

RICHMOND RIVER HIGH CAMPUS NEWSLETTER



THE RIVERS
SECONDARY COLLEGE

Lake Street North Lismore NSW 2480

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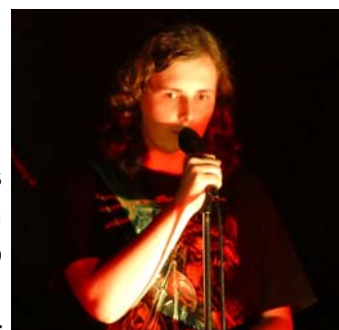
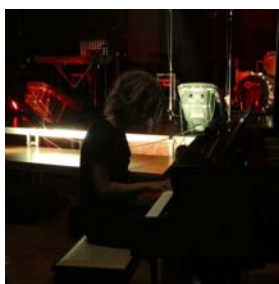
www.richmondri-h.schools.nsw.edu.au

ISSUE 15 | TERM 2 | WEEK 10



RRHC Junior Music is Da Bomb!

It was wonderful to see so many students involved on Thursday night, what an awesome evening of music. Special thanks to Mr Ben Wordsworth, Mr Anthony Mitchell, Mr Brad Redden, and others for their organisation, this event provided a wonderful opportunity for our students to showcase their endeavour and talent.



NAIDOC Day Oztag

The day was held at Kadina High Campus and was fantastic! Richmond River High Campus had a team of fifteen students and we placed 2nd behind Kadina High. Chantarli Roberts was named Best and Fairest Player of all the teams and our Captain was Shyia Roberts. All students were exceptional representatives of RRHC.

Dean Marshall
Teacher



Deputy Principal News

Hello RRHC community,

It has been a very busy Term with lots of sporting and extra-curricular activities, including the Cross Country, Athletics Carnivals, field trips for specific classes, NAIDOC Week and various other activities. So much opportunity is provided at RRHC for students to achieve success academically, culturally, and in personal passions. It is important to acknowledge the hard working teachers and support staff that make these events possible and go above and beyond for the students at RRHC.

Year 12 students, please ensure that you have a break over the holidays but take some time to review your work to date and make a plan for how to make the most of next Term in your final Term of Year 12. Embrace any support you have and take advantage of offers of assistance from teachers as we want you to do the best you possibly can.

Year 10 students, thank you for the mature way you approached the subject selections and the interviews. As you hear regularly - "this is your HSC and your future." We will inform you of the subject lines when they are finalised and we will discuss subjects with students at this point.

A big thank you to Louise Savins who has been an excellent Relieving Deputy Principal to work with over the Term and to all the Year Advisors and Teachers who have supported the students through this Term.

Have a safe and relaxing holiday, enjoy yourself, and to end with an inspirational quote from the great Dr Seuss - "Oh the things you can find, if you don't stay behind!"

Luke Woodward
Deputy Principal

Lismore Lantern Parade

Thanks to the students and staff who attended the Lantern Parade on Saturday evening, in particular Ms McKinlay and Mr Wordsworth for their organisation. A great community event.



TAFE Awards

Student achievement - Congratulations to two of our 2016 Year 12 students who have achieved recognition at the TAFE Awards. Olivia Brennan was awarded Student of the Year in Certificate II - Kitchen Operations, and Gabrielle Sly was awarded Student of the Year in Certificate III in Early Childhood.

Karen Purcell
TAS Teacher



Relieving Deputy Principal News

I would like to highlight to all parents the importance of strong, proactive involvement in your child's engagement with social media. Their phones (and the internet) are access to the entire world – the best and the worst of it! Without rules, restrictions and guidance, it is a dangerous place. Many parents are less techno savvy than our children – which can be a distinct disadvantage to placing boundaries around access to the net and the use of their devices. Unlike our TV shows and movies – online activity has no censorship – no warnings of M15+ or R rated content, which leaves our children at risk. One possible line of action is to limit the data on their phones which directs their internet access through the home, where you can change the password at an established time each night, and re-issue the new password the next day (after a list of household chores have been completed). This has the added benefit of getting them a good night sleep! Directions on how to do this – and other great techno tips can be found in the STYMIE advice letter to parents “Get Your Techno Power Back” which is posted at the end of this newsletter and again on our Facebook site. I would encourage all parents to have a discussion with their children around what I see as the two biggest areas of concern:-

Sending images of themselves on social media. You may or may not be aware there is significant peer pressure around sending ‘nudes’ on social media among teenagers (males and females). What they don't realise is that these ‘private’ photos are NEVER private. The Snapchat and Instagram argument that “they are private and they disappear after so many seconds” is a fallacy - a simple screenshot allows the receiver to retain a copy to post and re-post at will. With social circles and relationships falling in and out of favour among high school students – these photos can become tools for revenge, manipulation, harassment and even extortion. The advice - Keep your photo posts PG rated!

‘Friending’ strangers. Unfortunately there is no way of accurately identifying the age (or intentions) of people looking to have a chat online. Location features of many apps identify the user which can then allow access to their profiles, revealing a host of personal information that can place them at risk of a predator. There was a news article this week warning parents of a new feature on SNAPCHAT – Snap Map – that shows the location of the person posting (via their bitmoji avatar on a map) More on this can be found at the end of this newsletter also. Others can zoom in and find your location right down to the street address! This is an automatic feature installed in the latest update for all existing users – so if your child is using snapchat – an undesirable can track their location and establish their routines and pattern of activity. Online safety advice is that even if ‘Ghost mode’ has been selected, there is still a risk and the best advice is to turn off location data altogether. Go to **‘Settings’** on the phone - scroll down to **‘Snapchat’**, click on **‘location’** and choose to **‘never share’**.

Lastly, here is another link worth the time to go through with your children. It is an article from School News titled ‘How to help kids navigate fake news and misinformation online’ – it should copy and paste direct to the article. (I hope it works – I am one of those less than techno savvy parents)

http://www.school-news.com.au/news/how-to-help-kids-navigate-fake-news-and-misinformation-online/?utm_source=newsletter&utm_medium=email&utm_term=http%3A%2F%2Fwww.school-news.com.au%2Fnews%2Fhow-to-help-kids-navigate-fake-news-and-misinformation-online%2F&utm_content&utm_campaign=Education+Industry+News+%E2%80%93+Thursday+29+June%2C+2017

I would like to wish everyone a safe and happy holiday.

Louise Savins
Relieving Deputy Principal



THE RIVERS
SECONDARY COLLEGE
RICHMOND RIVER HIGH CAMPUS

The heart of secondary education for Lismore

Dear Parents and Carers

Richmond River High Campus will transition to the new NSW Public Schools' finance system and a new bank account on **4 September 2017**.

To ensure a smooth transition, there will be changes to the way we accept payments from parents and carers.

With this change, there is also an obligation for schools to chase up and collect any outstanding subject fees prior to 25th August 2017. To ensure a smooth rollover from one system to the next, we are re-issuing invoices with this letter and expect payments will be made promptly.

1. **EFTPOS payments:** We will not be able to accept EFTPOS payments between **25 August and 5 September 2017**. Please ensure that you have made any outstanding EFTPOS payments before **25 August, 2017**. From **5 September 2017**, EFTPOS payments will be accepted as before.
2. **Cash and cheque payments:** Between **25 August 2017** and **5 September 2017**, we will also not be able to accept payments by cash or cheque as we prepare to close our current bank account and transition to the new one. Please ensure that you have made any outstanding cash or cheque payments before **25 August 2017**. From **5 September 2017**, cash and cheque payments will be accepted as before.
3. **Online payments (POP):** As of **25 August 2017**, payments to our current online payment facility will cease. You will not be able to use the Department of Education's Parent Online Payment (POP) system until **Wednesday 6 September**.

Thank you for your patience and understanding as we transition to our new finance system. If you have any questions, please contact us on 6621 3456.

Regards

Ms Mary-Jane Pell

19/06/2017

Junior Parent Teacher Interviews

Junior Parent Teacher interviews will be held at the start of Term 3 in the MPU on the following dates:

- Year 7 and Year 9 - Thursday July 20, 3:45-6:30pm
- Year 8 and Year 10 - Thursday July 27, 3:45-6:30pm

We are now using an online booking system called School Interviews. To make an appointment with your child's teachers please go to www.schoolinterviews.com.au

To book for:

- Years 7 and 9 enter the code **k3t83** and press Go
- Year 8 and 10 enter the code **yvbs6** and press Go

Once you have logged on:

1. Enter your details
2. Select the teachers you wish to see
3. Select the appointment times that suit your family

When you click FINISH, your interview timetable will be emailed to you automatically. If you do not receive your email immediately **check your junk mail folder AND make sure you have spelled your email address correctly. DO NOT DELETE the email you are sent. You may need to refer back to it.**

You can return to www.schoolinterviews.com.au at any time and change your interviews, via a link in the email that was sent to you, when you made your bookings - until the bookings close on:

- Years 7 and Year 9 – 20 July at 2pm
- Years 8 and Year 10 - 27 July at 2pm

Parents may also phone the school office to arrange interview times.

Paula Moverley

HT Administration

Zone Athletics Carnival

Richmond River High Campus was well represented at the Zone Athletics Carnival on 29 June. Every student proudly represented the school and competed to the best of their ability. Special mentions to Liam Bertuzzi (1st in 17+ 3km and 1500m), Jazmin Bertuzzi (1st in U16 1500m), Hamish James (1st in U13 Shot Put, Discus, 200m heat), Hugh Harris (1st U16 in 800m), Jayden Power (1st U12 in High Jump), Lexi Daly (1st High Jump), Byron Delamont (1st U16 Long Jump), Geoffrey Beddoes (1st U12 Shot Put, Discus).

Daniel Rose

PDHPE Teacher



Biology Excursion

Brunswick Heads Nature Reserve was the site of an ecological assessment by our budding Year 11 Biologists and a few Environmental Scientists on Friday 23 June. Our future scientists learnt about the local ecosystem, its intricacies and the techniques required to reveal its secrets. Scientific skills were on show as students were keenly observing, postulating and recording. The teamwork was fantastic and it was great to see RRHC values being applied to the environment. Thank you to the staff of Dorroughby Environmental Education Centre for their assistance.

Boden Yates
HT Science



Aurora College - Applications open for Years 8-10

Aurora College is the NSW Department of Education's virtual selective high school. Established in 2015, Aurora is providing innovative, flexible learning in a whole new context, by allowing students to connect locally and to learn globally.

Aurora offers selective classes in English, Mathematics and Science to gifted and talented Year 7-10 students from rural and remote areas across NSW. Students are chosen in the same way as students in all other selective classes in NSW government schools.

Applications for entry into Years 8 to 10 (2018) at Aurora College opened 23 June 2017 and close on 25 July 2017.

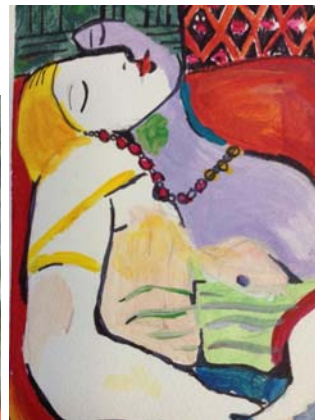
Information packages and applications are available from the school.

Mary-Jane Pell
Principal

Arundhati Gotz - Year 11

Here are some of Arundhati's paintings from the Movements within Modernism unit of work. Fantastic work, Arundhati.

Paula Glenn-Bland
CAPA Teacher



CALENDAR

TERM 3

Week B

17 July

Staff Development Day - no students

18 July

Students return to school

19 July

Links to Learning 'One Vision' production

20 July

Norm & Ahmed Performance

Years 7 and 9 Parent/Teacher Night

21 July

QUOTE OF THE DAY

"No one is perfect - that's why pencils have erasers" (Wolfgang Riebe)

CANTEEN ROSTER

17 July

Help needed

18 July

Meryl Condon

Andrew Hunter

19 July

Help needed

20 July

Dorothy Tan

21 July

Help needed

If you can help, please phone
Kathy Claydon on 6621 4890.



RICHMOND RIVER HIGH CAMPUS

Lake Street, North Lismore NSW 2480

T 02 6621 3456 F 02 6622 2928

E richmondri-h.school@det.nsw.edu.au

www.richmondri-h.schools.nsw.edu.au

www.facebook.com/richmondriverhigh

Canteen: 6621 4890

We would like to respectfully acknowledge the Elders past and present of the Wiyabal Wiyabal people and other peoples of Bundjalung Nation. We acknowledge that they are the first peoples of this land on which our school stands.

To view all current events at
Richmond River High Campus, please
refer to our Facebook page at:

[RRHC Facebook](#)

(you do not have to have an account on
Facebook to access our page)

Or alternatively go to our web site and
click on the link at the bottom of the
page. Please let us know if you have
problems accessing it.

Canteen Specials Week 1, Term 3

Monday 17 July

Staff Development Day - no students

Tuesday 18 July

Spaghetti Bolognese or Mushroom
fettuccine



Thursday 20 July

Chicken or vegetable pie with mashed potato crust

Friday 21 July

Beef and black bean and vegetable stir fry



Large \$6 Small \$4

From the Canteen
If anyone has an abundance of
fresh fruit and would like to
donate it to our Canteen next
Term, it would be greatly
appreciated.



RICHMOND RIVER HIGH CAMPUS

CAN YOU HELP?

FRIENDS OF RRHS.
CAN YOU SPARE 2 HOURS
FROM YOUR DAY
TO HELP IN THE CANTEEN?

EVERY LITTLE BIT COUNTS

CALL KATHY CLAYDON ON
6621 4890

DRAMA CLUB

RRHS THE RIVER THEATRE

TUESDAY
YEAR 7 TO YEAR 12
WELCOME
BRING YOUR LUNCH

Knit & Chat



Wednesday Lunch in Library

ALL Welcome

In support of "Wrapped With Love" charity



THE RIVERS
SECONDARY COLLEGE

Breakfast Club
Every day
8.15-8.50am
Chill Out Room
All welcome
No charge



Breakfast Club
Every day
8.15-8.50am
Chill Out Room
All welcome
No charge

Attention all Parents and Carers

Our newsletter is published every Friday and is uploaded onto our website:

www.richmondri-h.schools.nsw.edu.au

and emailed to parents whom we have received their email addresses. We do not provide paper copies unless specifically requested by parents and the students need to come up to the front office to collect a paper copy at 3.15pm on Friday afternoons.

ATTENTION All Parents/Carers



You can now purchase school uniforms online from Lowes.

It is free delivery for orders over \$100 and you can exchange sizes at the shop if needed. The website is -

www.lowesschoolwear.com.au

www.richmondriverhighcareers.com

I've put together a new website.

UAC/VTAC/QTAC
VET

It's a "One Stop Shop" for everything you need with Career Planning and help.

LATEST NEWS AND EVENTS

WORK EXPERIENCE

DO AN INTERESTS TEST

FIND A JOB

CHOOSE A UNIVERSITY

GAP YEAR

CREATE A RESUME

DEFENCE CAREERS

YOUTH ALLOWANCE

CHECK IT OUT NOW!

Mr Eden Weir
Careers Adviser



THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT



Walanga Muru Early Entry Pathway

Macquarie University is now offering Aboriginal and/or Torres Strait Islander students the opportunity to receive an offer into an undergraduate university degree as early as August 2017.

Yes! Pre HSC and ATAR offers!

This opportunity is great for motivated and bright students as well as those who are worried about their ATAR scores, or would like to explore their options and site their HSC exams without as much stress.

How it works:

Step 1:

Students complete an Early Entry Pathway application form.

Step 2:

Students attend our campus at North Ryde and complete a short assessment.

Walanga Muru is running 6 early entry assessment days, the students can choose to come to any one of these dates:

- 28 June
- 27 to 28 July
- 28 August
- 27 to 28 September
- 28 October
- 28 November

Step 3:

Macquarie University staff will get in touch to let students know their results!

GET IN TOUCH NOW FOR MORE INFORMATION!

Email amelia.corr@mq.edu.au or call (02) 9850 8624.

Our Outreach Team are also available to come out to your school and deliver an Early Entry Pathway presentation, or provide one on one advising to students. Contact amelia.corr@mq.edu.au or taylah.pearce@mq.edu.au to book in for a session.

Apply now

**TOP
10**

Tips for Year 10s choosing their HSC courses

01

Choose what you're good at, interested in and which will lay a foundation for your future plans.

02

Choose HSC courses best suited to your ability. Don't choose courses just because of scaling or because you think they will give you a better ATAR.

03

Make the link between your choice now and where you want to go after Year 12.

04

Check if the uni you want to go to (and/or the course you want to do) has prerequisites and assumed knowledge – the UAC Year 10 booklet has all this info.

05

If you want to get an ATAR, make sure you will be eligible.

06

Depending on what you study, marks around 70 in the HSC could lead to an ATAR in the 50s, while marks closer to 80 could lead to an ATAR of 80. This is because most students have marks between 70 and 80 so when you are ranked that group really spreads out.

07

If you are getting marks in the 70s do whatever you can to get closer to 80 – it will make a big difference to your ATAR.

08

Remember that uni award bonus points for your performance in particular HSC courses, and usually for Bands 4 and above.

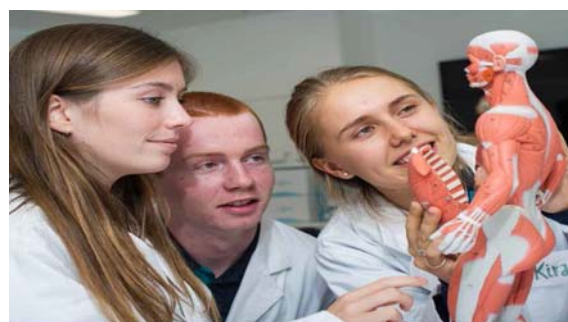
09

If you're not sure what level maths and English to take, choose the level that suits your ability and future plans. You will not necessarily get a higher ATAR just by studying a lower level course, and uni don't always give bonus points for the lower level courses, no matter how well you do. Also check prerequisites in case you need to get a certain performance band.

10

To maximise your ATAR you have to make good choices about what to study, work to the best of your ability and work towards your goals for life after school.

UAC
UNIVERSITIES
ADMISSIONS CENTRE



Head-Start 2018
providing a head start to university study for exceptional students



scu.edu.au/headstart
CRICOS Provider 024193

Southern Cross
University

SCU are now recruiting for Session 1, 2018 (February-June) and registrations are open via www.scu.edu.au/headstart

Need someone to talk to?

CALL:

Kids HELPLINE 1800 551 800
Lismore HEADSPACE 6625 0200
Mental Health Line 1800 011 511
Beyond Blue 1300 789 978

Be inspired.
Become inspiring.

BIG IDEAS FORUM 2017

Do you have a **big idea** that could change the world?

Now is your opportunity to work with some of Australia's top researchers and experience how they develop an idea into something that can shape the future and make the world a better place.

Your ten students and teachers from across Australia will be given the chance to share their big idea and spend a week at the Australian Nuclear Science and Technology Organisation (ANSTO) working alongside some of Australia's best researchers.

Simply submit a video message telling us about your big idea at www.ansto.gov.au/bigideas

Applications close **20 August 2017**

Forum dates **6-9 November 2017**

Inclusions: All flights, accommodation and meals

More information: www.ansto.gov.au/bigideas

www.ansto.gov.au

BreastScreen NSW

B screened

9 in 10 women diagnosed with breast cancer do not have a family history

Lismore BreastScreen Clinic
located at 29 Uralba Street
Appointments available all year round

Call 13 20 50 to book your free screening mammogram

13 20 50
20 minutes every 2 years could save your life

For women aged 50 to 74 years
breastscreen.nsw.gov.au

"We now know that 1 in 8 women develop breast cancer and that most cases do not have a family history. The good news is that regular mammograms can detect breast cancer in its early stages and early detection is the key to successful treatment. A mammogram every two years could save your life.

BreastScreen provides **FREE** mammograms for women aged over 40 years. **Appointments take only 20 minutes.** No referral is required. **The Lismore BreastScreen service at 29 Uralba Street is open Monday to Friday.** The phone number is **13 20 50 to book a free appointment.** See also www.breastscreen.nsw.gov.au"



26 June 2017

Enquiries

Australian Fishing Tournaments - 02 6681 3988

INTRODUCING THE CATCH 'N' SNAP:

THE 2017 EVANS HEAD FISHING CLASSIC HAS TRANSFORMED — AUSTRALIAN FISHING TOURNAMENTS BRINGS THE TRADITIONAL EVENT INTO THE 21ST CENTURY.

July 7 to July 14, 2017 on the banks outside the Woodburn Evans Head RSL

To enter or find out more, visit www.fishingcomps.com.au/ehfc

Further Information

Australian Fishing Tournaments (02) 6681 3988 or visit www.fishingcomps.com.au/ehfc

Liverpool International Academy
New South Wales

Skill Development Academy
Ages 7-14 years - ALL ABILITY LEVELS

TERM 3

Places are limited – book now to avoid disappointment

Liverpool International Academy

Lismore Skill Development Program Term 3

Ages: 7-14 years - ALL ABILITY LEVELS
Dates: Tuesday afternoons starting 25th July (8 weeks), 5pm - 6.30pm
Cost: \$140.00 per person for 8 weeks
Venue: Southern Cross Football Centre, Lismore

Many players are finding Skill Development a positive addition to their local club training.

Future-proof your career
The Griffith STEM Roadshow
Lismore 19 July 2017

griffith.edu.au/sciences-roadshow



Find out how you can future-proof your career.

"More than 70% of new jobs being created require skills gained through science, technology, engineering and mathematics (STEM) studies. Studying a STEM-related degree will prepare you for a fast changing world, give you more career opportunities and make sure you're always ready for what's next." - Office of the Chief Scientist, Australia's STEM Workforce report.

Join us for an interactive evening and to hear from Griffith University STEM researchers and lecturers, students and support staff to gain an understanding of the exciting programs offered at our Brisbane, Gold Coast and Logan campuses.

Students and their parents can receive advice on how best to place themselves in tomorrow's job market and find out more about the diversity and uniqueness of our STEM programs and how we prepare students for future employment.

Register now

griffith.edu.au/sciences-roadshow

For more information contact damian.harris@griffith.edu.au

Where: The Studio
Lismore City Hall
1 Bounty Street

When: Wednesday 19 July 2017
Time: 5.00 pm Doors open
Cost: FREE



Snap Map - What you need to know now.

Late last week and over the weekend, you may have heard about the latest feature being touted by Snapchat.....Snap Map.

Snap Map lets a user share their real-time location, their friends can view on an interactive map not only which street they are on, but exactly where they are on that street too.

Since a large number of Snapchat's users are teenagers, this feature is very scary when you consider their personal safety. Here at Safe on Social Media we are extremely concerned about Snap Map's privacy issues, and believe it could expose users to potential predators, bullying etc.

Once a user updates to the latest version of the app, all they need to do to launch Snap Map is pinch the Snapchat camera home screen. From there, they can choose to share their location with all of their friends, select some of them, or choose none of them by using 'Ghost Mode', which hides them from the map but still allows them to track their friends.

We urge parents and guardians to make sure young people select Ghost Mode, and not the other two options.

The new update means users are constantly sharing their location with their Snapchat friends, as long as they have the app open or are actively using it.

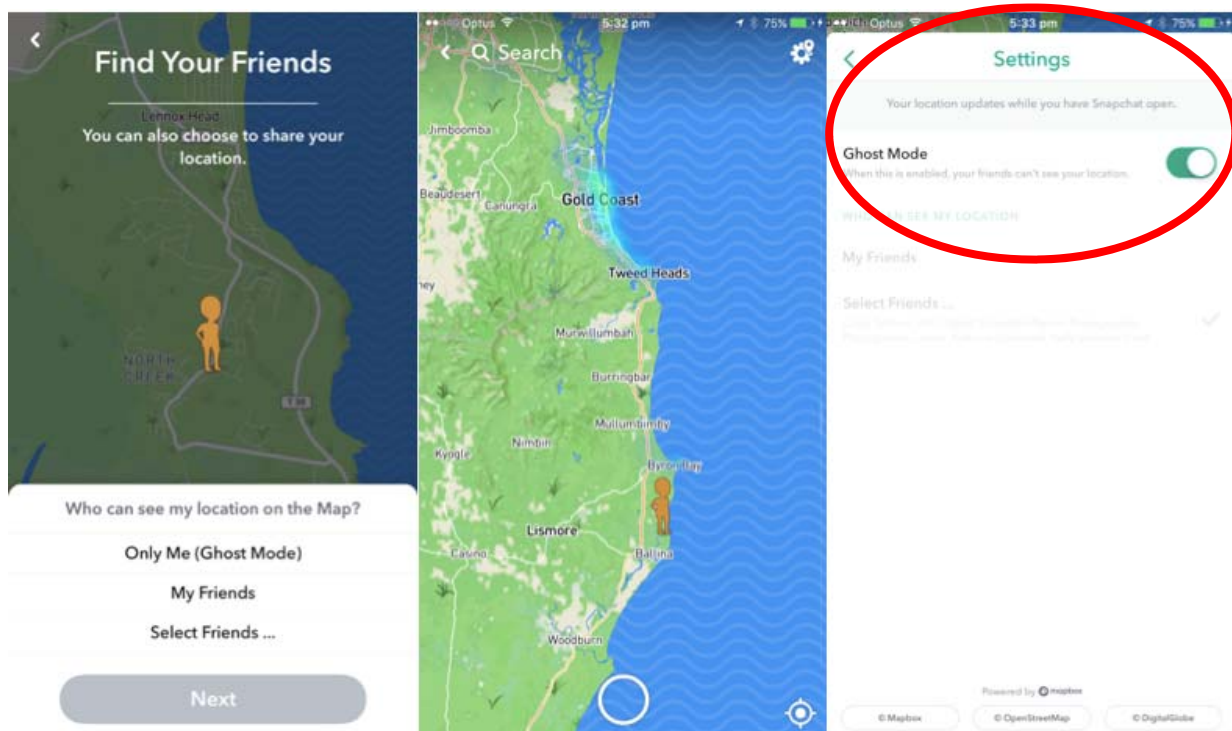
A user's location is not public to people who are not their friends on Snapchat so we hope this triggers users to cull on their Snapchat friends list as most teenagers in particular are connected to a number of people that they don't know.

Given the widespread use in high schools of the app "Yellow" which enables users to connect with strangers from all over the world through their Snapchat, Instagram or Facebook accounts. *(we will be releasing our guide to safe use of Yellow to schools that subscribe to our information portal in early July).* Please remind young people that stranger danger does not go away anymore and when they are connecting to people online that they don't know this is a major threat to personal safety and privacy 24 x 7.

For more information please visit -

www.safeonsocial.com

www.safeonsocialmedia.com.au



Getting Your Techno Power Back!

I'm just going to say it - it is irresponsible for you to give your child unsupervised access to a device that allows them free and open access to the world and all of its dark and uninhibited places, without appropriate levels of control.

All too often, I am having conversations with parents who feel as though they have 'lost control' over their children's level of engagement with technology. This is a concern, because losing control means that you are giving away a level of protection. Your kids do not need a 30 or 40-something year old friend. It is much harder for you to set protective boundaries if you have a friendship with them. In your home, you are the boss. Your job is to love, nurture, provide, teach values and protect. It does not matter if your child pays for the phones or the internet access. Your home, your rules. You are the experienced grown up charged with providing a safe environment. 80% of what most Australian children do online is hidden from their parents and carers. **80%!!!**

We have been persuaded into thinking that our kids are entitled to more privacy than we would often allow our own grown-up partners. I have experienced first-hand how this unsupervised access is disaffecting their peer relationships, their self-esteem and their learning. Unless you know the how to use their devices, where they go on them and who they invite into your house with them, you have no control over who they are spending (significant amounts) time with. This means that you also don't know who is having an affect on their feelings, values and attitudes. You also won't know if your child is not treating others with respect either.

Through experience, I have found a couple of ways, which may help you, regain some footing in actively supervising your child's use of technology. They are all very simple and they work. And, please note my use of the words 'actively supervise'! Passive supervision doesn't solve anything! **Know which sites your child holds membership to and have the passwords** I suggest that if they are a member of ask.fm or use kik, that they need to be taken off it. Your kids do not need to be using anonymous forms of communication. It provides a platform for them to be untruthful and to watch stuff that they need not be watching. Allowing this, takes away their responsibility for anything they may say to others or others may say to them. A lack of consequence for things kids are saying to each other is having disastrous effects.



Know their social networking friends Our children hang out in 'virtual villages'. There are many of them speaking with each other about everything, for hours on end. You need to know who else is having an input into how your child thinks and the concepts they are exposed to. Kids share all kinds of porn, images and messages that we would not approve of. I'm not joking.

Know how to change the Wi-Fi password Only let your kids have access to the password when they've done their jobs their homework, or fulfilled whichever responsibilities you need them to. This is the now-day equivalent of my Mum not letting me ride my BMX until I did my jobs! You can Google how to do it, it is very simple. Many, many kids, set alarms and wake up when the grown ups are asleep to access the internet! Find out what "flavour" your modem is (Belkin or Netgear for example) and search "How to change Belkin modem password." You can change the password every day if needs be. Xbox and PlayStation time is limited by this too.

Have a central location for computers This is all about active supervision. The dining room table, the breakfast bar, the lounge room; make sure you can see what they are accessing.

Take their 'phones at bedtime Set an alarm on your own 'phone to remind you. If you child makes a fuss about this, you've just answered whether or not they've already been tempted to do the wrong thing. I literally have kids fall asleep in class because they are not getting enough sleep (I don't think it is my teaching!). Kids do not need to be texting or networking with their friends or playing games right up until the second they fall asleep. Their brains need a chance to refresh, which means they need quiet time. Another tip, don't give the 'phone back until after they're ready for school in the morning. Their friends can call your landline if there is something important that needs addressing. I'm not saying it is easy and I do know how hard it can be. You have to be consistent and strong. Speaking with other parents will also help.

With kindest regards and lots of luck!

Rachel Downie

Director

stymie.com.au

#bullying #stymiehat