



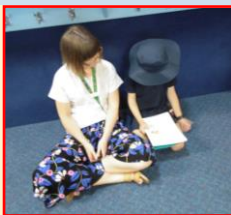
From the Leadership Team

Hello Everyone, **Improvement Plan**

The Improvement Plan for East Para Primary School identifies the site learning priorities for the year.

In 2020 we have 3 goals

Goal 1 All students R-7 will develop as balanced readers through guided reading informed by rigorous consistent assessment.



Goal 2 All students will develop their phonics knowledge through a rigorous, consistent and evidence based whole site approach to the teaching of Phonological and Phonemic Awareness and Phonics.

Goal 3 All students will be expressive and confident communicators through a rigorous and consistent approach to the teaching of oral language, vocabulary and writing.

In the next three weeks I will explain each goal in detail for you.

Tuesday 11th February was **'Safer Internet Day'**.

One message from the day was *Start the chat – and help make every day a Safer Internet Day!*

It is so important the parents are aware of their children's presence on social media and that they have ongoing conversations with their children about what they are doing and posting.

I commend Aaron for his work in inviting SAPOL to make Cyber Safety presentations to the Year 4/5s and Year 6/7s on Monday. I sincerely thank the parents who joined us.

Aaron is planning a dedicated parent presentation sometime after this term. Stay tuned for details.

Student leadership

I am pleased to announce that Ali Collins will be leading a new look EPPS 'Ministers' this year. Ali will have more information for our community next week. Ali will also be working with Pete Waller who is leading the EPPS School Captains to provide focused student leadership now and into the future.

Ros Frost

Hello everyone,

On Monday of this week the students in Years 4 to 7, attended a session on Cyber Safety, which was presented by a member of the SAPOL's Crime prevention team for the Northern area.

Officer Cassy presented to two groups of students, a Year 4-5 group and a Year 6-7 group.

The content of the presentation for the Year 4-5 students focused on keeping yourself safe online through – using 'strong passwords', respectful relationships and cyber bullying and the legal ages for accessing various apps such as You Tube and Social Media.

I think a majority of the students in Year 4-5 didn't realise the potential dangers they are putting themselves in when they are using these apps and posting messages, pictures and videos of themselves. It was made clear to them that the minimum legal ages for most social media apps is 12, with some suggesting no one under the age of 13 is permitted to access the apps without parent permission.

The content of the presentation for the Year 6-7 students looked more deeply into the real life scenarios where young people were communicating and sharing information about themselves with people that they believed to be their friends or other young people. In reality they were adults, using fake profiles to connect and build relationships with young people. The advice from the Officer was to only accept requests from people you have a face to face relationship with.

The other message that the Officer really wanted all students to understand was once they post anything online, they no longer have control over that content. Whilst they think their accounts have private settings, if someone forwards that content on, it is no longer private.

I am waiting to hear back from the Officer with an after-hours time she can return and present to parents. Once I receive that, I will invite all parents of our community to attend the session.

If you have any concerns about your child, the content they are accessing or they are sharing information with you that your instincts tell you something doesn't seem quite right please feel free to contact me. This is about educating ourselves as well as the young people we are responsible for, to ensure we are keeping them safe and they are keeping themselves safe.

Thanks

Aaron McPherson



Calendar Dates

TERM 1

Week 4

Tuesday 18th February

Burn Safe Program R -7

Wednesday 19th February

Burn Safe Program R -7

Friday 21st February

EPPS Korfbal Carnival

Week 5

Monday 24th February

AGM at 7:30pm

Wednesday 26th February

Open Night 5:30 – 6:30

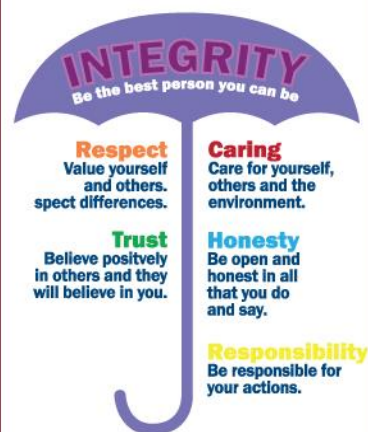
Friday 28th February

SAPSASA Swimming

Week 6

Tuesday 3rd March
Pupil Free Day

THOUGHT FOR THE DAY
Prove yourself to yourself
not others.



Government
of South Australia
Department for Education

STARTING SECONDARY SCHOOL IN 2021

A flier is going out to all Year 7 students this week outlining a new online process for applications to high schools. Paper copies will still be able to be accessed if needed.

All students must apply to attend a high school in 2021 or inform the school if they will be attending a private school.

As a school we are still unsure of our part in this process, however, it has become apparent that we must have **current email addresses for all students.**

Please keep an eye out for fliers and notes about the new process.

Traffic Monitors

Term 1 Week 3



Brooke



Aki



Sarayah

Term 1 Week 4



Mostyn



Cody



Jacob

NETBALL NEWS

Matches played 7/2/20

NETTA 7

Trinity Gardens defeated East Para 5-3

Good try after a long break.

Player of the Week; Briley as her dad stepped in and helped with the coaching. (Thanks Craig)

PRIMARY 9

East Para defeated Nailsworth 11-4

Great to see the children working well as a team.

Player of the Week; Isabella for a great display of shooting.

SUB JUNIOR 4

Comets defeated East Para 27-15

It was a great team game by everyone.

Players of the Week; Ashlee and Leticia well done girls.

SUB JUNIOR 2

East Para defeated East Adelaide 29-4

The best team game they have ever played.

Very proud coach.

Nominations for next season are available at the end of this newsletter or out the front of the finance office. Any players turning 8 or over by the 31st December 2020 are eligible to nominate.

Nominations close Friday 21st February 2020

Teresa Norsworthy - 0419824813

Hi,

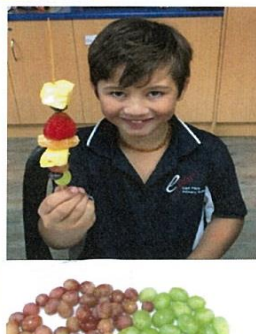
Our names are Malanhi and Karla and we are from Room 14. We had our first Nunga Kids Group this week. There were two activities. The first activity was making rainbow fruit skewers.

There were strawberries, mandarins, pineapple, green and purple grapes and blueberries. We got to make two fruit skewers each and then we ate them.

The second activity was called D-iceBreakers. Each person rolled the dice, whatever number the dice landed on, you had to answer the question that was on the sheet.

Karla - I like coming to Nunga Kids because it helps us learn about our culture and we get to know that we are special because we are the oldest living culture in the whole wide world.

Malanhi - My favourite thing about coming to Nunga Kids is catching up with everyone and the activities we do because we learn more about Aboriginal culture games.





Physical Education with Mr Waller

During Term 1 in PE lessons, our newest students in Rooms 25 and 26 will be involved in team building games and working on our sharing and taking turns. Below are just a few of the magic moments I have seen over the first three weeks.



SAPSASA / EPPS Sporting Events

Our School SAPSASA Program will again run in 2020. This program allows any students in Years 6 and 7 to participate as a School Team at SAPSASA events around our district. Occasionally the Year 5 students (based on the events age requirements) are able to take part in events.



Before each student participates in this program, parents and students will need to read, sign and return the schools SAPSASA Policy Form. This policy discusses how SAPSASA is run at East Para and the student behaviour requirements which go along with participating in 'School SAPSASA'. The policy was first developed in 2010. The policy will be discussed with all students during their first few weeks of PE.

Students in Years 6 and 7 will be issued with a 'School SAPSASA Policy' in Week 4. We have published a list of Term 1, 'School SAPSASA' events that East Para will most likely be entering teams in and the year level of students that can participate in them. The events and dates may change throughout the year, so only a term by term outlook will be published. At the beginning of each term, the 'School SAPSASA' events and dates for the term will be in the newsletter.

Physical Education with Mr Waller

SAPSASA Continued..

Students can still nominate themselves for all other events run at a 'School SAPSASA' level. Parents who wish for their child to participate in any carnival not listed will need to transport and supervise their child at the event. For more information please see the SAPSASA website <https://www.education.sa.gov.au/teaching/sport> or Mr Waller throughout the year.

<u>Term 1 Carnivals</u>	<u>Year Level of Students Participating</u>	<u>Date</u>	<u>School Week</u>
Korfball Carnival (at East Para)	Room 1,3,31,33 and 34	Friday 21st March	4
Swimming Carnival	Year 5/6/7 students	Friday 28 th February	5
Athletics Carnival	Year 5/6/7 students	Thursday 2 nd April	10

If you have questions about SAPSASA dates or the process of SAPSASA at East Para Primary School, please contact me (Mr Waller).

School Captain's Corner

			
Jesse	Aylah	Samuel	Jai
Bess	Taylor	Addison	Layla

Hi, my name is Jai and I am a Goolagong Wallabies School Captain for 2020. I am in Year 7 and in Room 1 and my teachers are Miss Erkelenz and Mrs Gebert.

I wanted to be a School Captain because both of my older brothers were once Captains for the Goolagong Wallabies and they are both big and important role models in my life. I am grateful for the opportunity to be a School Captain.

I am respectful, friendly, reliable and an outgoing person who always uses my RITCHR values at EPPS.

East Para is a friendly and safe environment where students are given many opportunities to try and learn new things. The staff at EPPS are always encouraging, helpful and supportive to everyone in the EPPS community.

My goal as a School Captain is to become a good role model, someone to look up to and someone that will make the school a better place.

I look forward to the year ahead. Jai, Room 1.





THE ARTS NEWS

TERM 1 WEEK 3 2020 ROOM 5 MELISSA HUDDLESTON/ THE ARTS TEACHER

DRAMA LESSONS WEEK 1 AND 2

Junior Primary

We have discussed 'What is Drama?' in these classes which we've defined as singing, acting and dancing. We have tried to include all of these aspects into our lessons. Classes have started to look at 'Make Believe' and using their imagination to tell a story. We have started to dabble in some guided mimes where we act without using voices or sounds.

Middle Primary

We have looked at what makes a good actor and what skills we need to be one. These included listening to one another, taking on feedback, working with different people, using our voice in different ways and playing different types of characters. We worked together in pairs to do some mirroring and really had to focus on actions and facial expressions.

Upper Primary

We looked at the word 'Ensemble' and how that relates to Drama. We have been working on different activities that require students to work as part of an ensemble cooperatively. There has been lots of laughs already with so much more to come.



EXTRA ARTS PROGRAMS

Senior Choir: Year 5-Year 7 students.

We didn't have as many students this year come to the information session last week but I am hopeful and excited to work with the students who have already brought their notes back. I am looking for two Choir Captains to assist with practices and support students. Applications are due back this week.

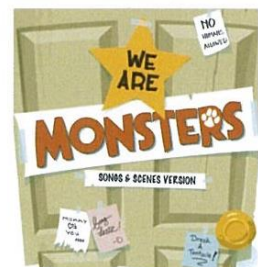
Junior Choir: Year 3-Year 4 students.

I was overwhelmed with 56 students at our first 'Come and Try' session. Lots of smiling faces and energetic singers. They were excited to hear some of the songs that we are learning this year.



Drama Club: Year 4 students and below.

Our play is called 'We are Monsters' which celebrates friendship and inclusion. Students involved will sing, dance and act in this play.



Schools Challenge: Year 5-Year 7 students.

Rehearsals will be on Wednesday after school in the hall from 3.15-4.15pm. An information session will be held soon for students to sign up.

PSMF CHOIR CONFERENCE

In Week 2, I attended the two day Primary School Music Festival Choir Conference along with over 300 other Choir Teachers, Choir Supports, Conductors and Accompanists.

We looked at this year's repertoire and worked with the composer Dan Walker, who wrote the commissioned work of four songs relating to 'Space'. We did a lot of singing and learning about the songs ready to work with the Senior Choir students in 2020. I even got the chance to go in a Sky Dome to look at the stars because of the Space theme. Stay tuned.....



CONTACT ME



In person in
Room 5.
Tues-Thurs



Seesaw Journal



melissa.huddleston
@epps.org.au



School 8264 3944



Letterbox on my
door

ONLINE SAFETY INFORMATION

This weeks Online Safety information is on Cyberbullying. For further information, please go to [safety.gov.au/parents](https://www.safety.gov.au/parents).



Cyberbullying

Cyberbullying is the use of technology to bully a person or group with the intent to hurt them socially, psychologically or even physically.

What does cyberbullying look like?

Examples of cyberbullying include:

- abusive texts and emails
- hurtful messages, images or videos
- imitating, excluding or humiliating others online
- spreading nasty online gossip and chat
- creating fake accounts in someone's name to trick or humiliate them

Online bullying can have a devastating impact on young people, whose online life is a key part of their identity and how they interact socially.

I think my child is being bullied

Your child may not tell you if they are experiencing bullying behaviour online because of a fear it might make things worse for them or they may lose access to their devices and the internet.

Signs to watch for:

- being upset after using the internet or their mobile phone
- changes in personality, becoming more withdrawn, anxious, sad or angry
- appearing more lonely or distressed
- unexpected changes in friendship groups
- a decline in their school work
- changes in their sleep patterns
- avoidance of school or clubs
- a decline in their physical health
- becoming secretive about their online activities and mobile phone use



Cyberbullying

What can I do?

Talk to your child about cyberbullying before it happens. Together you can work out strategies to address any potential issues and reassure them you will be there to support them.

If your child is experiencing cyberbullying:

- **Listen, think, stay calm** — talk to them about what happened, try to remain open and non-judgemental, ask them how they feel and ensure they feel heard.
- **Collect evidence** — it is a good idea to collect evidence, such as screenshots, of the bullying behaviour, in case you need to report it later on.
- **Block and manage contact with others** — advise your child not to respond to bullying messages and help your child block or unfriend the person sending the messages.
- **Report to site or service** — many social media services, games, apps and websites allow you to report abusive content and request that it is removed.

- **Report to eSafety** — if serious cyberbullying is affecting your child and you need help to get the material removed from a social media service or other platform you can make a cyberbullying report to us.
- **Get help and support** — check in with your child regularly about how they are feeling. If you notice any changes that concern you, get help through a counselling or online support service.





TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about

TIKTOK



MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.



INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.



TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities – social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.



IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



Safety Tips For Parents



TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



SOURCES:

www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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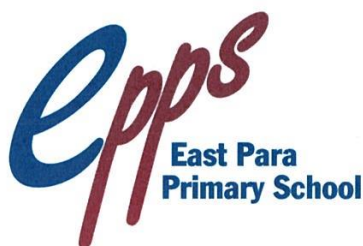
East Para Primary School

Open Night

When: Wednesday 26th February 2020

Time: 5:30pm to 6:30pm

**Where: Your Child's Class Room + Resource Centre,
PE Room, Arts Room and Japanese Room**



Please come along and meet your child's teacher, see what goes on in the classroom each day and spend some time talking with your child/ren about their learning in the space where it all happens.



If you would like the opportunity to discuss anything specific with your child's teacher please arrange a time with them

Term 1
Parent/Teacher
interviews
Booking sheets will
be available from
your child's teacher