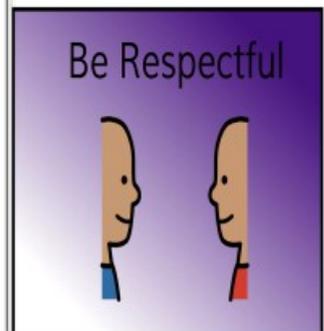
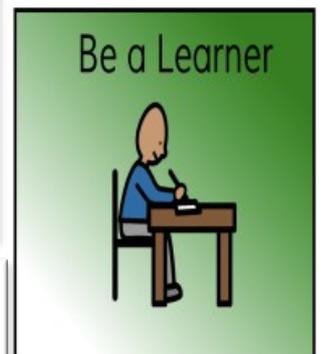


# Harmony Day



## IMPORTANT DATES for Term 1 & 2 — 2023

Apr 6<sup>th</sup> – School Council AGM/ – End of term one. 2 pm finish

Apr 7<sup>th</sup> – Good Friday – Public Holiday

Apr 24<sup>th</sup>—Term 2 Commences

# Parents and Friends Club

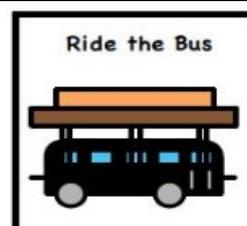
President: Michelle Boyle Secretary: Tona O'Connor  
Treasurer: Jodie Lennon

## Easter Raffle

Raffle tickets for the Easter raffle are available from the office. \$2 each or 3 for \$5. Donations for prizes are still being accepted and greatly appreciated!



### SOUTH GIPPSLAND SPECIALIST SCHOOL: BUS CHAPERONE/DRIVER CONTACT INFORMATION UPDATED: 2022



BUS RUN	DRIVER	CHAPERONE	CONTACT NUMBER
Korumburra	Alan McHeachern	Wendy Green	0417 161 287
Nyora	Leonie Somerville Smith	Kaz Dowling	0407 405 580
Welshpool	Greg Caple	Laura Rowe	0438 360 418
Taxi	Neil Green	Ellie Moriaty	0409 006 326

# Friendship Group

Friendship Group is back in 2023! This term we are meeting at recess on Mondays in the middle years yard. We eased back into things for the first session and did some mindful colouring that will be made into bookmarks. We met again in week 8, where we had a go at making masks.

We have some exciting ideas for the coming terms that we would love to turn into reality. If anyone has any colourful balls of wool they are willing to donate, it would be greatly appreciated.



# Token Winners!



Well done to token winners.

Robbie, Seven, Kaiden T, Xander, Teaniesha, Luke, Zandar, Ayden, Kaiden D, Mitchell, Charlie, Damien, Jasmine, Julia and Ryder.



# Award Winners





# ROADIES

All sites

## The Summit Autumn Camp

Are you between the ages of 13-17 years old and have an NDIS plan? If so, join us on the Autumn ROADIES camp experience! The perfect way to meet new friends, try new things and get a taste of our ROADIES Camps!

### DATE

- Wednesday 12th April - Friday 14th April 2023

### LOCATION

- The Summit, Trafalgar East

### OUT OF POCKET COST

- \$100 (covers accommodation, meals and activities)
- NDIS plan charges will be discussed with you to ensure your specific support needs are met

### WHAT TO PACK

- Medication and Medication Forms
- Hat
- Sunscreen
- Packed morning tea and lunch for first day
- A CHECKLIST WILL BE PROVIDED WITH THE ITINERARY



## Time Table

ICG Office	Drop - off	Pick - up
ICG Latrobe	11:30am	2:30pm
ICG Bass	10:30am	3:30pm
ICG East	9am	4:30pm

## NDIS Benefits and Outcomes

- Social participation in the community
- Meet new people and develop friendships
- Increase your capacity to access your local community
- Development of your life and independent living skills
- Improve and develop your communication skills
- Opportunity to access new activities and try new things
- Selfcare for carers and participants

For further information please contact us or scan the QR code to register your interest

1300 736 765

www.icg.asn.au

# This Week's Award Winners



Room 1: Kaiden for excellent work in circle time.

Room 2: Andrew for being persistent in coming to school with a broken leg.

Room 3: Ayden for good listening in circle time.

Room 4: Aylah for being a special friend to everyone.

Room 5: Tyler for being respectful to staff at Gippsland Tech School

Room 7: Away on Camp

Room 8: Aleshia for fabulous participation in circle time.

Room 9: Michaela for completing all of her Mapbook tasks

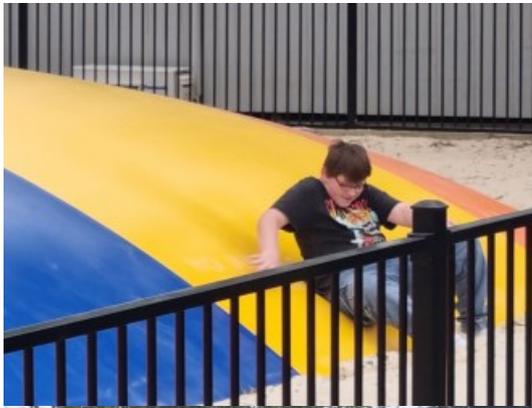
Room 10: Grace for cooking up a storm for Harmony Day



# Room 7 Camp



# Room 7 Camp



# E-Smart School



## Inappropriate Content

Young people have access to a virtually limitless world so parents should be aware of the risks.

### What is inappropriate content?

The internet offers young people amazing opportunities to connect and learn, but it can also expose them to content that is both age and developmentally unsuitable.

Content on the internet is not sorted into age or appropriate areas and without supervision and guidance, a child can either unintentionally or purposely find content that is sexually explicit, extremely violent or inappropriate. We know that exposure to this type of content can also be psychologically damaging.

Just as you would ensure that the books you read to your child are age appropriate and the TV shows they watch are suitably rated, you should monitor what your child is doing, and where they are going in the digital space.

Most internet users will at some stage come across confronting content online and in the majority of cases this will not cause long-term harm. Problems can arise when this exposure is constant and is not discussed with a parent who can provide a balanced view.

Some specific examples of potentially damaging content for children and teenagers include sites which encourage eating disorders or self-harm. For young people with mental health issues such as depression or an eating disorder, these sites can be damaging as they create an environment where users may normalise behaviour which is harmful (for example encouraging self-harm, or extreme calorie restrictions).

Be aware that young people can find these sites easily.

Most of these disturbing websites are not 'illegal' which means that they will remain online and it is up to a parent to monitor and manage. You would not feel safe allowing your child to wander aimlessly through a large city, alone and in the middle of the night so remember that the internet is like a large city, full of good and bad and a place that a child needs to be supervised.

The issues of curiosity and exploration are the same for every generation, but the internet means there is far more information which is far more easily accessible. Parents may once have looked up a 'rude' word in a dictionary—children today will Google the word instead. Rather than looking up pictures of nude bodies in a biology textbook, kids can now access pornographic content very quickly online.

### What can I do to protect my child online?

The most important thing you can do is engage in open and honest communication. Use the internet together and make it part of your family's activities. The more you explore together, the more you will learn about their online behaviours and interests.

# E-Smart School

## Inappropriate Content

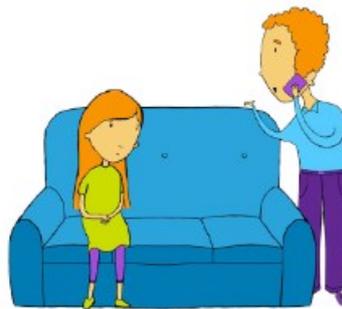
More options include:

- **Have a home-based 'Acceptable Use Agreement'**. You have rules in the real world about what your expectations are, you can have similar rules and consequences for the internet.
- **Use an internet filter**. These can be downloaded for free or purchased from a retailer. Remember that sometimes filters fail, and they can be bypassed by a tech savvy child. Make sure your filter is working.
- **Use parental controls**. You may not be aware that computers, tablets, smartphones and gaming consoles have some level of parental control—for example, the ability to block access to certain categories of websites. These are not the default settings, so you must activate them yourself. Some search engines allow parents to restrict content and some modern modems have parental controls.

### Talk with your child

Talk early and talk often! Ensure that you regularly talk with your children about their online experiences. Check with them about any inappropriate or scary content they may have come across and reinforce that there is nothing so bad that they cannot tell you about it. If you hear about a site which concerns you, have a look for yourself. Let them know that they should come and tell you when they have any problems online, see something that they know is wrong, or anything that upsets them and most importantly they will not get in trouble.

Children often fear telling a parent about an online issue as they think this will result in blocking their access to the computer and internet. Don't threaten to disconnect your child—this will only cause them to keep online problems hidden from you.



As part of being an ESmart school we will be sending through the newsletter some tips on how to talk to your children about issues around E safety. Today I would like to send out a pamphlet about what content is appropriate and what to do if your child comes across inappropriate content. This is just a guide in what you can talk to your child about if this happens. This is often an issue as students get older although all children may come across inappropriate content and so it is important to be having these conversations.

I hope you find this helpful and if there are other topics about being online that we can help you with please contact the school and we will attempt to help you.

# SGSS Trivia Night

## 2nd September 2023

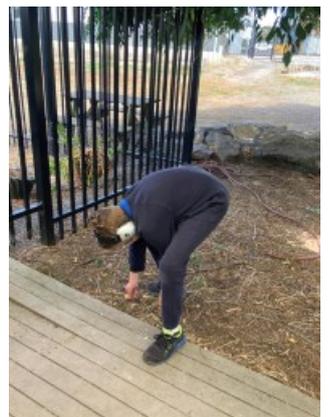


Dave O'Neil will be the MC for our 2023 Trivia Night! Dave is a comedian, actor, writer television and radio presenter. You may have seen him on Spicks and Specks, The Project, Have You Been Paying Attention and Hughesy, We Have a Problem. Dave has also been a part of many radio programs. He is excited to come and host our night and will provide some comedy between rounds of questions.

We have limited tables available, to secure your table please contact the office as soon as possible. At \$25 per person you will be in for a night of fun, games and laughs!

## Clean up Australia Day

Our students working hard for Clean Up Australia Day





Dear families

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

[Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation

[Why sleep is so important](#), from the Kids Helpline's

[Sleep explained](#), from the Better Health Channel.

# Words from the Office

Dear Parents and Carers,

We have had a very hectic start to the year with many staff and student absences as well as some staff leaving. We say good bye to Michelle Ironside, who will be leaving from the start of term 2. We wish her all the best with her new position and hope that she has enjoyed her time with us. We currently have two teacher positions advertised and are working with the education department to try and recruit possible candidates.

## **SCHOOL COUNCIL ELECTION**

School council elections are still on and do not close until March 31st. If any one is interested in being a school council member just fill in the self nomination form in the office.

## **CAMPS**

Camps are on this term and next term. Room 7 have been to Ballarat this week and have had a lovely time. Next week Room 9 go to Phillip Island for three nights. In term 2, Room 8 are going to Ballarat and Room 10 are going to the Mornington Peninsula. Room 3 and 4 will be going to Waratah Beach Camp. This years camps are free because of the Positive Start Program.

## **HARMONY DAY**

On Tuesday we celebrated Harmony Day by cooking and tasting a variety of foods from other cultures. We had Korean Fried Rice, Dutch profiteroles, Pakistan Butter Chicken, Damper, Spanakopita, Polish Salami, and a Maori Fish dish. It was an amazing celebration of cultures and was enjoyed by all.

## **REPORTING ABSENCES**

Just a reminder that all families need to let the office know if your child is going to be absent. This can be a phone call, or recorded on COMPASS.

## **SECOND HAND CLOTHES**

The school is accumulating a large amount of second hand clothing. If you would like spares please let the office know what you would like.



Heather Braden

Principal

Tania Pell

Assistant Principal



**TOGETHER WE GROW.**  
**Stay safe and healthy**