

# Kojonup District High School

# BLACKWOOD BULLETIN

## Term 1 Week 8

<b>WEEK 9</b>	26 School Psychologist	27 Kindy Day	28	29 Kindy Day	30 <b>GOOD FRIDAY</b>
<b>WEEK 10</b>	2 APRIL <b>EASTER MONDAY</b>	3 <b>EASTER TUESDAY</b>	4 Play Café 9:30am – 11:30am	5 Kindy Day Newsletter <b>School Photos</b>	6

### GRIP Leadership Conference

Our student leaders attended the annual GRIP Conference in Albany Wednesday 21<sup>st</sup> March. On all accounts the day was enjoyed by our attendees and we look forward to hearing about the possible projects they have in mind to run here at KDHS this year. Thank you to Mr Frick and Ms Baker who accompanied our students on the day.

### Easter

Please note that Easter this year will see our school closed from Friday 30<sup>th</sup> March to Tuesday 3<sup>rd</sup> April. School for both students and staff commences again on Wednesday 4<sup>th</sup> April.

### ANZAC School Ceremony

KDHS will hold our annual ANZAC Day Ceremony on Thursday 12<sup>th</sup> April, 10:00am at KDHS outside the front office near the flag poles. The wider community of Kojonup is most welcome to attend. The ceremony will run for approximately one hour.

### School Safety

This is a friendly reminder to all our drivers, whilst on school grounds can we please ensure that we are vigilant in following road and school rules both before and after school. Safety of our students is of course paramount and your attention to detail here will go a long way to keeping everyone at our school safe. Please park your vehicles correctly, use our facilities respectfully and please be patient whilst on school grounds. In anticipation we thank you for your attention to our request.

### Mobile Phone Policy

A letter was sent home last week outlining our new mobile phone policy. If you did not receive a copy please contact the office, 9831 2300. As of Monday 19<sup>th</sup> March any mobile phones brought to school are to be handed to the office for safe keeping, they are then to be collected when school has finished.

### School Photos

School photos are happening on Thursday 5<sup>th</sup> April, could you please make sure that your child/ren are in school uniform. If you would like a family photo, envelopes are available from the office.

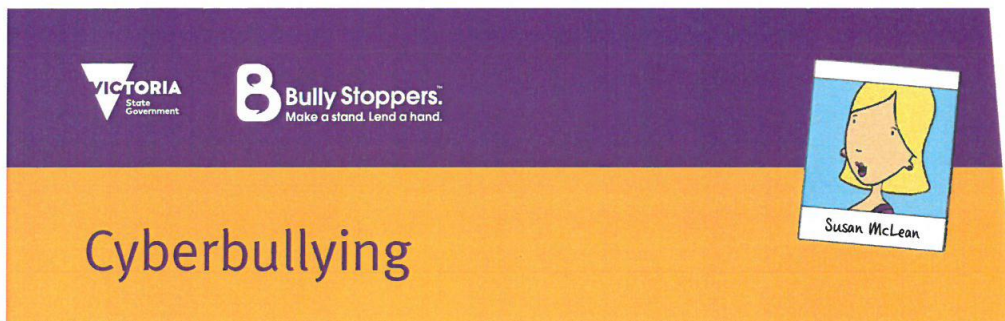
Thursday 5 <sup>th</sup> April			
<b>9.00</b>	Kindy	<b>11.45</b>	Year 5
<b>9.20</b>	Kindy/Pre-Primary	<b>12.00</b>	Year 8
<b>9.40</b>	Pre-Primary	<b>12.15</b>	Special Groups
<b>10.00</b>	Year 1	<b>12.25 – 1.00</b>	<b>Lunch - Family Photos</b>
<b>10.15</b>	Year 2.1	<b>1.00</b>	Year 6 + Graduation Photo
<b>10.30</b>	Year 2.2	<b>1.15</b>	Year 7
<b>10.45</b>	Year 3	<b>1.30</b>	Year 9/10
<b>11.00 – 11.25</b>	<b>Recess</b>	<b>1.45</b>	Year 10 Graduation
<b>11.30</b>	Year 4		

### School Assembly

Our next assembly will be on Friday 13<sup>th</sup> April and will be hosted by the Year 1 class, commencing at 2:15pm in the common room.

## Saver Plus

Australia's largest matched savings program, Saver Plus, helps people to save for education expenses by matching savings dollar for dollar up to \$500. The Department of Education wishes to offer eligible parents the opportunity to participate in Saver Plus. Participation in the free 10-month program is voluntary and eligibility criteria apply. Please note that each family can only receive matched funds once. The program was developed by the Brotherhood of St Laurence and ANZ in 2002 and is delivered by The Smith Family and Brotherhood of St Laurence in Western Australia. For more information, visit <http://www.saverplus.org.au/>



## Cyberbullying

Cyberbullying can be pervasive and incessant.  
Parents should be aware of what they can do to help.



### What is 'cyberbullying'?

Cyberbullying is bullying behaviour, using digital technology, including the internet, email or mobile phones.

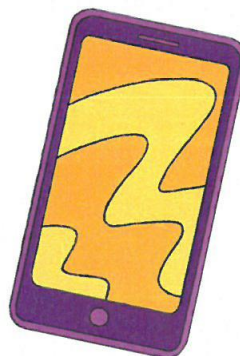
Like any bullying, cyberbullying often occurs between people that know each other—students at a school, members of a sporting club, people from the same social circle, 'friends of a friend'.

Cyberbullying is pervasive and incessant. It differs from face-to-face bullying in that the bully can 'follow' their victim 24/7, and continue the bullying in the home. Cyberbullies may take advantage of the perception of anonymity (e.g. using an account in a fake name, or a blocked number) but in many cases it is clear who is behind the bullying.

Cyberbullying can be particularly harmful as it is often a public form of humiliation and many others are able to see what is written or posted. Once something is published online, it is difficult if not impossible to remove all traces of it.

### Forms of cyberbullying

- sending nasty texts, picture messages, emails, or instant messages (e.g. MSN or Facebook)
- repeated prank phone calls
- using a person's screen name to pretend to be them (setting up a fake account)
- using a person's password to access their account and then pretending to be them
- forwarding others' private emails, messages, pictures or videos without permission
- posting mean or nasty comments or pictures on chat or forums
- sending and/or forwarding sexually explicit images ('sexting')
- intentionally excluding others from an online group.



# Cyberbullying

## If ongoing, report to police

Most cyberbullying between students can be resolved at school level, but schools may not be able to report cyberbullying between individual students to the police so it can be up to the parent to make a police report.

A police report should not be in place of a school investigation, rather, in addition if required. A police report may be necessary where: despite the best efforts of the school, bullying does not stop; when it is not possible to know who is behind the abuse (e.g. fake accounts/blocked numbers); or when threats have been made to your child's personal safety.

Each State has laws that prohibit online bullying and stalking. You don't have to put up with it.

## What if my child is the bully?

It often comes as a shock to be told that your child has been bullying another student online. It is important that parents support schools in their handling of the situation. Don't try and play it down.

Schools have policies and programs to deal with all parties, (bully, target and witness), involved in bullying incidents.

Parents have the ability to prevent the vast majority of online bullying. Be involved, and aware of what your child is doing online. Once you are aware that your child has bullied someone else online, you can help them understand that their behaviour is both unacceptable and possibly criminal as well.

## Steps to take

As a parent you could:

- discuss why it is not acceptable to be nasty or mean online and offline
- let them see there are consequences—don't bail them out
- acknowledge that they may be feeling guilty or awful about their behaviour, and discuss ways they can rectify the situation
- work together to improve the situation by offering an apology to the victim
- talk to them about their actions and try and find out why they behaved in this way
- ask them to imagine they were the victim—how would they feel
- develop a home-based Acceptable Use Agreement—set clear rules and boundaries about their online behaviour and your expectations and consequences for breaching this agreement
- enlist the help of your school welfare staff, GP, a counsellor or adolescent psychologist.





# Cyberbullying

## Signs your child may be being cyberbullied

Mental anguish is often harder for parents to identify than the signs of face-to-face bullying. There is no definitive list of signs that indicate cyberbullying.

Although there are some things to look out for:

- **change in mood, demeanour and/or behaviour**: for example being upset, angry, teary or rebellious when not previously
- **change in friendship groups**: it can be normal to change friends many times during school days. Teachers can often provide insight, as they see class dynamics in action every day
- **spending more time with family instead of friends**: adolescence is generally a time where friends become very important and parents less so
- **lowering of marks**: often students who are being bullied show a distinct change in application to studies and a lowering of marks
- **not wanting to go to places**: a dramatic change in enthusiasm for going to school or sport—this can manifest as non-specific ailments (headaches, stomach-aches, generally 'feeling sick')
- **being extra secretive in online activities**: being online under the doona, or in a 'secluded' part of the house
- **distinct change in online behaviours**: being 'jumpy' when text messages arrive, not leaving their phone alone, wanting to be online all the time, or never wanting to be online.

## Aren't these things normal?

Many of these behaviours may have different causes or may just be stages of your child's development. In general, it is important to keep an eye on your child's behaviour patterns and if you feel something is amiss, be aware that things may not be OK in their world (either on or offline), and be there for them. Ask:

*"Are you ok? Has something happened that is bothering you? Do you want to talk?"*

If you are still concerned then enlist the help of your school welfare staff, GP, a counsellor or adolescent psychologist.

