



SCHOOL NEWSLETTER

Cyber Safety Week

Term 3 Week 8
9 September 2020



Upcoming Events

- Cyber Safety Week
Week 8
7-11 September
- Book Week
Celebrations
Book Parade,
Reading on the
Oval, Teachers'
Favourite Book
Thursday
17 September

Please Note

Our **Uniform Shop** is open for orders via email or phone and will be sent home with your child.

A reminder that **student banking** has recommenced. School banking day is Monday.

All relevant school notes and letters are posted on our website. Please click on [Forms & Permission Notes on the front page](#).

Dear St Mary's Catholic School Community,

This week is Cyber Safety Week, which is again being held in line with National Child Protection Week. On Monday, our children in Years 3-6 were part of the National Webinar run by the esafety commissioner about privacy and personal information. Each grade were involved in great discussions about which social media platforms they use and how personal information is shared. This week, every child will receive an updated copy of our Internet and Technology User Agreement. These must be returned to the school by Monday 14th September.

These discussions are timely; yesterday you received a letter, via Compass, regarding a video with graphic content being circulated on various social media platforms. We can't be complacent about the safety of our children online. It is an important reminder that not just this week, but every week, parents and children must have open discussions about the online habits of our children and their social media usage. The children of 2020 are being brought up in a digital world, so it is vital we regularly talk with our children about their digital footprint, how to be safe online, their online privacy, social media safety and responsible online behaviour. We implore you to be actively involved in your child's usage of social media.

When was the last time you discussed with your child: What does your digital footprint say about you? Can you trust everything and everyone on the internet? What would you do if you saw or heard something upsetting or worrying online?

You might find some of these links helpful:

<https://www.esafety.gov.au/>
<https://thecybersafetylady.com.au/>
<https://www.safeonsocial.com/>
https://beinternetawesome.withgoogle.com/en_us/
<https://www.thinkuknow.org.au/about-thinkuknow>
<https://schools.au.reachout.com/online-behaviour-and-social-media>

First Eucharist

The Sacrament of First Eucharist will be celebrated over the next two weekends, the 13th and 20th September. We congratulate these children and hope that you feel the peace of our Lord with you as you receive Him for the first time in Eucharist. Enjoy celebrating this special day.

Book Week Celebrations

Next Thursday 17th September we will be holding our Book Parade with the theme 'Curious Creatures Wild Minds'. The Book Parade itself will be held in staggered sessions this year. Parents will not be able to join us as normal on the playground, but we will be taking many photos on the day to share. We can't wait to see what the children (and teachers) dress up as. Have you organised your child's costume yet?

Summer Uniform

The changeover date to our summer uniform is the first day of Term 4. As the weather becomes warmer, your child is welcome to wear their summer uniform earlier. Next term is the final time students will wear the 'old' style uniform. From the beginning of 2021, all students will be wearing our new uniform.

Year 5 Sacred Space

Tomorrow, September 10, Year 5 will share their Sacred Space with the school at 1.50pm. As no parents can join us on school grounds, we will send a Zoom code to Year 5 parents via Compass on the morning of the Sacred Space. We welcome you to join us in this way.

Condolences

Our thoughts and prayers are with the Rogers Family (Cohen 1 Blue, Kyah 4 Gold) whose great grandmother passed away last week, and the Hale Family (Nixon, 1 Blue) whose grandmother passed away last week. We hope you find comfort and peace during this difficult time.

Kind regards

K Williams

Kevin Williams
Principal

Emma Sellars

Emma Sellars
Principal

Parish Details

Ph. 8379 1730
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Office Hours. Monday,
Wednesday & Friday
9am - 12pm

Merit Awards

Jarl M
Adalita S
Grace L
Lennox I
Lillian M
Harrison C
Harrison L
Flynn B
Tyde A
Mia M
Eden D
Archie H
Chase C
Cooper S
Ellie C
Owen M
Rose M
Piper E
Thomas M
Sosefo K
Coco T
Isla C
Louis G
Zac W
Tayla G
Havi M
Jonah M
Toby W
Shelby M
Jessica R C
Patrick C
Charlie T
Toby S
Mia J
Cooper O
Jayden S
Bede B
Jayden F
Mason J



From Our REC

Father's Day

Thank you to the many families that sent in photos. If you have not seen the beautiful slide show celebrating the significant males in our children's lives, have a look on our Facebook page. Thank you Year 1 for leading our Father's Day Liturgy and for those parents that joined us on zoom.

First Eucharist

The Sacrament of First Eucharist will be celebrated here at St Mary's over the next two weekends. If you would like to share a couple of your photographs from this celebration please email them to catherine.kyle@dbb.catholic.edu.au. We will put together a reflection on this celebration once the sacrament is completed.

From Our Librarian

The following is something that I have put in previous newsletters. Given that our school is focusing on Cyber Safety this week I think it is timely for us to consider how much screen time is happening at home. How can you ensure that your child is getting enough sleep? Do you have technology free nights in your house each week? Do you have a curfew set in place for screen devices?

Screen Time Vs Dream Time

Is your child getting enough sleep? Does your child have trouble going to sleep? Is your child playing with an electronic device at bedtime? Dr Chris Seton is a Paediatric and Adolescent Sleep Physician at Westmead Hospital. I was fortunate to hear him speak about the developing trends in children's sleep patterns and the importance of getting a good night's sleep. Here are some points for you to consider.

1. The most googled personal question is: Why am Itired?
2. The 3 pillars of good health in children and teens: Good sleep, regular exercise & good nutrition
3. Until the age of 18 young people need at least 9 hours' sleep. If you are the parent of a teenager then yes, your 14 and 15 year old needs as much sleep as your 8 year old.
4. Getting a good night's sleep provides resilience and mood protection in the face of stressful situations.
5. A US study of 30,000 kids revealed 96% used their screen devices in the hour before bedtime.

Please keep the many children in Years 4, 5 and 6 in your prayers as they prepare to make the Sacrament of First Eucharist.

Year 5 Sacred Space

This Thursday Year 5 will share their learning in Religious Education with our school community. The zoom link will be sent via compass on Wednesday 9th September.

Cath Kyle
Acting Religious Education Coordinator

School children enrolled for the First Eucharist are encouraged to attend weekend Masses prior to the Celebration of the First Eucharist. During these Masses you will be introduced to the parishioners. The parishioners will continue to pray for you whilst you prepare to make the Sacrament of First Eucharist. Please come to Mass and receive this uplifting grace. Thank you.
from Lina, Sacramental Coordinator

6. In Australia 65% of 9-10 year olds have chronic sleep deprivation that impairs their learning. A report by the Gratten Institute found that one in three primary school children were passively inattentive and not engaged in learning due to late bedtimes and less sleep.

7. Active screen activity of phones and games is worse than passive screens of TV and DVDs.

8. Screens rely on blue light to give picture clarity. The size of the screen determines the intensity of the blue light. Smaller screens emit stronger blue light. Blue screen light lowers melatonin and tells the brain to 'wake up'.

9. Electronic devices such as iPads, iPods, tablets, computers and smart phones are best kept away from the bedroom to ensure a good night's sleep.

10. Establish a digital curfew. Have your children 'power down' their devices at least two hours before bedtime so their bodies can start producing more melatonin to ensure a good night's sleep.

A good, old fashioned bedtime story always works best !!!

I recommend that every parent and grandparent check the Australia Government website <https://www.esafety.gov.au>. There is a tab for parents that has excellent information across a range of subjects and free online webinars for parents to access throughout September.

AND LAST BUT NOT LEAST

Who is ready for our Book Parade Fun Day, Thursday 17 September? Have you got your costume ready? Only 8 days to go!

A Spotlight on Year 6



Canteen News

This week's soup of the day on Friday 11th September is Minestrone.



Due to changing work or family commitments a few volunteers are no longer able to help out in the Canteen. If you have a spare couple of hours, just once a month, and are able to support students by volunteering in the canteen, please contact the office.

Reminder

The school canteen is **CLOSED** on Tuesdays.

Donna & Janet

Star Awards

Roman M
Amarli G
Anne T
Alex T
Koa F
Zara B
Oscar G
Tai G
Ayla C
Zoe D
Matilda S
Bethany M
Marcella R
Jaime Lee S
Hudson D
Yumi S
Brock S
Elly S



Cyber Safety - Child Protection Week

This week we have had greater focus on "Cyber Safety" and educating our students on how to be safe online. We have found that many students are using social media apps or sites. We have had a focus on their "Digital Footprint" and how once it is put online it is there forever, even if they delete the post, image or message. While the internet can be a wonderful place it is also something that needs to be supervised with great vigilance.

"Most of the big social media platforms already have minimum age limits, which require users to be at least 13 years old to join. And the message it sends should be clear, these platforms are not made for young children.

While platforms like video sharing giant YouTube and Facebook with Messenger Kids, have made forays into kids only versions, it's also important for parents to remember even these sites are not 'set and forget' and there have been instances where young children have been exposed to inappropriate content while their parents are in the next room." (Julie Inman Grant eSafety Commissioner)



Tomorrow 10th September is R U OK? Day – a day dedicated to inspiring and empowering everyone to meaningfully connect with people around them by asking the simple question "Are you OK?" Now could be a great time to ask your child, young or old, as well as the adults we live or work with "Are you OK?" and to support them in the event that they are struggling. You can find great information and resources about how to have an "Are you OK?" conversation ["here"](#).

If you have a high school aged child however, you are already aware that having a meaningful conversation with a teenager can be tricky. This can also be true for some of our older Year 5 and 6 children. That's why ReachOut Australia has created resources to help parents help their young people. Find out how you can effectively communicate with your child ["here"](#) and some practical things to try to engage your teenager in a meaningful conversation ["here"](#).

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