



DANDENONG NORTH PRIMARY SCHOOL NEWSLETTER

School Website:
www.dandenongnorthps.vic.edu.au

21st November, 2023

News From the North

Calendar of Events

NOVEMBER 2023

13th –24th - Swimming Program
Grade Preps to Grade 2
Students

22nd - **CURRICULUM DAY**
(NO SCHOOL)

27th November - 8th December
Swimming Program
Grades 3 - 6 Students

DECEMBER 2023

12th - Grade 6 Students Orientation
Day at Secondary School

15th - School Concert

20th - END OF TERM 4

School Pledge

I will do all that I can to make sure that Dandenong North Primary School remains a great school.

I will try my hardest to follow the 4Cs to keep our school a safe and happy place.

I promise to treat others as I would like to be treated.

Social Media

Dear Families,

We have become aware of increasing incidences of students using social media at home such as Snapchat, Discord and TikTok. These apps are having a negative impact on students' social and emotional wellbeing particularly when conflict carries over from online into school life. Negative or hurtful comments made by students whilst online, are written without a care for those who will be reading the messages and the effects that may have the next day upon a return to school.

Discord, primarily known as a gaming communication platform, allows users to chat, share media, and join various communities. However, it's important to note that conversations on Discord is unfiltered and unsupervised, which may expose children to inappropriate content or interactions. Cyberbullying and online predators are also concerns, as individuals with malicious intentions can disguise themselves easily.

Snapchat, a multimedia messaging app, enables users to share photos, videos, and messages that disappear after a short time. This temporary nature can lead to a false sense of security, as children may share personal information or engage in risky behaviour, believing it will vanish. Unfortunately, screenshots can be taken, and the content can be saved or shared without consent. Snapchat also has a map feature which shows people who are connected, each others locations in real time. This mean anyone who is 'friends' or connected to your child can see exactly where they are.

The recommended age for students using Snapchat, Discord and TikTok is 13+ years.

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Curriculum Day - Wednesday 22nd November

On Wednesday 22nd December, we will be having a student free Curriculum Day. Teachers will be working together to assess student learning and write semester reports.

TikTok is a multimedia messaging app that can expose children to inappropriate content and includes the opportunity for private messaging. Concerns around information privacy have also been raised in regard to this app. A lot of what students view on TikTok can be copied, which may put them at risk of injury or worse.

As parents, it is crucial to have open and honest conversations with our children about responsible social media use. We must set clear guidelines and establish trust by discussing the potential dangers associated with these platforms. We must encourage our children to report any concerning encounters or conversations to you immediately. Furthermore, consider monitoring your child's online activities and utilising parental controls to restrict access to inappropriate content. You might also consider not allowing your child access to social media via phones or iPads whilst in unsupervised areas of the house i.e bedrooms at night times.

For more information about the appropriateness of social media for children, visit:

<https://www.esafety.gov.au/parents/issues-and-advice/are-they-old-enough>

Kind regards,

Paul Hilton

Student Leadership, 2024

At Dandenong North, we value student voice and encourage learners to be active participants in the school community. Last week, we offered our Year 5 students the opportunity to self-nominate for the role of School Captain for 2024. We were thrilled to have 70 eager Year 5 students put their name forward and present a short speech to the Principal Team and Year 5 teachers. The quality of speeches and enthusiasm was very high and we are proud of all students who bravely took this opportunity to present themselves as a potential leader.

From the 70 students, 11 were selected to present their speech to students and staff at assembly on Monday - a very daunting audience of over 850 people. All students spoke confidently and should be proud of their efforts. Student leaders will be announced toward the end of the school year.



Weekly Awards

We love to celebrate our students who are not just achieving academically in the classroom but showing our school values of Care, Courtesy, Cooperation and Common Sense. Here are our recipients for the fortnight.



Awarded Monday 13th November

PA: Ethan	1KS: Satviga	2T: Swathi	3J: Husna	4DW: Kisa	6C: Kosar
PH: Maira	1H: Ziyen	2P: Dania	3P: Flo	4S: Fatima	6R: Ali Reza
PN: Ruth	1N: Connie	2NG: Zayn	3V: Eden	5G: Mirah	6KG: Saba
PO: Areso	1C: Maten	2B: Mahdi	4AD: Wajiha	5KL: Amelia	6CA: Viktor
PR: Mowahedah	1F: Sahar	3O: Cyrus	4M: Hadia	5P: Feza	6K: Lithika
1T: Danyal	2AN: Jaiveer	3A: Claudia		5AL: Lisa	
Library: Thameera 3A	ICT: Tetiana 3P	Art: Jala 1C	Maths: Tatheer 1H		



Year 5 students
who confidently
presented at as-
sembly this week.



Year 5

Students in Year Five have been completing a range of exciting science experiments. These experiments are being completed as part of our integrated studies unit, which focuses on learning about the different states of matter. Students have been learning about the properties of solids, liquids and gases, and have explored both chemical and physical changes.



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.





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. 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.





Victorian Government Get Active Vouchers

Parents or carers, can receive a voucher for up to \$200 towards your child's membership or registration fees.

To be eligible for a voucher your child/dependant must be:

aged 0 to 18 years, and

a resident in Victoria, and

named on a valid Australian Government Health Care Card or Pensioner Concession Card, and

named on a valid Australian Government Medicare Card.

You can apply for more than one voucher if you have more than one eligible child. You can apply for multiple children on the one application.

To apply log onto the website:

<https://www.getactive.vic.gov.au/vouchers/apply-for-vouchers/>

Please search for an activity provider by activity and suburb or organisation name to ensure your child's sporting club is a provider that parents/carers are able to access a voucher for.

Not all sporting clubs have access to the \$200 voucher to pay your child's membership or registration fees.

Applications will close when the allocation has been exhausted. Vouchers expire 30 April 2024, so you can use your voucher for a Summer sport or a Winter sport.



LEARN MUSIC



at Dandenong Nth

Learn keyboard at school during school time

There are a vacancies for 2024

for 30 minute group

Available for grade 2-6 students



Music Melodies -call Lili 0438 901146

Enrol online [www. Musicmelodies.com.au](http://www.Musicmelodies.com.au)



FUN IS IN FULL SWING!

Join Woolworths Cricket Blast

A safe way to have fun and stay active for kids of all abilities.



North Dandenong Cricket Club

All ages and abilities welcome!
'Sport for All' vouchers applicable
Be active and have fun!



SIGN UP TODAY!

Q Play Cricket

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