#ArncliffeMatters

Arncliffe Public School Newsletter

Term 3 | Week 7 | 2023

Assembly Awards

K Blue	Meryah F, Abbas M
K Red	Manessa S, Haydar B
K Green	Mahdi S, Tobias M
1/2 Blue	Isabella P, Pia F
1/2 Green	Hassan T, Madina A, Zaayan N
1/2 Orange	Khuslen M, Alice M, Max B
1/2 Red	Jaffar H, Abbas H, Chester L
1/2 Purple	Hudson A, Teoti M
3/4 Blue	Emily P, Iskra W, Elliot A, Emilie D
3/4 Green	Harmony F, Ali N, Venice L, Jayden A
3/4 Orange	Leo S, Fadel S, Tselmeg E
3/4 Purple	Evren B, Sebastien H, Khangai I
3/4 Red	Adam K, Batkhuslen O, Molor E, Ujin B
5/6 Blue	Mohemad M, Ziggy S, Husayn R
5/6 Green	Hadi F, Archie T, Deon G, Taylor C, Jayden N
5/6 Orange	Macey D, Noah T, Lexie D
5/6 Red	Sara A, Valentina P, Filip K

Silver Awards

Ella R, Quentin S, Shada Y, Mariam T (x 3), Charlie T, Manessa D, Shaulia R

Gold Awards

-

Specialist Teacher Awards

DRAMA: Misheel N, Jasmine B, Lucas F, Leonardo V, Muhammad F, Margad M, Chiara D

EAL/D: Chinguun M, Margad M, Maral B, Ermuun M, Anh D, Zolboot B

ARABIC: -

MUSIC: -

Wise Words

(from the Office Women!)

HELPFUL TIPS

Bounced emails and full email boxes are causing us grief! Please ensure your mailbox is not full and also make sure we are on the safe senders list so we don't end up in your junk! Emails are the way we communicate important information including excursion permission notes. If you change your email address please let us know. THANK YOU!!

Dates for your diary

Important school dates are posted here.

September

Sun 3rd	Australian School Band Festival (for Concert Band)
Mon 4th	Tick, Tick BOOM (Incursion-Stg 2)
Tue 5th	Botanic Gardens Excursion (1/2 O/R)
Wed 6th	Botanic Gardens Exc. (1/2 P/G/B)
Mon 11th	Primary Proms Festival
Thu 14th	Oz Tag Gala Day (Year 6)
Thu 21st	Botanic Gardens Excursion (Kindy)
Fri 22nd	A-Factor (1.30pm-3.00pm)
Fri 22nd	Last day of school for Term 3

October

Mon 9th	Students first day of Term 4

Notes issued (via School Bytes)

Primary Proms	Due: 6 Sep
Botanic Gardens (Kindy)	Due: 14 Sep
Year 6 Camp final payment	Due: 22 Sep
Returning in 2024?	Due: 22 Sep

Assemblies Week 8 (Fri 8th Sep)

K-2 12.00 pm (Host: K Red)

3-6 1.10 pm (Host: 3/4 Blue)

Parents are welcome to attend. Please QR code at gate.

168 Princes Hwy, Arncliffe 2206 | Ph: (02) 9567 5060
Email: arncliffe-p.school@det.nsw.edu.au
www.arncliffe-p.schools.nsw.gov.au

A proud member of the Bayside Learning Community

WHAT A BRILLIANT BOOK WEEK!

We started with a special Father's Day breakfast and were entertained by our Training Band musicians. Well done to all the Dads that dressed up!

Then came the fabulous Parade!

Staff had fun too!

Our Librarian, Mrs Agius, read us a book at Assembly

Then we all read books with our buddies

Book Week Classes

Thank you **everyone** for making **Book Week** fabulous!

Happy Father's Day

We hope that all our fathers, grandfathers and carer fathers have a wonderful day this Sunday and enjoy the little gifts that may be coming your way courtesy of the P&C.

We particularly liked these words of David Beckham and we hope Sunday affords you all some wonderful connections with your children.

"In my career, there's many things I've won and many things I've achieved, but for me, my greatest achievement is my children and my family. It's about being a good father, a good husband, just being connected to family as much as possible."

DAVID BECKHAM

Check out the talent at A FACTOR!

A Factor is a joyous school tradition that occurs on the last day of Term 3. Families are welcome to come and watch the fun on Friday September 22 in the Hall.! Start time will be at 1.30pm (with recess starting a little early from 1.00pm – 1.20pm).

Congratulations U11 Karinda

Ailish B, Ivy A and Chiara D won the U11 St George Netball league, becoming 2023 Premiers for their club Karinda. It was a nail biting final, with the lead often switching between the Scots. The score at full time was 9-10!

During the season, this small team of 7 had no substitutes available and never lost a game! For their efforts, the girls were all presented with an additional award for "Outstanding Sporting Achievement" by David Coleman MP (Federal Member for Banks). Congratulations girls!

PSSA (Summer) News & Results

We remind parents that the bus for PSSA leaves from the Segenhoe Gate at 8.30am promptly. Please make sure you bring your child to the gate at 8.15am. The playground is unsupervised so they must be taken to the PSSA teachers at the bottom court. Please also note that the office doesn't open until 8.30am.

Basketball	Cricket	Girls Softball
• Seniors 30-10 (loss) • Juniors 14-12 (win)	• Seniors 45-25 (loss) • Juniors 58-47 (win)	• Seniors 12-3 (loss) • Juniors 6-2 (loss)

This was the first week of our PSSA Summer Competition. As always we will publish the details for the following week's game locations below. Please note we are unable to provide exact times of games as these are determined on the day in consultation with the other school.

Next week's game locations (Friday 8 September):

- Basketball: Rockdale Public School
- Cricket: Carss Park 1
- Girls Softball: Scarborough Park (permanent location)

Zone Athletics Day 2 results!

The Athletics Zone Day 2 Carnival was another success for APS. Congratulations to all the students who attended and competed in their age races/events. A few more students have qualified for the Sydney East Carnival. Well done to Samuel S for coming first in 11 Year Boys Long Jump, Sara A for first place in 11 Year Girls 800m, Mohammed M for second place for 11 Year Boys 100m and Jaxon C, Mohamad H, Jermeyne H and Deon G for coming in second place in Senior Boys Relays.

Keep up the hard work APS! We wish all the students the very best of luck at the upcoming Sydney East Carnival in October.

2024 Enrolment Numbers

We have sent out a survey to all families with children in Years K-5 asking them to confirm if they will be returning to Arncliffe Public School in 2024.

It is important that the school has an accurate assessment of the number of children returning to school in 2024. Our staffing is determined by enrolment numbers. Accurate enrolment numbers assist us to minimise disruption and changes to classes at the beginning of the school year. We know that circumstances can change, but we appreciate you letting us know of any circumstances that might affect your enrolment with us next year.

In addition to this, we are seeking to finalise our Kindergarten 2024 numbers now. If you have a pre-schooler that turns 5 by July 2024 then please get in touch with us as a matter of urgency so we can get the enrolment process started.

Our enrolment projection is due to the Department of Education early in Term 4, so we appreciate your assistance in confirming your details and responding to our survey as soon as possible.

National Child Protection Week

National Child Protection Week is happening across Australia from Sunday 3 to Saturday 9 September 2023. It's an opportunity to recognise and promote the safety and wellbeing of Australian children with the message that 'Every child, in every community, needs a fair go'.

To support National Child Protection Week, the eSafety Commissioner's website has resources tailored for parents and carers to help your child feel safe, supported, and connected online.

This is very timely for Arncliffe Public School as we have had some incidents with children and social media inappropriateness. We have included two fact sheets below on important topics for primary school children:

- **Your child's first smartphone – are they old enough?**
- **Screen time for your child – 7 tips**

We have also reproduced in full an interesting article on "How Should Students Manage their Digital Footprint."

For more information, please visit the eSafety Commissioner website where you can sign up to receive regular emails: safety.gov.au

For more information on National Child Protection Week visit: www.napcan.org.au/get-involved-2023/

DIGITAL FOOTPRINT

How to Preserve Your Digital Footprint?

Your child's first smartphone

eSafetyparents

Your child's first smartphone – are they old enough?

Children often have access to devices, including smartphones, from a very young age. Whether it's watching their favourite program through streaming services on your phone, using educational apps or simply viewing photos with you and the family, they are engaging with devices in one form or another.

But when is my child old enough to be given their own mobile phone?

In 2012, the Australian Bureau of Statistics revealed children as young as five years old owned a mobile phone – two percent of children aged between five and eight years old, and 28 percent for children aged five to 14 years. This figure is likely to be higher now!

For many parents and carers, five years old would seem too young. For others, it might offer them peace of mind and security to know they can keep in touch with their child—especially in an emergency.

The right age for your child will depend on their level of maturity. It's worth asking yourself the following questions before handing over a digital device.

- Does my child have a good sense of responsibility?
- Are they able to stick to the rules?
- Do they show a good understanding of actions and consequences?
- Do they come to me or another trusted adult when they are distressed or encounter problems?

For younger children it's best to start with a mobile phone without internet access, and introduce a smartphone when they demonstrate an appropriate level of maturity. Some younger children might argue that they are ready for a smartphone, especially if their friends already have one. But it's worth holding out until you feel confident that your child is mature enough.

My child has their first smartphone – now what?

When your child receives their first smartphone it's a great opportunity to instil safe online behaviours early on, so they can carry these skills through to their teens and beyond.

Here are some tips for getting them on board with good online habits.

Establish rules at the outset with clear boundaries

Talk about expectations and the consequences for not meeting these rules. Depending on the age of your child, you might want to set up a written signed agreement which lists the rules.

Here are some you may want to agree on:

- No phones after a certain time (i.e. 8.00 pm) – unless in an emergency.
- Keep to daily screen time limits (i.e. 1 hour per school night).
- Family time is a no-phone zone (i.e. dinner).

eSafetyCommissioner esafety.gov.au/parents

- Do not share your passwords with others – apart from parents.
- Do not share your real name (or full name), age and address when posting, talking to strangers or on sites where anyone can see it.
- Be kind to people – treat people on the phone as you would face-to-face.
- Do not take or share photos of others (including friends) without their permission.
- Tell a parent or another trusted adult if anything makes you feel uncomfortable, or if a stranger contacts you online.
- Do not purchase or download an app or game without talking to a parent first—especially as these often have minimum age requirements.

Use technology tools to help set the boundaries to keep your child safe

Use parental controls to help manage your child's device and the types of content they can access. Most devices come with parental controls and offer a range of features:

- iPhone: Go to Settings > General > Restrictions. Here you can disable apps or features, prevent access to explicit content and specific webpages.
- Android (Google Play): Go to Play Store > Settings > Parental controls. Most Android phones use Google Play as the digital marketplace for purchasing apps and accessing content. Through Google Play you can restrict the content your child can download or purchase from Google Play.
- Google's Family Link is an app for parents to help manage their child's device and account and offers additional layers of protection. It enables parents to set screen time limits, review app permissions (such as their camera, location, contacts), block apps and approve downloads, block sites and filter content.
- You can also check with your mobile service provider if they offer any parental control tools.

Activate any privacy settings and safety features available on the device, in web browsers and apps. In some cases you can do this through parental controls or when installing apps on their phone. Carefully consider permissions and whether apps really need to access your child's location, contact list, messages and other features.

Help your child set up a pin or password to lock their phone. In addition to protecting their personal information, this will ensure that no one else can use their phone.

Help your child set up strong and unique passwords for their apps and websites. Even if the phone is locked, apps and websites can be accessed from other devices.

Communicate openly with your child, establish and maintain trust

Most importantly, communicate openly with your child about their phone and online use. It's not possible to supervise your child 24/7 and no technology tool is 100 percent effective in protecting them from online risks. So it's really important to establish and maintain trust.

- Talk openly and regularly with your child about their online activities. Show them that you are interested in how they connect with friends, who they talk with and the type of sites they visit.
- If you are using parental controls, be upfront about this and get them on board. Let them know that these can be reviewed and changed as they get older and they continue to demonstrate responsible behaviour.
- Talk about positive online behaviour and about respecting others online. Encourage your child to think carefully before they post, text or share comments or photos so they don't hurt or upset others. Remind them there is a real person at the end of the screen.
- Encourage your child to come to you (or another trusted adult) if they are upset because of an online experience, even if they think they are to blame.

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Screen time for your child – 7 tips

eSafetyparents

Screen time for your child – 7 tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.

1. Be involved

Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.

2. Work with your child to set boundaries for screen use

If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.

3. Be clear about the consequences of not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The Raising Children Network provides some useful tools and advice.

eSafetyCommissioner

4. Set device-free zones and times at home

Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- charge devices overnight in a place your child cannot access

5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.

6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child's. Instead, be open about the process and check the whole family's usage, including your own. Start with Google Family Link for Android devices or parental controls and screen time for iPhone/iPad.

7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.

eSafetyCommissioner esafety.gov.au/parents

How Should Students Manage their Digital Footprints (by Justin Boyle/eSafety.gov.au)

If you've scratched your head over suggestions to manage your 'digital footprint,' you aren't the only one.

A surprisingly large percentage of people have never even heard the phrase, let alone thought about how to manage theirs responsibly. Among students, the percentage is probably higher. We'll talk about ways you can help students understand and manage their digital footprints before they get themselves in trouble.

The Definition Of A Digital Footprint

Simply put, a digital footprint is the record or trail left by the things you do online. Your social media activity, the info on your personal website, your browsing history, your online subscriptions, any photo galleries and videos you've uploaded — essentially, anything on the Internet with your name on it. Digital natives like today's students rarely think twice about putting their names on things online, so their footprints can be pretty wide.

For students having grown up in a social/digital environment, helping them see where and how they're vulnerable may be the most critical step. If they're not suitably motivated, very little of what you say will be compelling.

What To Tell Your Students About Monitoring Their Digital Footprints: 11 Tips

1. Be kind, helpful, and understanding

Or put another way, demonstrate digital citizenship.

This may not seem like a way to practically 'manage your digital footprint,' but part of managing your digital footprint isn't just about privacy and anonymity. In large part, one of the most effective ways to 'manage' your footprints is to make sure that the prints you do leave are good ones.

2. Use privacy settings

Let's talk Facebook, shall we? Chances are pretty good that your students can be counted among the 1.3 billion monthly active users of the social media giant, and there's practically no other website that contains such a breadth and depth of personal information.

Encouraging students to put all of their social media accounts, including Facebook, on a short leash might be the most important step toward helping them manage their digital footprint. Look into Facebook's proprietary privacy tips or get the works from Lifehacker.com with its "Always Up-to-Date Guide to Managing Your Facebook Privacy," then inform students about the steps they can take. Better yet, just pass the links along.

Complete privacy on Twitter is simple — you just choose to protect your tweets under 'security and privacy' on the account settings page — but encouraging students to do so might do more harm than good. Some teachers have gotten great results using Twitter in education, and a class full of students with protected tweets might interfere with that.

3. Keep a list of accounts

Then delete the ones you no longer use. That myspace page you signed up for? Don't just forget about it-find it and delete it.

One tip: Use Pocket (and add the Pocket button to your browser-for Google Chrome, for example). Every time you sign up for an account, add that site to your 'Pocket' account and tag it 'Account.' Then, every six months, go in and deactivate/remove dormant accounts you no longer need or use.

4. Don't overshare

Perhaps the best tip for helping students maintain privacy on Twitter is one that can be applied across the whole spectrum of social networking tools: Don't overshare.

As much of an alien concept as it may be to students these days, the only surefire way to avoid digital footprint trouble is for them to keep quiet about anything they wouldn't want the world to know. This includes usernames, aliases, passwords, last names, full-names-as-usernames, pictures, addresses, and other important information but also their moods and boyfriends and girlfriends and

5. Use a password keeper

This is more of a security thing, but the worst kind of footprint is the one you didn't make that contains all of your sensitive information. It's too much work to remember 50 different passwords, and every site has its own unique rules.

Until someone solves this problem, the best solution is likely a password keeper

6. Google yourself

You may be surprised what you find.

7. Monitor linking accounts

When you link your facebook or twitter account to that new site (whatever site that might be), you may not realize–or care at the moment–what you're giving it access to. It's usually safest to use a secondary email address to sign-up for new sites rather than granting this kind of access.

8. Consider using an anonymous secondary email

Whether you're communicating with someone new or signing up for a new social media platform, it can be useful to have a secondary email address.

9. At least skim the terms and conditions

Few people read every word of every Terms & Conditions page–and even if you did, you may not understand them all and how they can and might impact you. But to not even have the slightest idea what you're agreeing to when you do 'accept' those terms and conditions only has the potential to harm any legacy of your use of a site, platform, or page (i.e., your digital footprints).

10. Know that sending is like publishing–forever

Every time you send a message, post, or picture, you're publishing it the same way CNN does a news story. And the internet never forgets.

11. Understand that searches are social

There's another side to your digital footprint, too — it's not always information that you choose to make public. Remember, with or without privacy controls, Facebook still records and uses every scrap of information it gets to better determine its users' marketing demographics. Like HIPAA data, digital data privacy matters–thus recent GDPR laws.

Google pulls the same trick with search and browsing habits. If a student is logged into their Google account, the service tracks every keyword they search, every web page they visit, and every time they visit Youtube.

There are ways, however, to control the bits of deep data that we leave strewn around. First of all, even though Google is practically an official synonym for 'web search,' it isn't actually the only game in town. Less profit-motivated search engines like DuckDuckGo.com and bing may take a little getting used to, but they can sometimes make clearer efforts to protect users' browsing privacy.

12. Use digital tools to manage your digital footprint

A host of browser extensions and app add-ons can also limit the surreptitious capture of personal information. VPNs, VPN protocols, and other browser tools and website opt-outs, to name a few. (You can read more about TeachThought's Privacy Policy here, for example.)

TASK – Vacation care at APS

The After School Klub (TASK) who run before and after school care at Arncliffe Public School run a fantastic school holiday program. See below for details.

Centennial Parklands Sports Centre 2023 Spring School Holiday Program
School Holiday Multi Sports Camp
THREE DAY CLINICS
Cost $230 per person
Mon 25th to Wed 27th September
Mon 4th to Wed 6th October
Multi-sport clinic which gives kids the opportunity to participate, learn and enjoy a range of sports throughout the clinic
Don't miss out on this exciting opportunity to keep your kids active and engaged during the school holidays!
» Clinics run from 9am – 4pm
» Suitable for children 5 to 13 years of age
» Book now via parklandssports.com.au/school-holiday-camps
» Contact us on (02) 9662 7033 or email bookings@parklandssports.com.au
Centennial Parklands SPORTS CENTRE
Corner Anzac Parade & Lang Road, Moore Park, NSW 2021
02 9662 7033
bookings@parklandssports.com.au
www.parklandssports.com.au

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BASKETBALL CAMP
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25-28 SEPT
AGES 5 - 14
JUNIORBASKETBALLACADEMY.COM.AU

Open Night
SYDNEY GIRLS HIGH SCHOOL
Wednesday 6 September 2023
3.00 pm – 6.00 pm
Official Welcome, Workshops, Performances, Displays and Information
Please join us for an informative and enjoyable evening, showcasing all that Sydney Girls High has to offer
Anzac Parade
SURRY HILLS
NSW 2010
Enquiries:
Phone: 9331 2336
Email: administration@sghs.nsw.edu.au

Bayside Council
Hear Our Voice
LIVE MUSIC · CULTURE · FOOD TRUCKS
Saturday 23 September 2023
2:00pm – 5:30pm
Sir Joseph Banks Park
Tupia Street, Botany
Walk, Ride or Bus to Council Events