

The Wave



Term 3 – Week 10

Principal's Message

Jump Rope for Heart

Congratulations to our students who have been practising skipping this term. We held an activity session on Tuesday where the students got to show off their skills! There is definitely some talent amongst us! Thank you Mrs Cameron and Mrs Franklin for your collaboration to make such a great day.

BBQ Family Breakfast

What an amazing morning we shared with families on Wednesday. There was a wonderful atmosphere in our playground as staff and families shared a humble bacon and egg roll. I cannot thank our families enough for coming along, and for our staff who all pulled together to make for a great morning for our community. We hope to have another breakfast sometime next term.

Check-In Assessment

It was wonderful to see so many Year 6 students participate in the Department of Education's scheduled Check-in assessment, over the past two weeks. Usually, the assessment focuses on a student's Reading and Numeracy ability, however, the recent Check-in included a writing assessment. These assessments supplement our existing school practices to identify how students are performing in literacy and numeracy and to inform teachers to tailor their teaching to more specifically meet each student's needs. Thank you Mrs Whalan and Joe for running this.

Gift Bag

This year has been extraordinary in so many ways. Everyone has been impacted by COVID and then of course, the floods. We sent home a little package (a bag with spaghetti, sauce and "shake pancake" mix) on Wednesday afternoon with the eldest in the family to try to help out. If your child was away, then they should bring it home on Friday. If you did not receive one, then please contact the office. We hope that the gift helps you out a little.

Stage 2 Science & Technology

Stage 2 has been investigating energy. Their studies have included designing and building a solar oven. Each of the 3 classes has worked to try to build the best oven to make a s'more (melted marshmallow between biscuits). Some of the designs crated temperatures aver 70 degrees Celsius!! That's hot!

Thank you - Class KL

Thank you for their very special creation of a birthday card for me on Wednesday!



Term 4

School will begin again for staff and students on Monday 10th October. Take care over the holiday break.

Kind Regards,
Stacie Luppi

Important Dates

Term 4 - 2022

Week 1

First Day of Term
Monday 10th October

Week 2

2023 Kinder Orientation
Thursday 20th October &
Friday 21st October

Week 3

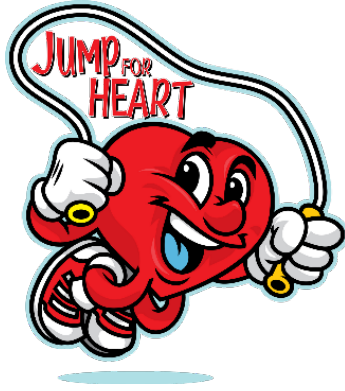
2023 Kinder Orientation
Thursday 27th October &
Friday 28th October

Week 4

2023 Kinder Orientation
Thursday 3rd November &
Friday 4th November

Dental & Optical Visit
Monday 31st October –
Friday 4th November

Jump Rope for Heart – Tuesday 20th September



STAGE 2 - SOLAR OVENS



BPS Family Breakfast – Wednesday 21st September



Community

Family



Stage 3 - Dorroughby Camp

The sun was shining bright for the Stage 3 camp to the Dorroughby Environmental Education Centre (DEEC) last week. For Mr Butt, Mr Hardy, Miss Armstrong, Trevor, Jess and myself, it was a long 4 days however, the students had a wonderful time especially as it was their first school camp. The DEEC ran programs that guaranteed us that the students would go to bed exhausted, and they kept their word!

Day 1- we walked and explored around Rocky Creek Dam, looking and learning about all the plants and wildlife. This was followed by a lengthy walk back to DEEC, up hills, over gates, through fences, bushland and cow paddocks. After a quick break we walked to the local dairy farm to watch the cows being milked. In the afternoon, we made up our beds, had a play, dinner, campfire, movie and bed.

Day 2- Started off the day walking to the local dam to see if we could find some platypus. The Year 5 group saw many platypi, unfortunately the Year 6 group did not see any. To finish off the day before heading back to Ballina, students participated in a History Day where they learnt about the 1880's way of life of Cedar Getters, how it changed the Bunjalung Nations lives and the impact on the country. Students also learnt how to make butter from cream, role played and participated in colonial games.

Mrs Cameron
Teacher





Memories last a lifetime!

Dorrroughby Camp...





Friendships!

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

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Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.



CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.



BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.



GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.



STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.



Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



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#WakeUpWednesday

Sources: <https://www.dco.gov.uk/guidance/documents/online-safety/age-appropriate-content-fact-sheet> | <https://www.elearning.gov.uk/sites/default/files/2020-09/learning-programme-2020-21/age-appropriate-content-fact-sheet.pdf> | <https://www.nationalonlinesafety.com/parents-carers/parents-carers/2020/04/children-made-two-year-3.pdf>

Football Fun Days



at Saunders Oval, Ballina

Skills training

Prizes

Safe and friendly environment
(25+ years working with children & WWC Checked)

Ex-bristol City Football Player

Indoor games room

Public Liability Insurance

Football tournaments

Penalty shoot-outs

Fully qualified coaches



You will need to bring:
A packed lunch and drinks. Shin pads and football boots or sneakers. Please complete the booking form overleaf and return to Wendy Britton via email: wbsoccerschoolsaustralia@yahoo.com or phone 0490 806 105 to book a place.



Dates:

Monday 26th September
Tuesday 27th September
Wednesday 28th September

Cost:

\$40.00 per day

Time:

10:00am – 3:00pm

For bookings:

Please call 0490 806 105

Or

Email:

wbsoccerschoolsaustralia@yahoo.com.au