



# THE RANDWICK BUZZ

Issue 3

Thursday, 5th March 2020

Term 1 - Week 6 , 2020

## Principal's Message

There was a great turn out of parents who attended the P&C sponsored session of "Parenting in a Digital World". Our presenter,



Martine Oglethorpe, a parent of 5 children, came with a great deal of credibility to the role and more than a dash of common sense! Thank you to the P&C for sponsoring this event and STEM teacher, Laurie Power for her organisation. If you have ideas for further parent events or other good ideas/comments feel welcome to email the school [Randwick-p.school@det.nsw.edu.au](mailto:Randwick-p.school@det.nsw.edu.au).

Martine's messages focused on the need to be the parent and maintain control of what and how much your child is seeing on screens of any type: mobile device, TV or gaming consoles. The importance of involving your child in active games, sports and physical activities, as well as developing avenues for life long pursuits in dance, music and drama starts at an early age. It was definitely "no age is too young" to address the issues and model good digital behaviour. Remember not to fall prey to the age old child gripe "everyone else is allowed to do it"!

Martine also emphasized the importance of the central location of screens in the home, the addictive nature of technology (and that's not just for the children) and the importance for talk, about what they're doing, how it makes them feel and how to alert an adult when inappropriate content pops up, if not at home then with friends.

There were also the alerts to watch for: changes in behaviour, not wanting to join family meals and events, and the meltdowns when devices are removed or shut down. Advice was to establish the rules out of the conflict zone (i.e. when using a device) and provide favourable alternatives when time's up: let's take the dog for a walk, play footy in the backyard etc. Homework or meals may not be the right diversionary tactic. You can read more on Martine's website <https://themodernparent.net/>.

In our busy world we sometimes forget to reinforce the niceties with our children. Fortunately at Randwick many children excel in these. Good manners at home or anywhere shouldn't be optional. If you model good manners to your children and everyone else, they will see that having good manners is expected and displayed on a consistent basis. The basics such as "please" and "thank you", "good morning" and "good bye" should start before they can talk. Your children too deserve the common courtesy of manners that adults use with each other, regardless of how your workday has gone. Continue reading at <https://childdevelopmentinfo.com/how-to-be-a-parent/communication/talk-to-kids-listen/>.

At the beginning of Week 8, Monday 23rd March, to guide you in what your child needs to focus on, a link will be forwarded on Skoolbag to book interviews for your child. The term 1 interview was implemented a number of years ago as a result of parent discussions, that they would like to get to know their child's teacher/s better. They would like early advice on how their child was settling in and coping with possible increased workload or academic expectations, and their child's overall social adjustment in the school setting. At this early

## What's on?

**Wednesday 18/3/2020**  
Harmony Day

**Monday 23/3/2020 - Wed 25/3/2020**  
Yr 6 Canberra Excursion

**Monday 23/3/2020 - Thurs 9/4/2020**  
Parent interviews - specific dates and times confirmed by teacher

**Thursday 2/4/2020**  
Winter PSSA trials

**Friday 3/4/2020**  
Summer PSSA and school sport ends

**Wednesday 8/4/2020**  
Easter Raffle Draw

**Thursday 9/4/2020**  
ANZAC Assembly  
Last day of Term 1

**Friday 10/4/2020**  
Good Friday Public Holiday

**Monday 27/4/2020**  
Staff Development Day

**Tuesday 28/4/2020**  
First day Term 2 for students

**Friday 1/5/2020**  
Winter PSSA begins

**Tuesday 5/5/2020**  
Cross Country

stage the teacher is unlikely to be able to give you a full set of scores but they will be able help identify areas for focus.

Don't forget to support the P&C's forthcoming Easter raffle with donations or purchase of tickets. Sunday 22nd March will be the first working bee and of course delicious BBQ.

Regards

Susan Allen  
Principal

## iParent

Thank you to the P&C for funding an informative evening last Monday for our parent community. Resources from the evening and more advice can be found at:

<https://themodernparent.net/>

## Fruit and Vege Drive

Thank you to everyone who donated to our Fruit + Vege for Wildlife Drive last Friday.

Volunteers weighed our donations and have reported we donated over 600kg of food for South Coast wildlife!

39kg watermelon, 97kg apples, 31kg carrots, 27kg pears, 10kg pumpkin, 114kg sweet potato, 80kg mixed, 60kg compost, 20kg miscellaneous and the big one...142.6kg of potatoes!

Thank you for your generosity. Your donation was greatly appreciated!! A special thank you to Franca and Murray Fredericks who loaned their trailer.



## Lip Balm Fundraiser

Gaia from 5CR has recently run a lip balm fundraiser. She has loved the experience of creating them, hand painting the design and selling them along with her friends & Kai.

Gaia raised amazing \$334!

Children were able to choose which charity (that directly helps bushfire & drought victims) to contribute their whole \$4 cost of the lip balm, or they could split it among the following charities:

WIRES (wildlife): \$133  
OzHarvest (food): \$117  
Thread Together (clothes): \$84

Gaia has received so much lovely feedback about the lip balms from children/adults since.



## Child Safety Handbook

The "NSW Police Legacy Child Safety Handbook" is a comprehensive resource to assist parents, carers as well as teachers on a range of topics essential to child safety.

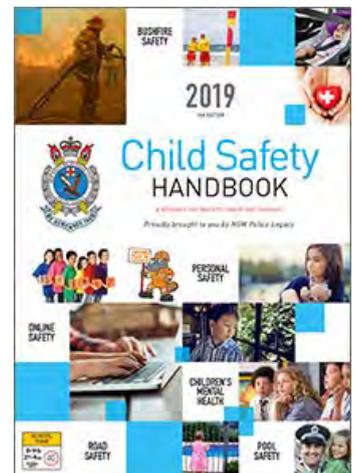
The handbook has been updated to include key messages about bush fire safety given the unprecedented fires we experienced recently.

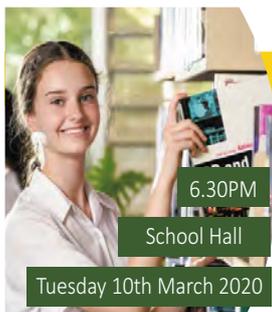
The updated online edition (link below) also includes important content updates from: NSW Ministry of Health, NSW Police Force, Fire and Rescue NSW, Rural Fire NSW, Transport for NSW, Sydney Trains, NSW Department of Family & Community Services, eSafety Commissioner and NSW Office of the Children's Guardian.

Here are the links where the digital handbook can be viewed:

NSW Police Legacy website - <https://www.policelegacynsw.org.au/resources/>

Child Safety Hub website - <http://nsw.childsafetyhub.com.au/handbook/>





**RANDWICK GIRLS' HIGH SCHOOL**

## OPEN NIGHT

Join us for our annual Open Night to gain information about the diverse curriculum and opportunities on offer. Come and meet our students and staff.

**At Randwick Girls' we are focused on girls' education. We...**

- empower young women to be tomorrow's leaders
- secure academic success for aspirational students
- offer a wide range of innovative curricular and co-curricular programs
- provide exceptional wellbeing and student support
- have highly qualified and dedicated staff who provide outstanding teaching and personalised learning opportunities

Barker St Randwick NSW 2031    p: 9398 3233    w: [www.randwickgirlshighschool.com.au](http://www.randwickgirlshighschool.com.au)    e: [randwick-h.school@det.nsw.edu.au](mailto:randwick-h.school@det.nsw.edu.au)



Our school  
creates  
unlimited  
opportunities  
for learning

Tuesday 10th March 2020    6.30PM    School Hall

02.20.2020 06:41 News Corp Australia Proof ©



# SOCIAL NETWORKING APPS

## MESSAGING APPS



These apps allow users to text message, but also have the added features of free calls, group messaging, extra emojis, video chat, photo/video sharing & live streaming

**EXAMPLES ARE: WHATSAPP, KIK, VIBER, WECHAT, TANGO, JOTT, GROUPME, FACEBOOK MESSENGER**

Risks: Can be difficult to verify who your are connecting with, grooming, being sent inappropriate content, group chats that turn nasty & exclude.

## PHOTO/VIDEO SHARING APPS



These apps allow users to share photos and videos, both those they have created themselves and those they share from others. Snapchat particularly, is their main form of messaging, both allowing single and group chats.

**EXAMPLES ARE: INSTAGRAM, SNAPCHAT**

Risks: Self destructing feature of Snapchat once 'snap' is viewed makes people more likely to send racey /offensive snaps. Ability to screenshot and still save snaps can enable snaps to hang around. 'Snapmap' enables location to be pinpointed. Platforms are visual so there can be a focus on body perfection and the perfect 'selfie'.

## CONFESSION & FEEDBACK FORUMS



These apps allow users to post photos or update with confessional posts that ask users to anonymously give feedback from either people they know or people they don't know.

**EXAMPLES ARE: WHISPER, TELLONYM, YOLO, ASK.FM**

Risks: Feedback can be brutal and often sexualised and abusive. Whilst many comments may be positive , one usually takes the less kind ones to heart.

## LIVE STREAMING APPS

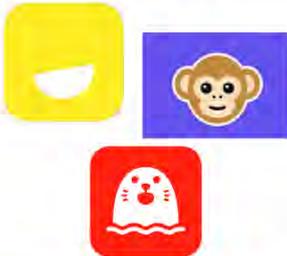


These apps allow 'one to one' or multi person live streaming, simply by pressing record and streaming live . They allow for real time, authentic experiences, and immediate feedback

**EXAMPLES ARE: HOUSEPARTY, SQUAD, LIVEME, TIKTOK, INSTAGRAM, SNAPCHAT, FACEBOOK**

Risks: Inappropriate content, difficult to 'unsee' things, viral nature of violent posts. Those seeking fame & likes may go to extreme lengths...often a dangerous mix when coupled with a 'still developing' brain.

## MEET PEOPLE APPS



These apps allow users to meet new friends. Some work in ways similar to adult site 'Tinder', by using a photo, location and radius to meet people. You then swipe if you like and can then continue a private chat.

**EXAMPLES ARE: YUBO, MONKEY, HOLLA, MEETME**

Risks: Become a haven for paedophiles and grooming. Dangers of meeting people who can't be verified. Yubo is marketed at 13-17 year olds, and connected to Snapchat, so if you connect with someone you are connecting on multiple platforms. Choosing 'friends' based on looks and location.

## ONLINE GAMING APPS



These apps allow users to add the next level of social interaction to their gaming. Games like Fortnite allow players to chat and connect with strangers and friends whilst apps like Twitch allow gamers to live stream their playing whilst people can comment live.

**EXAMPLES ARE: FORTNITE, APEX LEGENDS, TWITCH, DISCORD**

Risks: Chat features mean users can be exposed to offensive language & adult content & grooming. Discord is adult site so content can be sexualised & violent.

Whilst cyberbullying, violence, pornography, grooming & digital drama can be found on all social networking sites, there can also be many positive connections and opportunities that they afford us all. We need to teach young people to use them in safe, positive and intentional ways.