

# Moyston Primary School

NEWSLETTER No. 232 31st July 2019



Moyston Primary School aims to develop in our students a purpose of belonging and an understanding of the importance of taking responsibility for their own learning. This is to take place in a caring learning environment that engages students to work towards achieving their personal best in an atmosphere of mutual respect and cooperation, and assisting them to become valued members of the community.



Marching practise today ahead of our rescheduled School Sports which will be held this Friday in Stawell!

**Acting Principal Natalie Dowsett**

03 53542537

[moyston.ps@edumail.vic.gov.au](mailto:moyston.ps@edumail.vic.gov.au)

[www.moystonps.vic.edu.au](http://www.moystonps.vic.edu.au)

[www.facebook.com/  
moystonprimaryschool](https://www.facebook.com/moystonprimaryschool)

## **SWIMMING TOMORROW (1/8)**

Parents are to pick up students from the Ararat Fitness Centre at 3.20PM

**MOYSTON & DISTRICT SCHOOL  
SPORTS FRIDAY!**

STUDENTS ARE TO BE AT NORTH PARK IN STAWELL NO LATER THAN **8.30AM**

**FULL SCHOOL UNIFORM**

# Term 3 ~ Calendar of events...

<b>T3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Week 3	29	30	31	<b>AUGUST</b> 1 INDOOR SWIMMING LESSONS 3.20PM PICK UP ARARAT FITNESS CENTRE	2 MOYSTON & DISRICT SCHOOL SPORTS NORTH PARK STAWELL
Week 4	5	<b>MARC VAN</b> 6	<b>PLAYGROUP</b> 7	8 INDOOR SWIMMING LESSONS 3.20PM PICK UP ARARAT FITNESS CENTRE	9 GOLF CLUSTER DAY at Moyston PS
Week 5	12	<b>SCHOOL COUNCIL 6pm</b> 13	<b>GOLF CLINIC</b> 14	15 INDOOR SWIMMING LESSONS 3.20PM PICK UP ARARAT FITNESS CENTRE	16 <b>ART</b>
Week 6	19	<b>MARC VAN</b> Dental talk <b>BOOK WEEK DRESS UP</b> 20	21	22 INDOOR SWIMMING LESSONS 3.20PM PICK UP ARARAT FITNESS CENTRE	23 <b>COOKING</b>
Week 8	26	27	<b>GOLF CLINIC</b> 28	29 INDOOR SWIMMING LESSONS 3.20PM PICK UP ARARAT FITNESS CENTRE	30 <b>ART</b> Father's Day Stall
Week 9	2	<b>MARC VAN</b> 3	<b>PLAYGROUP</b> Black Ranges Athletics 4	5	6 <b>MUSICA VIVA CLUSTER DAY WILLAURA</b>

# MOYSTON & DISTRICT SPORTS 2019

To be held at North Park Stawell **Friday 2<sup>nd</sup> of August** 8.40am -3.00pm

Back Up Sports Day – Friday 23<sup>rd</sup> August

\*Students must be at the oval no later than 8.30am. Parents are responsible for getting their children to and from the sports.

## Time Frame

8.50am	Schools assemble
9.00 am	Marching
9.20am	Official Opening
9.30am	First rotation
15 minutes per rotation.	
11.15am	Sprint finals
12.00-12.45pm	Lunch
12.45pm	School assemble for afternoon's events
	Presentation
	Conclusion

## Scoring System- Individual Events

There will be no standardised scoring.

Points will be awarded as follows: 1<sup>st</sup> = 4 points, 2<sup>nd</sup> = 3 points, 3<sup>rd</sup> = 2 points, 1 point for participation will be awarded for each of the individual events.

Ribbons awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

At the conclusion of the day, **Championship Medals** will be given to the boy and girl in each age group who scores the highest number of aggregate points in the rotational events from these 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> placings.

## Individual Events Champion School

At the conclusion of the day, trophies are presented to the **Winner and Runner-Up SCHOOLS.**

The Score is totalled by using the individual event points divided by the number of participating students from each school.

# INDOOR SWIMMING LESSONS - August

This term we will be conducting five indoor swimming lessons at the Ararat Fitness Centre. The lessons will be held weekly on Thursday afternoons. **Thursday 1st, 8th, 15th, 22nd and 29th August.**

**PARENTS WILL NEED TO PICK STUDENTS UP FROM THE FITNESS CENTRE at 3.20pm on each of those Thursdays.**

Students will be travelling via Christian's Bus Co. from school to the Ararat Fitness Centre leaving at lunch time.

Students will be rotated between three activities at the fitness Centre - swimming lesson, free swim and indoor sports.

## **Please remember the following:**

- Full school uniform
- Lunch (no hot lunches), snacks and drinks
- Bathers and towel, spare underwear if needed

If your child is unwell and you feel like they would not be able to participate in any of the swimming lessons, please inform us via a signed note or phone call.



Happy  
12th  
Birthday  
Natalie!



# SCHOOL CAMPS 2019

Please mark down these upcoming school camps on your calendar. Payments for camps can be made directly into the school account at any time.

Camp payment doesn't have to be made in full in one transaction, you are more than welcome to make small instalments.

Families with CSEF (Camps/Sports/Excursion) funding are eligible to use their funds for camps.

- [ROSES GAP](#) (Grade 2 & 3) **18th—20th September**
- [CANBERRA](#) (Grade 4, 5 & 6) **7th—11th October**
- [SOVEREIGN HILL](#) (Grade 5 & 6) **22nd & 23rd October**

Camp costs will be finalised after our next School Council meeting on Tuesday 13th August.

## SCHOOL GARDEN

The seniors looked at how to identify what type of soil we have in our garden

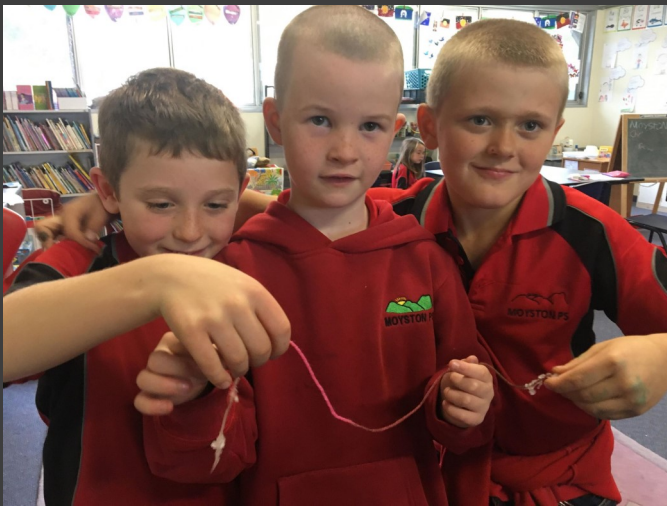
beds and how to improve the soil base so we can harvest a healthy crop. We identified that we have sandy type soil in our garden, so in two of the beds, we weeded, mixed through sheep manure and mulched with pea straw. We have also turned one of our beds into an open compost.



## MUSIC WALL

We have begun construction of the music wall. We have painted the elbows that will be attached to PVC pipes to make a Thong-o-phone. Next job will be to paint the Music Wall itself.

Watch this space!



## SCIENCE

The junior students conducted an experiment to make Stalactites and Stalagmites.

We experimented with baking soda, washing soda and salt. We predicted and observed our experiments over a week.

Ask your child how their experiment went and if they can explain to you what Stalactites and Stalagmites are!





## COOKING



On Friday the 26<sup>th</sup> July, the seniors were given with a Mystery Box for cooking. They were supplied with Cocoa Powder, Flour and Sugar. Students were able to use other staple items in the kitchen to make either a Chocolate Mug Cake, Chocolate Brownies or a Chocolate Fudge Cake.



# MOYSTON PLAYGROUP!

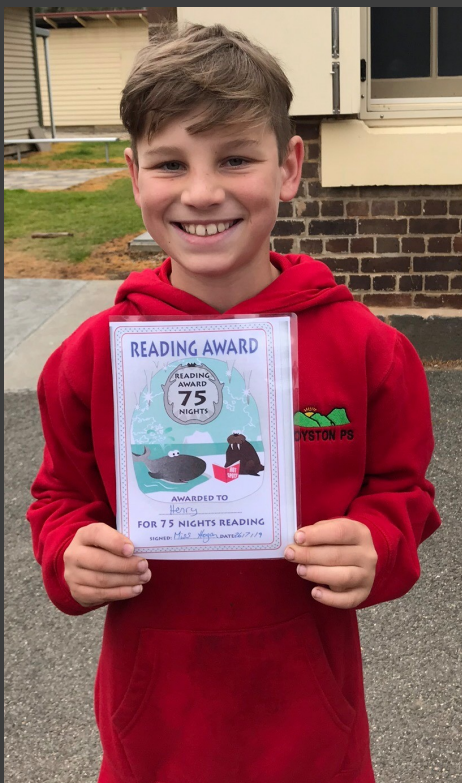
Anyone with young children in the area are invited come along, have a cuppa and make new friends, while your children enjoy activities, our playground and school resources.

**First Wednesday of each Month — Moyston Primary School  
9.30am—11.30am**

***Next playgroup — WEDNESDAY 7th August***

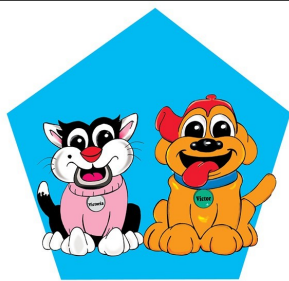
***The Maternal Child & Health Nurse will also be on site for her monthly visit to Moyston.***

***All welcome!***



Well done Henry on your Reading Award!  
Keep up the great work!





# Responsible Pet Ownership Education Program

Last week we had a visit from the Responsible Pet Ownership Education Program. Our students learnt some important tips on how to be safe around dogs from Elizabeth and her dog BJ!



# Fact Sheet

## Cyberbullying

Cyber Bullying is a way of delivering covert psychological bullying. It uses information and communication technologies to support deliberate, repeated and hostile behaviour, by an individual or group that is intended to harm others.” Bill Belsey 2007

**Cyberbullying** can be described as any harassment, insults and humiliation that occurs through the electronic mediums such as email, mobile phones, social networking sites, instant messaging programs, chat rooms, web-sites and through the playing of online games.

### Forms of Cyberbullying can include

- ✚ Harassing and threatening messages
- ✚ Sending nasty SMS, IM's pictures or prank phone calls
- ✚ Using person's screen name or password to pretend to be them
- ✚ Forwarding others' private emails, messages, pictures or videos
- ✚ Posting mean or nasty comments or pictures
- ✚ Sending sexually explicit images – 'sexting'
- ✚ Intentionally excluding others from an online group

### What can I do if I am being cyberbullied?

- ✚ Tell your parents, teacher or other trusted adult – don't stay silent and hope it will go away – it won't!
- ✚ Save and store the emails, chat logs or SMS's in case of Police investigation
- ✚ Block and delete the bully from all contact lists
- ✚ Do not respond to nasty emails, chats, SMS or comments – this is what the bully wants so ignore them. (They will need your help to do this)
- ✚ Use the 'report abuse' button which all websites/applications have. Tell them the problems you are having and they are obligated to investigate.
- ✚ Have some 'down time' without computer or mobile. Give yourself some time away from technology just for a break
- ✚ If the bullying continues – delete your current email, msn, hotmail etc and start a new account. Only give your new details to a small list of trusted friends.
- ✚ Get a new phone number if being harassed on your phone. Report the problem to your phone company and insist on a new number for free.
- ✚ If the bullying continues get mum or dad to report the bullying to the Police. Each state has laws that prohibit online bullying and stalking. You don't have to put up with it.



# Fact Sheet

## What can I do if my child is being cyber bullied?

- ✚ Do not be angry with your child – remember that they are the victim and it is someone else doing the wrong thing
- ✚ Praise them for coming to you – this is a big step as most children are frightened to tell a parent about cyberbullying
- ✚ Save and store the emails, chat logs or SMS's in case of Police investigation
- ✚ Help your child to block and delete the bully from all contact lists
- ✚ Do not respond to nasty emails, chats, SMS or comments – this is what the bully wants so ignore them. (They will need your help to do this)
- ✚ Use the 'report abuse' button which all websites/applications have. Tell them the problems you are having and they are obligated to investigate.
- ✚ Have some 'down time' without computer or mobile (do not do this as punishment, rather as some peaceful time where they are not being bothered)
- ✚ If unwanted contact continues, consider deleting email, msn, hotmail etc and start a new account. Only give your new details to a small list of trusted friends.
- ✚ Get a new phone number if being harassed on your phone. Report the problem to your phone company and insist on a new number for free.
- ✚ Inform your child's school. It is important that they know what is going on so that they can monitor any issues at school.
- ✚ If ongoing report to Police. Each state has laws that prohibit online bullying and stalking. You don't have to put up with it.

## What if my child is the cyber bully?

- ✚ What can I do if my child is the cyber bully?
- ✚ Support the child, they are probably feeling awful too
- ✚ Talk to them about their actions
- ✚ Try and find out why they behaved in this way
- ✚ Ask them to imagine they were the victim...how would they feel (empathy)
- ✚ Work together to improve the situation...apology etc
- ✚ Work towards preventing further incidents
- ✚ Enlist the help of school, welfare staff, local GP or child psychologist

# Online grooming



This factsheet explains online grooming and includes tips for parents and carers about how to help their children avoid unwanted contact.

## What is online grooming?

Online grooming is when an adult makes online contact with someone under the age of 16 with the intention of establishing a sexual relationship. The offence occurs in the communication phase so no physical contact need ever occur for police to step in and investigate these offenders.

Offenders may create several online identities with some pretending to be another young person in order to build and maintain trust with a young person, while others are upfront about their age or intentions and manipulate the young person into thinking their relationship is okay.

## Where can it happen?

Online grooming can take place on instant messaging apps, social media, gaming sites, emails and in chat rooms. It's important to know that all websites, apps, games or pages have the potential to be misused or cause harm.

Many parents and carers may not be aware that chat functions appear on several popular online games, applications and social networking platforms.

Anonymous chat can provide a platform for online child sex offenders to target young people. There have been many instances where online predators have used 'in game' chat as a gateway to access children.

**Tip:** If you are unsure about the features in the games or apps your child is using, do some research, download it yourself and review, or better yet, sit down with your child and ask them to show you how it works.



## Who is your child talking to? Be aware of the connections your children are making; not everyone online is who they say they are.



### HOW TO HELP MINIMISE UNWANTED CONTACT

- > Your child should not use their full name online; they should use a nickname or their first name only
- > They should not disclose their address or phone number to anyone online
- > They should not post or share photos of themselves that show their identity or location (such as a school logo on a shirt)
- > Keep communication open and encourage your child to talk to a trusted adult if they feel they cannot discuss something with you
- > Your child should never agree to meet someone they have met online unless they have your permission and are accompanied by yourself or a trusted adult
- > If something feels wrong then it probably is; your child should trust their instincts
- > Check your child's security settings on their online networking sites and have them set to protect their privacy as much as possible, review settings regularly, particularly after updates or changes to the site
- > Consider whether having the 'chat' function enabled on apps and games is necessary

Reassure your child that they can talk to you and you will support them even if they have shared something online that they are concerned about.



### WHAT CAN YOU DO IF YOU SUSPECT ONLINE GROOMING?

If you are concerned your child, or a child you know, is possibly at risk of online child sexual exploitation, report it to police.

Online child sexual exploitation can be reported to ThinkUKnow [thinkuknow.org.au/report](http://thinkuknow.org.au/report)

If a child is in immediate danger please contact 000.

### CONSIDER SEEKING ADVICE FROM SUPPORT SERVICES:



Lifeline  
13 11 14



Kids Helpline  
1800 55 1800



Youth Beyond Blue  
[www.youthbeyondblue.com](http://www.youthbeyondblue.com)



ReachOut  
[www.au.reachout.com](http://www.au.reachout.com)



Bravehearts  
[www.bravehearts.org.au](http://www.bravehearts.org.au)



The Carly Ryan Foundation  
[www.carlyryanfoundation.com](http://www.carlyryanfoundation.com)

ThinkUKnow and the Carly Ryan Foundation have developed a **Family Online Safety Contract** to help parents and carers start cyber safety discussions with their children. This is a resource for parents, carers and their children to refer to when agreeing on appropriate online behaviours and expectations held by both the parents and their children. A copy is available at [www.thinkuknow.org.au](http://www.thinkuknow.org.au)

# PARENT OPINION SURVEY

Our school is conducting a survey to find out what parents think of our school.

The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents. It is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour and student engagement.

Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All responses to the survey are anonymous. This year the Parent Opinion Survey will be conducted from **Monday 22<sup>nd</sup> July to Sunday 11<sup>th</sup> August.**

The survey will be conducted **online**, only takes **10-15 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones.

The survey results will be reported back to the school at the end of September.

Parents please visit

<https://www.orima.com.au/parent>

Our school PIN number has been sent home to families and is listed on our school parents page.



Thank you to Dave and Gareth for completing the erection of our Garden Shed! Stage 2 of this project will be to concrete, install electricity and shelving.



*Moyston Hall  
High Tea  
2pm*

*Sunday AUG 25*

A traditional High Tea  
experience at the iconic  
Moyston Hall.

\$25 per head

BOOKINGS ESSENTIAL

Anne - 53542536

Sue - 0400177603



*moystonhall.com*

**BOTTLE TOPS WANTED!**

The school is seeking  
donations of plastic bottle  
tops for yard projects please!



# *Moyston Community Dinner!*

*Friday 2nd August ~ 6pm*

*Moyston Oval*

*Adult \$20 Child \$10*

*Under 5 ~ Free*

*~ 2 course meal ~*

*Shepherds Pie boats and Spinach Lasagna  
Followed by Lemon surprise pudding and Pavlova*

*This month's meal is hosted by  
Moyston Primary School.*

*Please RSVP to assist with catering on the  
Moyston Community Meals Facebook Page or  
call the school on 5354 2537*



**MOYSTON PRIMARY SCHOOL  
OFFICIAL ACCOUNT**

**BSB 063 500**

**ACCOUNT NUMBER 1004 3733**

Please use your **FAMILY** name as a reference if you  
are making a payment to the school.



**eSmart**<sup>®</sup>  
Smart. Safe. Responsible.

An initiative of

**The Alannah  
and Madeline  
Foundation**

Keeping children safe from violence

