

Newsletter No 2, 2024

We acknowledge the Jarra people of Dja Dja Wurrung country, the traditional owners on the land we live on, and pay our respects to their Elders, past, present & emerging.



Thursday 8th February 2024

Purpose of Camp Hill Primary School is to develop and nurture lifelong learners within an engaging, global learning community, where the uniqueness and contributions of individuals are valued, shared and celebrated.

Following are the **core values** in which we strongly believe; they underpin our purpose and are the guiding principles of our school.

Caring: Being kind, helpful and sympathetic toward other people.

Honesty: To always tell the truth.

Confidence: Believing in yourself and others.

Respect: Recognising the rights, feelings, wishes and individual differences of others through our speech and manners.

Trust: Safely express opinions, beliefs, thoughts, and feelings in a secure environment.

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Phone: 5443 3367

Email Address: camp.hill.ps@education.vic.gov.au

Web Address: www.camphillps.vic.edu.au

Calendar 2024

Monday	12 th February	CHPS Council Nomination forms close at 4pm
Tuesday	13 th February	Grade 6 Captain speeches at 11:30am North Melbourne Football Club visit – Grades 3/4
Friday	16 th February	Book Club orders due
Tuesday	20 th February	School Council meeting 5:30pm
Monday	26 th February – 25 th March	JETS Gym – Grades 1-6
Thursday	29 th February	P & F Community Fun Night 5:30pm – 7:30pm SAVE THE DATE
Tuesday	5 th March	Parents & Friends AGM 5:30pm
Thursday	7 th March	Whole School Photo Day
Monday	11 th March	PUBLIC HOLIDAY – LABOUR DAY
Tuesday	19 th March	AGM & School Council meeting 5:30pm
Thursday	28 th March	LAST DAY TERM 1 – Early Dismissal 2:30pm
Friday	29 th March	PUBLIC HOLIDAY – Good Friday
Monday	15 th April	Term 2 commences

PRINCIPAL'S REPORT

Start of Term Reflection

It has been really a positive start to the school year, our students have transitioned back into the school routine have actively engaged in their learning. Of special note is the Foundation students, who had their first full day at school on Friday. A special thank you to the Grade 6 buddies who have done such a great job of supporting our Foundation students during their first week of school.

School Assembly

Parents are more than welcome to attend our school assembly which is held each Friday at 3.00pm on the covered area at the rear of the school. This week we will have another shortened assembly as our student leaders are yet to be appointed, the assembly will begin at 3.10pm.

Parents & Friends Club

On Tuesday evening I attended the Parents & Friends Club meeting, this was really a celebration recognizing the outstanding fundraising effort undertaken in 2023. The Parents & Friends Club are not only involved in fundraising, they also support new families and provide the many social events throughout the year. If you would like to be a part of the Parents & Friends group, give the school a call and we'll put you in contact with the group.

School Council Nominations

Just a reminder, nominations for School Council close on Monday at 4.00pm, nomination forms are available from the office. If you have any questions, please don't hesitate to give me a call, the School Council meets every 3rd Tuesday of the month at 5.30pm.

Mobile Phones

This is another reminder of the school's mobile phone policy, students cannot have a mobile phone or any other communication device at school unless they have received signed permission from the Principal. All mobile phones must be switched off and remain in either student bags or kept in a locked box at the office. Mobile phone permission slips can be collected from the office or the Principal.

Dad joke of the week

"Why don't scientists trust atoms? Because they make up everything..."

Chris Barker
Principal

ASSISTANT PRINCIPAL

Be an Attendance HERO...

HERE EVERYDAY READY FOR LEARNING ON TIME

Review 2023

Every year the school receives information about student attendance data. It was pleasing to see the number of unexplained absences on the decline. I would like to thank all families for responding to the processes we have in place to ensure your child is here every day.

I'm looking forward to introducing you to our Attendance leaders in the coming weeks. These two leaders will present at assembly and help spread the message about the importance of attending school every day.

Early Bird Awards

Congratulations to **Foundation A, Foundation B & 5/6D**.

You were the grades with no late arrivals this week.

Early Bird champions – well done and it's great to see the senior grades leading the way.

This is a fantastic effort 😊

100% attendance for Week 2

This week there were **231** students who had 100% attendance this week – another great effort!

Well done to **Josh** from **1/2C** who was the Attendance Hero champion for this week.

Who will it be next week?

Student absence data for Week 2

Total number of student absence days Term 1	41 days
Current school absence rate Term 1	0.15 days per student
School absence rate target for 2023	10.00 days per student (2.5 days per term)
Number of times students arriving late to school this week	22



Trish Johnstone
Assistant Principal

WELLBEING MATTERS



Keeping Children Safe Online

As parents and carers, you have the best opportunity to support and guide your children to avoid online risks and have safer experiences. Governments and industry also have a role to play in making sure the online world is a safe place to be.

A parent guide is available that covers common online safety issues like managing time online, using parent controls and setting and responding to issues like cyberbullying, inappropriate content and contact from strangers. For more information, please explore the esafety website <https://www.esafety.gov.au/parents>

On Tuesday this week it was Safer Internet Day.

At the end of the newsletter there is some valuable information about ways to keep your child safe online.

Here are 10 top tips to help protect your children online.

1

Build an open trusting relationship around technology — keep communication open and supportive so your child knows they can come to you if something goes wrong or does not feel right online.

2

Co-view and co-play with your child online. This will help you better understand what they are doing and why they enjoy an app, game or website, as well as providing a great opportunity to start conversations about online safety.

3

Build good habits and help your child to develop digital intelligence and social and emotional skills — such as respect, empathy, critical thinking, responsible behaviour and resilience — and practice being good online citizens.

4

Empower your child — wherever possible, help them make wise decisions for themselves, rather than telling them what to do. Try to provide them with strategies for dealing with negative online experiences that will build their confidence and resilience.

5

Use devices in open areas of the home — this can help you manage and be aware of who your child interacts with online through phones, tablets, smart TVs, gaming consoles and other connected devices.

6

Set time limits that balance time spent in front of screens with offline activities — a [family technology plan](#) can help you to manage expectations around where and when technology use is allowed — you could even fill in an Early Years [Family Tech Agreement](#).

7

Know the apps, games and social media sites your kids are using, making sure they are age-appropriate, and learn how to limit [messaging or online chat](#) and [location-sharing](#) functions within apps or games, as these can expose your child to unwanted contact and disclose their physical location. For more advice

- [The eSafety Guide](#) includes information to help parents and carers choose safer apps and report and block unwanted contact and sexual approaches.

8

Check the [privacy settings](#) on the games and apps your child is using and make sure their profiles are turned on to the strictest privacy setting. Restrict who can contact your child or ask them to check in with you before accepting new friends.

9

Use available technologies to set up [parental controls on devices](#) that can filter harmful content, monitor your child's use and limit or block their time on connected devices or functions (e.g. cameras, in-app purchases).

10

Be alert to signs of distress and know where to go for more [advice and support](#).

- Report harmful online content to eSafety at [esafety.gov.au/report](#).
- Contact a free [parent helpline](#) or one of the other many great [online counselling and support services](#) for help. Kids, teens and young adults can contact [Kids Helpline](#) online or by phone on 1800 551 800 and the service also provides guidance for parents.

RIGHTS, RESILIENCE AND RESPECTFUL RELATIONSHIPS (RRRR)

Resilience, Rights and Respectful Relationships (RRRR) at CHPS

In 2016, Right, Resilience and Respectful Relationships (RRRR) education became a core component of the Victorian Curriculum. RRRR is an initiative to support educators in teaching students how to build healthy relationships, resilience and confidence.

The RRRR learning materials have been designed for teachers in primary and secondary schools to develop students' social, emotional and positive relationship skills. Promoting social and emotional skills and positive gender norms in children and young people has been shown to improve health related outcomes and subjective wellbeing. It also reduces antisocial behaviours including engagement in gender-related violence.

Every Monday afternoon at 2.30pm, each year level will participate in our RRRR lessons. Students across the school will learn about the same topics at the same time, covering all 8 topics listed below. The Resilience, Rights and Respectful Relationships program is assessed in the Victorian Curriculum areas of Personal and Social Capability and Health and Physical Education.

RRRR topics include:

1. Emotional Literacy
2. Personal strengths
3. Positive coping
4. Problem solving
5. Stress Management
6. Help-seeking
7. Gender and Identity
8. Positive Gender relations

DOGS CONNECT

Polly is sponsored by Fur Life Vet.

Fur Life Vet have two clinics located in Bendigo:
167 Eaglehawk Road, Bendigo and 70-80 Midland Highway Epsom.
Please support this local business for your pet care needs.

www.furlifevet.com.au



FROM THE OFFICE

CSEF

Whole School Photo Day

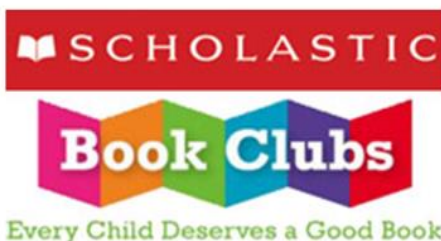


Our Whole school photo day will be on **Thursday 7th March**.
More information from Leading Image Photography will be available soon.



Sue Heider
Business Manager

LIBRARY



**BOOK
ORDER
DUE:**

16/2/24

PLEASE ORDER & PAY VIA THE LOOP

BOSHC

At Before School Care we have had a great start to the year with a number of new families attending and our numbers are slowly increasing. We have been enjoying some welcome back activities as well as activities around under the sea.

Please be aware that if you are arriving at school prior to 8.15 am, please book your children into BOSHC.

Thank you.

Simon & the BOSHC Team

OSHC

Welcome Back

Welcome back to 2024 we have had an amazing start to the new School year with many new families joining us this year. Our new Foundation and other new children have all been made very welcome by our experienced OSHC children, showing them what fun OSHC is and helping them join in with lots of fun activities.

Important Notice

We have had many new enrolments since the start of the year, and we are now completely booked out for Monday afternoons. If you have a child booked in for any days and they are unable to attend, please contact us as soon as possible to allow for other children to attend that are on the waiting list.

Accounts

Please be aware that accounts for this fortnight are due to be paid in full by tomorrow, Friday 9th February.

Jamie, Simon & the OSHC Team

Community Fun Night

CHPS
Parents & Friends
Present.....

SACK RACE!

MUSIC
**COMMUNITY
FUN
NIGHT!**

THURSDAY 29th OF FEBRUARY
5.30-7.30PM

FREE SAUSAGE SIZZLE!



MUSIC LESSONS

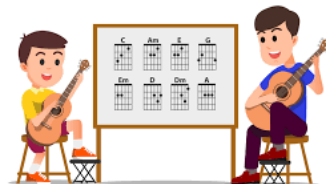
If your child is interested in learning the piano or guitar, please contact Kathleen or Shannon asap.

Piano

Contact Kathleen Gee for piano lessons on 5432 2266. Kath will be working Tuesdays & Wednesdays at school.

Guitar

Shannon Millard will be teaching guitar lessons on Thursdays and can be contacted via email for more details. shannon.millard@mhs.vic.edu.au or ph: 0437 252 136



BREAKFAST CLUB



FOUNDATION LEARNING TEAM

Drop Off

Thank you to everyone for making your drop offs quick. We have had a few tears, which is always expected. Please know that these so far have stopped quickly, and we will always ring home if students remain upset.

Art Smocks

Each student needs their own named art smock. These live in the classroom and go with the students to each art lesson.

Readers

Blue Reader bags will come home with your child on Monday. Please see the note inside the folder on how best to support your child with their nightly reading.

Brain Food

Thank you everyone for providing your child with a fruit/veg snack each day. We have been making a list of all the different options there are and gee whiz everyday someone else surprises us with another fruit or vegetable that we hadn't thought off.

100 Days of School

The counting has begun! Every school day we count the days we have come to school. When we reach 100 days we will have a big celebration and dress up as if we are 100 years old! So far, we are up to 4.

Buddies

A HUGE THANK YOU to our grade 6 buddies and their teachers for all of your help and support so far. You really do fast track our settling in process.

Foundation Learning Team

1/2 LEARNING TEAM

Morning Routine

Please support your child to arrive to school on time. The door to classrooms open at 8:45am, students are asked to enter and unpack their bag and set up their tables ready for learning. Please encourage your child to do these jobs independently. After these jobs, students will sit on the floor with a white board ready to practise their alphabet, phonics and tricky words. It is important that students arrive on time so they don't miss this important learning time.

Art Smocks

Please remember to send an art smock with your child if you haven't already.

Reading at Home

Please support your child to read at home at least 5 days a week.

Jets Gym

Our Jets Gym program starts in week 6. If there are any parents who are interested in helping at these sessions, please get in contact with your classroom teacher. Parent helpers must have a valid Working With Children Check and must provide a copy to the office.

1/2 Learning Team

3/4 LEARNING TEAM

HELLO! Hope you had a fantastic first week of school. Just a reminder that Jet's Gym starts in a few weeks, which is exciting. I know we said this last week but don't forget your hats and drink bottles.

This is our turf time table!

Day	Recess	Lunch
Monday	Senior	Middle
Tuesday	Middle	Senior
Wednesday	Senior	Middle
Thursday	Middle	Senior
Friday	Senior	Middle

Written by Pixie and Morgan 3/4A

On Tuesday 13th February, we are having some players from North Melbourne Football Club coming to talk to us. If anyone in the 3/4 department is a supporter, you can bring along some merchandise to be signed by the players.

3/4 Learning Team

5/6 LEARNING TEAM

Hats

Just a reminder that term one is a SunSmart term – all students must have a school hat ready to wear each day.

School Captains – Grade 6 Information

On Tuesday 13th February at 11.30 the grade 6 students who wish to apply for a school captain position will give their speech to the senior department. The students will then vote for their choice of who should be a school captain. Students will find out on Wednesday 14th February who the successful students are. We encourage all our grade six students to consider this responsibility.

We have many grade 6 students who have been busily working on their speeches at home. Well done and good luck to all the candidates!

Grade 6 and Prep Buddies

Our Prep children started school last Friday. Since then, the grade 6 students have been kept busy helping and playing with their buddies during recess and lunch time. Well done to our grade 6 students – you are doing an amazing job!!

Jets Gym

Please see the PE section of the newsletter to check for Jets Gym information. Classroom teachers will email families soon checking for helpers for each session.

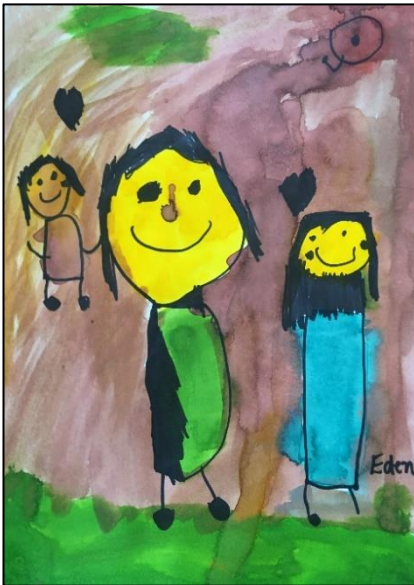
Grade 6 tops

These arrived at school on Tuesday 7th February. Make sure you have a look at our grade 6 children wearing their special tops!

5/6 Learning Team

VISUAL ARTS

The Preps had a wonderful start to Art classes on their first week of school and showed enthusiasm and independence. Here are some great pictures of their first day at school using permanent textas and food dye inks. They were asked to draw details such as their clothes, school bag and things they saw on their first day. Here are some happy artworks from Sid, Manuel, Arrobella, Eden, Jamar and Sophia.



Art Smocks And Sketch Books

Please send a clearly named Art Smock for Prep-Grade 2 students and these will be kept in their classroom tub. Students in Grades 3-6 can bring a smock to keep in their lockers. There is a communal tub for use in the Art room as well.

Students in Grades 3-6 all need a sketch book for Art. This was on the book list. They can be purchased cheaply at the discount stores if your child missing theirs.

Sandy McLennan
Visual Arts

HEALTHY EATING

PLEASE READ! Healthy Eating Policy at Camp Hill Primary

These are some of the main points of our Healthy Eating Policy.

- Children are strongly encouraged to bring only healthy food to school for snacks and lunch
- Students need to bring brain food to eat in class when hungry which consists of fruit or vegetables-only fruit or vegetables can be eaten outside of lunch or recess eating time.
- Water is the only acceptable drink to be brought to school.
- Nuts are not advised for school snacks in line with our Anaphylaxis policy
- It is strongly advised that lollies, chips, chocolate etc should not be sent to school.

Also, at Camp Hill Primary we aim to be a **NUDE FOOD** school-this not only reduces plastic waste but also helps to keep our school grounds rubbish free. By creating a nude food lunch box you also save money on food wraps!

Zucchini's are in season- you may have heaps at home or your neighbours are chasing you with theirs! Here is a great Zucchini muffin recipe to try!

Sandy McLennan

Healthy Eating Coordinator

Zucchini Muffins

Makes 12

These cheesy zucchini muffins, flavoured with basil, are an easy and tasty snack for canteen menus, post-sport munchies or morning tea fundraisers.

Ingredients

- 1½ cups self-raising flour
- ¼ tsp salt
- ⅓ cup low-fat natural yoghurt
- 1 egg
- ⅓ cup sunflower oil
- ¼ cup grated tasty cheese
- 1 zucchini, grated (approx. ½ cup)
- ¼ cup finely chopped basil leaves

What to do

- 1 Preheat oven to 180°C.
- 2 Place the flour and salt in a large bowl, then create a well in the centre.
- 3 Combine the yoghurt, egg and oil in a separate bowl.
- 4 Add the wet mix to the dry mix and gently combine, adding the grated cheese, zucchini and basil as you go (don't over-mix).
- 5 Line a 12-hole muffin tray with baking paper.
- 6 Divide the mixture evenly between the muffin holes.
- 7 Set aside to rise for 10 minutes.
- 8 Bake for 20 minutes, or until firm to touch and golden.
- 9 Cool for 5 minutes before turning out onto a wire rack.



LOTE

Foundation

This week, our Foundation students embarked on their first Chinese lesson. Ms. Chen and the students had the pleasure of meeting and knowing each other. The class was also captivated by tales of the giant panda and the enchanting Snow and Ice Festival in Northern China.

Grade One and Two

Students immersed themselves in the origins and significance of Chinese New Year celebrations. They undoubtedly enjoyed their own performance of a traditional dragon dance, igniting the classroom with a lot of excitement and joy.

Grade Three and Four

Our students embraced the spirit of the season by learning a beloved Chinese New Year song “恭喜！恭喜！”. Alongside their musical endeavours, they diligently crafted red envelopes and spring couplets, essential elements of the New Year celebrations. Their enthusiasm and dedication set the stage for a memorable Chinese New Year ahead.

Grade Five and Six

As our Grade Five and Six students delved deeper into Chinese culture, they had the opportunity to immerse themselves in the art of New Year decorations. From crafting intricate red envelopes to creating auspicious symbols of good fortune, such as up-side down characters and spring couplets, they honed their skills in the traditional craft of paper cutting. This hands-on experience allowed them to appreciate the beauty and symbolism behind each element of Chinese New Year decorations.

Yimin Chen

LOTE

PHYSICAL EDUCATION

Division Swimming Event

If your child is interested in representing Camp Hill Primary School, please use the chart below to guide you on qualifying time for each stroke so that your child is able to race at a competitive level as some entries have already competed at a district level.

Since our district has not had a swimming event we would like to make sure we only enter **capable swimmers (students also need to use correct stroke technique to avoid disqualification)**. The following grid may be helpful.

Qualifying Swimming Times for Individual Schools:

	Freestyle	Backstroke	Breaststroke	Butterfly
9/10 Boys	50 seconds	1.00	1.10	1.00
9/10 Girls	50 seconds	1.00	1.10	1.00
11 yr Boys	48 seconds	1.00	1.10	1.00
11 yr Girls	48 seconds	1.00	1.10	1.00
12/13 Boys	45 seconds	55 seconds	1.00	1.00
12/13 Girls	45 seconds	55 seconds	1.00	1.00

Students in grades 3 to 6 may have the opportunity to represent Camp Hill Primary at the Division Swimming Carnival held at the Bendigo East Swimming Pool on **Monday 4th March 2024 (TBC)**. If you believe your child is a **competitive** and **confident** swimmer in a particular stroke or they are currently involved in club sport swimming and would be able to compete in this event, please notify Alicia Smalley **by Monday 12th February**. As this competition is a timed event, students who excel may qualify for the Regional Swimming on Tuesday 12th March in Swan Hill and then onto State Swimming at MSAC on Friday 19th April.



Students' years 12 and over, 11 years, 10 and under (No younger than 9 years of age will be considered) **Ages are calculated as at December 31st 2024** eg. a child who turns 11 at any time during 2024 will compete in the 11 years event. **Children must be turning 9 or 10 in 2024 to be eligible for the 9-10 years event.** Children must be born in the years 2011, 2012, 2013, 2014 or 2015 to be eligible to compete. Each competitor may enter only two individual events, one relay and one medley relay.

The students can compete in the following events: Freestyle, Backstroke, Breaststroke and Butterfly.

This event is **only for strong swimmers** who are able to swim 50m using the **correct stroke technique**. A parent will be required to transport and supervise their child at the event, each school is required one additional helper to assist on the day if necessary. If you are unsure if your child has the ability to compete in competition swimming, you are welcome to email me with your child's time so I can give you additional information about average scores for their age group. A small entry fee may apply. Please have your **entries or inquiries to myself by early week 3 (Monday 12th Feb)**. Please contact via email alicia.smalley@education.vic.gov.au

Congratulations!

Grade 3/4C demonstrated excellent teamwork and sportsmanship skills in their second lesson of Physical Education this year. All students received a new downball to take home! Mr Shannons class achieved their personal best over the last two weeks, engaging positively with each other. Students collaborated to change the rules of our games, successfully making the games more inclusive, yet very exciting! I'm sure all the other students at Camp Hill would love to try the fantastic games you created.

Foundation and 1/2

This term in PE our junior students are learning how they can demonstrate our school values in the Physical Education setting. Students develop awareness of their bodies, and how they can move safely inside a boundary. They are working as a whole class to respond appropriately to the whistle, tag and learn simple rules.

In weeks 4-10 students will begin a P.M.P (Perceptual Motor Program) where students will work with a partner to enhance their eye/hand and eye/foot coordination, fitness, balance, locomotion, memory, directional language and eye-tracking skills. Students will spend 2 minutes at each activity. There is a strong emphasis on turn taking and being a successful partner. Together they will compete gross motor movements; hop, skip, run, slide, jump, leap, balancing, soccer kick, dribbling, catching, rebounding, striking with paddles, passing to a partner, throwing and aiming). Students are also introduced to fine motor skills such as marbles, sorting with tongs, tracing, eye tracing and threading.

Grades 3 to 6

This week students in grade 3-6 continued to develop exemplary collaboration and communication skills in PE. Students met high expectations to set themselves and others up for a positive year ahead. They will continue to implement fairness into future lessons and celebrate individual and group success moving forwards as we begin a 3-week unit on European Handball. Our focus is on learning and applying the fundamental motor skills (FMS) of run, jump, dodge, catch and bounce. We will learn how to correctly perform each skill, as many students move towards mastering the 11 FMS both in isolation and in more complex game situations.

Alicia Smalley
Physical Education

FRESH FRUIT FRIDAY

The free fresh fruit students receive on a Friday is proudly donated to the school by the following sponsor:



**mckern steel™
foundation**

**Benefitting the health
and wellbeing of our
Bendigo school children**

School visits coming
in TERM 4

Proudly funded by:

BlueScope, J.L. King & Co., Miro Taint, FURPHY, IMPACTA, Adroit

f i @mckernsteelfoundation

STUDENTS OF THE WEEK

RESPECT

Alice P: Well done on your positive start to Foundation. You are showing respect by using whole body listening and helping others pack up. Keep up the fantastic work Alice!

Isaac S: For making a fantastic start to Year Four, showing respect to everyone and consistently trying his hardest across all areas!

CONFIDENCE

Eden R: Well done for being so brave and giving Mum a quick goodbye each morning.

Marley N: For working hard to enter the classroom with confidence each morning!

Otis W: For showing confidence in our class P.E lesson. Well done Otis!

Charlotte N: For her confidence in adjusting to a new class. What a great start to the year, Charlotte!

Elaina P: For a great start to the year by showing growing confidence when settling into grade 2. Keep it up Elaina!

Marley N: For working hard to enter the classroom with confidence each morning!

Otis W: For showing confidence in our class P.E lesson. Well done Otis!

CARING

Compton B: For caring for the other members of his class.

Stevie L: For being a kind and caring friend to everyone in 1/2B. We love having you in our class Stevie!

TRUST

Alice P: For being ready to learn in her first lesson of Physical Education.

FOR YOUR INFORMATION

BENDIGO EAGLEHAWK BADMINTON CLUB - Junior Competition

Come & try Junior Badminton for ages 5-18 at 140 Victoria St, Eaglehawk. First night free.

Session times: Wednesdays U/12 Training – 6:15 – 7:15pm

U/18 Training 7:30 – 8:30pm

Junior competition 6:45 – 8:30pm, School terms only. Any enquiries please contact 0499 731 811

AFL SUPERKICK

Superkick for 7 – 12 year olds. Bendigo All Girls Superkick Centre. Mondays, starting 26th February for 4 weeks. 4:30 – 5:30pm at Shadforth Park, North Bendigo.

GIANT TENNIS COACHING PROGRAMS

Hot Shots 3-12 Yrs, Juniors & Adults. Groups and private lessons, holiday programs, cardio tennis, squads and match play. Bendigo, Maiden Gully, Marong and South Bendigo.

Play Park: 5 Yrs & Under 10-11am Sundays, starting 28th February. Register online. gianttennis.com.au

QUARRY HILL JUNIOR FOOTBALL CLUB

Registration afternoon on Thursday 29th February from 3:45pm – 4:45pm at Ken Wust Oval Quarry Hill. To register for the 2024 season please complete the online registration via Quarry Hill Junior Football Club's page on PlayHQ. Please find the link below (in the event this link doesn't work, just copy, and paste it into your browser). <https://www.playhq.com/afl/register/9d54df>

2024 Registration Fees

Under 9s and 10s \$120

Under 12s \$150

Any questions please contact club President Leigh Martin 0400 541 000 or via email at leigh@matlec.com.au

LUNCH ORDER

CHICKEN SCHNITZEL LUNCH ORDER FOR FRIDAY 16th FEBRUARY

ORDER VIA OUR QKR APP!!!!

by 9.00am Thursday 15th February 2024.

No late orders accepted.

Chicken Schnitzel with lettuce and mayonnaise in a roll \$4.70, Vegie Burger \$4.00

Name..... Grade..... Schnitzel Roll..... Vegie Burger.....

Name..... Grade..... Schnitzel Roll..... Vegie Burger.....

Name..... Grade..... Schnitzel Roll..... Vegie Burger.....

Total enclosed \$.....

Signed.....

Parent strategies in a digital age to promote safe and responsible technology use among children

Technology use has become a normal part of daily life for both adults and children. Some of the reasons for using technology, like entertainment or staying connected with friends, may be something you and your child share in common. But children often use and are interested in different apps or platforms compared to their parents. This means that many parents may not feel confident that they fully understand what their child does online. If you share this feeling, you may be worried or curious about how to establish and enforce rules about technology use at home, and how to do so in a way that promotes your child's digital skills and digital literacy. This can often feel like a difficult balance.

What kind of parent strategies are there?

When it comes to technology, parent strategies include behaviours that aim to control, supervise, or interpret media content for children. This might involve talking to your child about technology use, guiding them to interpret media content and its relationship to the real world (e.g. critical thinking and media literacy), installing blocking filters on devices, modelling safe and responsible use, or reducing their access to technology to prevent them from being exposed to harmful content or to prevent technology from interfering in educational or family activities¹. These actions can be grouped into four main strategies^{2,3}:

1. **Monitoring:** Involves sharing activities together (e.g. watching a video game your child is playing or looking at what your child is doing on their device) without discussion about content or use.
2. **Active strategies:** Involves discussing technology use with your child through sharing opinions and values about appropriate or inappropriate content and use.
3. **Technical strategies:** Involves technical approaches such as installing blocking or filtering programs that prevent children from accessing specific content, platforms or websites.
4. **Restrictive strategies:** Involves setting rules about technology use such as the amount of time your child can spent online or the type of content, apps or activities that they are allowed to access without necessarily discussing the meaning or effects of content.

What strategies work best?

Parent strategies regarding technology have a positive impact in reducing online risks and they work for both younger and older children as well as boys and girls⁴. But research shows that some strategies can have unintended consequences. For example:

- Restrictive strategies work better than active strategies in reducing the amount of time children spend with technology, but restrictions did not reduce exposure to pornography, violent content, or harassment online.⁵
- Restrictive strategies limit the time spent on devices, apps and platforms but they also increased media addiction.⁶
- Restrictive strategies were linked to online victimisation for girls.⁷
- Restrictive strategies reduced some types of online risks but also impacted negatively on children's digital inclusion and online opportunities.⁸
- Compared to the other strategies, monitoring and active strategies were more effective at reducing exposure to online risks.⁹

Parent strategies are a great way to develop and model family values about technology, but it is important that the approaches fit with a child's developmental stage and that strategies evolve over time. For example, control-based approaches like restrictions and technical strategies are more likely to be resisted by teenagers than younger children. They may also increase curiosity or interest in restricted activities and content, which may lead to higher risk-taking when the opportunity comes up. Restrictions can also prevent children from learning how to recognise and handle the risks they may encounter online and can stand in the way of developing their overall digital literacy and skills.

Getting the balance right

Restrictive and technical strategies are a good first step, especially for younger children, but this can't happen in isolation. It's important that we take steps to understand what children do and what interests them online and that we have regular conversations about technology and risks with them.

Monitoring is also a good strategy as it helps us understand how children use technology and how we can better guide them in terms of good practice. This kind of parental presence is usually seen as supportive and sends the message that technology use should be taken seriously.

Active strategies in the form of parent-child conversations about technology use are especially important. When we talk to children about technology use and risks we help them develop critical thinking skills and digital literacy, which are skills they can use to protect themselves even when a parent isn't looking over their shoulder.

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Ultimately, when we take the time to not only set rules but also discuss the reasons for those rules and when we talk about risks and how to handle them, this positively shapes children's knowledge, attitudes and skills to navigate the online world successfully.

Some key practical tips

- Reflect on and review strategies for your child's technology use regularly. For example, which strategies are you relying on and are they effective? Could you be trying out and applying other strategies in combination?
- Be prepared to adapt your strategies as your child gets older and include your child in discussions about changes where appropriate.
- Brush up on your knowledge by learning about new apps and platforms by asking your child to show you what they are interested in. You can also access information about different apps and platforms on via the [eSafety Guide](#).
- Visit the [Dolly's Dream Parent Hub](#) for great resources and parent tips.
- [Dolly's Dream Family Technology Plan](#) will help your family get talking and find common ground around how to best use technology.
- Seek out resources and guidance about new apps and platforms (e.g. [eSafety website](#))
- Set rules with purpose. For example, think about what you are trying to achieve and consider the policies and rules that your child's school has in place that you may be able to adapt or extend at home for consistency of messaging.
- When you set restrictions, explain the reasons for these clearly and be prepared to answer questions.
- Be consistent and reinforce rules to set clear expectations for online activities and behaviours.
- Model appropriate and balanced use of technology to your child. Here are some [tips on how to do this](#).
- Work towards active strategies by having regular and open conversations about technology.
- When engaging in conversations about technology use, don't just focus on the negative but also listen to and appreciate the opportunities, fun and excitement that it can bring.
- Talk to others and share your experiences with other parents and support networks.