Major Excursion updates

Opera House Excursion – This Week – Wednesday, 6th to Friday, 8th August.
Stage 2 Excursion – Year 3 & 4, Lake Ainsworth, Week 6 – Wednesday, 20th to Friday, 22nd August.
Stage 3 Excursion – Year 6, Canberra, Week 5 – Sunday, 10th to Saturday, 16th August.

Please make sure you finalise all medical forms and payments for your children’s major excursions.

Before School Supervision

The School’s supervision roster starts from 8.45am. There is no adult staff member available to ensure the safety of children in the playground prior to 8.45am. However, there is available within the school, a Before and After School Care Service. This service operates from 7.00am each morning. They can be contacted on 6624 4928.

Online Safety

Tips for Parents:
- If you don’t already, get to know the Internet. It’s important to familiarise yourself with what is available to your child online
- Talk to your children about the importance of online safety and show them how to put this into action, including passwords and privacy settings
- Set up the computer in a public area in the home – making supervision easier
- Install safety software (anti-virus, filter and spyware software)
- Reassure your children that you are there if they need help
- Create a contract or online rules with your children including times of use, information that can and can’t be shared, and pictures that can and can’t be posted online
- Take your child seriously if they report anything unsafe on the Internet and forward your concerns onto your Internet Service Provider and to police

Tips for children:
- Be careful who you talk to in chat rooms or on instant messenger
- Ask permission to use chat rooms
- Tell your parents or carer if someone says something to you in an email or chat room that makes you feel uncomfortable or unsafe
- Remember that people are not always as they seem online
- Never tell anyone your name, phone number or school
- Do not send a photo of yourself to anyone: it can be very difficult to remove these later
- Never tell anyone your credit card or bank details
- Never make plans to meet anyone you find online – people you meet online aren’t always who they claim to be
- Talk to someone you trust if there are people online that make you feel uncomfortable

FACEBOOK

It has come to my attention that a number of students have ‘Facebook accounts’. Attached to today’s newsletter is some information from the Education Department and Facebook.
Of particular interest is the information about how old a child should be to have a Facebook account. The Facebook site states “If Facebook learns that they have collected information from a child under the age of 13, they will delete that information as quickly as possible”. Facebook has also requested that they be contacted if they have any information from a child under 13. Names of students, as per Facebook guidelines, will be forwarded to Facebook if the school is made aware of students having accounts and they are under the age of 13.

Mark Spencer,
Principal

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**School Banking Rewards now available!**

New reward items for the School Banking program are now available for Term 3! Term 1 and 2 items can also still be ordered. The items currently available are:

- **SWIMMING BAG – NEW!**
- **MONEY BOX – NEW!**
- **PENGUIN OR SHARK KEY RING**
- **WHALE SHARK PENCIL CASE**
- **SCENTED PENCILS**
- **HAND BALL**

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for these exclusive School Banking reward items in recognition of their continued savings behaviour. There are 2 new items to come in Term 4 as well!

Remember our school earns 5% commission on every deposit made (to a maximum of $10 per individual deposit).

If your children are not currently involved in the School Banking program and you would like to know more, please ask for a 2014 School Banking program Information Pack from the School office.

Thank you for supporting the School Banking program and don’t forget that Wednesday is School Banking day!

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**Dates to Remember – Term 3**

**Week 4**
- **4th – 8th August**
  - Monday  NAPLAN trial Yrs 3&5
  - Wednesday  Opera House excursion

**Week 5**
- **11th – 15th August**
  - Friday  NR PSSA Athletics day
  - Sunday  Canberra excursion – Yr 6

**Week 6**
- **18th – 22nd August**
  - Wednesday  Lake Ainsworth excursion Yr3/4

**Week 8**
- **1st -5th September**
  - Wednesday  2015 Kindergarten “Big School Excursion and information evening

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**Nutrition Snippet**

The simplest way...

...to food shop on a budget

*Here are our five top tips to save money while shopping for your fruit and veg.*

1. Create a weekly menu plan
2. Write a shopping list based on menu plan
3. Compare prices using ‘unit pricing’ (per kilo/100 grams) if available
4. Buy fruit and vegetables that are in season, or pick the canned/frozen option if cheaper (and just swap them)
5. Limit your purchases of processed pre-prepared snacks/meals

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit