



NEWSLETTER

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PRINCIPAL'S REPORT

IMPORTANT DATES

- 15 September – Athletics Carnival
- 21 September – 23 October – Year 3 Check in Assessments
- 25 September – Last day of Term 3
- 12 October – First day of Term 4 (Students & Teachers)
- 19 October – School Photos

Father's Day Stall

Happy Father's Day (for last weekend) to all the father, grandfather and father figures who are in the lives of our students. We hope you all had a relaxing and enjoyable day.

Last week we held our Father's Day stall. We hope that all our dads enjoyed a day with their families and the gifts from their children. A massive thank you to Ms Greenhalgh and Mrs Beckett for their hard working preparing the stall and to Mrs Miedema, Mrs Reardon, Mrs Quealey and the teachers for coordinating it throughout the day.

Dads can have a massive impact on their children's learning. Below is an interesting link from the Sydney Morning Herald on how fathers can influence children's reading development.

[Bedtime stories – 'it's better if dad reads them'](#)



Tell Them From Me

A reminder to parents and caregivers to complete the short 'Tell Them From Me' survey. The survey is designed to strengthen the important relationship between home and school by providing data, which allows the school to plan for the future. Parents and caregivers take the survey online in their own time. The survey usually takes less than 15 minutes and is anonymous. The online survey will be open until Friday 25 September, 2020. The link to access the survey is below:

<http://nsw.tellthemfromme.com/bszww>

Mr Ranger is leaving us! - 5/6R, 3/4B & 3/4R Update

It is with mixed emotions that I convey Mr Ranger will be leaving us at the end of the term to move back to the country. Mr Ranger has been part of the Wilberforce Community for 3 ½ years and in that time has worked hard to support learning at our school and developed a strong rapport with many students and families.

Mrs Farrell will be employed to teach 5/6R full time in Term 4, Mrs Bean will be teaching 3/4B five days a week and Mr Anthoney will be teaching 3/4R on Fridays.

We wish Mr Ranger all the best in his future career; his enthusiasm and passion will be missed.



Athletics Carnival

Our Athletics carnival will be held next Tuesday. The carnival has been modified to allow for COVID-19 Safety and because there is no progression to the Zone this year. Students can wear their house colours but will still need an appropriate hat. Unfortunately, spectators are not allowed.

2021 Kindy Transition

With the current COVID-19 restrictions in place at this stage we are unable to hold our usual transitions. Parents will be able to pick up Kindy packs on Tuesday 22 September. Next term there will be some feature videos and Q&A sessions for both parents and children. A full outline of the schedule will be contained in the pack. Further information about the packs and Kindy 2021 is outlined later in the newsletter.

Year 3 Check-in Assessment

In Week 10 students in Year 3 will complete the Department of Education Check-in assessment.

The Check-in assessment is a NSW Department of Education online reading and numeracy assessment available to support schools to assess and monitor Year 3 student learning following the period of learning from home.

The Check-in assessments can identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs.

Students with disability may receive the same level of support during the assessment that they would normally receive in the classroom. Students will be supplied with headphones to hear audio during the assessment.

Online Enrolment System

From Monday 14th September the new Online Enrolment System will be available.

The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you. The application can be accessed on all browsers and mobile devices including iOS and Android.

The online application process is currently restricted to:

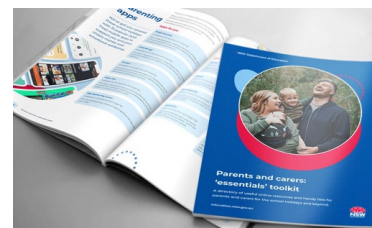
- Enrolments into local schools only.
- Children who are Australian citizens, New Zealand citizens or permanent residents.
- Children who live in NSW.

We offer our support and encourage you to complete your application to enrol online. If, however, you do not feel comfortable completing an application online, a paper copy is available for collection from the front office or can be downloaded from the Department's Going to a Public School site.

Further information about online enrolment will be found on the school's website.

Parents and Carers 'Essentials' Toolkit

To support the hard-working parents and carers that support us all, the NSW Department of Education has created an 'essentials' toolkit packed with selfcare tips and handy lists for the school holidays and beyond. The 17-page PDF toolkit features self-care tips, handy lists, wellbeing articles and leading Australian and International parenting resources. From top parenting podcasts and apps to books and websites, the 'essentials' toolkit aims to give parents and carers a head start and support throughout the school holidays and beyond.



To download the PDF toolkit, go to: <https://education.nsw.gov.au/parents-andcarers/parent-and-carers-toolkit>

Thank you

Graham Wilkins

Principal



Are You Leaving Us?

We are currently in the process of looking at our class structures for 2021. We realise some families move or have a variety of changes occur, which may result in them having to leave our school. If you anticipate that you and your family will not be with us next year, please fill in the slip and return it to Mrs Turner in the office as soon as possible or ring us on 4575 1424 or email wilberforc-p.school@det.nsw.edu.au

This information is vital to us, so we can ensure we form the correct classes and support structures for our students.

Organisation 2021

Family Name: _____

My child/children will not be returning to Wilberforce Public School in 2021.

Parent Name: _____ Signed: _____ Parent/ Caregiver

NEWS, NOTES AND HAPPENINGS

NOTES Home	NOTES Due
S'mores Cooking (Stage 1)	Wednesday 16 September
Mufti Day Sausage & Iceblock Order	Monday 21 September
School Photo Envelopes	Friday 25 September
Interrelate (Year 5 & 6)	Friday 16 October

Kindergarten 2021

Kindergarten Orientation packs will be sent home with siblings in Week 10. New families can collect their Orientation Pack from outside the front office on Tuesday 22nd September. Our Orientation Program will operate remotely according to department policy; however, we will adapt the program if restrictions change. You can access current communication, resources and videos via our Kindergarten 2021 Class Dojo page. Details on how to login will be in your Orientation pack.



School Photographs

School Photographs will take place on **Monday 19th October**. If you have not returned your envelope or made payment online, you will need to do so prior to the end of term. Please be assured that if payment was made for the school photographs in Term 1, it will be valid. The photographers are also offering ONLINE ordering. Please follow the instructions on the note that has been sent home with your child earlier this term. **Please return envelopes to the front office by Friday 25th September**

FAMILY PHOTOS – If you would like your children to have a family photo, please collect a Family Envelope from the front office. **Family photo orders cannot be placed online.**



Weekly Focuses:



Resilient:

I make constructive, positive choices.





Communicate:

I communicate clearly with others.



Sound Waves

Week 9 Term 3 	Graphemes: Graphemes: oo ew ue u_e u Blend: yoo	Graphemes: Extra two, doing, fruit, beautiful, through	Focus Concepts: Rhyming, Word building/Word families, Correct word usage/Vocabulary, Homophones: dew/due, bruise/brews, Greek and Latin roots: fugio, insular, lumen, luna, unus
Week 10 Term 3 	Graphemes: z zz s, se; s si	Graphemes: Extra freeze, anxiety, scissors; massage, exaggerate; luxurious, camouflage	Focus Concepts: Alphabetical order, Contractions: who's/ whose Word building/Word families Using a dictionary, Suffixes: sion, ism

STAGE NEWS

Early Stage 1

Chicks are covered in golden down that turns into feathers. It also has a pink beak and pink feet. They have small round black eyes and when it's starting to grow its beak turns orange. - Logan P

First the chick has a fluffy body. The chick had sparkling black eyes. After that the chick had orange feet. - Chance V

Chicks are covered in lots of golden down that turns into feathers. Next the chicks have three claws to dig to find worms. Also they have two eyes to see people. Finally the chicks have a beak and they sound like music when they are chirping. - Evie M

First the chick has a fluffy body. Then it has sparkling black eyes. After that it has orange feet. - Maci F

The baby chick is cute and fluffy. It looks like a fluffy polar bear. It's very cute. It is awesome. Its feet are orange. - Riley L

First he looks like a duckling. Then he feels like a soft blanket. After that he sounds like this, "Cheep! Cheep! Cheep!" -Chanelle V



First the chick is covered in down. Next the beak is quite pointy and smooth. The down looks golden. The down will become feathers. His feet are orange. -*Jack H*

First the chick looks like a bird. Then the chick feels like a soft pillow. After that the chick has sparkling black eyes.- *Finn J*

First the chicks are covered in soft golden down. It has sharp little cute claws. The head is adorable. He looks like a teddy bear and as cute as a bird. The colour is yellow. -*Matilda H*

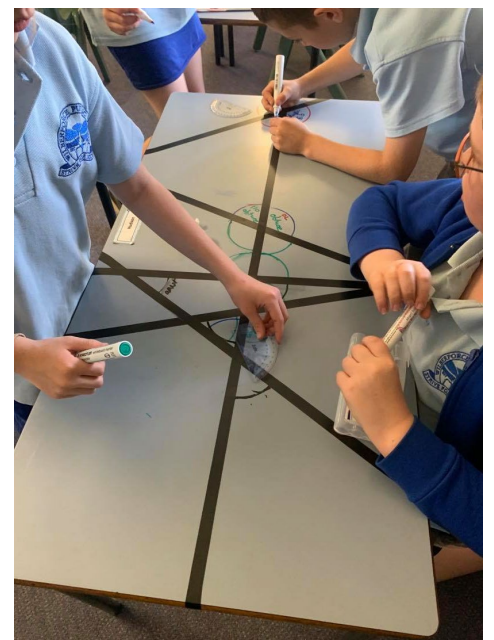
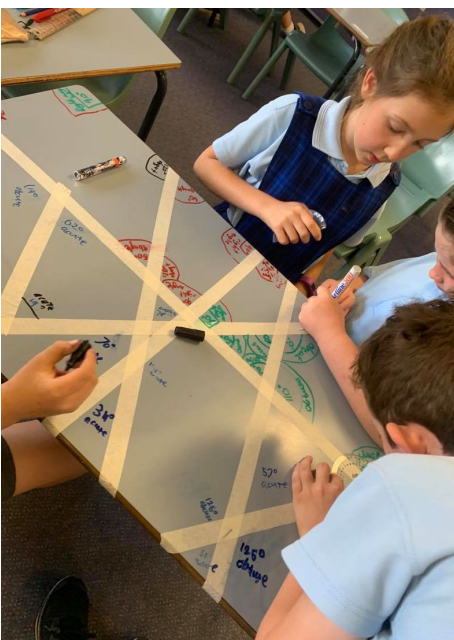
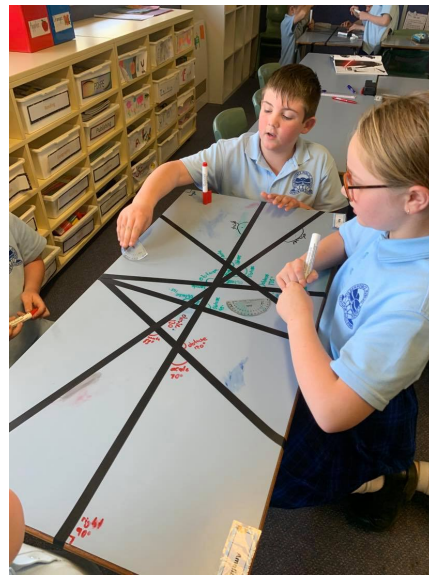
First the chick has soft fluffy down. Next the chick smells like hay. Thirdly the chicks have a hard beak. They have golden feathers and little legs. They have claws to scratch the ground up. Chicks have black eyes. Chicks say, "Cheep! Cheep!" -*Samuel B*

First the chick has a fluffy body. Next the chick has sparkly eyes. Finally the chick has orange feet. Lastly the chick as an orange neck. -*Leo S*



Stage 2

This week we have been learning about angles in Mathematics. We have learnt about the names of all different types of angles and how to measure their degrees using a protractor. This lesson we were allowed to draw on our tables using whiteboard markers! The teacher put tape on the table, and we had to measure each angle throughout the web of tape and name the angle.



SPORT

Athletics carnival is next Tuesday 15th September. Students can wear their house colours but will still need an appropriate hat. Unfortunately, spectators are not allowed.



Koalas



Wallabies



Kookaburras



Wombats

WEEKLY AWARDS

Bronze

Riley M 2G, Chanelle V KG, Darren W 2C, Jazmin S 3/4B, Heidi T 1/2W x 2, Zara W 2G, Ruby W KG, Abbie V 5/6D, Emily M KB, Leila G 3/4H x 2, Willow S 3/4M, Madison R 1D, Izabella T 2G, Tristan M 3/4R, Georgia R 3/4H, Indigo R KB, Mason R 3/4H, Benji P KP, Kain S 2C, Alexandra D 1D, Michaela S 1/2W, Jarvis E KG, Jason C 5/6D, Ava D 3/4B, Mason L KG, Emily V 3/4H, Leila G 3/4H, Nash G KB

Silver

Tristan M 3/4R, Willow S 3/4M, Georgia R 3/4H, Mason R 3/4H, Ava D 3/4B, Leila G 3/4H

Gold

Tristan M 3/4R, Ava D 3/4B, Leila G 3/4H

CANTEEN

Monday	Wednesday	Friday
14 September	16 September	18 September
Sandra Binks Kerri Allen	Lisa Turner Lorelle Turner	Carly Vincent Matt Vella Dianne Vella
Monday	Wednesday	
21 September	23 September	25 September
Sandra Binks Nerida Plant	Alana Hills Kate McHenry	<u>CANTEEN CLOSED</u> Last day of term



What parents need to know about INSTAGRAM

AGE RESTRICTION

13+

Anyone over the age of 13 can create an account

LOCATION

#HASHTAG

Instagram is a hugely popular social networking app with over 1 billion users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, create interactive 'stories', exchange private messages or search, explore and follow other accounts they like. Images and videos can be transformed with an array of filters to edit the shot before sharing and 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. That's why we've created this guide to help parents and carers understand exactly what Instagram is about.

HOOKED ON SCROLLING

Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioural 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 until children find that 'something' they are looking for, quickly losing track of time as they get deeper into their Instagram feed.

SLIDING INTO DMS

Direct messages (or DMs) 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, creating a false sense of reality and potentially affecting their mental health and wellbeing.

IMPACT ON WELLBEING

In a 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 banned images of self-harm and suicide, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform. They since extended the ban to include drawings, cartoons and memes.

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. 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 early 2019, data gathered by the NSPCC found that sex offenders were grooming children on Instagram more than on any other online platform.

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. 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 public, anyone can access their account and see their location.

HJACKED HASHTAGS

Hashtags are an integral part of how Instagram works, but they can come with risks. 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 shouldn't be exposed to.

IGTV

Instagram TV (IGTV) works similar 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 & Carers

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. Children can also 'tap and hold' the individual message to report it directly to Instagram as well as reporting the account itself.

LOOK OUT FOR #ADS

In 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.

MANAGE NEGATIVE INTERACTIONS

If your child is receiving unwanted or negative comments, they can block that account so that they can't interact with them. This stops them seeing and commenting on their posts, stories and live broadcasts. In addition, your child can instantly delete unwanted comments from their posts, turn them off completely and control who can tag and mention them in comments, captions or stories, from everyone, only people they follow, or no one at all.

MANAGE DIGITAL WELLBEING

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long. In addition, once users have caught up with all the previous posts since they last logged on, they'll receive a 'You've completely caught up' message. Both features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

PROTECT 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, including their location 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. Children should also use a secure password and enable a two-factor authentication to add an extra layer of security to their account.

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 that they can take action against the user if necessary. This is an automatic filter, which should always be enabled. Children can also report abusive behaviour or inappropriate/offensive material directly to Instagram from the app. This includes posts, comments and accounts.

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.

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.

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

POLL

@MENTION

Meet our expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience of working in the social media arena and is the founder of Kids N Clicks, a web resource helping parents and children thrive in a digital world.



NEW FOR 2020 INSTAGRAM REELS

Instagram Reels is the latest update from Instagram that gives users the ability to record and edit 15-second multi-clip videos with audio, effects, and new creative tools. It is the app's answer to TikTok and can be accessed via the Stories feature. Reels can be shared with friends and family, however, if your child has a public account, it could be shared wider via 'Explore' and viewed by millions of strangers online.



National Online Safety®

#WakeUpWednesday

SOURCES: <https://about.instagram.com/about-us> | <https://about.instagram.com/community/safety> | <https://www.bbc.co.uk/news/uk-47410520>

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