Dear Parents and Carers,

I hope that all dads had a great Fathers’ Day yesterday—it was certainly a beautiful day to be out and about with the family. Thanks to Mrs Ryan and the class teachers who worked with your children to prepare gifts and cards last week!

Exciting news........our white T-shirts have arrived and we are ready to start tie-dyeing this week.

I will make arrangements with the class teachers and let you know when each class will be working on their T-shirts. Parents who have ordered a T-shirt will then be able to select a session to come along to join in the fun!
We will be a bright cheerful bunch next term when students will be able to wear their T-shirt as part of the uniform!
Each child will need a plastic bag (one for each T-shirt) so please send in any that you have at home—supermarket plastic bags are great!

There are two BIG issues that we as parents have to deal with in bringing-up our children—cyber safety and drug use.

These issues are real in our town—don’t think for a moment that we are protected from them here in Portland so far from the big cities. We are not......please take the opportunities that are available to you to get information so that you are able to keep your children safe.

Please note two important inclusions in this week’s newsletter—

1. Information about parents taking control of their children’s cyber activity. Many parents need help to know that it is OK to say “No!” when it comes to use of some online applications. I have provided Part 1 of a two part article written by Leonie Smith “the cyber safety lady”!!!! Part 2 will follow next week.

2. An advertisement promoting the “Breaking the ICE—Portland Forum on drug use”. Please make arrangements to attend. You will hear important information and again, learn ways to support your children with this worrying issue in our town.

Our Year 2 students will be sleeping-over at school this Thursday night.

This will be the first ‘camp’ experience for these students. Details have been sent home and Mrs Morton is planning an evening of fun followed by a good night’s sleep (?). On Friday Mrs Morton and Mall will be taking the Year 2s on a BiG DAY OUT to top off a great experience!
The Year 3 and 4 students of 2/3/4M will remain at school for their usual Friday program!

I look forward to seeing many of you at the Breaking the Ice Forum and otherwise around the school!

Have a great week,

Marg Millard—Principal
Congratulations to all those who received an award at our last assembly. We love to celebrate success at Portland South and love that there are many opportunities to do so.

**READING AWARDS**

**100 Nights**  
Marissa Lovell, Seth Convy

**125 Nights**  
Claire Knight, James Williams

**150 Nights**  
Phoenix Stewart, Chloe Govers

**175 Nights**  
Oliver Chow

**HAPPY GRAMS**

Madi Sprague, Griffin Batchelor, Leanne Paterson, Basketball Teams, Chloe overs, Kaitlyn Malseed

**STAR STUDENTS**

*Dom Barry and Avril Knight*  
“having CONFIDENCE to share ideas with the class”
SUNSMART

Please don’t wait for term four for sun protection to commence. Remember, it will be “hats on” from Day 1, Term 4.

Please remind your child/children to:

♦ Slip on clothing that covers their skin.
♦ Slop on SPF 30 or higher broad spectrum sunscreen before going outside. Please ask them to remember to pack their sunscreen each day and get a buddy to help them reapply.
♦ Slap on a hat that shades their head, face, eyes, ears and neck. Encourage them to remember their school hat each day so they can play outside the sun safe way.
♦ Seek shady spots in the playground.
♦ Slide on sunglasses (those labelled AS 1067 are recommended).

SCHOOL COUNCIL VACANCIES

We still have one vacancy for our School Council—would you like to join our happy team?

Please consider joining our School Council by collecting a nomination form from the office.

Meetings are held twice per term on the third Thursday of the month at 7pm in the staffroom.

Next meeting—Thursday, 18th September

THREE FOR ME

HELPING HAND / JOB LIST:

Please help if you can…..

• There are some garage sale and market leftovers that need to be taken to the Recycle Shed at the Tip. A trailer or ute is needed for this job!
• The vegetable garden needs digging over and re-planting!

JUNIOR RACQUETBALL

Have fun – improve your fitness in our energetic team competition. Players are graded to play similar levels of ability.

(All new players are required to attend grading September 15th @4pm)
NEW SEASON BEGINS: MONDAY SEPTEMBER 22nd

WHERE: PORTLAND SQUASH & RACQUETBALL CLUB
Fitzgerald Street (beside basketball)
COST: $10.00 ego + $4.00 per match
EQUIPMENT: Supplied – Racquets, balls and protective eyewear
Please bring clean non marking sport shoes.

“AFTER HOURS” SCHOOL TOURS

After hours school tours have been scheduled for the following times.

Please promote these times to those who can’t attend during school hours for a tour.

• Monday, 15th September 6.00pm
Digital Parenting And Setting Boundaries—May 7, 2014 by Leonie Smith.

At every Digital Parenting or Cyber Safety talk I present there is always at least one parent who asks me how they can get their child “off” Kik Messenger. This question is usually asked after they have heard from myself, the teachers and the police, during the talk, that Kik Messenger is far too dangerous for kids to use. The frequency of this type of question indicates, that there is clearly a problem with how some parents view what is known as “digital parenting”. Many parents really do feel absolutely helpless around setting boundaries for their children and their digital devices.

The strange thing is that parents that ask this question, probably have no problem with setting other types of boundaries for their children for example, telling their child not to eat the whole packet of biscuits in one go...but taking a digital app away seems to them like a different set of skills are required...nope, it’s the same animal.

The answer I usually give after such a question is that digital parenting is no different from non-digital parenting. Parents need to set boundaries and enforce them by supervising to the best of your ability, and then setting consequences for pushing or breaking those boundaries. For example “I see you ate all the biscuits again...ok I’m not buying anymore of those for 2 weeks!” or...”I see you reinstalled that app again after we agreed you couldn’t use it, ok you must hand over your Ipod for the next 2 nights!”

But How Do I STOP Them!

As with all aspects of parenting, you can’t simply try to outwit your children at every turn, you can’t guarantee that your child will follow all the rules you’ve set, and you won’t always “catch them out”. You can only do your best to explain why the boundaries are in force, how important it is for everyone’s wellbeing that they stay within them, offer safe alternatives if you can, and deal with the issues when they arise if they do go outside of them. It’s a long term process that takes time, needs to start early and yes, they will mess up!

Digital parenting isn’t about staying one step ahead or trying to outsmart your teen. Our children have a greater ability to outwit us if they really want to, not just on technology but in every way. Our job as parents is to make sure that their desire to push those boundaries and possibly come to harm is lessened by understanding the dangers to themselves if they do, respecting our leadership and wisdom, and yes believing that the consequences from mum and dad are a real and inevitable deterrent.

Another example of this digital parenting disconnect was a parent at a recent talk who asked me “How to I stop my child from deleting his browser history?” (so that she could supervise where he was going online). She hoped there was a “fix” or button she could push. The answer I gave was simple, “tell him he is not allowed to delete his history, it is part of the deal you have with him that allows him to have the use of a computer/Ipod”. The parent was incredulous...I further explained, if you find the browser history deleted, you set a consequence, the same as you would if you said, “junior don’t hit your sister” and junior hits his sister...

Afraid Of Kids Reaction?

Some parents are far too fearful about taking steps that whilst sensible and necessary, might upset their kids. Do your own research, find out about what your child is using, and decide if the risks are worth it, but don’t allow your child to use a dangerous app simply because you are afraid of the tantrum your child will throw. Continue down that path, and you’ll be in a world of trouble when they are an older teen and want to do other high risk activities. Yes it’s a pain to say no and then deal with their anger, but ultimately, the more you stand your ground the easier it gets.