

15th August 2018 Term 3 Week 4



Self The Crest Self Community





Phone9456 1319Websitewww.berowra-p.schools.nsw.edu.auEmailberowra-p.school@det.nsw.edu.au



NAIDOC Day

Again our amazing teachers provided a rich and memorable experience for our students. Starting in the morning with an enlightening assembly with the NAIDOC ...'Because of her, we can'.

After morning tea the children were put into mixed groups and they became a 'clan'. In their clan they selected a totem and made bracelets to symbolise their clan and totem.

They had to build a shelter, the elders had to lead the clans to find food and think of tools they might use to help them in their daily life. The clans discussed 'women's and men's business'. Talking about their different responsibilities to their clan. Next they negotiated a 'marriage' between their clan and another clan. During all of this there was a 'kangaroo' jumping around the school for all the clans to hunt.

The activities finished with a corroboree – where they shared food and danced.

Many thanks to Coles Berowra who donated water melons for our 'feast'.

I am so proud to be part of such a dynamic and enthusiastic school and community. I am positive all children enjoyed the entire day.

I would personally like to acknowledge our wonderful visitors for their dedication to our school and students, our exceptional teachers and enthusiastic students. I would also like to thank our Year 6 students who ensured their groups were at the right spot at the right time and made certain all students in their group were involved and enjoying the day.

Just a few more..... **Miss Roberts** who coordinated and led the day, with her committee. All our teachers who led groups and ensured they gained an in depth knowledge and respect of Aboriginal Culture. I need to also mention that this was all done during a horrible wind storm.

At Berowra Public School we are very proud to acknowledge our shared history as **one mob**!

Reports/Interviews Feedback

I have a very short (2 minute) Report/Interview Survey I would like you to complete for us. We are continually trying to evolve and refine our reporting processes and your feedback would help us to do this. Please click the link below to access the survey.

https://goo.gl/forms/0Io2pnnaN5mKirfB2

Administering Prescribed Medications

If your child has a Health Care Plan, an ASCIA plan or any prescribed medication that at times requires the school to administer you will be receiving, in the next few weeks, a new form to fill out to give us permission to administer medication. This is a mandatory form from the Department of Education. If you could fill it in and return it to the office that would be a great help to us. If we do not have these forms we 'technically' are not allowed to administer any medication to your child.

CONGRATULATIONS:

- Araliya K (4/5K) her artwork selected to be on the inside cover of the 2018 Arts Alive Primary Choral Concert Program.
- Tatiana R (4/5) her artwork won 1st Place for 2018 Stage 2 Schools Banner Competition run by Taronga Zoo
- Farrah P (4/5K) she also submitted artwork for the Schools Banner Competition run by Taronga Zoo.
- Max M (4C) Competed in the Open Recorder Solo at the Ryde Eisteddfod on Sunday – He scored 95% and was Highly Commended. What an outstanding effort, Max.



BECAUSE OF HER, WE CAN

8-15 JULY 2018

Berowra Public School - Road Safety Education



When Driving your children to school, it is always safer to drop your children on the school side of the road. If they need to cross the road always use the pedestrian crossing. Our crossing supervisor will help them cross safely



Attendance

Attendance at School

If a child misses an average of nine days per term, (that's less than one day a week) during their primary school years, they would have missed a whole year of learning by the time they reach Year 7. To give your child the best chance for success at school you need to send them *every day!*

It's Cool to be in School

Student Wellbeing

At our school we have very high expectations regarding student behaviour and I am very happy to say that all of our children reach those expectations most of the time. We use a positive approach to student discipline by setting clear limits, recognising appropriate behaviour and applying consequences to inappropriate behaviour. Behaviour that infringes on the safety of others such as harassment, bullying or anti -social behaviour of any kind is not tolerated from anyone and will be responded to appropriately.

We understand that children will occasionally make the wrong choice and we work with them to make better choices should that or a similar situation arise again. We encourage our students to let us know if a situation is occurring that they can't handle and we support them by providing them with the skills they need to rectify the situation or we intervene appropriately.

If your child comes home and shares a concern that involves another student at school we ask all parents to contact the class teacher in the first instance.



When someone says or does something unintentionally hurtful and they do it once, that's RUDE.

When someone says or does something intentionally hurtful and they do it once, that's MEAN.

When someone says or does something intentionally hurtful and they keep doing iteven when you tell them to stop or show them that you're upset—that's BULLYING.

Under no circumstances are parents to make contact with another child in regards to a conflict that is happening at school or on the way to and from school. It is inappropriate and often escalates the problem.

If you have concerns or an issue arises please let the school know so we can deal with it appropriately.

Health and safety is everyone's responsibility

Emergency Procedures

Evacuation Alarm – bell will ring continuously.

• When this alarm sounds, evacuate locking the door behind you and assemble on the oval.

Lockdown Alarm – intermittent bell will ring.

• When this alarm sounds move to the closest secure point such as an occupied classroom, hall, office or the library and follow the directions of **the staff** member. Stay low, remain out of sight, keep the door and windows locked, and pull the blinds down.

For your safety and the safety of others, if an emergency occurs when on our school site, please follow the directions of staff until given the all clear.



LIBRARY NEWS -

BOOK CHARACTER PARADE NEXT TUESDAY 21st AUGUST

To celebrate Book Week we will be holding our annual Book Character Parade next Tuesday 21st August from 12.00 to 1.00pm in the school hall. Parents are most welcome to attend. Children are encouraged to choose their favourite book character and help create a simple costume to wear to school on the day.

Book Week celebrates the amazing creative talents of our Australian authors and illustrators. Judges from the Children's Book Council read hundreds of books and then choose the six best in six categories to go on the short list. Winners will be announced next Saturday. The literary and illustrative talents of our Australian authors are among the best in the world of children's literature. Each class has chosen a shortlisted book to study in depth and their wonderful displays will be on show in the library next week.

Our whole school Literary Trivia Competition will be held in the afternoon. This is a fun way to involve all the children in the wonderful world of literature.

A SAUSAGE SIZZLE will be available at lunchtime as well to help raise funds for the Year 6 Farewell. Cost is \$3.00 each. Students are asked to pre-order their sausage sandwiches.

BOOK FAIR THANK YOU

To all parents, grandparents and friends, a huge thank you for supporting our Book Fair last week. We raised in excess of \$3,000 which converts to give us around \$700 to spend on library books. As well, our generous school community donated over 50 books to the library. These will be processed as soon as possible and will feature your child's name on the presentation certificate in the front of the book. Thank you one and all!

PREMIER'S READING CHALLENGE

Many children have participated in the PRC this year. If your child has completed the required number of reading texts, could you let the class teacher/library know so that they can be validated by the school? The children will then receive their certificate sometime in November.

Jennie Smith

DRAMA NEWS -

The Arts Alive Drama Festival was held at the Concourse Theatre on Wednesday 1st August.

The children performed their plays so well! They were a credit to Berowra School in the way they behaved and in the presentation of two entertaining plays. We are so proud of them!

Thank you again parents for your encouragement and support of the senior and junior drama groups.

A wonderful team effort!



Brittani Lloyd and Jennie Smith





BAND NEWS -

BEROWRA PS CONCERT AND EXPLORER BAND AND AMPED UP ROCK THE WOODCHOP FESTIVAL

Congratulations to the Concert Band and Explorer Band who performed four pieces at the Woodchop Festival. The band sounded fantastic and really enjoyed the experience of playing for an audience. For many of our younger players it was their first concert outside the school. Well done to all our band. In the past three weeks the band has learnt three new songs—Star Wars, Hit the Spot and Surfin' USA and we have combined the Training Band with the Concert Band to create the Explorer Band!. Our younger players are really enjoying playing with the older students who are mentoring our new players. Band rehearsals are on Tuesday and Friday 7.50am-9.00am.

The school band has a new conductor this term in Naomi Lewandoski who comes to the band with years of music teaching and conducting experience in schools across Sydney. Naomi is the Conductor of the Asquith Girls HS Choir and the Wahroonga Adventist HS Choir, she is also a member of the Cameraygal Lane Cove Concert Band who are winners of State Band Championships.

On Wednesday 29th August, the band will be playing with Asquith Girls HS and a number of other Primary School Bands in the Hornsby area at the Asquith Girls Musicale Night. We are very much looking forward to this exciting event and will combine with all the bands to play a piece together as well as two pieces on our own. The concert is at Asquith Girls HS Hall 6.30-8.30pm. Tickets \$5 for Adults with children free.

<u>Amped Up Rockband</u> also rocked the Woodchop Festival last Sunday with some sunny tunes and they sounded awesome! Thanks also to our wonderful parents for your help at the Woodchop. Amped Up will be playing next Sunday 19th August at Asquith Boys HS Community Fun Fair.

Any children interested in learning an instrument can contact Naomi for further details at bpsbandconductor@gmail.com.



1L NAIDOC Day Recounts After NAIDOC Day 1L wrote recounts after brainstorming words together about our experiences.

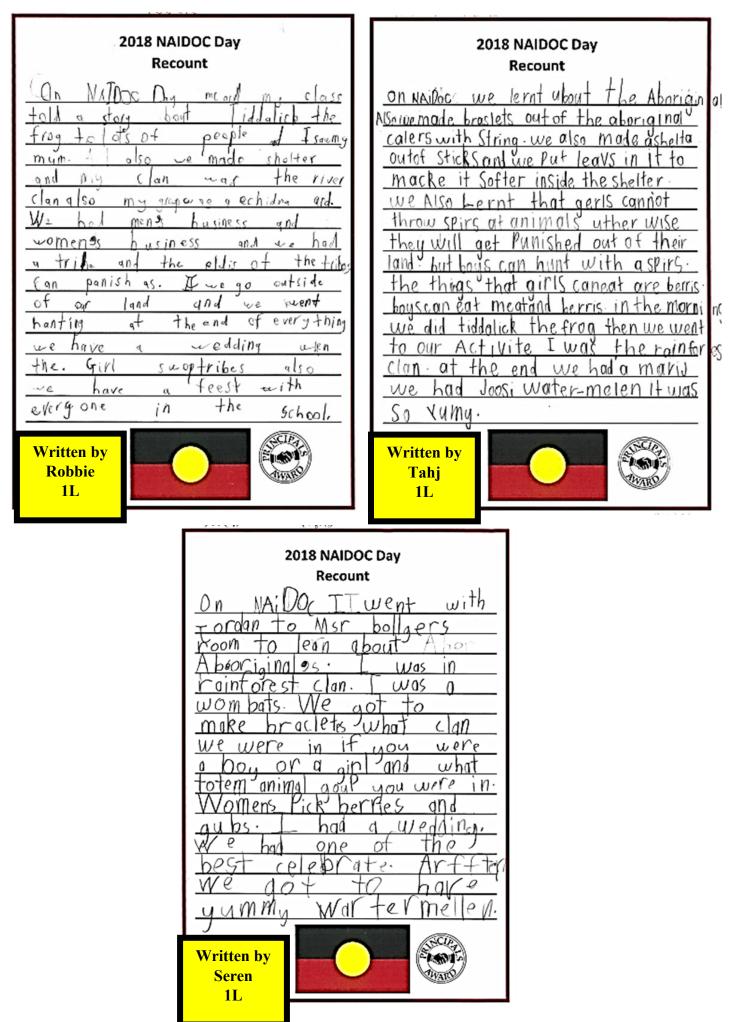
2018 NAIDOC Day Recount

| Dn | MO doc | day | We | di l | Some | actives |
|-------------|---------|-----------|---------|-------|-----------------|---------|
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| balls | or bean | bags | : Bee | USe | I | Was |
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| 191 | | Went | t | to | play. | _ |
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Written by Nikolai 1L



| 2018 NAIDOC Day 9.8.18 |
|--|
| Recount |
| Necodine |
| On MAJOOC day we pertered that |
| we were Alariation's the elder's |
| were people who make sur that |
| errupie does the right thing. Also |
| the boy elder's had to hant stiff |
| like wombot's allow kangaroos also |
| Naturuses and emo's and echidura. |
| In fact at the end we had a |
| corroboree it was so funny when |
| the girl's in year one and the |
| the givis in year one and the boy's had to be wichterty wrab's |
| and then the piri's had to bick |
| up the bow's. Also I and Bella |
| were in the Kalnforest clon we had |
| green for the Rainforest and pink |
| for girl's and red for Rangaroo's. |
| In fact I found a stick Shaped |
| like a mini sie einashot and if vou |
| bats you have to bring a stick |
| with flom's on top to a difert |
| zohe |
| Weitten ha |
| Written by Evie |
| 1L mrs9 |
| |



Page 6

| Sent Out | Subject | Distribution | Response before |
|-------------|---|-------------------|--------------------|
| 21/2 | School Contribution | K-6 | ASAP |
| 21/2 | Classroom Resources | K-6 | 22/3 OVERDUE |
| 28/3 | Lake Burrendong Camp balance | Stage 3 | 23/8 |
| 9/5 | Year 4 Broken Bay balance | Year 4 | 11/9 |
| 9/5 | Year 3 Gibberagong balance | Year 3 | 20/9 |
| 25/7 | Term 3 Gymnastics | Year 1 | 9/8 OVERDUE |
| 1/8 | Teddy Bears Picnic | Kindy | 16/8 OVERDUE |
| 15/8 | Book Week events - Character parade, trivia, sausage sizzle | K-6 | 21/8 |
| 15/8 | Arts Alive Choral Concert | Selected Choir | 31/8 |
| 15/8 | Hornsby Music Festival | Selected groups | 30/8 |
| 15/8 | NRMA Road Safety Day | K-6 | 30/8 |
| 16/8 | Zone Athletics Carnival | Zone Reps | 23/8 |

Most notes are on the BPS website under 'Our School' tab—'Missed a Note?'

'Parent Online Payment' (POP) is the departments preferred payment method. Don't forget to send a permission form to the class teacher.

New money collection procedures -

- BPS payment/permission envelopes with cash or cheque enclosed are not to go to the classroom teacher any longer.
- Gold coin donation for mufti days can still go to the classroom and will be collected by the organising group.
- All money envelopes and permission notes are to be posted in the letterbox attached to the wall in the office foyer. This can be done by children or parents prior to school or during recess and lunch.
- Please DO NOT put canteen money in the box.
- Money collection days are still Tuesday and Thursday.
- The Department's preferred method of payment is Parent Online Payment (POP) accessed through the school website, by clicking on 'Make a Payment' tab.
- You can access POP any time, any day.

Permission Envelopes and Slips

Please remember that teachers need parental permission for your child to participate in excursions, incursions, sport and other school activities. Unfortunately, payment is not proof of permission.

A signed **PERMISSION ENVELOPE** is sufficient if paying by cash or cheque and a signed **PERMISSION SLIP** if paying through Parent Online Payment (POP).



ENROL NOW FOR KINDERGARTEN 2019

If your child or you know of a child ready to start school next year make sure they are enrolled so we can include them in our plans for next year.

The Beginners Group commences in Term 4 along with the Orientation Day.

For more information contact the school office on 9456 1319.

| | Upcoming Events | | |
|-------------------------|---|--|--|
| Thurs 16 August | Canteen Pizza Day | | |
| Mon 20 August | Stage 1 Responsible Pet Program | | |
| Tues 21 August | Book Character Parade and Book Trivia Quiz Year 5 lunchtime BBQ Fundraiser | | |
| Thurs 23 August | Kindy Teddy Bears Picnic excursion | | |
| Tues 28 August | Father's Day Stall | | |
| Thurs 30 August | NRMA Road Safety Day | | |
| Fri 31 August | Father's Day Breakfast Zone Athletics Carnival | | |
| Sun 2 September | Father's Day | | |
| Mon 3—Fri 7 September | Stage 3 Lake Burrendong camp | | |
| Mon 10 September | Hornsby Music Festival matinee and evening performances | | |
| Tues 11 September | Fair mufti day | | |
| Mon 17 September | Area Athletics carnival | | |
| Mon 17-Wed 19 September | Year 4 Broken Bay camp | | |
| Thurs 20 September | Arts Alive Choir performance at The Opera House | | |
| Wed 26 September | Interrelate Yr 3-4 6pm, Yr 5-6 7.15pm | | |
| Thurs 20 September | End of term dance performance at 2.45 | | |
| Fri 28 September | Last day of Term 3 | | |
| Sun 7 October | Daylight Saving begins at 2am | | |
| Sunday 14 October | Berowra Public School Fair Day | | |
| Mon 15 October | Staff and students return for Term 4 | | |
| Mon 22 October | Kindy 2019 Beginners Group begins | | |
| Tues 23 October | SSG Teacher Appreciation morning tea | | |
| Mon 29—Wed 31 October | Year 3 overnight Gibberagong Camp | | |
| Tues 13 November | Student Parliament mufti day | | |
| Thurs 22 November | Kindy 2019 Orientation Day | | |
| Fri 23 November | Colour Run-a-thon for charity | | |
| Fri 30 November | BPS Disco | | |
| Tues 4 December | Year 6 Mini Fete | | |
| Tues 11 December | K-2 Christmas Concert | | |
| Wed 12 December | Presentation Day | | |
| Fri 14 December | P&C Christmas Carols | | |
| Mon 17 December | Year 6 Farewell | | |
| Wed 19 December | BPS Wet 'n' Wild Day Last day of the school year | | |

| * | ************************************** |
|-------------------|--|
| * * * ** | Week 2-3 Term 3 |
| KB | Jesse W, Jusuf Y, Ruben S, Micah C, Brody J, Kian G |
| KR | Anna S, Lincoln G, Sophie C, Arshia A |
| KY | Nikhil S, Yaseen M, Noah U, Aggie D, Mikaila B, Noah U, Sienna P, Lucy C, Lenny A, Cooper R, Nikhil S, Jack W |
| 1S | Darwyn F, Zoe P, Cooper B, Aurelia R, Orrin W, Sophie Y, Rocco D |
| 1T | William C, Jack S-C, Mia L, Ruby Mcl |
| 2B | Samantha F, Noah F, Harrison B, Lauren B |
| 2K | Darcy F, April A, Kai G, Sophia D, Ethan N |
| 2P | Xavier A, Luke V, Harry DS, Luke V, Ethan J, Emily F, Sienna T, Adrian U, Atoosa A |
| 3R | Trent H, Aryou Z, Kate F, Asad I, Harry C, Ruby S |
| 3/4A | Keirali H, Luca P, Jade V, Rubin L, Jack W, Katerina McG, James F, Megan D, Sam Y, Owen M, Preston B, Hannah C |
| 4C | Zahlee O, Lily P, Madeleine T, Tara T, Annabelle W, Max M, |
| 4/5K | Isabella J, Cameron P, Dylan D |
| 5B | Cayleigh H, Natasha W, Alexander McG, Jayden B, Grace B, |
| 5P | Jed W, Omar D, Kiara B |
| 6G | Aedan K, Liam BD, Sophia H |

Thank you Coles Berowra for supplying the watermelon for all students on NAIDOC Day.



INTERSCHOOL SPORT

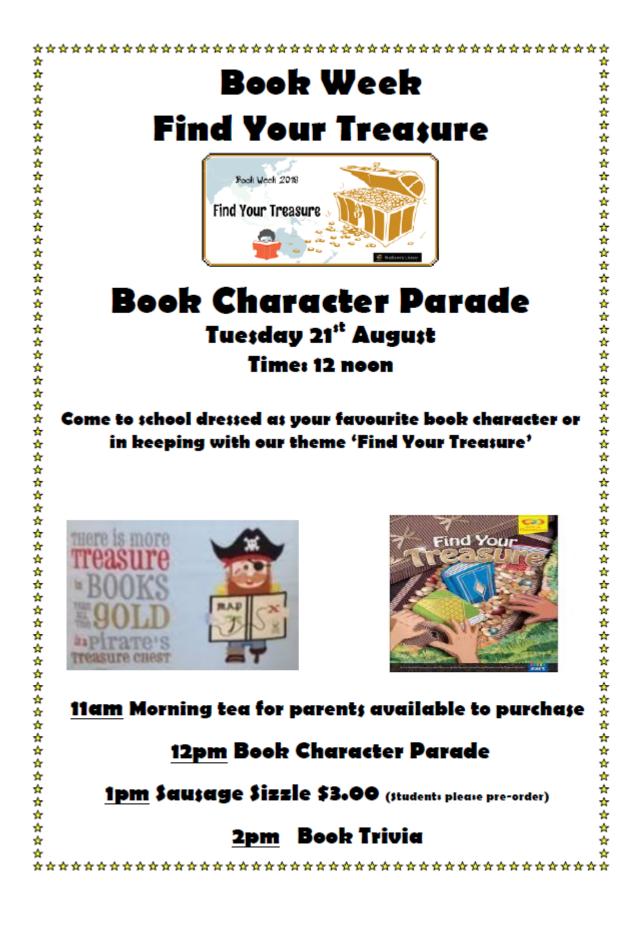
Friday 17th August

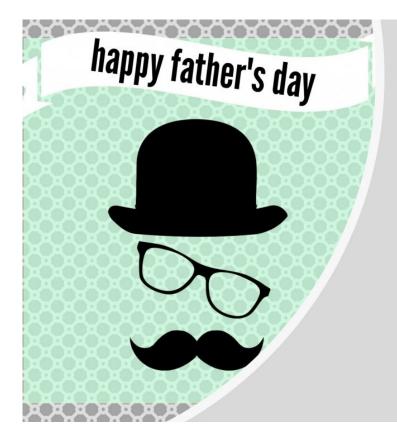
PSSA Semi Finals Senior Football

v Wahroonga at Montview Oval (1.20pm kickoff)

PSSA AFL

always at Foxglove Oval





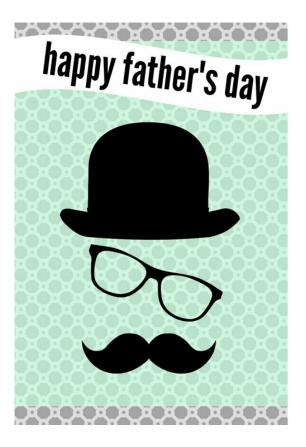
FATHER'S DAY STALL TUESDAY 28th AUGUST

Not only is this a great chance for your child to choose fabulous gifts but also a wonderful opportunity to help fundraise for our school.

There will be gifts available ranging in price from \$2 to \$10.

Children will be taken to the hall by their teacher during the day, so please remember to give your child money and a reusable bag to put their gifts in on the day.

School Support Group



Berowra Public School P&C wish to invite all our awesome dads to celebrate Father's day with a hot breakfast.

Please join us on FRIDAY 31st AUGUST from 7.15am outside the school hall.



Page 13



GIVE FIVE FOR A FARMER

'Give Five for a Farmer' is fundraising for the rest of the

term. Send in all your 5c pieces.

This fundraiser will raise money to 'Buy a bale of hay for

the Farmers'

This is a Student Leadership Team initiative run by BPS School Captains, Vice Captains and Prefects.



BEROWRA RSL

New members can try free for 2 weeks



We swim on Sundays at Hornsby Pool

Community Events

2018/19 REGISTRATION DAY

BEROWRA VILLAGE SHOPPING CENTRE (OUTSIDE BAMBINOS TOO) Saturday 15th September 2018, 10am – 2pm

We welcome all swimming levels. Swimmers are grouped according to ability with handicapping used to promote close racing.

There is also an opportunity to compete at Zone and State levels.

AGES FROM 4 to 24

www.berowrarslswimclub.org or find us on Facebook

AUTISM SUPPORT IN HORNSBY



The Autism Community Network provides free support during school terms for families living with autism conditions. If you would like to meet other carers who understand you or find social opportunities for your ASD child and their siblings, please contact us or come along to our free support group meetings

HORNSBY SUPPORT GROUP - EVENING

When: First Tuesday 7.30 to 9.30 pm Venue: Hornsby RSL Club— in the Sports Lounge

HORNSBY SUPPORT GROUP - DAY

When: Venue:

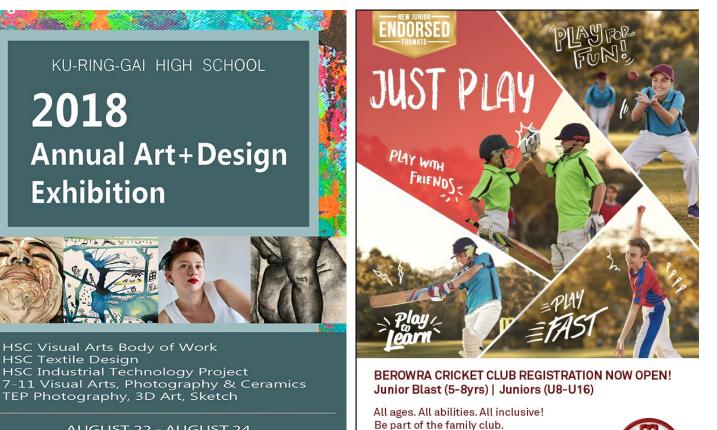
Fourth Thursday 10 am to noon Hornsby RSL Club— in the Sports Lounge

For more information :

www.autismcommunity.org.au | info@autismcommunity.org.au | 9543 9036







AUGUST 22 - AUGUST 24 Wednesday: 6:30pm - 8:30pm (official opening 7pm) Thursday, Friday: 9am - 5pm•

www.berowracricket.org Enquiries: bccjuniorenquiries@gmail.com

Online registration:





More information and tips to switch off: Search 'turn off the TV' at www.healthykids.nsw.gov.au



Health Northern Sydney Local Health District

Children's Book Week 2018 FREE Children's Book Week Performance

Come and celebrate the Children's Book Week with the fun and engaging musical TREASURE HUNT!

This is a fabulous gateway into accessing the best in Children's literature; celebrate the CBCA shortlist books and the 2018 theme FIND YOUR TREASURE. TREASURE HUNT! is an educational

and highly engaging musical. It explores the issues of sustainability and our relationship with the natural environment as well as celebrating how books and reading can create understanding and bring people of different backgrounds together.

 Children 7 and under must be accompanied by an adult.

 When:
 Thursday 23 August 5.30pm

 Where:
 Homsby Library 28-44 George St, Hornsby

Cost: Free Bookings: No bookings required



For more information about your local library visit hornsby.nsw.gov.au/library











We would like to thank our Fair Sponsors BPS Fair Bronze Sponsors



| 100m | 1 st | 2 nd | 3 rd | 4 th |
|--------------|------------------------|-----------------|-----------------|-----------------|
| 5 yrs Boys | Ashton M | Yusef Y | Jaxson F | Yaseen M |
| 5 yrs Girls | Evie M-M | Nina P | Aggie D | Anaya A |
| 6 yrs Boys | Ethan F | Dylan H | Oliver B | Kian G |
| 6 yrs Girls | Alaura L | Luca R | Audrey R | Vari Y |
| 7 yrs Boys | Tahj K | Noah F | Benjamin C | Sam L |
| 7 yrs Girls | Maddie B | Tasha V | Zoe P | Рорру С |
| 3 yrs Boys | Brady M | Nate C | Jakob R | Callum H |
| 8 yrs Girls | Ivy U | Holly R | Olivia F | Freya N |
| 9 yrs Boys | Callum L | Taj G | Marcus Z | Ayden P |
| 9 yrs Girls | Sophie H | Liliana K | Anouk D | Tahnee W |
| 10 yrs Boys | Zane D | Eric H | Alex J | Matt S |
| 10 yrs Girls | Jessica C | Timeka C | Anna P | Lucy H |
| '1 yrs Boys | Julian C | Benjamin O'C | Jackson C | Joshua W |
| 1 yrs Girls | Annaliese S | Emma E | Charlotte S | Isabella J |
| 2 yrs Boys | Jake Da S | Kamden H | Maximus V | Liam C |
| 2 yrs Girls | Rachel D | Alicia S | Megan W | Kusisa L |
| 200m | | | <u> </u> | |
| unior Boys | Zane D | Eric H | Callum L | Cameron P |
| unior Girls | Anna P | Timeka C | Ava A | Zahlee O |
| '1 yrs Boys | Julian C | Jackson C | Benjamin O'C | Joshua W |
| 1 yrs Girls | Annaliese S | Annabelle H | Naomi R | Annaliese S |
| 2 yrs Boys | Jake Da S | Kamden H | Liam C | Maximus V |
| 12 yrs Girls | Evie P | Alicia S | Rachel D | Megan W |
| 800m | | | | |
| lunior Boys | Zane D | Cameron P | Zeke J | Taye C |
| lunior Girls | Anna P | Ava A | Tahnee W | Cayleigh H |
| 1 yrs Boys | Jackson C | Julian C | Joshua W | Alexander McG |
| 1 yrs Girls | Annabelle H | Charlotte S | Grace B | Isabella C |
| 12 yrs Boys | Jake Da S (New record) | Liam C | Jensen G | Daniel V |
| 12 yrs Girls | Alicia S | Rachel D | Alex P | Jasmine C |

| Long Jump | 1 st | 2 nd | 3 rd | 4 th |
|--------------|-----------------|----------------------|--------------------|-----------------|
| Junior Boys | Zane D | Alex J | Harvey | Zeke J |
| Junior Girls | Lucy H | Cayleigh H | Jessica C | Keirali H |
| 11 yrs Boys | Julian C | Ben O'C | Jackson Carter | Josh W |
| 11 yrs Girls | Naomi R | Annabelle H | Katrina D | Kaiya H |
| 12 yrs Boys | Jake Da S | Liam C | Lincoln V | Jonathan C |
| 12 yrs Girls | Kusisa L | Alicia S | Evie P | Ellora M |
| | | | | |
| High Jump | | | | |
| Junior Boys | Callum L | Dean G | Eric H | Zane D |
| Junior Girls | Timeka C | Alana A / Cayleigh H | | |
| 11 yrs Boys | Jackson C | Julian C | Ben O'C Robert W | |
| 11 yrs Girls | Emma E | Annabelle H | Kiara B | |
| 12 yrs Boys | Liam C | Lincoln V | Kamden H Jake Da S | |
| 12 yrs Girls | Jasmine C | Megan W / Millie T | | Ellora M |
| | | | | |
| Shot Put | | | | |
| Junior Boys | Dean G | Cameron P | Rhyan K | Zeke J |
| Junior Girls | Zahlee O | Lucy H | Cayleigh H | Skye T |
| 11 yrs Boys | Alex H | Omar D | Jacob B | Aedan C |
| 11 yrs Girls | Emma E | Annaliese S | Natasha W | Araliya K |
| 12 yrs Boys | Liam C | Jake D | Lincoln V | Mac T |
| 12 yrs Girls | Megan W | Ellora M | Alicia S | Millie T |



Cybersafety for students

How to behave online

Staying safe online is partly up to how you behave. Think about:

- How am I portraying myself to others and why?
- Do I treat others respectfully? Do I treat others as I would like to be treated?
- How do I make decisions about my behaviour when online?
- What message am I giving the world with my photos online?
- What is the impact on me? My family and friends?
- How would I feel if my information or images were seen by others?
- Have I kept my personal details private?
- Who knows my passwords and my numbers?
- How do I respond to inappropriate behaviour from others?

Bullying online (cyberbullying)

Bullying online (sometimes called cyberbullying) is using technology to deliberately and repeatedly bully someone else. It can happen to anyone, anytime, and can leave you feeling unsafe and alone.

Bullying online can include:

- abusive texts and emails
- posting unkind messages or images
- imitating others online
- excluding others online
- inappropriate image tagging.

Bullying online can be offensive and upsetting and you don't have to put up with it.

If you are being bullied, stay CALM and THINK clearly:

- Do not respond to the message when you're angry or upset.
- Tell someone: a parent or carer, relative, adult friend or teacher.
- Ask your teacher if your school has a policy in place to deal with bullying if it happens online.
- You can speak to someone online at Kids Helpline <u>http://www.kidshelp.com.au/</u> or call them (free) on 1800 55 1800.



Protect yourself on the phone

- Give your phone number to friends only.
- Keep your mobile phone away from those who shouldn't have your phone number.
- Use ID blocking on your phone to hide your number when you call others.
- Think about whether it is appropriate to send your messages or make a call.
- Regularly check privacy settings on your mobile phone
- For help use the privacy features on your phone call your mobile company's customer care number.

Protect yourself on social networking sites

- Regularly check and re-set the privacy settings on your social networking profiles
- Most social networking profiles start with minimum privacy; make sure you select the settings you need to share your personal information only with those you want to.
- Don't share your passwords, even with friends.
- Think about whether you would want other people to see your images; some images should not be posted in public places.

Report it

- Keep records of calls or messages that are offensive or hurtful.
- Visit the Office of the eSafety Commissioner's Report Cyberbullying section at <u>https://www.esafety.gov.au/complaints-and-reporting/offensive-and-illegalcontent-complaints/report-offensive-or-illegal-content</u> for advice about reporting and direct links to social network and online gaming websites reporting pages.
- If you are physically threatened call the police in your state or territory.
- Report serious online bullying to https://www.esafety.gov.au/complaints-and-reporting

TAKE A STAND TOGETHER BULLING. NO WAY. www.bullyingnoway.gov.au