

James Erskine Public School  
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/

**I am safe**

**I am respectful**

**I am a learner**

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# James Erskine Public School

## Herald Newsletter

ISSUE 2 FRIDAY 6TH APRIL 2018

### Important Dates

Term 2	
<b>April</b> 30th April -SSD <b>May</b> 1st May— First day of Term— Students Return - ANZAC Ceremony 3 <sup>rd</sup> May- Cross Country 8 <sup>th</sup> May- Back up Cross Country Date 9 <sup>th</sup> May- School Photos 10 <sup>th</sup> May- Sibling photos 15 <sup>th</sup> - 17 <sup>th</sup> May- NAPLAN- Yrs 3 and 5	<b>May</b> 18 <sup>th</sup> May- Walk Safely to School Day 22 <sup>nd</sup> May- STEPS Debating @ Blackwell Netball Knockout 23 <sup>rd</sup> May- District Cross Country Leader's Civic Reception EPHS Gat class application closes 29 <sup>th</sup> May- African Children's Choir Visit 30 <sup>th</sup> May- NSW Netball Cup Mass Choir Rehearsal @ Blackwell PS

### Assemblies

K – 2 Assemblies– Term 2		
When @ 11:20	Run By	Item Class
Friday 11 <sup>th</sup> May - Week 2	1C	-
Friday 25 <sup>th</sup> May- Week 4	1B	2J
Friday 8 <sup>th</sup> June- Week 6	2R	2B
Friday 15 <sup>th</sup> June- Week 7	1V	1C
Thursday 21 <sup>st</sup> June- Week 8	Assembly of Excellence- English	
Friday 29 <sup>th</sup> June- Week 9	KD	1P

Years 3 – 6 Assemblies– Terms 2	
When @ 12:00– 1:00	Run By & Item By
Thursday 10 <sup>th</sup> May - Week 2	6H
Thursday 24 <sup>th</sup> May- Week 4	4C
Thursday 7 <sup>th</sup> June- Week 6	6P
Thursday 14 <sup>th</sup> June- Week 7	5M
Thursday 21 <sup>st</sup> June- Week 8	Assembly of Excellence- English
Thursday 28 <sup>th</sup> June- Week 9	3C

# News from the Principal

Welcome to the end of Term1, 2018. It's difficult to believe that we are already one quarter of the way through the year!!

## Sensory Garden

It's important to keep you, our school community, updated with what is happening around the school and one thing in particular, that I would like to draw your attention to is the progress that is happening with our sensory garden. With the generous donation of \$30000 from the P&C, we now see the commencement of the building of our 'pirate ship'. The garden as a whole is beginning to flourish (thanks finally to some rain) and is a remarkable area for all to enjoy. The addition of this amazing pirate ship will almost complete this area and I am sure, draw lots of attention from the students. Please feel free to have a peek next time you are in the school.

## Feedback

In just about every newsletter since I started here at JEPS I have commended and thanked staff for their willingness and desire to organise and plan activities for our students. The opportunities provide our students a 'well rounded' education where each and every one is given a chance to shine whether that be in the performing arts, academic endeavours, leadership and or sport for example.

Again I am saddened by just a few unnecessary and unfounded comments by members of our community. Our teachers are human beings and I feel in this world of social media, we are quick to vent without thought of the person this is directed at and without a right of response. Whilst we do not have direct access to community pages, negative and often quite upsetting posts are always brought to our attention.

I would like to again reiterate that these comments are few and far between however leaving a lasting impact.

So, **can I ask you as a community**, not to refrain from providing feedback – positive or negative, or certainly from seeking clarification, but can I ask that you do this through the following channels:

**PHONE:** make a quick phone call. If I or a particular staff member is not available to immediately take your call, we will get back to you as promptly as possible.

**EMAIL:** you are more than welcome to email the school account and ask for your query to be directed to the appropriate staff member.

**IN PERSON:** please pop in to see us. If I am available there and then....I would be more than happy to meet with you to discuss your concerns.

Also, the Department of Education has, as of October 2017, implemented another way to either make a complaint, or provide positive feedback. Details are provided below and even though this information goes through a central team, they are directed to the appropriate people for action.

I would ask that we work together as a community to eradicate the on-line negativity associated with social media and contribute to the 'Respectful Relationship' philosophy we are trying so hard to promote and develop within the school and our wider education network.

We know we get things wrong....however, would rather work with you and take your feedback into consideration moving forward.

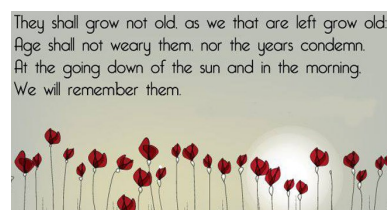
### What is Feedback Assist?

Feedback Assist is just another way to make a complaint, give feedback or tell us about an idea. Feedback Assist does not replace existing ways of providing feedback and does not change the way that we handle complaints – parents, carers and school communities should still be encouraged to contact the school or service directly, so any issues can be resolved quickly by the people directly involved in the situation.

Feedback Assist went live on the department's website on 10 October 2017 and will go live on other main department websites in 2018, and will be supported by a team located at the Employee Performance and Conduct directorate. The team will redirect any complaints, compliments or suggestions lodged through Feedback Assist to the right school or service, or to the right complaint manager if the issues haven't been resolved by the school or local area.

On a much more positive note, I hope you have a wonderful holiday. If you are fortunate to be getting away, travel safely and if not....I hope the weather stays favourable. See you next term.

**Best wishes**  
**Corinna Robertson**  
**Principal**



## ANZAC Day News



*ST MARYS RSL SUB-BRANCH*

ABN 1826 845 9987

*THE RETURNED & SERVICES LEAGUE OF AUSTRALIA*

**President:** Mr R. Blakely  
**Honorary Secretary:** Mr T. Fryer  
**Honorary Treasurer:** Mr A.E. Fish OAM

Address all correspondence to: C/- Honorary Secretary  
POSTAL: P.O. Box 3093, St Marys South NSW 2760  
EMAIL: [stmsub@tpg.com.au](mailto:stmsub@tpg.com.au) PHONE: 0414 557 692  
f St Marys RSL sub-Branch  
WEB: [www.vvaastmarys.com.au/stmarysrl\\_sub-branch](http://www.vvaastmarys.com.au/stmarysrl_sub-branch)

The President and Members of St Marys RSL Sub-Branch, would like to invite students and families to attend our two commemorations of the ANZAC Centenary in 2018.

On **Sunday 22nd April there will be a march from Coachmans Park St Marys to Victoria Park**, commencing at 1430 hours (assemble at 1400). This provides a great opportunity for students to support ANZAC traditions. The march will be immediately followed by a short commemorative service at Victoria Park.

On **ANZAC Day, Wednesday 25th April, a Dawn Service will be held at the St Marys RSL Club**, Cnr Mamre Road and Hall Street, St Marys, commencing at 5am.

Immediately after the Dawn Service, families are welcome to visit the St Marys RSL Club to continue your reflections, where breakfast will be available at a small charge.

# News from the Deputy

## School Photos

School Photos will be taken by Advancelife in week 2 of term 2. Our main photo day will be Wednesday 9<sup>th</sup> May and sibling photos will be taken, for parents wishing to purchase these, on Thursday 10<sup>th</sup> May. Notes explaining how photos can be paid for were sent home a few weeks ago and can be downloaded from our website. Envelopes will be sent home by the end of week 1.

Advancelife's preference for ordering is online to reduce administration and potential security issues related to the return of cash and envelopes on photo day. Orders for packages and sibling photographs can be placed securely online at [www.advancedlife.com.au](http://www.advancedlife.com.au) using our school's unique 9 digit Online Order Code. Portrait and group package orders are due by photography day. Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day. Sibling photographs will only be taken if an order has been placed.

Our school's unique ordering code is: **NFN D5L XR3**

Should you have any queries concerning school photographs or online ordering, please direct them via email to [enquiries@advancedlife.com.au](mailto:enquiries@advancedlife.com.au)

Students should be in full summer school uniform. Jackets and jumpers can be worn to school but will be taken off before class and individual photos.

## Walk Safely to School Day

National Walk Safely to School Day is a community initiative that aims to raise awareness of the health, road safety, transport and environmental benefits that regular walking (especially to and from school) can provide for the long term well-being of our children. Apart from the physical benefits, regular walking also has a favourable impact on their cognitive and academic performance.

The annual event, now in its 19<sup>th</sup> year, encourages primary school aged children to build walking into their daily routine, by walking to and from school, not just on Friday 18<sup>th</sup> May, but every day.

Primary school aged children across Australia will make those important steps towards a healthier future by participating in National Walk Safely to School Day on Friday 18 May 2018. We encourage all of our families to try to participate in this event and possibly even start walking to and or from school at least once a week.





## Assembly of Excellence

Last Wednesday we held our first Assembly of Excellence for the year. Two Principal's awards were presented for Excellence in Sport and two for Excellent Application and Attitude in Sport. I would like to take this opportunity to congratulate the following students again;

### Excellence in Sport Recipients;

K Deers	Byron & Quinton	3B	Archie & Saige
K Foxes	Lachlan & Brooklyn	3C	Jai & James
K Owls	Cody Emilia	3/4D	Mikayla & Mataius
K Racoons	Zara & Jacob	4C	Jake & Jonathan
1B	Zac & Georgia	4S	Tyrone & Braidyn
1C	Izayah & Riley	4W	Daniel & Sarah
1P	Briana & Prince	5F	Kodey & Jack
1V	Marco & Indi	5M	Ethan & Mikale
2B	Jett & Ryan	5R	Cooper & Jorja
2J	Blake & Tate	6H	Blake & Liam
2R	Zachery & Mia	6L	Ethan & Taliyah
		6P	Matoisha & Jackson

### Excellent Application in Sport Recipients;

K Deers	Paige & Ella	3B	Archie & Saige
K Foxes	Max & Yusr	3C	Jade & Moses
K Owls	Jonathan & Jaxon	3/4D	Jack & Breanna
K Racoons	Riley & Olivia	4C	Keeley & Mert
1B	Logan & Alysha	4S	Jake & Shae
1C	Kaydyn & Jemma	4W	Tolga & Elise
1P	Cameron & Lucas	5F	Cruz & Bree-Anna
1V	Declan & Alana	5M	Sofia & Jayden
2B	Zoe & Kieran	5R	Luke & Britnee
2J	Indee & Max	6H	Tazma & Tatjana
2R	Anisi & Isabella	6L	Jessica & Mariah
		6P	Ajai & Rose

# News from the Deputy continued

## Assembly of Excellence Photos



## University Competitions

Over term 2, the University of NSW runs Assessment Competitions that students from Year 2 to 6 may participate in. These competitions are held at school and students may enter one or all. They are not compulsory.

We will be holding competitions in Writing, English and Mathematics. A note explaining dates, closing dates and cost can be downloaded from the website. Notes were also distributed to interested students a few weeks ago.

## Easter Hat Parade

It was wonderful to see so many family members attend our annual Easter Hat Parade. The students and their siblings looked fantastic in their assortment of hats and Easter baskets. I would like to thank our parents for both attending and making the hats and baskets. It is lovely to see the support we receive from our JEPS families. I would also like to take this opportunity to thank the Kinder teachers for organising the event this year. It was great to see the addition of the class banners and Easter raffles which added to the feel and excitement of the event.



At school, particularly in Year 6, we have been discussing and trying to apply the words and movement; **choose kindness**. We are encouraging each other to be kind in both our words and actions. A nice word can and does brighten a person's day. Kind actions remind us that we matter and that we are all connected. Unfortunately negative words and actions often weigh heavily on a person. I hope that our JEPS community also takes up the pledge to choose kindness both at school, in our community and in their homes.

Kind regards,

Kim Dunscombe

Deputy Principal





I just wanted to contact your school to say a huge thank you to the staff and pupils at James Erskine PS for the lovely gift of Easter eggs which were left for the cancer patients. They put a smile on everyone's face especially mine. What a wonderful gesture and I enjoyed mine very much.

Just wanting to thank the thoughtful and generous students and staff at James Erskine Public School for the donation of Easter eggs to the Nepean Cancer Centre.

Yesterday, my husband had to attend the Liverpool Hospital Cancer clinic and what a very pleasant surprise to be given a bag of Easter Eggs and wished Happy Easter. We would both like to send our thanks to both the teachers and students at your school and let you know that it was very much appreciated. A lovely thoughtful gesture.

My husband and I had to attend the Nepean Cancer Clinic today for a treatment for his cancer. Although he is a very sick man he was deeply touched by the thoughtfulness of students and staff from James Erskine P.S. in preparing their little Easter treats for the cancer patients at the Clinic. Thank you very much. Your kindness brought a little ray of sunshine to so many patients who were awaiting treatment.

I would like to thank you for my Easter eggs handed out at the Nepean cancer care clinic today. This was a very kind thought on behalf of the teacher's & students. My condition is on track for a good outcome however it is great to see such a positive initiative by the school for all the patients today.

We at Penrith Community Aid are ever so grateful, and thank you for all the assistance you have given us over the years. Such donations has made it possible for us to meet the requirements for the needy, who come to us for assistance. A big 'thank you' to all the students who have contributed and made this possible.

My husband and I were at Liverpool hospital in the Oncology department for one of his appointments today, and we got the most lovely surprise when he was given some Easter Eggs from the Students and Staff and Brent from James Erskine P S.

*Some incredible responses from our Easter gifting... thank you so much for your support!*



# EASTER HAT PARADE

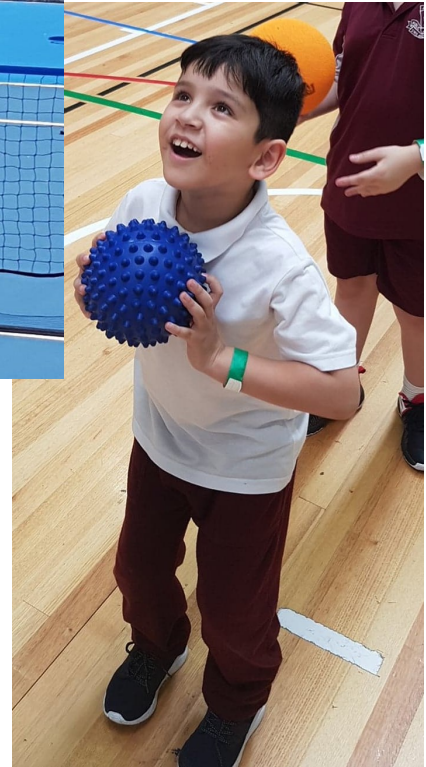
How wonderful it was to see so many parents, grandparents, little brothers and sisters and friends come and enjoy our Easter Hat Parade with us. All of the children had such a wonderful time parading around in their magnificent hats and displaying their creative baskets. A very big thankyou to all the parents and caregivers for the effort you made in assisting your child with their creations. So many parents commented on how much fun they had with their children. Your





## Active Inclusion Sports Day

On Wednesday 14 March, 5 students represented JEPS at Blacktown Leisure Centre where they participated in a variety of sporting activities. These sports included football, little athletics, wheel-chair basketball, goalball, hockey, tennis, softball and netball. All students had the opportunity to meet people with a range of abilities and play with students from a variety of schools. It was a very





## Sydney West Area Swimming Carnival

The following JEPS students qualified for the Sydney West Swimming Carnival which was held at the Homebush Olympic Centre on Tuesday 24th March.

Archie, Jai, Jake, Mikayla, Lara and Blake.

To qualify, the students needed to be placed in the first three in freestyle and the first two for all other strokes.

Our 4 JEPS relay teams also successfully made it through to compete at the carnival.

**Jnr Girls-** Mikayla, Lara, Lillith and Jaeahna

**Jnr Boys-** Archie, Jake, Levi and Jack

**Snr Girls-** Jorja, Abbi, Bree-Anna and Elysia

**Snr Boys-** Blake, Jackson, Cameron and Ethan

Congratulations to all of these fantastic swimmers who proudly represented the St Marys District on the day.

A special congratulations to Mikayla who qualified in breaststroke for the State Swimming Carnival and Jake who qualified for backstroke. Also a big congratulations to our junior girls relay team- Mikayla, Lara, Lillith and Jaeahna, who also qualified for State. An outstanding effort from these swimmers, well done!



# Welcome to 2J!

2J have had a fantastic start to the year and we are looking forward to learning so much throughout the year.

## OUR Learning

### English:

We have been reading books by Nick Bland as well as learning how to write a variety of sentences with the correct punctuation.



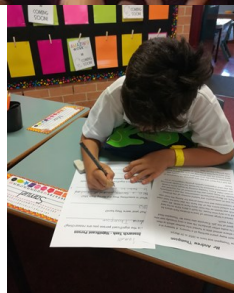
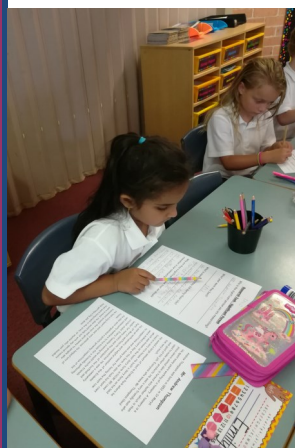
### Visual Arts:

We have been learning about warm and cool colours and making artworks by using different techniques.



### Mathematics:

During maths lessons we have been learning to count by several number sequences including 3s and 4s. We have also covered a range of topics including addition, number patterns and length.





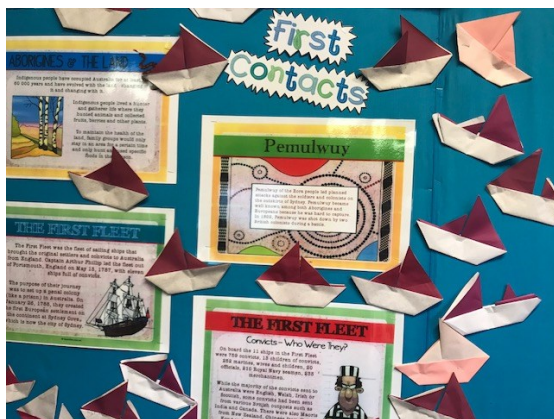


# 4W class Profile

We have had a great start to the year in 4W...what a fantastic group of people! Students are working hard to achieve their personal bests in all areas. Courtesy and kindness bring a lovely vibe to our classroom and students are always willing to lend a hand or offer encouragement to each other.

Some of 4W's favourite experiences so far have been art lessons, making origami First Fleet ships, spelling bingo, timetables shoot out and kickball.

Check out some of our best work.

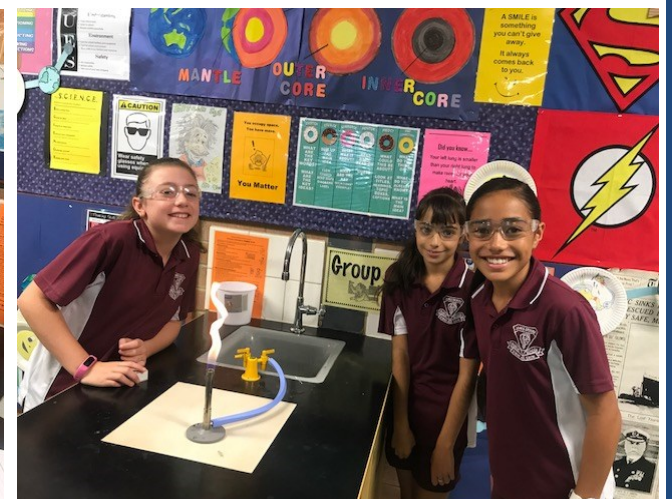
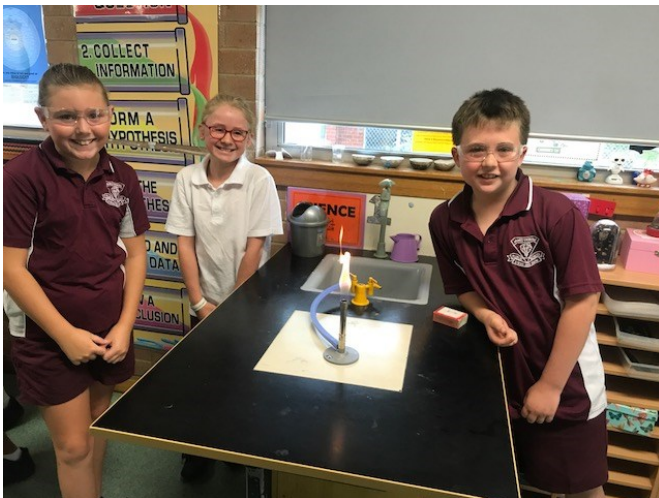


# 5F at EPHS

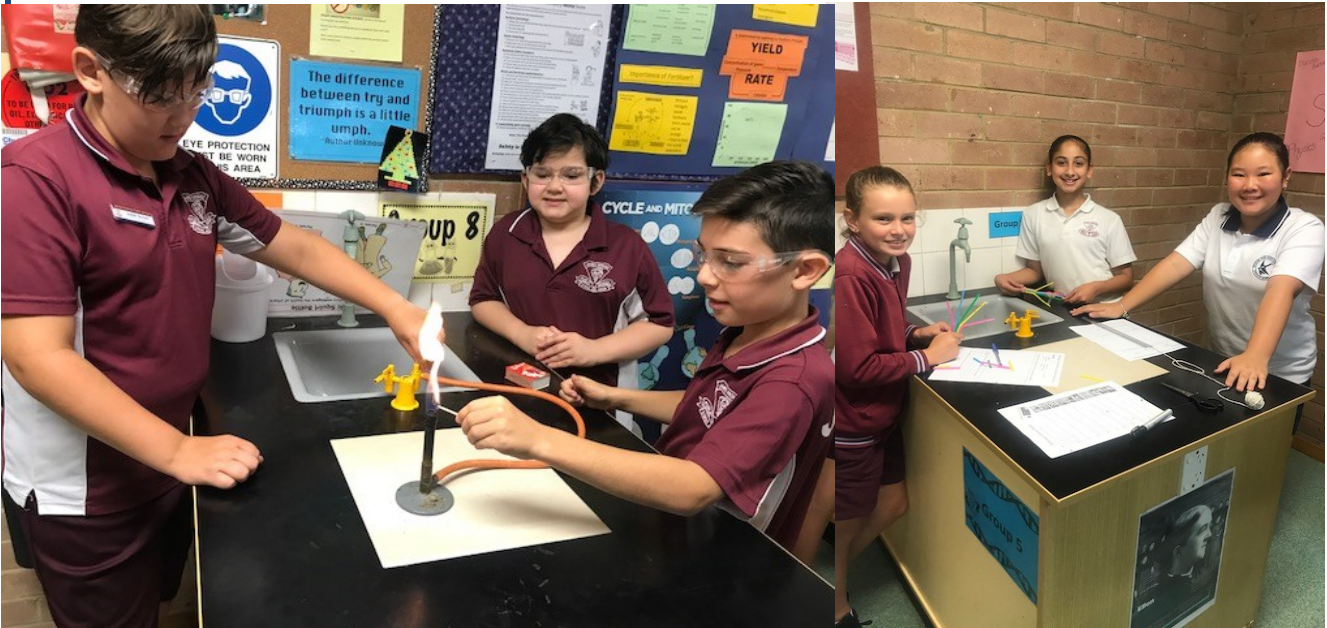
5F have been lucky enough to visit Erskine Park High School twice this term to work in the science labs.

During our first lesson, we learnt about using the bunsen burners safely and we all received our bunsen burner licences! This means we can use the bunsen burners to conduct experiments.

During our second lesson at the high school, we worked with Year









# GARDEN UPDATE

*We are happy to announce that construction has begun on the next phase of our natural play and learning space!*

*Following the big changes that occurred last year, this stage will see the addition of a ship, creek bed and more planting.*

*Our custom designed ship is already starting to take shape and will provide another interesting element for our students to explore. Our students have enjoyed using the sand pit and construction zone, climbing logs and quiet places to relax. We look forward to updating you with developments over the coming weeks!*

*Thank you to our P&C who have generously donated funds towards the construction of this stage.*







Next week 5 of our students will be participating at the State Swimming carnival. We wish Mikayla and Jake who will be swimming in individual races all the best. Mikayla, Lara, Lilith and Jaeahna will make up the Junior Relay team and we hope they are inspired by the Commonwealth games and swim their personal best.

Our cricket team recently won their first round in the State Knockout event. We wish them all the best for their next game early term 2.



Well done to all students who have participated in Sydney west teams over the past two weeks. This includes the under 11's Rugby League team, Open boys soccer team and Girls soccer team. A special mention to Cooper Carr who made the Sydney West Under 11s Rugby League train on squad, Tamara Lukanovic who made the Sydney West Girls Soccer Team and Isaiah Santos who made the Sydney West Basketball Team. Good luck to the students who are participating in the boys open rugby League, Softball and AFL Sydney West teams next week.

A selection of Year 4 and 6 students participated in a league tag gala day during week 9. It was a friendly competition and students had an enjoyable day. Well done to those students who were involved.

Cross country will be in week 1 next term so any student who wishes to do some extra training, that would be great!

The winning house for Term 1 was Evans with a whopping 470 points. They were given an extra 30 minutes to play with sporting equipment before lunch today, which they all enjoyed. Students are very keen for term 2 now and can't wait to earn extra house points to make their team the winning house.

## SRC News



### Sofia - 5M

At Longneck Lagoon Leadership excursion we participated in many activities that include teamwork. Some of the activities are trying to cross an imaginary river but we could only use one placemat each. Another activity was climbing a rope to get to the other side so that the helicopter could pick us up.

### Lara - 4C

On the 19th of March, I was very excited to attend a leadership excursion at Longneck Lagoon. We had to complete activities in groups that involved everyone. For example, one of the activities has a rope hanging in the middle of an island of sawdust and a little plank at the end. Everyone had to help each other swing on the rope and land on the little plank at the end. We ended up getting on the plank but it took a long time to get everything right as a team. In all the different activities we learnt how to work effectively as a team and be great leaders. I also learnt that when you do something, everyone's job is important and we all have to rely on one another. I liked that we got to work with new people and share our ideas with the group to get





## SRC News



Congratulations to our Kinder SRC who received their SRC badges last Wednesday at our Assembly of Excellence. The Kinder SRC representatives for 2018 are;

**Kinder Owls**— Tayleeah   **Kinder Foxes**— Anthony   **Kinder Racoons**— Ramsey   **Kinder Deers**— Matilda

THANK YOU TO EVERYONE  
that supported the  
SRC MUFTI DAY ON THE  
9th of March.  
AS A SCHOOL WE RAISED:  
**\$731**

proudly  
supporting



the  
children's  
hospital at Westmead

# Office News

Office Hours – 8.30am – 3pm



## CareMonkey

Thank you to all those parents that have logged in and created a profile for their child/ren.

Notes went home this week containing information about excursion information being sent via email from Term 2. We are currently in the process of sending home correspondence requesting current email addresses. If you receive this note please complete it and return to the school office so that your details will be included in our excursion emailing list for next term.

***If you are receiving emails inviting you to create a profile for your child/ren please action this by completing the profile as soon as possible. We need to have all student profiles completed by the end of term 1. This profile enables the school to send correspondence direct to your email and we want all our families to be included in this new, more efficient process.***

For further information visit the CareMonkey website:

[www.caremonkey.com](http://www.caremonkey.com)

The logo for SB School Bytes, featuring the letters "SB" in white on a black square background, followed by the words "School Bytes" in white text on a dark blue background.

## School Bytes

This new system works in conjunction with CareMonkey so we would appreciate it if you could create your CareMonkey profile if you haven't already done so.

School Bytes enables you to make your online payment and any other excursion/activity payments you wish to pay. School Bytes links to our secure Parent Online Portal supported by Westpac which is currently available on our school website (Visa/MasterCard credit & debit cards accepted). All excursions and activities will be pre-populated for each student.

## Tathra Bushfire Appeal

Thank you to our students and their families that made a donation last week toward supporting the many families that were impacted by the bushfires recently. **We raised \$420.35.**

## Anaphylaxis

Please read the flyer in this newsletter as it contains important information about anaphylaxis and that we need to be aware of how we can minimise the risk at our school for any students with this medical condition.

## Students Travelling by Bus – Opal card

### Does your child catch a school bus? Help them keep it!

The bus operator providing your child's school bus services, are asking for your help getting your child to use their Opal card on every bus trip.

Opal data gathered by tapping on and off is used by transport planners and service schedulers to design the bus network that best serves the community utilising the resources available.

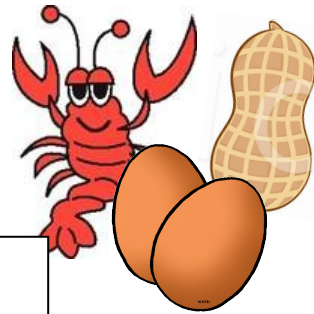
To help us achieve this, please talk with your child:

- \*Ask them if they tap on and off the bus with their Opal card.
- \*If they do, congratulate them for doing the right thing and talk about why it's important.
- \*If they sometimes don't or never do, ask them why.
  - Are they confused about why they have to? Talk about why it's important, and that every tap tells the bus planners that the bus is needed.
  - Do they forget? Help them find a way to remember, such as getting into the habit of getting their Opal card out as soon as they arrive at the bus stop or bus line.
  - Is their Opal card at the bottom of their bag? Help find a handier place to keep it.
  - Are they influenced by friends or peers that don't tap? Talk about how they like to travel on the bus with their friends and how tapping is what keeps the service running.

Have they lost their Opal card? To order a new Opal card visit [www.opal.com.au](http://www.opal.com.au).

*Mandy Anderson*  
**School Administrative Manager**

## Students at our school have ANAPHYLAXIS



### What does this mean??

Anaphylaxis is a severe and sudden generalised allergic reaction involving the respiratory or cardiovascular system. Other systems such as the skin and/or gastrointestinal tract may also be involved.

It can occur when a susceptible person is exposed to an allergen (such as a particular food or an insect sting). Reactions usually begin within minutes of exposure and can progress rapidly over a period of up to two hours or more. Anaphylaxis is potentially life-threatening and always requires an emergency response.

### For students....

Having supportive friends and class mates are important for students at risk of anaphylaxis.

Key messages include:

- always take allergies seriously – severe allergies are no joke
- don't share your food with friends
- wash your hands after eating or touching food
- know what your friends are allergic to
- if a friend/student becomes sick or unwell, get help from an adult immediately
- be respectful of a student's adrenaline autoinjector
- don't pressure your friends to eat food that they are allergic to.

### How can I help??

You can help by limiting the amount of high risk foods being present at our school with one significant contributor being peanut butter.

If students, for example, after eating peanuts have it present on their fingers and don't wash their hands, cross contamination can occur. If students with food allergies then touch the contaminated item, it may cause a severe reaction.



Please note that the school has processes in place to support students with Anaphylaxis. Should you require any future information, please do not hesitate to contact the office on 9843 3009.

*Thank you for helping to keep our students safe.  
Mrs Robertson*



# P&C News

We are nearly to the end of term already!

Reminder to have your disco payments in by Friday 6th April.

Disco entry only \$5

Disco entry & snack \$7

Glow sticks will be sold on Friday 13th April ( disco day ) from 820am for \$2



**Mothers Day stall will be held Thursday 10th May.**

Gifts will range from \$1-\$10 with all Nan/ Grandma gifts just \$5 .

A great opportunity for the little ones to choose their own special gift.



We have a fun filled year planned for our JEPS children and families so mark these dates on your calendar !

**15th September- Family Movie Night**

**28th October- Family Photo Session**

**Date TBC - Our Annual Shopping Trip**



More information will go out on these events closer to the dates.

Thank you all for the continued support to our school .

We wish you all a safe and happy break and look forward to seeing you all in term 2.

Our first P&C Meeting for term 2 will be held on Wednesday 16th May at 7:00pm in the Staffroom. We look forward to seeing you there!

**JEPS P&C**

## Is it Bullying?

At JEPS we are committed to a positive school culture where every student is valued and where bullying is never accepted.

Often there is a misunderstanding of what bullying is by students. While we do our best to provide our students with information on bullying and strategies to deal both with bullying and conflict, students sometimes are confused to what bullying is. We have included some information on the difference between bullying, being rude and being mean. We would appreciate you sharing this information with your child/ren.

### What is bullying?

- Bullying can happen to anyone
- Bullying can be one person or many people
- Bullying can happen anywhere

### bullying can include:

- name calling
- deliberately leaving someone out
- teasing
- physical violence
- making people feel frightened or upset
- putting people down



### What else is bullying?

[www.upsanddowns.co.uk](http://www.upsanddowns.co.uk)

## is it BULLYING?

When someone says or does something  
*unintentionally* hurtful  
and they do it once, that's  
**RUDE.**

When someone says or does something  
*intentionally* hurtful  
and they do it once, that's  
**MEAN.**

When someone says or does something  
*intentionally* hurtful and they *keep doing it*—  
even when you tell them to stop or show  
them that you're upset—that's  
**BULLYING.**

Children and teenagers might feel confused by changes in their friendships groups. They might also feel alone, lonely and isolated. Cyberbullying can lead to mental health issues like depression, anxiety, stress and, in extreme cases, suicidal thoughts.

Some victims of cyberbullying feel they have no safe place.

### Helping your child avoid cyberbullying

Here are some things you can do to help make cyberbullying less likely to happen to your child:

#### Agree on rules

Agreeing on clear rules about when your child can use her mobile phone, computer or tablet can help her avoid cyberbullying. For example, cyberbullying often happens at night through text messages and shared images. It's best if you agree to switch off all devices at night and leave them in a family area.

#### Talk about cyberbullying with your child

It's a good idea to start talking about cyberbullying when your child first starts to use social media sites, or when he gets a mobile phone.

You can talk about:

- what cyberbullying looks like – for example, 'Cyberbullying is sending mean text messages, spreading rumours on social media, ganging up on a player in an online game, or sharing an embarrassing photo with other people'
- how it might feel to be cyberbullied – for example, 'Being cyberbullied can make you feel very upset and lonely. It can make you not want to join in activities where the cyberbully might be'
- the consequences of cyberbullying – for example, 'People who get cyberbullied can stop doing well at school and feel depressed or anxious'.

#### Talk about being safe online

This might involve talking about things like:

- online friends and messaging **friend lists** – if your child adds someone she doesn't really know as a 'buddy' or 'friend', it gives that person access to information about her that could be used for bullying
- not giving out passwords to friends. Some teenagers do this as a sign of trust, but a password gives other people the power to pose as your child online
- thinking before posting – if your child posts personal comments, photos or videos she might get unwanted attention or negative comments. The comments and photos can also be available online for a long time
- telling you, a teacher or another trusted adult if she's worried about anything that's happening online.

For more information and some informative videos check out the Raising Children website located at

[http://raisingchildren.net.au/articles/cyberbullying\\_teenagers.html](http://raisingchildren.net.au/articles/cyberbullying_teenagers.html)