

Forest Hill

Principal:
Cameron Williams



Public School

Newsletter

Term 2 Week 7, 2020

“In Friendship We Learn”



Students from 2/3T enjoying the warm afternoon sun and playing softball with a chicken.

A proud member of the Wagga Wagga Community of Public Schools

Forest Hill Public School



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“In Friendship We Learn”

2020 Term 2 Week 7

Newsletter

Upcoming Events

Tue 30th June	P&C Raffle tickets due
Wed 1st July	P&C meeting 6.30pm in Hall
Thu 2nd July	Welcome Back to School Raffle drawn
Fri 3rd July	Reports home
Fri 3rd July	Last day of Term 2
Mon 20th July	Staff Development Day
Tue 21st July	First day Term 3 for students

INFORMATION FOR PARENTS

Please be mindful that our school is still in Stage 3 of the return to face to face teaching.

We are still asking parents to drop off/pick up your child as quickly as possible. No lingering and be mindful of social distancing.

Also if there is already a parent in the office, could you please wait outside the hall until the foyer is vacated.

We appreciate your understanding with these continuing restrictions. They will be relaxed once we have directive from the NSW Education Department.

CANTEEN UPDATE



Our “My School Connect” on-line ordering is proving to be very popular. We are very close to having 100 students entered into the system who are utilizing the benefits of cashless/bagless ordering.

To celebrate this wonderful achievement, the canteen will award a \$5 canteen voucher to our 100th student to register. Who will it be? ALL lunch orders next week (Week 8) will also have the opportunity to win a daily \$5 voucher. Find a Winner Sticker inside your lunch bag to collect your voucher from the canteen. Good luck.

Good Manners Award Izabelle W

Register
for
Kindergarten



KINDERGARTEN 2021

We are now taking enrolments for 2021. You can collect an enrolment form from the office or print one off from the NSW Department of Education website.

If you know of any family within our school zone who has a child attending school next year please encourage them to collect an enrolment form from the school.

FOUND

Two keys on a keyring were found in the playground last week. If you think they could be yours please contact the office.



Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country.

K/1B Divas

K/1B celebrated National Simultaneous Storytime in style. First they raided the dance costumes to create their own diva outfits and came up with their own diva poses. Next the class had fun performing the chicken dance before joining in the live reading of 'Whitney and Britney Chicken Divas'. K/1B finished the day by making some fabulous funky chicken artworks which are on display in their classroom.



Forest Hill Public School

P&C NEWS

Hi and welcome back to school!

The school uniform shop is still operating, however, we are unable to open on the first Wednesday of the month due to social distancing/COVID regulations. We have in stock limited numbers of school jackets, so get your order in and it will be filled as soon as a P&C volunteer can fill it.

We are pleased to launch our "Welcome Back to School" raffle. This will be in place of our Easter Raffle that had to be cancelled. Tickets will be \$2 each and you are asked to please use the Easter Raffle books that were handed out in the first term. Should you need more tickets, please see the front office. Tickets are due back on Tuesday the 30th of June and will be drawn on Thursday the 2nd July.

At our recent P&C meeting, the committee made the difficult decision to postpone this years biennial school fete. This is due to the current restrictions of social gatherings. We will hold the school fete next year. We are aware that the fete is a highlight for students, so we are discussing the possibility of having a student only fete during school hours in term 3. More information to follow. Whilst talking about COVID 19 and fundraising, we have discussed the idea of compiling recipes that students and their families used during this time and selling the book as a school fundraiser.

Our next P&C meeting will be Wednesday the 1st of July. All are invited and encouraged to attend.

If you have any questions, suggestions or wish to submit a recipe with or without a photo, you can contact us through the facebook page, or email us on foresthill.pc@outlook.com

TIKTOK

Parents, please be aware that the use of this popular app at home is causing issues amongst some students at school.

Attached is some information that may help you to understand the use of TikTok.

Like any social media, it is recommended that you explain the dangers that could occur and supervise its use with your children.

Stay informed with the SkoolBag App



The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and all school communications.

1

Download the app

Search for the free SkoolBag app in the Apple App or Google Play Store

2

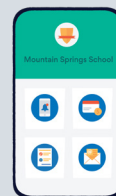
Create an account

Sign up in seconds with your email address

3

Add your school

Search for your school and add your subscription groups



SkoolBag



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 young teens 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.



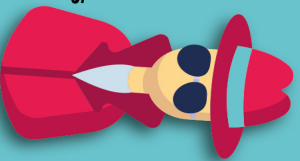
TIKTOK FAME

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 musically) 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.



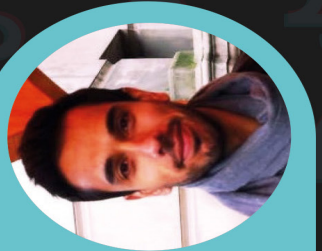
MODERATE SCREEN TIME

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.



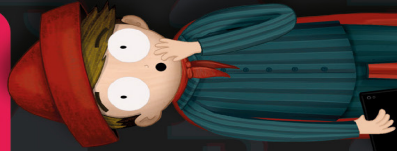
Meet our expert

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.



NEW FOR 2020 FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.



YOUR CHILD'S NDIS PLAN



You are invited to a free info session on how to implement your child's NDIS Plan

Designed for parents and guardians of children 0-12 years with disability or developmental delay who are looking for support with starting or using their child's existing NDIS plan more effectively.

Session topics include:

- Understanding your child's NDIS plan
- How to make changes to the plan
- Plan management
- Self-management tips
- NDIS plan reviews
- Early childhood Intervention best practice
- Finding and choosing service providers
- Latest NDIS updates on COVID-19

If you would like to attend but cannot, please let us know. This will help us to plan future sessions.

Contact us to register for one of the following sessions:

- Wednesday 3 June 2020
4:30 pm - 6:00 pm
- Friday 5 June 2020
11:00 am - 12:30 pm
- Tuesday 9 June 2020
11:00 am - 12:30 pm
- Thursday 11 June 2020
4:30 pm - 6:00pm
- Tuesday 16 June 2020
11.00 am - 12.30 pm
- Wednesday 17 June 2020
4.30 pm - 6.00 pm

HOW: Online via a Zoom Meeting

COST: Free

RSVP Call: 02 9280 4744 or

Email: betterstart@carersnsw.org.au

SUPPORTS ALL CARERS • AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS • AN AUSTRALIA THAT

www.carersnsw.org.au

contact@carersnsw.org.au

CARER LINE 1800 242 636

PO Box 785 North Sydney NSW 2059

Forest Hill Public School P&C

FHPS P&C Uniform Order Sheet 2020

UNIFORM SHOP OPENING HOURS: First Wednesday of each month during school terms (8.30-9.15)

Samples available to try on for correct sizing in the uniform shop

Students Name: _____ **Class:** _____

Parents/Carer Name: _____ **Contact No.** _____

Date: _____ **Send order home with student:** YES / NO

ITEM	WRITE QUANTITY OF SIZE REQUIRED							PRICE	SUB TOTAL (\$)
	4	6	8	10	12	14	16		
Polo Shirt Short Sleeve								\$15.00	
Polo Shirt Long Sleeve								\$20.00	
Jumper								\$20.00	
Jacket PRE ORDER ONLY								\$40.00	
Shorts								\$15.00	
Track Pants								\$20.00	
Skort								\$10.00	
Dress								\$30.00	
	S/M	M/L							
Bucket Hat								\$15.00	
								ORDER TOTAL	
								CASH	
								Direct Deposit Receipt No.	

ORDERING: Upon completion of this form, please hand it in to the school office staff to pass onto the P&C for processing. Once payment is received, orders will be filled Monday mornings or at the earliest convenience of one of our P&C volunteers.

Orders can be sent home with students or alternately P&C will contact you to arrange pickup

PAYMENT: Correct Cash or Direct Deposit

DIRECT DEPOSIT: FHPS P&C Uniform Shop HUME Bank BSB **640000** Account No. **111273015**

(Please use Parents/carers surname as payment description.)

CASH PAYMENT: Please enclose correct cash in an envelope with your order form and give it to the office staff for P&C to process.

EXCHANGES: Exchanges can be made within 14 days of purchase. Items must be unworn (with tags), unwashed and in original packaging.

FURTHER INFORMATION OR QUESTIONS: Contact the P&C via messenger at Forest Hill Public School P&C