



Commitment, Respect and Responsibility

Dates to remember

Tuesdays -School banking

-Assembly 2pm

Wednesdays– Principals lunch

Playgroup 9am-10am

Thursdays– Drum Corp

Fridays -PUPs 9am– 11am

Week 3-4 NAPLAN

Thurs 24th May

GRIP Leadership Newcastle City Hall

Wed-30th May Thurs 1st June

K-6 Dinosaur incursion

Wed 6th June

Basketball Gala Day

Thurs 7th June

Open Newcastle Knights Knock-out

Tues 12th – Wed 13th June

White Cross Dental

Wed 20th June

Rebecca Young Cup

Monday 2nd July

Public Speaking Final

Friday 6th July

NADIOC Day

Last day of term

Thought of week

The expert in anything was once a beginner.

Metford Public School

13 Melaleuca Drive, Metford 2323

Ph: 4933 2655

A guide to responding to Cyberbullying

The issue of cyberbullying is more than just getting the content taken down—there are emotional, sometimes physical, and definitely social implications for the young person involved.

This is the case regardless of whether they are the target, a bystander or perpetrator of cyberbullying behaviour.

As parents, it can be hard to know how to respond to cyberbullying. Sometimes it's an extension of what is happening at school or in other offline spaces. When translated to the online world it can take many forms, such as abusive messages, nasty online gossip and excluding others. It can have a devastating impact on a young person, whose online life may be an important part of their social identity. Young people may not tell their parents about it because of fear that it might make things worse for them or they may lose access to their devices and the internet. It's important to ensure that your child has access to the right kind of support and maintains positive connections at home and through other activities and interests.

Here are some tips on how to respond:

Don't panic

Learning that your child is being cyberbullied can make you feel angry, hurt, scared—or, if you have your own experience with bullying, it may even trigger your trauma. It's important to respond calmly rather than to react in a negative way. Try not to respond until you've had time to process your emotions. This can help you think more clearly and figure out an appropriate response.

Listen, connect, gather information, pause

Empathise with your child—they may be hurt, frightened and angry. Let them know that these feelings are normal. Gather information about the severity of the bullying. Does it exist in a peer group or is it more widespread? Collect any screenshots of the cyberbullying to show what's been happening. Reassure your child that once you've had some time to think, you will come together again and talk through some options. If they feel like they need to talk in the meantime, let them know you are there.

Stay connected to family, trusted friends and activities

Encourage your child to maintain safe and positive connections with family and friends outside of school. This is especially important when things go wrong at school and to help them through the hard times. This can be through activities and interests with other young people, like sports and dance, or through connections with the extended family. It's really important to help your child create places in their real world where they feel safe. These things will also remind your child that they are loved and lovable.

Show that you care

Check in with your child from time-to-time about how they are going. Keep an eye on their eating and sleeping habits, their ability to concentrate and make decisions and their overall mood. If you notice any marked, sustained changes, seek help from a psychologist or other mental health professional. Kids Helpline on 1800 55 1800 and eheadspace on 1800 650 890 provide confidential advice and support.

Newsletter Term 2 Week 4

Protect

If your child is being threatened, or if they indicate a wish to harm themselves, they need to be protected. Call the police immediately if their physical safety is at risk. If you see the marked changes in behaviour, get help. A good place to start may be your child's school, which is likely to have a policy in place to help manage the issue. Cyberbullying can be reported to the social media service and complaints of serious cyberbullying can be reported via our online complaints form.

Talk over the options

Help guide your child in their decision making rather than telling them what to do. Wherever possible, try to empower your child, and help them to make wise decisions for themselves. If you feel they may be struggling to open up to you, then connect them with other trusted adults or with professional support.

Help them understand

If your child is cyberbullying others, it's important to help them understand the impacts of their behaviour. Early intervention can help stop harmful behaviour before it becomes habitual and entrenched. Professional support through a psychologist, Kids Helpline or eheadspace can help.

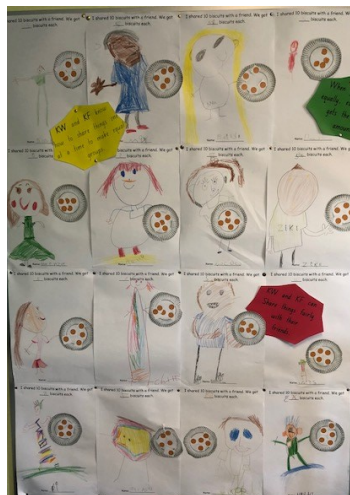
This information is taken from:

<https://www.esafety.gov.au/education-resources/iparent/online-risks/cyberbullying/a-parents-guide-to-responding>



Foyer Display

KF & KW have been learning early skills in multiplication and division. Students are learning to share things one at a time to make sure each group has the same amount. This is called making equal groups. Take a peak at our learning this week in the office foyer.



Positive Behaviour For Learning-

The following students are recognised this week for achieving a PBL award.

Bright green wristband- Kaelan, Aurora, Jackson, Charlotte, Balun, Hayden, Kayda, Emily, Jack, Bailey.

Dark green wristband- Jasmyn, Phoebe.

Bright green & white wristband- Erin, Ezekial, Madison.

Dark green & white wristband- Shelby, Corey.

Bronze wings- Joshy

Principals Lunch week 4

Chelsea, Charles, Joshua, Tallon, Paea, Tegan, Kiarra-Jade, Nicholas, Kiarna, Kierra, Rylee, Jonathan.



Newsletter Term 2 Week 4

Head Lice

We suspect that eggs or head lice may be present in some student's hair within the school. Please check your child's/ children's hair tonight if head lice or nits are found commence treatment as recommended by the pharmacists.

Further information on head lice is available on the NSW Health website at <http://www.health.nsw.gov.au/environment/headlice/pages/treatment.aspx> or through the departments website at <http://www.schools.nsw.edu.au/student-support/student-health/conditions/headlice/index.php>



Maitland High School Primary School Dance Ensemble Registration Form

This program is open to primary school students in years 5 & 6.

Students must be able to commit to all rehearsals and performances to be part of the ensemble.

Workshop and Performance Dates:

Holiday	Tuesday 17 th July	10am - 2pm
Workshop	Wednesday 18 th July	10am - 2pm
Term 3	Wednesday 15 th August	1:30pm - 3:00pm
	Wednesday 22 nd August	1:30pm - 3:00pm
	Wednesday 5 th September (Held in conjunction with Year 5 Transition Visits)	1:30pm - 3:00pm
	Wednesday 12 th September (Held in conjunction with Year 5 Transition Visits)	1:30pm - 3:00pm
	Wednesday 19 th September (Held in conjunction with Year 5 Transition Visits)	1:30pm - 3:00pm
Performance Week	Monday 15 th October	8:30am - 3:25pm
	Tuesday 16 th October	8:30am - 2:30pm 6pm - 9pm

All workshops, rehearsals and performances will be based at Maitland High School

School:	
Contact Teacher:	
Teacher Email address:	
Name of Student:	
Parent Name:	
Parent Mobile:	
Parent Email:	
School year:	

Further information packs will be sent to schools once positions have been allocated.

All enquiries and registration forms should be directed to:

sarah.gambrill@det.nsw.edu.au

NAIDOC Week Order Form

Order Form

Please return order and money to office no later than Thursday 31st May 2018.

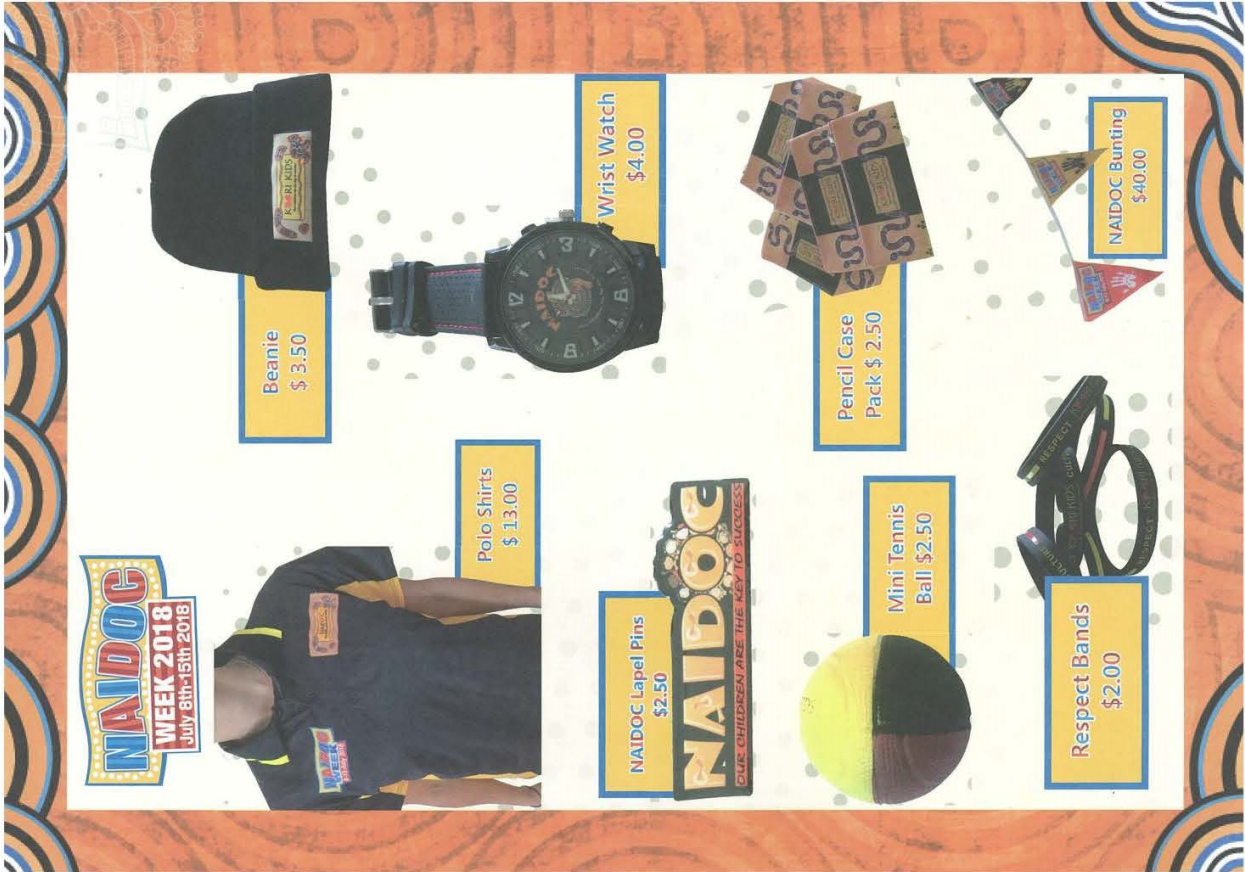
Item	Price	Quantity	Cost
NAIDOC Pencil Case Pack	\$2.50		
Beanie	\$3.50		
Wrist Watch	\$4.00		
NAIDOC Lapel Pins	\$2.50		
Mini Tennis Ball	\$3.50		
Respect Band	\$2.00		
NAIDOC Polo Shirts (Small - 6XL)	\$13.00	S	
		M	
		L	
		XL	
		2XL	
		3XL	
	\$14.00	4XL	
		5XL	
		6XL	
		Total Cost	

Eldest Student Name: _____

Class: _____

Money Enclosed: _____

Signed: _____



MAITLAND & BEYOND FAMILY HISTORY Inc



ABORIGINAL FAMILY HISTORY RESEARCH

Maitland & Beyond Family History Inc.

is hosting, guest speaker,

Kim Katon - Aboriginal Family History Researcher

Our presenter, Kim Katon, will be presenting a day of Aboriginal Family History Research. This special event will commemorate National Sorry Day. Kim will begin with an overview of the significance of National Sorry Day, followed by a presentation on how to get started with Aboriginal Family History Research. The presentation will be for one hour, followed by question time. Kim will then be available for the remainder of the day to assist people with their research.

When: Saturday 26th May

Time: 10am to 3pm

Where: 'The Barracks', Lindesay Street, East Maitland (beside old Maitland Goal)

Phone: 02 49051878

Email: mdgs01@tpg.com.au

Cost: Free

Stay afterwards for a chat with Kim.

SAUSAGE SIZZLE for a gold coin donation.



Newsletter Term 2 Week 4

SCHOOL CALENDAR

2018 Term 2	Monday	Tuesday	Wednesday	Thursday	Friday
Every Week		Student Banking	Principals Lunch	Drum Corp 1.40pm	
		School Assembly 2.00pm			
2018 Term 2	Monday	Tuesday	Wednesday	Thursday	Friday
WK5 May-28th-June 1st			K-6 Dinosaur incursion	K-6 Dinosaur incursion	
WK6 June 4th-8th			Basketball Gala Day	Open Newcastle Knights Knockout	
WK7 June 11th-15th		White Cross Dental for students	White Cross Dental for students		
WK8 June 18th-22nd			Rebecca Young Cup Rugby League		
WK9 June 25th- 29th					
WK10 July 2nd-6th	Public Speaking final in hall				NADIOC Day

NOTES AND PAYMENTS DUE

Voluntary Contribution	Term 2	\$30.00 First child \$25.50 Second child or \$55.50 per Family
Stage 3 Camp payment 3	1st June	\$50.00
Dinosaur incursion	ASAP	\$7.00