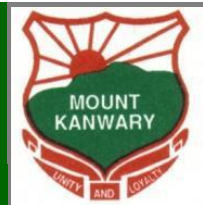


MOUNT KANWARY PUBLIC SCHOOL



Unity and Loyalty

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Term 1 Week8

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22 March 2019

Principal's Message



This week we have enthusiastically celebrated Harmony Day and the School Cross Country.

Students across K-6 excelled in their sportsmanship and participation during Cross Country on Wednesday. Not one child was left to fend for themselves during the races with all of our students looking out for one another to ensure everyone was able to attempt and complete the race. It was just wonderful to see and a visitor to the school made particular mention of this! Thank you to Mrs. O'Brien and Mama (Abi's Nan) for your assistance on the day. Well done everyone 😊

Thursday was a fabulous celebration of all things cultural and harmonious that makes both Mount Kanwary and Australia one of the most envied places in the world to live. Students came dressed in a range of authentic costumes depicting their heritage. All the students participated in completing a puzzle piece that was reflective of themselves and their cultural heritage, as well as listening to stories from around the world. Our day was made even more terrific by the cultural feast provided by our families. From party pies and sausage rolls to samosa's and pavlova – everyone was able to enjoy some delicious food. A huge thank you to our parent/grandparent helpers for your assistance on the day.

This week Year 6 will be sending home an order form for their upcoming fundraiser – "Donut day". Please ensure that you fill out the order and return before Friday 29/3/19. Caitlin and Charlie will spend a busy weekend making some

scrumptious cinnamon donuts – thank you for your efforts 😊

Are You Switching Off?

Earth Hour is upon us this coming week. Students and staff will acknowledge Earth Hour on Friday afternoon 29th March by switching off all lights and power – we encourage you to participate on Saturday evening from 8.30 p.m. at home with your families. More information can be found at www.earthhour.org.au

At our P and C meeting this week I was able to update the committee on the carpark progress. We have been advised that the application put forward to council has been rejected. This is disappointing indeed – there will be a meeting with council this week to determine how we move forward with this.

Our Facebook page is now up and running so please get on and give us a like. The page is not to be used as a way for parents to communicate with teachers or the school. Any communications or concerns need to follow correct procedure and go through the office.

You will have noticed that the upright poles in the playground have been painted. The remainder of the work will be finished over the weekend.

Have a wonderful week everyone 😊

Michelle Crowfoot

Dates to remember

- Small Schools athletics carnival is to be held at the Vi Barnett Sporting fields in Raymond Terrace on Wednesday 10th April. Permission note will be sent home this week.
- Shared Easter Craft Afternoon – 3rd April from 2.30 – 3.30p.m
- Easter Hat Parade Friday 12th April 9.45 a.m



Parents and carers are invited to come along a share a craft afternoon with their child on Wednesday 3rd April from 2.30 – 3.30

Parents/ Carers and children will be teaming up to put together their own unique Easter Hat for the Easter Hat parade on the following Friday (12/4/19)

We would also like to ask families if they could begin sending in donations of craft supplies you may have that the children can use on the afternoon.

Maybe some of our parents might like to make their very own Easter Bonnet for the parade!! I'm definitely in – what about you!! Lol

TWEET AWARDS



TWEET

Congratulations to Kaylie for achieving her 'Yellow feather'.

Well done!

Library News

Shackleton: Escape from Antarctica On exhibition at Maitland Library 18 March - 2 May

It's one of the greatest survival stories of all time and now, over 100 years later, a new panel display on tour from the Australian National Maritime Museum invites visitors to walk in the footsteps of famous Antarctic explorer Sir Ernest Shackleton and discover his epic voyage for themselves.

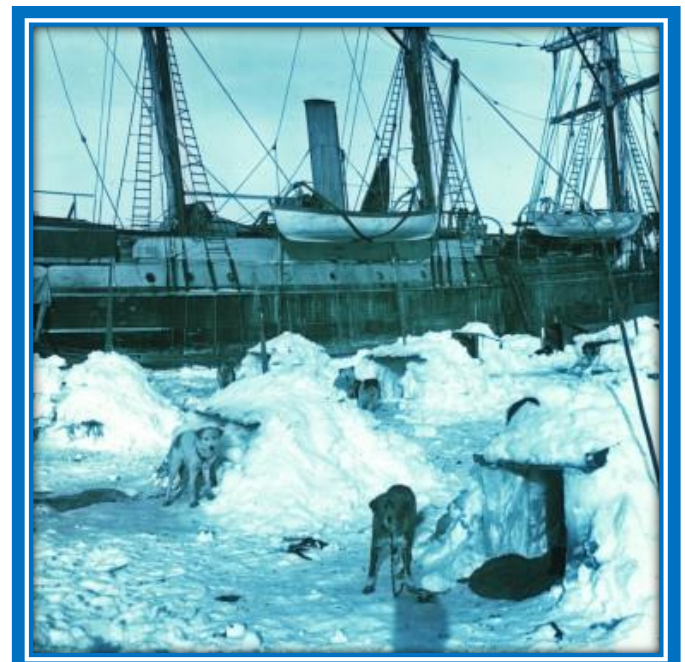
Shackleton set out in August 1914 with a bold plan to be the first to cross Antarctica's vast interior. His strategy was to have two parties working from opposite sides of the continent. He would lead the Weddell Sea crossing party while a

second Ross Sea supply party would lay critical rations ahead of him.

Both ships were ultimately lost to their crews (one crushed and the other wrenched away by the ice), Shackleton's party would never even touch the continent they hoped to cross, and the other would be marooned on it, desperately sledging across hundreds of kilometres of ice to lay depots for the party which would never come.

Shackleton: Escape from Antarctica, brings together first-hand accounts and dramatic images by official expedition photographer Australian Frank Hurley to tell the compelling story of Shackleton's Imperial Trans-Antarctic Expedition of 1914-17 and his bid to stay alive.

Maitland Library 18 March - 2 May
Free



Student Banking

Reminder that student banking is every Tuesday. Please send your bank book to the office before Tuesday mornings.

Captains Report

Six students have received their Yellow Feather and it is only week 8. That has been so quick. We have a Donut Day on Monday 1 April so make sure you save up your money! Craft day is Wednesday 3 April and we are making Easter hats. Friday 12 April is the Easter Hat parade then the start of the holidays.

Caitlin and Charlie

Sport Report

The most popular pieces of equipment this week were scooter boards.

On Wednesday the entire school ran the Cross Country. We don't know who made it to Zone yet but everyone tried their hardest!

Stay tuned for more details about:
Zone Cross Country – 2 April
Small Schools Athletics Carnival – 10 April

That's it for the sport report this week. Stay tuned for the next one!

Ryan and Sam

Eat It To Beat It



The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.

A one-stop-shop for everything you need to know about packing a lunch box, Cancer Council's [website](http://healthy lunchbox.com.au) is now even easier to use and share with friends and family.



- **Search** – you can now search for recipes by name or ingredients and quickly find the information and tips you are looking for.
- **Print recipes** – it's now easier to print recipes for safe keeping.
- **Share recipes** – on Facebook, Twitter and Pinterest.
- **Videos** – some recipes now feature short videos showing the simple steps to making the meal.
- **Lunch Box Builder** – plan a healthy lunch box with your kids using the new builder items.
- **New Content** – check out our new recipes, sandwich filling ideas and packed healthy lunch box examples.

healthy lunchbox.com.au

What parents need to know about CATFISHING

WARNING!
Catfishers will target ANYONE OF ANY age

In this technological era, making friends online and communicating with them are normal parts of life. Unfortunately, there are people out there who may try and exploit your trust. Catfishing is when someone creates a fake online profile to trick people into thinking they are somebody else. They assume a fake identity and goes the extra mile to make their victim believe that they are exactly who they say they are.

1 new friend request

WHY DO PEOPLE CATFISH?

The term 'catfish' was coined in a 2010 documentary about a man who developed an online relationship with a woman, only to discover the person he thought he was communicating with was someone else. Catfishers make up life stories and use photographs of unsuspecting victims to create fake identities. They will share life experiences, jobs, friends and photographs to the fake accounts. The aim of the perpetrator may be to lure victims into a sexual relationship, but they can also be part of social engineering to trick people out of money. After building up trust and developing an online relationship, a catfisher may ask for cash for a loan, money for travel, or some other form of payment.

OTHER CONCERNS & WORRIES

Catfishing can escalate very quickly. As someone executing a catfishing scam is looking to achieve a goal - whatever that may be - they are likely to want to get things moving as quickly as possible. The victim may be encouraged to develop a relationship faster than they are comfortable with. In addition to this, people who create fake identities could also be taking the victim's photos and pretending to be them. It is common for fraudsters to post pictures stolen from social media sites, including Facebook and Instagram.

Hi, I'm Adam!

You're a catfish!

HOW TO SPOT CATFISHING

Profile pictures and other photos that are posted can be big indicators. To avoid revealing their real identity, a catfisher may use 'stock' images of models, other people's photos or photos in which it is difficult to see their face. They may try to limit chat to text-based messaging and anything involving video is likely to be shunned for fear of revealing their true identity. Through the course of conversations, there may be inconsistencies with what is said, or instances of people being very vague in response to specific questions about themselves.

Top Tips for Parents

MONITORING & CONVERSATION

Encourage your child to talk to their trusted adults about anything that has made them feel uncomfortable online, particularly if someone they don't know has contacted them. Remind them that they should not accept friend requests or communicate with anyone they don't know online, and to ask a parent or carer if they are unsure. It is also very important to closely monitor their internet usage so you are aware of who they are communicating with, especially if they are being secretive. Have regular and honest conversations with your child about what is safe to share with people online; the importance of keeping private information private; and that anything that could identify them should not be shared online.

PRIVACY & SECURITY

Go through your child's security and privacy settings thoroughly to ensure that their online profiles are set to private. This means that only friends can see their profile and can contact them. It may also be a good idea to check through your child's friends list with them - do they know and trust everyone on the list? In some cases it's difficult to stop young people from talking to new people. In these circumstances, encourage your child to be curious and ask lots of questions rather than rely on the information given in someone's online profile. Do they have any mutual friends? If not, how did that person find them and why did they reach out? It's vital that they know never to arrange to meet up with people they meet online, and never to send money to them - either their own, or from your account.

BE ALERT & REPORT

Make sure that you and your child is aware of how to report and block accounts on all platforms that the child uses. You can report fake accounts and block users to prevent them from viewing your child's profile. If you are concerned that someone is using your child's photographs for their own benefits, you can check by using Google Image search. You can upload a photograph and Google will show related images used on other websites. This will show you if anyone else is using photos that your child has previously shared online. If this is the case, you need to report the user directly to the platform. If you suspect that any fraudulent, illegal or inappropriate activity has taken place, you should report to the police immediately.

SOURCES:
<https://www.theguardian.com/technology/2010/sep/17/catfish-fake-facebook-accounts>
<https://www.theguardian.com/technology/2010/sep/17/catfish-fake-facebook-accounts>

NOS National Online Safety
 A whole school community approach to online safety
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