Dear Parents

Today is Internet Safety Day with a theme of ‘Play your part for a better internet!’ It is a day to raise awareness of how we all need to be responsible and respectful users of the internet. The following website –www.esafety.gov.au has lots of information for parents, students and schools to help us.
We have also attached an article from the website “Social Media and Your School” which I found very useful.

I thought the following article might give you some practical ideas to help your child on their educational journey.

10 - Confidence building strategies every parent should know

Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children’s and young people’s confidence is complex. It’s more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are ten practical strategies that you can use to build real self-confidence in kids of all ages:

1. Model confident thinking

Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers, play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, “I’ll have a go at this. If I don’t do so well then I can try again tomorrow.” This is far more effective than “I’m no good at this. I’ll probably stuff it up.”

2. Focus on effort & improvement

Current thinking shows that people believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3. Praise strategy

While effort is key for achievement, it’s not the only thing. Kids need to try new strategies and seek input from others when they’re stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as “That was a smart idea to tackle the hardest task while you were fresh!” (strategy) and “You recognised the first few steps were the most important but then after that you were right” are descriptive statements that have significant instructional value for kids.

4. Develop self-help skills from an early age

A child’s self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. Give them real responsibility

From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

6. Practise unconditional acceptance

Your ability to accept children and young people’s best efforts in any area of endeavour, irrespective of the results, will go a long way toward to determining their self-esteem and confidence. If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

7. Expand their horizons

Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today, have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children’s horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends’ places unattended when capable.

8. Recognise improvement

Focus your comments on children’s effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that his school may require.

Cont’d PTO
Each week students from each class are awarded Student of the Week certificates. These children are nominated for the example they have shown within the school. The award winners for Week 2 / Term 1 are:

- Phoebe Balcombe
- Finn Rowley
- Kris Riseley
- Hayden Rodgers
- Lola Hegarty
- Enrique Sbaglia
- Declan DiMaria

- Marlow Shaw
- Isaac Joske
- Phoebe Fothergill
- Etse Imhagwe
- Kai Rowley
- Connor Brown
- Mia Gray

- Zane Paolemilio
- Miley Wilson
- Nelson Archibald
- Cooper Fraser
- Joel Wilbraham
- Sarah Toms

- Beth Wallace
- Jorin Joske
- Archer Stanistreet
- Tyrell Ason
- Bill Wallace
- Lachie Rickwood

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life’s challenges and know that they can become more independent.

Keep smiling,
Cathy Blackford
Principal

STUDENT OF THE WEEK

Each week students from each class are awarded Student of the Week certificates. These children are nominated for the example they have been within the school. The award winners for Week 2 / Term 1 are:

- Phoebe Balcombe
- Marlow Shaw
- Zane Paolemilio
- Beth Wallace
- Finn Rowley
- Isaac Joske
- Miley Wilson
- Jorin Joske
- Kris Riseley
- Phoebe Fothergill
- Nelson Archibald
- Archer Stanistreet
- Hayden Rodgers
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- Cooper Fraser
- Tyrell Ason
- Lola Hegarty
- Kai Rowley
- Joel Wilbraham
- Bill Wallace
- Enrique Sbaglia
- Connor Brown
- Sarah Toms
- Lachie Rickwood
- Declan DiMaria
- Mia Gray

VALUES AWARDS

Through a whole school focus on the values of respect, resilience, tolerance and excellence, St Michael's students are supported in their social, emotional, spiritual and academic development.

Each child who is nominated by a teacher or a peer for living out the values of St Michael's school, will be awarded a certificate acknowledging their efforts. These certificates will be displayed on the tree in our foyer on a Monday and left there for a week for all the school community to view and celebrate the children's efforts. On a Friday, the certificates will be taken down and given to the children to take home and share with their families.

Student Leaders for 2016

<table>
<thead>
<tr>
<th>Year 3/4 A&amp;B</th>
<th>Year 3/4 C&amp;D</th>
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<tbody>
<tr>
<td>Elaina Domagala</td>
<td>Griff Jones</td>
</tr>
<tr>
<td>Brooklyn Fue</td>
<td>Ashlyn Murtagh</td>
</tr>
<tr>
<td>Jonti Athanasiadis</td>
<td>Etse Imhagwe</td>
</tr>
<tr>
<td>Asha Nightingale</td>
<td>Lily Buckley</td>
</tr>
<tr>
<td>Year 5/6 A&amp;B</td>
<td>Year 5/6 C&amp;D</td>
</tr>
<tr>
<td>Tana Betera</td>
<td>Georgia Penaluna</td>
</tr>
<tr>
<td>Melody Paulet</td>
<td>Noah Addison</td>
</tr>
<tr>
<td>Year 3/4 C&amp;D</td>
<td>Austin Blackford</td>
</tr>
<tr>
<td>Lola Hegarty</td>
<td>Makayla Brand</td>
</tr>
<tr>
<td>Tom Spagnolo</td>
<td>Lucas Furlan</td>
</tr>
<tr>
<td>Abbi Jephcott</td>
<td>Joel Wilbraham</td>
</tr>
<tr>
<td>Year 5/6 C&amp;D</td>
<td>Alyssa Furlan</td>
</tr>
<tr>
<td>Sophie Fothergill</td>
<td>Brady Harris</td>
</tr>
</tbody>
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St Michael's Parish Piety Stall

The Piety Stall on the Kay Street entrance of the Church will be open on the dates and times listed below for anyone wishing to purchase gifts for First Communion, etc.

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
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<tr>
<td>1.00pm - 3.30pm</td>
<td>February 10th, 15th, 17th, 24th, 26th - March, 7th &amp; 9th</td>
</tr>
</tbody>
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St Michael’s Parish Combined Primary School Fete: Saturday, 19th March 2016

Our next meeting is in the staffroom at 9.00am on Friday 12th February.
All are welcome to come along.
What is a conveyance allowance? The conveyance allowance is a form of financial assistance for parents/carers to transport children to and from school in rural and regional Victoria. In some locations, students are unable to access free school buses. In these instances, students may receive a conveyance allowance to assist with travel costs. Allowances are available for public transport, private car and private bus.

Students attending a government or non-government school must:
- attend their nearest government or non-government school/campus appropriate to their year level at which admission is permissible
- be enrolled at a school/campus outside Melbourne’s metropolitan conveyance boundary
- reside 4.8km or more by the shortest practicable route from that school/campus attended
- be of school age (5 to 18 years old at time of application) and reside in Victoria.

An application form can be sourced online [http://www.education.vic.gov.au](http://www.education.vic.gov.au) or visit the school office.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF) School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum. CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:
- $125 for primary school students
- $225 for secondary school students.

HOW TO APPLY Contact the school office to obtain a CSEF application form or download from [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

Application forms should be completed and lodged with schools by 29th February 2016, as payments are made from March. However schools will be able to accept and process applications up until the end of term two each year.
Just a reminder that the first Parents and Friends meeting will be on **Thursday, 18th February 2016 at 9.00am** in the staff room. Everyone is welcome, especially any new parents to the school. Topics to be discussed will be fundraising ideas for 2016 and planning for the year ahead.

The Annual General Meeting will be held **Thursday, 17th March 2016 at 9.00am** in the school staffroom. We look forward to seeing lots of new faces.

**ICY POLES** (Zooper Dooper) will be sold for 50cents each from the sports storeroom by the Grade 5/6s at lunchtimes commencing this week.

The Parents and Friends Association also run a second hand uniform shop located in the meeting room at the end of the corridor next to the Deputy Principal’s office. Please enquire at the office. We are currently looking for volunteers to open the second hand uniform shop.

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### SSV (School Sport Victoria) Trials

Each year, talented Victorian school students have the opportunity to trial for a place in the School Sport Victoria (SSV) Team Vic state team and participate in annual School Sport Australia (SSA) Championships. Forty-six teams are selected across twenty-one sports, involving over one thousand primary and secondary school students representing Team Vic. The sports include Australian Football, Baseball, Basketball, Cricket, Cross Country, Diving, Football (Soccer), Goalball, Golf, Hockey, Netball, Orienteering, Rugby League, Softball, Surfing, Swimming, Table Tennis, Tennis, Touch, Track and Field, Triathlon and Volleyball.

The SSA Championships offer gifted and talented students the opportunity to participate in higher levels of sporting competition against students from other Australian states and territories. You can view further trial information regarding the nomination process for each sport re. dates, times, venue, age eligibility, nomination closing dates, trial fees and Championship venue and dates - by clicking on the respective links under the Team Vic tab.

Students must fully register before attending trials and hand into the relevant SSV Team Vic Team Manager the signed form (i.e. Signed as required by the parent / guardian and a School Principal of the school the student attends that is affiliated with School Sport Victoria. Please note the form is received on completing the registration fully). If you would like to register your Grade 6 child for any of the above Sports, registrations for this year are online at [www.ssv.vic.edu.au](http://www.ssv.vic.edu.au). Registrations close on 16th March 2016.

If you have any questions about whether your child is eligible please see Mrs Sharon Scholtes, our Sports Coordinator.

Students registering for trials are indicating that they will be in attendance at all trials unless otherwise informed. Team training schedules will be available at the trials and team training is generally held on weekends or during school holidays.

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### St Michael’s Netball Club

The Annual General Meeting (AGM) will be held on **Tuesday, 9th February 2016 at 7.00pm** in the St Michael’s School staffroom. All existing and new parents are welcome to attend.

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### School Library - BOOK COVERING

Each year parents are asked if they would be interested in assisting with book covering. When we purchase new library or class reading books, small numbers (12 to 18) are sent home with your child, with contact and tape for covering. If you would like to remain on the list or be added to the Book Covering List, please fill in the form below and return it to the office or email Debbie [dgilmour@stmtraralgon.catholic.edu.au](mailto:dgilmour@stmtraralgon.catholic.edu.au) with your details.

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**BOOK COVERING**

I am able to assist with covering books:

Child’s Name: ___________________________  Child’s Class: ___________________________

Name: __________________________________  Signature: ___________________________

☐ Mobile No: ___________________________  ☐ Email: ___________________________
Big Red Kidney Bus

Monday and Tuesday of this week our school was visited by representatives from the Big Red Kidney Bus. All students learnt about how important water is for our body and how much sugar there is in some drinks. We also heard about different parts of the body and what they do for us.

The idea of the Big Red Kidney Bus is to allow people who need special medical treatment, to receive dialysis while on holidays. Vince Tripodi discovered the need for this service as the treatment program for Kidney dialysis can be very demanding on family life. Vince’s legacy has allowed this service to come to fruition for people across Victoria.
ST MICHAEL'S PARISH YOUTH GROUP
FOR ALL YOUNG PEOPLE IN YEAR 5 – LOWER SECONDARY
FRIDAY 12th FEBRUARY
(The annual) MESSY & GROSS GAMES NIGHT!

Don’t let your friends miss this one!!
We’re starting ‘All Ability Tennis’ in Term 1, 2016.
The tennis sessions will be held at Pax Hill tennis courts in Traralgon, with coach Sally Kirstine, every Thursday evening from 5.15-6pm, during Term 1 only. Sessions begin on February 4th. The cost will be $20 for the term, which includes a shirt.
A parent/carer must be able to attend and participate with the child.
Any further queries about All ability sports, phone Louise Varsaci 0419540296 or email varsaci@aussiebb.com.au

BASKETBALL
If any player is NOT intending on returning to a St Michael's Basketball Team for the upcoming Winter Season (commencing in April), please advise by emailing stmichaelsbasketball1@gmail.com ASAP as your child will be placed into a team. Our team lists need to be finalised by 10th March as the last date for registering teams is 16th March.

Please do not email the club if you are an existing player and wish to play again, you will be automatically placed in a team. If you are aware of any new players wanting to play next season please pass on the email address and we will respond ASAP. The club is currently seeking new Under 10 players.

Please be aware that withdrawing after teams have been registered causes issues with team balances and numbers. Any player who is leaving our club to play either in an independent team or for another club must obtain a clearance from St Michael's Basketball Club before taking the court next season. Clearance forms can be obtained from the TABA office or the website.
Social Media & Your School

Be a positive role model by demonstrating respectful and responsible behaviours when communicating with and about your child’s school online.

Times have changed

A few years ago parents discussed concerns or issues with friends at the school gate. Today, with the internet, mobile phones and social media, discussions between you and your friends can reach a far wider audience than ever before.

Social media can provide an enjoyable way to socialise online and keep you connected with what is going on in your school community.

While these technologies can be great for sharing ideas and keeping in touch, don’t forget that comments about your school community can have greater impact than expected and can have very real consequences for the reputations of individuals including teachers, principals, other parents, students and yourself.

As a parent and carer, you are your child’s first role model when it comes to online behaviour. Make sure your online conduct demonstrates how they can use social media respectfully and safely.

There are also legal implications around what people are able post and share about others. The idea of privacy in the online world can be confusing but essentially posting or sharing personal information about another person online requires consent.

Top tips for positive and respectful online communication with your school community

Avoid posting negative comments that identify your school or individuals.

Feedback from the school community is important for schools and the department. Each Victorian Government school has a complaints process for raising concerns. If you have a concern, rather than go online, speak directly to your child’s teacher, Assistant Principal or Principal.

If after having this conversation you feel that your concerns have not been resolved, you can contact the Community Liaison Officer at your closest Department of Education and Training Regional Office, who will assist you and the school to find a solution. For more information on raising a concern or issue with your child’s school see: http://www.education.vic.gov.au/about/contact/Pages/complainschool.aspx.

Remember: serious instances of inappropriate online behavior may constitute a criminal offence and become a police matter. School staff may obtain personal legal advice if they feel that online content seriously impacts their reputation.
Try not to be emotive or hasty. Keep comments calm and polite.

Before you post something online about your child’s school ask yourself:

- Am I being a good role model for my child?
- Will this information reflect badly on me?
- Does the school community or individual really need to know this information?
- Is this information relevant, helpful and positive?
- Will this information upset or embarrass the school community or an individual?
- Am I making situation worse?

If things do get heated online consider logging out and taking time to relax.

Be aware of what you are sharing and with whom.

Remember that the legal implications around sharing personal information applies to images and video presented online.

As the parent/carer of your child, you have the right to choose who sees your child’s personal information, including their image online. You also have a responsibility to not share the personal details of other children.

If you upload photos on social media of school events, be aware of who is in the background. Some parents and caregivers do not want themselves or their children on social media. It is recommended that you never tag a child’s image with any personal information.

If your child’s personal information or image has been shared on social media without your consent you can request its removal by the social network hosting it.

All Victorian Government schools have a policy on if and when it is appropriate to use cameras for filming or photographing school events. You can contact your child’s school for more information.

If you share pictures of your children publicly through online photo-sharing sites and hashtags, remember that once it is shared, you have no control over how it is used or by whom. To avoid these photos being shared by others or used for purposes without your consent, make sure you set up your account security settings to share images only with close family and friends.
Social Media & Your School

Get to know social media.
It may be helpful to research online networks and mobile applications. In particular look at:
- Terms of Use
- Policies and procedures for the removal of content
- Privacy settings

Be proactive.
If you see something you feel should be removed, flag it. Some sites will allow you to do this anonymously.

Address inappropriate content.
If you encounter inappropriate content online, there are a number of steps you can take:
- Refrain from responding.
- Take a screen capture or print a copy of the concerning online content.
- If you think the content is explicit, pornographic or exploitative of minors, contact the eSafety Commission https://esafety.gov.au/complaints-and-reporting
- Block the offending user.
- If the inappropriate or negative comments are in regards to your child’s school or members of the school community you should also contact the school Principal.
- Report the content to the social media provider (e.g. Facebook). Providers can remove content that contravenes their Terms of Use.

How do I report inappropriate content?
Most website have a ‘report/block this person’ or ‘report/block this content’ function. Links to report or block users can be found below:

Facebook
www.facebook.com/safety

Instagram
help.instagram.com

Google (including YouTube)
google.com/support/go/legal

Tumblr
www.tumblr.com/help

Twitter
support.twitter.com

eSafety Commissioner

Further information

eSafety Commissioner

Bully Stoppers