



# TEMPE HIGH SCHOOL

Innovation, Opportunity, Excellence  
Unwins Bridge Road TEMPE NSW 2044

TERM 2,  
WEEK 3, 2012

Phone : 9558 2023  
Fax : 9558 9460

## FROM THE PRINCIPAL

Welcome back to Term 2. Looking back over the first term we had a remarkably busy term with a full range of activities and events including our Harmony Day. With the start of this term all students should be recharged and ready for an exciting term of learning and challenges.



**Ms Maggie Fountoulis - Deputy Principal**

I am pleased to announce that Ms Fountoulis has gained through merit selection the position of Deputy Principal (D.P.). She will look after years 7, 9 and 11 whilst our other D.P. Mr Dassaklis looks after years 8, 10 and 12.

Ms Hijazi (Maths) has taken a D.E.C. technology position and replaced by Dr L Wilson.

### PLEASE NOTE.....

All absences need to be explained in writing and notes handed into the office on your child's return.

Students going on extended leave outside of normal school holidays need to notify the school in writing before they leave.

### EARLY LEAVER PASS.....

Notes signed by parent/guardian **must be** handed into the front office in the morning for processing prior to your child's departure.

**Your co-operation in this matter is greatly appreciated.**

## P & C NEWS

Would you like to be more involved in your child's education? Would you like a say in the employment of executive and teaching staff? Do you want to know more about our programs, organisation, funding and resources?

If your answer is YES to one or all of the above, then I urge you to come along to our Parents and Citizens Association meetings, the 2nd Tuesday of each month.

The P & C plays a vital role in selection of staff, assisting with resourcing and general advice regarding educational issues from a parents perspective.

Below are the topics for 2012 which are discussed at each meeting as well as updates from the Principal John Fairburn and topical issues. Help decide how to spend our P & C funds.

Come along—you will be most welcome

### Meeting Dates:

8 May	Student well being and disciplinary procedures
12 June	Subject choices for your child
14 August	Naplan results
11 September	University course selections
9 October	New National Curriculum
13 November	Voice of the Students
11 December	Wine and cheese evening



### Homework and Study Tips

Homework helps distil and expand on concepts learned in the classroom. Relaxing, getting organised and using good time management are all ways to help make homework less of a stress for the whole family.

For a host of great tips that will have teen blitzing their homework, see the School A to Z homework tips under the homework and study link:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips>



### Year 12

As the year is flying by and year 12 Half-Yearly Exams are over, the first welfare issue I want to address is stress. Many of the year 12 students are feeling the added pressure of the impending exams and are beginning to feel stressed. Both students and parents are to be reminded of the necessity of a calm and balanced approach to study and exam preparation. Family support and relationships are essential tools in your child's success.

The only stress that compares to being a senior student is being the parent of a senior student. Here are a few tips to help you support your child in the long and arduous journey of the HSC:

- Encourage an organised and balanced approach to their lives; help develop a study regime and stick to it, keep them focused on SMART goals and concentrate on the "big picture" rather than isolated issues
- Avoid comparing them to siblings or friends as this can promote stress, anxiety and self-consciousness
- Set aside time to listen to them; sometimes they need to vent and can benefit from your experiences and strategies to cope with pressures
- Encourage a healthy balance between social; study and recreational activities
- Monitor diet, especially breakfast; nutrition is an essential ingredient to study and for general health
- Keep an eye on their sleeping pattern; they need plenty of sleep to function well (approx. 8 hours)
- Celebrate with them when they achieve a goal or reach a target, no matter how small. Achieving goals is a powerful motivator
- Watch for mood or behaviour changes to avoid crisis management or acute stress situations. Remember you can always contact Year Advisors if you have any concerns

*Remember signs of stress around exam and assessments are normal and often a healthy sign that your child is working hard!*

**CAREER NEWS**

Year 10 careers lessons begin in Week 3 and will prepare students for their job Interview Assessment in Term 4.

Some important dates/events to consider:

**UPCOMING EVENTS !****\* TAFE careers Information EXPO****\* Talk with teachers, counsellors and student services**

When:  
Wednesday 9 May      4.30 → 7.30pm

Where:  
Ultimo TAFE  
827—839 George Street  
Marcus Clark  
Building W  
Level 8

Register at:  
[www.sydneystafe.edu.au](http://www.sydneystafe.edu.au)

Contact:  
1300 360 601

**\* Law Parent & Student Information evening**

When:  
Thursday 10 May      5.00 → 8.00pm

Where:  
Law Building,  
UNSW Kensington campus

Register at:  
[www.law.unsw.edu.au/ps](http://www.law.unsw.edu.au/ps)

Contact:  
(02) 9385 1197 for further information

**SMH HSC and Career Expos (families)**

Thursday 31 May—Sunday 3 June  
Moore Park, Fox Studios

Thursday 21 June- Sunday 24 June  
Olympic Park Homebush

**University Open days**

University of Technology  
Saturday 25 August

University of Sydney  
Saturday 25 August

University of Notre Dame  
Saturday 25 August

University of New South Wales  
Saturday 1 September

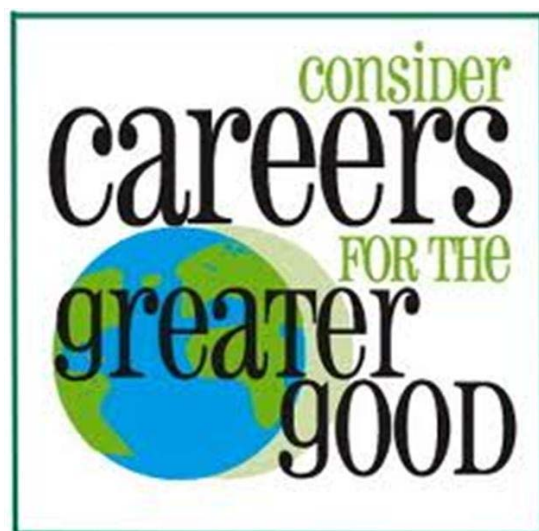
Macquarie University  
Saturday 8 September

University online Application due  
Friday 28 September

HSC results released  
Wednesday 19 December

ATAR results released  
Thursday 20 December

Final change of preferences for University courses  
Saturday 5 January 2013





**PDHPE****Open Girls' Basketball team 2012**

Unfortunately our girls were beaten by a pretty fierce Randwick Girls team however they played very well and the effort was outstanding! Special mention to Petrina Singh for her excellent defence and rebounds, Cleona Ha for her silky skills around the court and tenacious attitude and Bonnie Poon for her big three pointers! It is such a pleasure to take students like these out to represent the school. They all did Tempe High School proud!

Mr Hartley– Sports Teacher



Open Girls' Basketball team 2012

**School Cross Country Champions**

Dimitrios Vavayis	Year 7R
Jessica Zhang	Year 7B
Vijaya Sainju	Year 7B
Zara McGuire	Year 7Y
Noah Eljerban	Year 8R
Emelie Marques	Year 8Y
Sophie Wines	Year 9A
William Zhang	Year 10V
Cian De Bhaldraithe	Year 11R
Petrina Singh	Year 11R
Lachlan Burrows	Year 11R
Cleona Ha	Year 11R

These outstanding runners will be representing the school at the Bligh Zone Carnival on Wednesday 23<sup>rd</sup> May at Sydney Park! Ready to eat up those hills!!!

Mr Hartley-Sports Teacher

**MATHEMATICS**

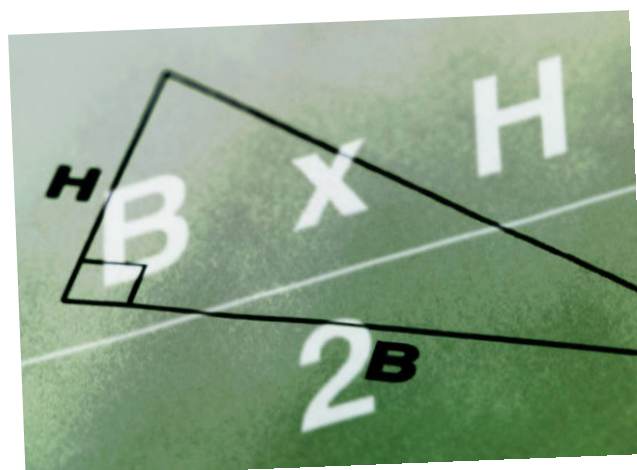
Dear Parent/Guardian

Each year, Tempe High School enters students in a range of external academic competitions. This is done to extend and enrich the academic opportunities for students and allow for recognition of outstanding performance.

While entry to competitions is open and encouraged for all students, it is an expectation of the school that all students in the Gifted and Talented and Selective classes enter, as a minimum, the University of New South Wales ICAS competitions, and the Australian Mathematics Competition.

Competition	Cost Per Student	Organising Teacher	2012 Date
Australian Mathematics Competition (A.M.C.)	\$5.00	Mr Wilson/ Ms Sellis	2.8.12
ICAS Competition	\$7.00	Mr Wilson/ Ms Sellis	14.8.12

$$5^{10} 784.36 \times 9 \div 1 = 2.71372$$



**IMPORTANT DATES****May**

8 May	P & C Meeting 7.00pm in Library
11 May	Year 12 Half Yearly Reports distributed
15-17 May	Year 7 and 9 NAPLAN tests
17 May	Visit by Federal Education Minister - Mr Peter Garrett
22 May	I.C.A.S. Computing
25 May	Year 7 Bullybusters

**June**

7 June	Year 7 and 10 Vaccinations
11 June	Queen's birthday holiday
14 June	School Athletics Carnival
19 June	Years 7 / 11 / 12 Parents/Teacher meeting
29 June	Last Day of Term 2

**July**

17 July	Students commence Term 3
---------	--------------------------

**Uniform News at Tempe High School****Attention all parents and students**

We have a second hand clothing pool at the school. If you have uniforms that you no longer need and that are still in good condition you could donate them to the school. Just bring them to the school in a bag marked to my attention. If you need an item of clothing you can email me and we can arrange a time mutually convenient to see our stock.

Please remember to label all uniforms as there are a number of jumpers in lost property with no names. If these are not claimed they will be recycled.

I hope you will find this new P & C initiative useful and please contact me if you would like to help establish and maintain this service.

Thank you ☺

Tanya Burrows  
P & C President  
Email: [lantlburrows@bigpond.com](mailto:lantlburrows@bigpond.com)

or

contact the school 9558 2023 with your phone number and they will contact me



**PEER SUPPORT CAMP**

The years 7 and 11 peer support camp took place from Monday 12 to Wednesday 14 March at Camp Toukley. It was a great way to bond and make new friends while having an awesome time.

There were many activities to try at the camp. These included terrifying feats such as the leap of faith (jumping to nothingness from the top of a giant ten metre pole—Eeek!) and the giant swing (self explanatory, really), which were not for those afraid of heights. There were some closer-to-the-ground activities as well, such as canoeing, snorkelling, archery and one of my personal favourites, beach activities (which involved a lot of splashing and sand). Each of the groups got to try all of these activities, and more.

During our time at camp, we had a disco night and a trivia night. Both were really fun, especially the disco night, where prizes from best dressed to best hairdo were awarded to people. Song requests were taken by the DJ, and Ms Palmer busted out some moves. Everybody danced, more than a few conga lines were formed, and it was the perfect way to spend our last night at Camp Toukley.

When the time came to leave, everybody was sad about leaving Camp Toukley and heading back to school, but we all missed our families and were glad to be going back home. In my opinion, the 2012 peer support camp was awesome. It helped me to make new friends, and to conquer my fears. It also helped me to realise how much fun it is hanging out with your friends for three days straight! I can't wait until our next camp!

Clio Davidson-Lynch—Year 7







Tempe High P&C presents the inaugural

# TUNE INTO TEMPE!!

**IT'S FIRST IN, BEST DRESSED!!**

**Do you sing, or play in a band? Do you play a musical instrument?**

**AFTERNOON**

**Wednesday, 23 May 2012**

**4pm to 6pm**

**School Hall**

Then please contact  
**Heather Davidson** at  
[hmdavid@bigpond.net.au](mailto:hmdavid@bigpond.net.au)  
**Or Emile Norrish**  
[emile.norrish3@det.nsw.edu.au](mailto:emile.norrish3@det.nsw.edu.au)  
with

- your name (or name of the band)
- what year you're in
- max 2 pieces per act
- what sort of music you play
- what instruments are involved.

Our Choir along with our Concert and Jazz Bands will also get to showcase their talent. We're looking for Drama students to act as MC's for the afternoon.



**Sausage Sizzle with the first 20 sausages free!**



*So bring your PARENTS AND FRIENDS and come and listen to some cool sounds!!*



## MINUTES TEMPE HIGH SCHOOL P &amp; C – 14 Feb 2012

**Meeting opened: 7.00pm**

**Motion: Acceptance of previous minutes** – Moved and accepted by Louise Roberts no amendments

**Principals Report:**

- Great attendance tonight, fantastic to see so many new families at the school, due to number our next meeting will move **to the library**
  - **Slide show presentation**, showing presentation day and swimming carnival
  - **HSC and School Certificate results** – the majority of subjects are showing an improvement in the upper and lower bands with many subjects showing no students in the lowest Band 5-6, a large proportion of objectives set by the school have been either met or exceeded
- Improvements have come from
- an increase in teacher training
  - better mentoring of student in subject selection for years 11 & 12

**Wed 7th March – year 7 progress reports**, opportunity to meet the teachers

**23rd March Harmony Day** – parents can attend the school – more information to follow

**Accident Insurance** – Are our students covered for injury while attending school? Yes BUT ONLY if it's a sporting event but not any other subject. The P&C Federation provided basic cover for students but it would cost over \$4,000 for the P&C to do this- perhaps parents can insure independently if they feel it's necessary. In 2013 we can revisit this and perhaps include it in the school fees

The ABC Four Corners Program last week visited three Australian schools to discuss the issues around **quality teaching and student outcomes**. John said \$ is allocated by the department and sometimes he has little control over expenses that often blowout eg electricity

Could THS introduce teacher shadowing/mentoring as was described in the program?

Its a great program but unfortunately the school can't afford it, class-rooms have an "open door policy" where others teachers/deputy principals can sit in on a class if required.

**Ms Evangelinos - CAPA (Creative and Performing Arts)**

Julie Evangelinos the head teacher of CAPA, gave us an up-date on activities around the school

**Expression of Interest booklet** was sent home with students outlining CAPA activities

A new full time music teacher is being advertised very soon

**Choir** will commence Thursday 23rd Feb

**Music Tutoring program** – will commence shortly and expression of interest form returned to school ASAP

**Jazz band** has commenced – students need to audition for the Jazz band

**Concert Band** is held Wed 7.45am, students new to music will need a tutoring prior to starting the band, please speak with Ms Evangelinos if you have any questions

**Spring Concert 2012** – will be held on **Wed 5th Sep** in the evening, lock this date in your diary

This event showcases visual arts, drama, music, textiles and multi-media from yr 7-11 students, there are also lucky door prizes and a huge raffle - it's a great night

It was agreed that the school needs a Band Committee. This will be a sub-committee within the P & C dedicated to assisting with Band Organisation. Heather Davidson, Kay Orchison, Maria Amaral to contact Tanya Burrows after meeting and further discussions. If you are interested please email Tanya at: [lantlburrows@bigpond.com](mailto:lantlburrows@bigpond.com)

Has the school considered a uniform for the students to perform in? No, but this is a great opportunity for students/parents to design a shirt for the performing arts department

Perhaps \$ could be allocated by the P&C to assist with the setting up of the Band committee/Uniforms etc. Tanya to discuss with Sub committee and report back at next meeting



**Treasures Report**

- **Current balance** – \$5,532.24 less Library Resources \$1,225.36 (chq given to John tonight)
- **Projector** – waiting on quotes, John to follow up, vote to spend \$ was agreed upon last meeting
- **Motion to increase yearly P&C fees** – John to ask if there has been any change to the number of parents paying the P&C fees with the increase from \$5/family to \$10/family, perhaps we can look at a further increase for next year
- **Possibility of extra fund raising** eg. Sausage sizzles, etc. Any interested parents??

**Business from previous meeting**

- **Secondhand Uniforms** – if you are interested in second hand uniforms email Tanya [lantlburrows@bigpond.com](mailto:lantlburrows@bigpond.com). Donated uniforms can be dropped off with Wendy in the front office
- **Traffic committee** – Louise Roberts is the head of the THS traffic sub-committee. Louise to meet with the SRC to discuss any problems from the student's perspective. There are not too many issues to do with traffic, a good start to the year. Reminder to all parents to drop off children safely and a few streets away from the school, if possible

**General Business**

- **Tours of the school** – are held twice a year for year 6 parents and on education week (information to follow)
- **EFT (electronic funds transfers)** – Would the school be able to make EFT available to parents for payment of school fees and excursions etc.?? The school doesn't have electronic banking and the current accounting software doesn't allow for it
- **Lockers** – can lockers be installed, space problems prevent installation
- **Year 7 feedback** – introduction of a European language
- **Heavy Math's text book** – there is no where to store Math's books, students could use CD-ROM in yr9
- **Hats** – the caps provides inadequate sun protection, could it be re-designed or updated. Yes this is possible; students can have a project to re-design the current cap. John to follow-up with CAPA staff

**Meeting Finished:** 8.10pm

**Next Meeting:** 13 March Annual General Meeting in the Library – all positions in the P&C Executive will be declared open and a new committee elected

**Remember gold coin donation enables you to vote and become a financial member of the P&C**

**Future P & C Meetings -**

8 May	Student well being and disciplinary procedures
12 June	Subject choices for your child
14 August	Naplan results
11 September	University course selections
9 October	New National Curriculum
13 November	Voice of the Students
11 December	Wine and cheese evening



## MINUTES TEMPE HIGH SCHOOL P &amp; C – AGM 13 March 2012

Meeting opened: 7.03pm

#### Election of New Office Bearers:

- **President: Tanya Burrows** nominated by Christopher Small, seconded Sophie Norved, Unanimous
- **Vice President: Christopher Small** nominated by Rosemary Monin, seconded Tanya Burrows, Unanimous
- **Vice President: Karen Turvey** nominated by Tanya Burrows, seconded Christopher Small, Unanimous
- **Treasurer: Louise Roberts** nominated by Tanya Burrows, seconded by Christopher Small, Unanimous
- **Secretary: Leonie Sinclair** nominated by Tanya Burrows, seconded by Rosemary Monin, Unanimous
- **Band Sub-committee: Heather Davidson**, Unanimous
- **Traffic Sub-committee: Louise Roberts**, Unanimous
- **Uniform Sub-committee: Julie Tomlin and Christine Tran**, Unanimous

**Acceptance of previous minutes** – Moved & accepted by Christopher Small, seconded Sophie Norved

#### Principals Report:

- **Update Year Advisor's Comment on Students Report**, currently the year advisor spends a large amount of time on commenting on each individual's student report. The school would like to change this. One suggestion is to change this to a personal student's reflection of how well the student feels they are doing at school. The year advisor could discuss this reflection with individual students or in a small group setting.  
Parents response, some valued the idea, others opposed and questions were raised as to how accurate the comments are, yr 7 parents couldn't respond as they hadn't received a report. John to ask SRC and will report back next meeting as reports are due for completion soon.
- **School Development Day**, teachers are currently focused on how to move students from a Band 5 to Band 6 result. Teachers with experience in receiving Band 6 results are mentoring this with other teachers at the school. Previous examples; Computing was targeted as an area that needed improvement last years. Support and individual learning plans are helping students that currently performing below minimum standards, ie always receiving a Grade E.
- **Art Express – yr 8 last week**, great opportunity to see what outstanding (Band 6) work looks like in preparation for the HSC.
- **HSC and School Certificate results** – Slide presentation results from last month's P&C will be available in the schools annual Report
- **Year 8 camp last wk and Yr 7 this week** – parents report students had a great time
- **Year 7 Interim Report Night – feedback** – could the music be amplified next time? Some amplification is possible but then its difficult to communicate with teachers, parents found it difficult to find each individual faculty, perhaps banners would be helpful, some teacher were not present (this is difficult as teachers give up their time to attend), food was great.
- **23rd March Harmony Day** – parents welcome starts 12pm – note and text to follow shortly
- **Meeting of the SRC about traffic** – there were too many students at camp to get SRC together. John Fairburn has been in touch with **Newtown Traffic and Speed Management Manager** about THS receiving **flashing lights** at the school. Response THS has a risk score of 39.43, the next roll out is applying flashing lights to schools with risk score >70 we they are on the list but not quite at the top..... You are on the list however this will take some time before it is rolled out to you. The current rollout is until the end of June 30th. It could possibly occur later this year or early next year. John to follow up to find out if this figure would be higher if they knew that students are crossing the road to attend classes at Tempe Primary School.

**ESSA Results - Essential Secondary Science Assessment slide presentation – Maggie Fountoulis**

- **Levels are reported in ESSA** – in Level 1-2 (lower levels) THS results low numbers of students in these levels, level 5-6 (higher levels) THS is well above State average, THS looking for a continual move into level 5 and 6 for next year. Compared to SSG (Same School Group) THS results are way in front of similar school groups. THS Science teachers are often asked to please explain how they are achieving these outstanding results. Outstanding effort THS Science teachers & students.

**Treasures Report**

Cheque Account \$1672  
 Cash reserve \$ 2644  
 Cheque for \$1225.36 for library resources

**Business from previous meeting**

- **Uniforms** – John was investigating the option of adding a scarf to the Winter Uniform, he showed us an example from Lowes and asked what we were prepared to pay...response \$12 range the example was \$25.99
- **Secondhand uniforms** – there are secondhand jumpers and other items available
- **Traffic committee** – Louise Roberts is the head of the THS traffic sub-committee. Louise to meet with the SRC to discuss any problems from the student's perspective. There are not too many issues to do with traffic, a good start to the year. Reminder to all parents to drop off children safely and a few streets away from the school, if possible.
- **Student Accident Insurance** – decision collectively the P&C can't afford this, parents raised the question into if we actually need the insurance as some parents already have private health insurance, some parents can't afford private health insurance. P&C to look into insurance cover more closely and find out what this policy covers. Vote taken look into this item again for next year. Unanimous
- **EFT (electronic funds transfers)** – The school does not currently have electronic banking due to the current accounting software; this may change in the future as the software is upgraded.

**General Business**

- **Hats** – the question was raised by one of the parents that perhaps the design of the hat is not the issue with the students not wearing the hat? SRC to be asked their opinion on the hat before a redesign occurs.
- **Bag Storage Area next to sports field** – when it rains bags (often containing laptops) are often getting wet on the sports field, could a bag storage area (a shelter with hooks) be installed?
- **Band committee** – music teacher's position is currently being advertised. Question was raised if it would be possible to host a band afternoon on a Tuesday or Wednesday to lift the profile of the band and music within the school? Everyone agreed this was a great idea. Music afternoon will be announced shortly.
- **Toilets** – are there enough toilets? When children are getting changed for sport there are not enough toilets for each child No. Boys toilets locks are broken and these are getting fixed
- **Large Chess Set for playground** – vote was taken to provide a large chess set to the value of \$300, vote carried.
- **Certificate of appreciation** to be given to the Lollipop man on Unwins Bridge Rd who was out in the terrible weather 8/3/12.
- Website to be updated and have current information and P&C minutes

**Meeting Finished:** 8.01pm

**Next Meeting:** 8 May - **Student well being and disciplinary procedures**

**Future P & C Meetings -**

12 June	Subject choices for your child
14 August	Naplan results
11 September	University course selections
9 October	New National Curriculum
13 November	Voice of the Students



**National Assessment Program—Literacy and Numeracy 2012  
Letter to Parents**

In May 2012 the National Assessment Program—Literacy and Numeracy (NAPLAN) will be completed by all students in Years 3, 5, 7 and 9 in all government and non-government schools. NAPLAN has the support of all State and Territory Education Ministers and will assess the literacy and numeracy learning of students in all Australian schools.

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the national minimum standard.

Background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student's right to privacy is maintained.

The tests will be conducted across Australia for all students from 15 - 17 May 2012

<b>TUESDAY 15 MAY</b>	<b>WEDNESDAY 16 MAY</b>	<b>THURSDAY 17 MAY</b>
<b>Language Conventions</b> (Spelling, Punctuation and Grammar)  <b>Writing</b>	<b>Reading</b>	<b>Numeracy</b> (Number, Algebra, Function and Pattern; Chance and Data; Measurement and Space)

In the Numeracy tests students do not require any measuring tools such as rulers protractors. In Years 7 and 9 there will be two Numeracy tests: one where a calculator is allowed and one where calculators are not to be used. For the calculator test, the student should use the calculator that they currently use at school.

**Friday 18 May**—A 'catch-up day' day is scheduled for students who missed a test or were absent on a test day.

Students may be considered for exemption from the tests if they are newly arrived in Australia (less than one year before the test) and with a language background other than English, or if they have significant intellectual and/or functional disability.

All other students are expected to participate in the tests. Special provisions which reflect the student's normal level of support in the classroom will be provided for students by the school. Large print, Braille and Black and White versions of the test are available for students with vision impairment.

Access to special provisions and exemption from the tests must be discussed with your school's learning support team and the school Principal, and a parent or carer consent form must be signed. Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents and carers in consultation with the Principal. If you wish to withdraw your child from the tests you must sign a parent or carer consent form. Consent forms are available at your school.

Please make an appointment with the Principal of the school your child attends if you would like further information about your child's participation in NAPLAN.

Additional information about NAPLAN can be found at:

<http://www.naplanforparentsns.com.au>

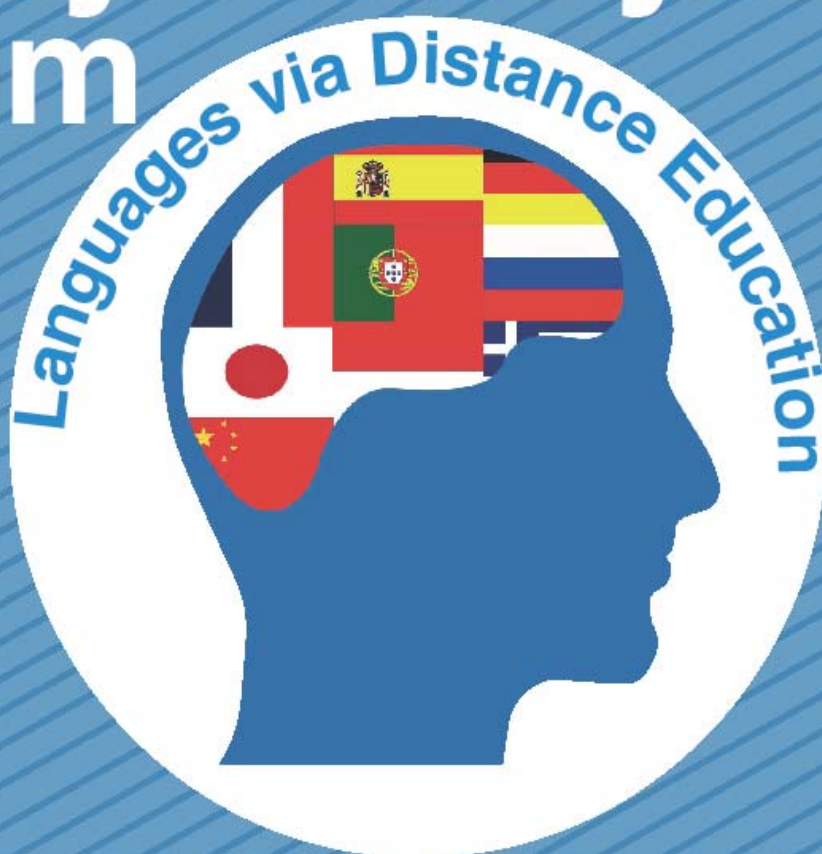
# OPEN HIGH SCHOOL

*Foreign language spells education success..*

## Open Day

Saturday 26 May  
12 - 3pm

Faculty Displays  
Enrolment Info  
Mini Lessons  
School Tours  
Sausage Sizzle



78 Avoca St Randwick  
[theopenhs-d.schools.nsw.edu.au](http://theopenhs-d.schools.nsw.edu.au)



# INSIGHTS

by Michael Grose - No. 1 parenting educator



## Keeping kids safe in a cyber world

Social media sites have taken cyber bullying and harassment to a new level. Here's how to keep your kids safe when online.

Cyber bullying is one of the biggest, safety issues facing young people today. Bullying and harassment online is now commonplace. For instance, over a third of teenage girls have been sexually harassed via the Internet.

The emergence of social media sites has seen cyberbullying go to a new level. Messages and images can now spread like wild fire reaching a huge potential audience in the time it takes to upload an image or shoot off a text message.

Once the family home offered young people an escape from schoolyard bullies. Now the cyber world is so invasive that their bedrooms offer no guarantees of safety any more.

The cyber world is enticing. Young people have always wanted to escape from their parents' world. In the past they hung out in shopping centres and pool halls. Parents tried their best to keep an eye on where their children were and what they were doing.

The online world is now the shopping mall of the 21st Century. Parents have the same responsibility to help kids stay safe in the online world as they do in the real world. 'Stranger danger' and accompanying safe behaviours are just as relevant in the online world as they are in the real world.

Parents should use the same offline preventative strategies to maximise their children's online safety as they've always used. These strategies include: teaching children about the right way to behave online; don't let them spend all night in the cyber world; and ask questions about what they are doing and where they go when they're online.

Parents need to remind kids that things in the online world can spin out of control very quickly. A written message or an image can be circulated electronically so rapidly that the scope and scale of cyber bullying can be greater than any other form of bullying.

The following seven key messages form the basis of an online safety strategy for kids. They should be taught to kids so they become second nature, just as the messages about stranger danger were absorbed by an earlier generation.

### 1. Respect others

Make kids aware that what they send can offend. Discuss with kids the types of messages and images that can cause harm to others when sent. Teenagers often walk a fine line with what they do and say to each other offline, yet it's relatively harmless. The same type of behaviour online however can be a different story.



### 2. Think before you send

Remind kids cyberspace is a very public and permanent forum. A text message or image sent to just one person can be passed to a potentially unlimited number. Once they are sent they're almost impossible to erase and take back.

### 3. Treat online passwords like your house key

Teach kids to keep passwords guarded at all times. Young people can be incredibly trusting of each other, which is to be encouraged. However, there are some things, such as online passwords that they don't share, not even with their best friend.

### 4. Block bullies

Teach kids to block bullying messages. They can filter out messages and addresses online. Similarly, they can block text messages from bullies as well.

### 5. Don't reply to harassment

Bullies can retain proof of your response, which can further be spread around. Besides responding to bullying behaviour often simply encourages the bully to continue.

### 6. Save the evidence

If kids are bullied they should keep the pictures and offending messages. These can be used as proof if the bullies are brought to justice.

### 7. Tell someone

The insidious part of bullying is that kids on the receiving end often don't seek help, as they think there's something wrong with them. Talk with kids about going to a trusted adult, when they feel their rights or safety have been violated. They should with your help report online bullying to the appropriate service provider.

Sticking the proverbial head in the sand regarding kids' use of communications technology is no longer an option for parents. Savvy parents need to learn as much as they can about children's and young people's online lives so they can respond to situations appropriately.

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

PO Box 16188, Hawthorn VIC 3122, Australia. P: 03 9593 1098 F: 03 9593 1722 E: [info@parentingideas.com.au](mailto:info@parentingideas.com.au)

All rights reserved. For more ideas, support and advice for all your parenting challenges please visit our website.

© 2012 Michael Grose

[facebook.com/michaelgroseparenting](https://facebook.com/michaelgroseparenting)

[twitter.com/michaelgrose](https://twitter.com/michaelgrose)



# INSIGHTS

by Michael Grose – No. 1 parenting educator



## It's not okay to be away ... nor to be late to school

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day– and gets there on time.

It sounds simple, but it's true.

The correlation between school attendance and children's achievement levels is well-established. The more time kids spend at school, the more likely they are to experience school success.

Conversely, according to a report from the Victorian Auditor General, students who are regularly absent from school are at the greatest risk of dropping out of school early, and of experiencing long-term unemployment.

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. Also, many teachers tell me, it's often the kids who can least afford to take time off school who are most likely to be serial absentees.

Of course, most people know this intuitively, yet school absenteeism is a huge problem in Australian schools-and much of it is parent-condoned.

It's hard to get an accurate picture across the country but it would appear that Australian students miss an average of between 12 and 15 days per school year, with parent-condoned absenteeism highest among young primary-aged children.

That adds up to a year's lost schooling over the school-life of a child.

In today's highly competitive world, this rate of absenteeism is alarming, putting our kids at a distinct disadvantage.

### That's not a reason to be away!

It's now commonplace for children to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling's birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a sports day or special school event.

This type of absenteeism sends a strong message to kids that parents don't really value learning or their children's school experiences.



Australian kids only spend 15% of their total time at school.

Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.

### Being late is not okay either

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

Current research shows that mornings for most children are the most productive time of the day, with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do, valuable learning time is lost.

### It takes strong parenting....

As a parent myself I know how persuasive children of all ages can be when it comes to taking a day off school. It takes a strong will to resist the persistent pressure that kids can bring to bear, particularly if they play the guilt card with comments such as "It's not fair that I have to go to school today because Aunty is coming to visit!"

Nice try. But the answer should be "No!"

As parents we need to make a commitment that our kids make the most of their precious time at school. That means that we send them to school every day, on time and ready to make the most of the school day.

Of course, there will be times, such as illness or genuinely extenuating family circumstances, when kids should be away. But these need to be a rarity rather than the norm.

It's reassuring to know that you increase their chances of future success just by making sure they turn up to school every day. And of course regular school attendance also helps kids prepare for the workforce, where it will be expected that they turn up each day work-ready. The real world is unforgiving of those who stay away with NO EXCUSE.

[parentingideas.com.au](mailto:parentingideas.com.au) [parentingideas.co.uk](http://parentingideas.co.uk) [parentingideas.co.nz](http://parentingideas.co.nz)

Michael Grose Presentations

PO Box 101, Harrington VIC 3229, p +61 3 9588 1000 f 03 9588 1722 e [info@parentingideas.com.au](mailto:info@parentingideas.com.au)

All rights reserved. For more ideas, support and advice for all your parenting challenges please visit our website.

© 2012 Michael Grose

[facebook.com/michaelgroseparenting](https://facebook.com/michaelgroseparenting)

[twitter.com/michaelgrose](https://twitter.com/michaelgrose)



science schools foundation  
ABN 90 610 500 296

$$E=mc^2$$

# The Science experience

## 2012 - 2013

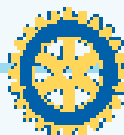
2, 3 or 4 days of Science Activities for  
Students in Years 9 & 10 in 2012

$$\pi = \frac{C}{d}$$

GREAT Idea!

$$F=ma$$

our sponsors...



Patron - Chief Scientist for Australia

UNIVERSITIES & TERTIARY INSTITUTIONS	PROGRAM DATES	APPLY BEFORE
<b>Australian Capital Territory</b> Australian National University, Canberra	3-5 October 2012	2 September 2012
<b>New South Wales</b> Charles Sturt University, Wagga Wagga Macquarie University, Sydney University of New England, Armidale University of New South Wales, Sydney University of Sydney, Sydney University of Technology, Sydney ** University of Western Sydney, Campbelltown ** University of Wollongong, Wollongong	16-18 January 2013 16-18 January 2013 15-17 January 2013 24-26 September 2012 9-11 January 2013 4-6 December 2012 4-6 December 2012 10-12 July 2012	28 October 2012 28 October 2012 28 October 2012 2 September 2012 28 October 2012 28 October 2012 28 October 2012 1 June 2012
<b>Northern Territory</b> Charles Darwin University, Casuarina	23-25 October 2012	1 September 2012
<b>Queensland</b> Central Queensland University, Mackay Central Queensland University, Rockhampton Central Queensland University, Bundaberg Griffith University, Nathan Griffith University, Gold Coast James Cook University, Cairns James Cook University, Townsville Queensland University of Technology, Gardens Point University of Queensland, St Lucia University of Southern Queensland, Toowoomba	28-30 June 2012 28-30 June 2012 28-30 June 2012 22-24 January 2013 25-27 September 2012 26-28 June 2012 2-5 October 2012 22-24 January 2013 22-24 January 2013 25-27 September 2012	1 June 2012 1 June 2012 1 June 2012 28 October 2012 2 September 2012 3 June 2012 2 September 2012 28 October 2012 28 October 2012 2 September 2012
<b>South Australia</b> University of Adelaide, Adelaide Flinders University, Adelaide ** University of South Australia, Adelaide **	15-17 January 2013 3-5 December 2012 11-13 December 2012	28 October 2012 28 October 2012 28 October 2012
<b>Tasmania</b> University of Tasmania, Hobart University of Tasmania at Launceston	15-17 January 2013 29-31 January 2013	28 October 2012 28 October 2012
<b>Victoria</b> The Gordon, Geelong ** Marine Discovery Centre, Queenscliff Monash University, Clayton RMIT University, Melbourne Swinburne University of Technology, Hawthorn ** University of Melbourne, Parkville Monash University, Gippsland University of Ballarat Volcanoes Discovery Centre, Penshurst	4-6 December 2012 15-17 January 2013 15-17 January 2013 22-24 January 2013 18-20 September 2012 15-17 January 2013 21-23 January 2013 24-26 September 2012 3-4 October 2012	4 November 2012 28 October 2012 28 October 2012 28 October 2012 27 August 2012 28 October 2012 28 October 2012 1 September 2012 15 September 2012
<b>Western Australia</b> ‡ Curtin University of Technology, Perth Edith Cowan University, Joondalup The University of Western Australia, Perth	15-18 January 2013 15-17 January 2013 15-17 January 2013	28 October 2012 28 October 2012 28 October 2012

‡ 4 Days of Science & Engineering at Curtin University of Technology, Perth for \$145

\*\* PLEASE NOTE that the University of Technology, Sydney; Flinders University, Adelaide; University of South Australia, Adelaide; University of Western Sydney, Campbelltown; The Gordon, Geelong and Swinburne University of Technology Hawthorne, programs occur during the school term.

New Programme





## STUDENT EXCHANGE

**STS** Student Exchange is a not-for-profit student exchange organisation, with over 50 years of experience and a global network of 22 offices. Our organisation is registered with the Department of Education of New South Wales and a funding member of CASEO (Council of Australian Student Exchange Organisations)

STS has placed many students from all around the world with Australian host families over the last 25 years. We have a number of exchange students who are arriving in July 2012 and are very keen to become part of an Australian family.

From experience the “best” families have come from a request in the school newsletter.

If you prefer to receive an electronic format of this notice, please contact us at: [stsf@people.net.au](mailto:stsf@people.net.au)

or call

1800 263 964

### Why host an exchange student?



**STS Student Exchange are seeking typical Aussie families who are busy, friendly, interested in other cultures and willing to welcome an STS exchange student into their family.**

Aussie families come from all walks of life and all cultural backgrounds, that's what makes up our country. Our exchange students are keen to live in a typical Aussie family and join in your family lifestyle while going to the local high school. Therefore we welcome all families willing to offer one of our exchange students a bed to sleep in, their meals each day and treat their host son or daughter as a member of their own family. Exchange students have their own spending money and medical insurance. While your exchange student is learning about Australian culture, your family members will learn about theirs. What a great way for your children to learn about another country!!

**Call us today to start your adventure! 1800 263 964 or email us [stsf@people.net.au](mailto:stsf@people.net.au) Website: [www.sts-education.com.au](http://www.sts-education.com.au)**



## STUDENT EXCHANGE

**STS Student Exchange, PO Box 666, Hornsby NSW 1630 ABN 35 095790177**

**STS is registered with the Department of Education of New South Wales**

Head Office	:	STS Foundation Pty Ltd t/a STS Student Exchange
Postal Address	:	PO Box 666 Hornsby NSW 1630
Visiting address	:	Suite 2, level 3, 45-47 Hunter St Hornsby
Phone	:	1800 263 964 or 02 9477 4461
Fax	:	02 9477 4393
ABN	:	35 095 790 177