are safe walking to and from school which is timely due to Walk safely to school day on the 17th May.

General Assistant

We are seeking expressions of interest from anyone who may be interested in casual employment for one day a week as General Assistant (Groundsperson) at Wongarboron Public School.

Enquiries may be made through the school office (68878242).

Friday, 10 May @ 1:30pm

*Mothers
Day Stall*

\$5 Gifts

Thursday 25 April
ANZAC
Day



Thank you to Wendy Hanchard-Propert for contributing these photos.

WONGARBON PUBLIC SCHOOL



Our school is adopting
our very own
farmer



We're raising money to help
our farmer make it through
drought, flood or fire!

G**LD C****IN**

free dress day

AT  **UR SCH**   **L IS**  **N**

May 8, 2019

ADOPT A

FARMER

PROGRAM

adoptafarmer.com.au | 1300 327 624

RURAL AID
INITIATIVE





Instagram is a hugely popular social networking app with over 1 billion snap happy users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, like an online gallery. Images and videos can be transformed with an array of filters to edit the shot before sharing. Anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. The app has additional features like an 'Explore Page,' which contains videos and images tailored to each user based on accounts and hashtags they follow.

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What parents need to know about INSTAGRAM

HOOKED ON SCROLLING

Instagram revealed that young users spent a minimum of 32 minutes on the app per day. Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioral economist Nir Eyal calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a 'dopamine release'. Scrolling may become addictive and it can be difficult to stop scrolling until they find that 'something' they are looking for. Children may quickly lose track of time as they get deeper into their Instagram feed.

SLIDING INTO DM'S

Direct messages (or DM's) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/wanting something promoted by somebody they admire. Dr Danielle Wagstaff, a psychology professor from Federation University Australia, said that social media and influencer culture can sometimes lead us to "derive a false sense of what everyone else is doing" and that this "can definitely have a negative effect on our mental health and wellbeing."

DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

In a recent report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram boss Adam Mosseri promised to ban images of self-harm, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform.

LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast, but this feature can be turned off. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In February 2019, the NSPCC demanded a crackdown on Instagram's 'failed self-regulation' after it was revealed grooming and abuse via the app had more than tripled. 5,000 cases of sexual communication with children, some as young as 5, took place in 18 months.

IN-APP PAYMENTS - Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. Posting photos and videos is Instagram's biggest selling point, but with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

HIJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that comes dangers for your child. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

IGTV

Instagram TV (IGTV) works similarly to YouTube. Users can watch videos from favourite accounts on the platform, or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

Top Tips for Parents

RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again.

LOOK OUT FOR #ADS

In January 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

SCROLLING

Instagram added a 'You've completely caught up' message in late 2018. This message breaks up the feed and notifies you when you are up to date and there are no more new posts from followers. This feature is enabled automatically, but have the conversation with your child about how much time they are spending on the app and set healthy time limits.

PROTECT THEIR PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so they can take action against the user if necessary. This is an automatic filter, but it can be turned off. Make sure it is turned on in the app's settings.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!



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