



# Munno Para PRIMARY SCHOOL

Respect, Responsibility, Success

NEWSLETTER  
Term 3, Week 9 2023

"Change is the end result  
of all true learning."  
- Leo Buscaglia

## Principal's Message

### Class Placements for 2024

As the term draws to an end, we have begun planning for 2024. One of the main tasks during this time is placing students into classes for the following year. It is important to note that due to fluctuating student numbers (particularly over the Christmas break) we are unable to guarantee class placements until our census day which is in Week 2 of Term 1 the following year. We cannot stress enough that if you have a preference for your child, please put it in writing, as once we have placed students in classes it is very difficult to make any changes.

Please be aware that if you put in a request you need to state your reasons for the request and we only consider requests based on educational and social/wellbeing needs. We do not consider requests based on teacher preference. All requests should be addressed the following way:

To the Principal

Class Placements

Private and Confidential

All requests need to be received by Friday Week 10 of Term 3.

### Reception Enrolments for 2024

We are now taking enrolments for Reception for 2024. Please come into the front office to fill out an Expression of Interest form to ensure you are on our list. Principal tours can be arranged by ringing the front office and booking in a time. Information packs have been sent to our local preschools and to families who have already completed the Expression of Interest form.

### Keeping safe online

In this edition of newsletter I have included a number of information guides for parents/carers to inform, support and further educate themselves on how to ensure their children are keeping safe when online.

The guides have come from the eSafety Commissioner website <https://www.esafety.gov.au/parents>

I think they provide practical advice in a way that understands and appreciates how difficult it is for parents/carers to be across what their children are viewing and engaging with when they are online.

As always if you have any questions/queries regarding your child's use of technology/devices with internet access, please speak with your child's teacher in the first instance.

### Attendance

Students arriving late and getting picked up early over time has a significant impact on their learning. There will always be emergencies and events to consider, but regular lateness does add up. We are including a table (see next page) which demonstrates this clearly.

We really shouldn't have any unexplained absences. Whether the reason is illness, family reasons or an unavoidable appointment, informing the school ensures the correct absence code is recorded and all students are accounted for. If you require any further information regarding this, please contact the school and ask to speak with our Wellbeing Leader, Ryan Hunter.

(Continued over)

## Diary Dates

### TERM 3:

Friday 29 September

Colour Explosion

Last day of Term 3

Early dismissal 2pm



### TERM 4:

Monday 16 October

Pupil Free Day

Tuesday 17 October

First day of Term 4



### Reminder

Early Dismissal:

Last day of Term 3

Friday 29 September

- early dismissal

2pm



## Assembly

Week 3, 6 and 9

## Bell Times

8:45am Teacher on duty in the yard

8:50am School day begins

10:50am Lunch play

11:20am End lunch play

1:00pm Recess play

1:20pm End recess play

3pm Home time



Government of South Australia  
Department for Education

STUDENT ABSENCE LINE: SMS 0416 906 257

Maltarra Road, Munno Para SA 5115

Ph: 8254 8322 Fax: 8254 9231 Email: [dl.1482\\_info@schools.sa.edu.au](mailto:dl.1482_info@schools.sa.edu.au)

Munno Para Primary School [www.munnoparaps.sa.edu.au](http://www.munnoparaps.sa.edu.au)

## Principal's Message (continued)

### 1 or 2 days a week doesn't seem much but...

If your child misses...	That equals...	Which is...	And over 13 years of schooling that's...
1 day per fortnight	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

### How about 10 minutes late a day? Surely that won't affect my child?

Only missing just..	That equals..	Which is...	Over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1 ½ weeks per year	Nearly ½ a year
20 minutes per day	1 hour 40 minutes per week	Over 2 ½ weeks per year	Nearly 1 year
30 minutes per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years

**Every Day Counts - If you want your child to be successful at school then YES, attendance does matter!**

### Progressive Achievement Testing (PAT)

Each year students in Years 1 to 6, engage in the PAT Reading and PAT Maths tests.

Teachers use the data collected from these tests to identify strengths in student knowledge and understanding as well as any gaps. We then further analyse the data and respond by ensuring we are addressing those gaps in our daily teaching practice.

The Department for Education sets a Standard of Educational Achievement (SEA) for each year level as a benchmark for schools to work towards.

So far, our initial analysis of the Reading tests is highlighting significant growth for a number of individual students and an average of 75% of all students achieving SEA which is our highest average percentage to date.

**Aaron McPherson, Principal**

## Finance

School fees (Materials and Services - M&S) for 2023 are now overdue. Final Notices have been sent to your home address. Outstanding M&S fees will be sent to Department for Education debt collection if left unpaid.

If you require an instalment plan please contact Sharon (Finance Officer, Monday - Thursday) in the Front Office as soon as possible.

If you think you may be eligible for School Card please complete an application as soon as possible.

**Sharon Hunt, Finance Officer**

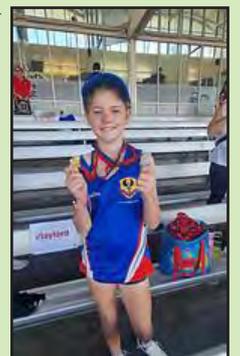


## P.E.

A huge congratulations to Taylah Heitmann who was selected and competed in the state athletic carnival on the 19th of September. Taylah had a very successful day and won a silver medal in long jump and a gold medal in the girls 4 x 100m relay. Well done Taylah!

As in previous terms, both the D and K block are participating in a lunch time basketball competition. We have had many students sign up for the competition and enjoy playing small games against other students. We will be playing our last game in the last week of school to find out which team came first. We can't wait for the competition next term!

Next term we will have our final SAPSASA for the year, the summer carnival. This is a come and try event for the D block students and they can sign up for either netball, cricket, tee-ball or volleyball. We are looking forward to finishing off the year in a really positive way and enjoying our last carnival.



## 5 tips to keep your family safe online



Parents and carers can use a combination of strategies to help young people build their digital technology skills and have safer experiences online.

### 1. Start the chat

Get into the habit of talking about online safety as a family, so your child feels comfortable coming to you if they ever need help working out an issue. It's never too early to introduce [good online habits](#) such as respect, empathy, critical thinking, responsible behaviour and resilience. As your child grows older, eSafety's advice about [hard to have conversations](#) will help with some of the tricky topics like sending nudes, online pornography and contact from sexual predators.

### 2. Create a family technology agreement

Creating a Family Technology Agreement can help you and your kids decide together when and how digital technology will be used at home. As a family, brainstorm easy-to-follow rules and display them where everyone will see them. Your agreement could cover things like: time limits, apps your kids are allowed to use and online behaviour. Families with younger children can [download](#) a template to guide the conversation.

### 3. Set up parental controls

Parental controls let you monitor and limit what your child sees and does online. It's best to use them in combination with the other online safety strategies listed here. [Taming the technology](#) can help you understand your options. Grab a device and get started with our guides to setting up parental controls on [devices and accounts](#) or in [social media, games and apps](#).

### 4. Choose games and other apps carefully

Use eSafety's [App checklist for parents](#) to think about the positives and negatives when your child asks to download a new game or other app. The checklist covers things like age ratings, managing privacy settings and reporting abuse in-app. You can also use [The eSafety guide](#) to check and set up safety features with your child.

### 5. Use digital technology together

Exploring or playing on devices or online with your child can be a positive experience that promotes learning and development. Ask questions, be curious and get involved. To learn more, read our blogpost [How to encourage good screen practices for your child](#).

12/2020 (09/2021)

## Getting started with parental controls in social media, games and apps



Many social media sites, games and apps now come with parental controls. The eSafety Guide has advice on safety features that can be useful for parents and carers, including how to use the settings to protect personal information and report online abuse.

Here are some examples of the parental control features included in popular social media, games and apps.

### Roblox

Roblox is a game creation platform that allows users to design games, play together and chat. Using built-in parental controls, parents can manage the way their children use the game. These features include a 'restricted' mode that prevents access to chat and inappropriate games.

Find out more about Roblox safety settings in [The eSafety Guide](#) or Roblox [account restrictions](#).

### TikTok

TikTok is a social media app for creating and sharing short videos. TikTok has a feature called Family Pairing that allows parents to link their Tik Tok account to their teen's account. Family pairing lets parents set controls like how much time their child spends on TikTok, the content they can see and their privacy settings.

Find out more about TikTok's safety settings in [The eSafety Guide](#) or TikTok [for parents](#).

### YouTube Kids

YouTube Kids is a filtered version of YouTube. Parents can create a separate profile for each child in their household. YouTube Kids uses a mix of automated filters, human review and parent feedback to limit the content that kids can see on the platform. Parents can also manually approve videos for their kids to watch, block videos and set screen time limits.

Find out more about YouTube Kids in the [The eSafety Guide](#) or [YouTube Kids](#).

### Facebook Messenger for Kids

Messenger Kids is a free video calling and messaging app owned by Facebook. Parents can monitor their child's activity and control their contact list using a Parent Dashboard. Parents can sign up on behalf of their child, and it doesn't require the child to have Facebook account. Messenger Kids does not show advertising or offer in-app purchases.

Find out more about Facebook Messenger for Kids in [The eSafety guide](#) or [Messenger Kids](#).

12/2020 (09/2021)

## Getting started with parental controls on devices and accounts



Many digital devices and accounts now come with parental controls.

Here are some examples of the parental control features included in common devices and accounts.

### Your home wi-fi network

Some wi-fi routers and accounts with internet service providers (ISPs) come with software that allows you to set up parental controls across your whole network. However, you don't always get as much control and monitoring as you get from the tailored software installed on each device. If you would like to learn more about controlling content using your wi-fi network, contact your ISP provider.

### Apple devices

Apple allows parents to set up family sharing accounts. Family sharing enables parents to share purchased apps and manage their child's device. You can find out more about setting up parental controls at [Apple families](#). The [Apple Support](#) YouTube channel has videos that provide step by step advice.

#### Follow these steps to get started:

1. In your settings, select your Apple ID and account info.
2. Go to family sharing and click on '+Add member' to add a new account for your child.
3. Go to Screen Time settings to set limits on apps, block websites and restrict purchases – whenever you change this it will update on your child's device.
4. On your child's device, activate the account.



### Android devices

Google Family Link allows parents to use an app to manage their child's device. You can find out more at [families.google.com](#).

#### Follow these steps to get started:

1. Set up an account for your child using your Google account.
2. Download the Family Link app to your phone or tablet.
3. Verify your child's account.
4. Go to Digital Wellbeing and Parental Controls and use the settings to set limits on apps, schedule downtime and see what your child is doing online – whenever you change this it will update on your child's device.
5. On your child's device, activate the account using the passcode or by pairing their device to yours.

### Wearables

Wearable technology such as iWatches, Fitbits and Virtual Reality headsets can be fun and provide benefits such as being portable. Some of these new technologies have parental control options that limit use to specific times, schedule downtime or hide your child's location from others. It's worth looking at the options available before buying any wearables.

Find out about staying safe while using wearables and other new technologies in the eSafety [Gift Guide](#).



12/2020 (09/2021)

## App checklist for parents



### Checklist

The aim of this checklist is to help you navigate the app world and give you the tools to ensure you and your family enjoy safe and positive online experiences.

#### Do your research

- [The eSafety Guide](#) is a good starting point.
- Other sources include [Common Sense Media](#) and [ConnectSafely](#), which review the most popular apps.
- Search for recent reviews from Google Play and Apple Store.
- Discuss the benefits and risks with family or friends who use the app.

**eSafety tip:** Check whether the app can be used for [content sharing](#), [photo and video sharing](#), [messaging and online chat](#), [voice chat](#), [video calling](#), [live streaming](#), [gaming](#), [in-app purchasing](#), [online relationships](#), [location sharing](#) and [encryption](#).

#### Check the age rating and requirements

- Apps usually state a minimum age for users in their terms of use but they don't all have verification requirements.
- [The eSafety Guide](#) includes the stated age for many popular apps.
- [Common Sense Media](#) makes an independent assessment of provides age recommendations.
- Check the advice on the eSafety Parent page [Are they old enough?](#)

**eSafety tip:** When deciding if an app is suitable for your child, think about their level of maturity and judgement as well as the age recommendation.

#### Consider privacy – read the terms and conditions and ask yourself these questions:

- What information does the app request?
- Does the app provide privacy protections?
- Can you restrict who sees your profile?
- Who can find you in a search?
- What information can people see about you?

**eSafety tip:** See the eSafety page [Connecting safely – Apps](#) for more advice. [The eSafety Guide](#) contains links to information about how to adjust privacy settings in popular apps.



#### Check the permissions and other settings – read the community guidelines and ask yourself these questions:

- What permissions does the app request?
- What information the app collect?
- Does the app need microphone and/or video camera access to perform its functions?
- What are the default settings?
- Do you need to change default settings, initially and after each update?
- Does the app allow in-app purchases?

**eSafety tip:** See the eSafety Parents page [Taming the technology](#) for advice on using parental control and safe browsing tools.

#### Safety check

- Can you report things in the app? (For example: online abuse, impersonator accounts, offensive or illegal content).
- Is the in-app reporting process easy and clear?
- Are the in-app reporting options limited or can you report a wide range of safety concerns?

**eSafety tip:** Let your child know they can come to you for help if anything makes them feel uncomfortable or unsafe and they won't be in trouble. You can help them [report serious online abuse](#) to the eSafety Commissioner.



## Helping kids thrive online

### Webinar information sheet for parents of primary school students

#### General tips for supporting your child online:

- Support your child's friendships online and off by talking with them about their friends and activities.
- Ask your child to demonstrate the games and apps they use to better understand what they play, why it's fun and possible pitfalls they may encounter.
- Help build confidence by encouraging children to share their knowledge of the online world.
- Encourage routines that promote health and balance. For example, create device-free times and places in your home.
- Model your own behaviour, by demonstrating that you can put your phone down and concentrate on spending time with your child, without the distractions of being online.
- Talk to your child about who could be their 'askable adult', and when they would speak with them.

#### Harmful content

[Harmful or inappropriate content](#) is content that a child might find upsetting, disturbing or offensive. It includes material that shows or encourages the sexual abuse of children, terrorism or other acts of extreme violence, and material which is not suitable for children, such as pornography.

#### Ways to start the chat:

- Use eSafety's information on how to approach the [hard-to-have conversations](#).
- Use [The eSafety Guide](#) to learn more about popular apps, games and social networking sites including how to report inappropriate content.
- Explore [eSafety kids](#) pages with your child to discuss topics such as [I saw something online I didn't like](#).
- Learn how to [report illegal content](#).

#### Contact with strangers

[Unwanted contact](#) is any type of online communication that your child finds unpleasant or confronting, or that leads them into a situation where they might be harmed. At worst, it can involve 'grooming' a child — building a relationship with a child in order to sexually abuse them. How to help your child:

- Learn and discuss what children can do in [situations where they might feel unsafe](#)
- Explore [eSafety kids](#) pages so you can more easily discuss topics like [someone is contacting me and I don't want them to](#).
- Learn about the features of apps that can expose children to contact with strangers by exploring [The eSafety Guide](#).

#### Cyberbullying

[Cyberbullying](#) of children is when someone uses online content or communication to seriously humiliate, seriously harass, seriously intimidate, or seriously threaten a child or young person under the age of 18. eSafety can help with the removal of serious cyberbullying content.

- Use [The eSafety Guide](#) to show your child how to block and report users that make them feel uncomfortable.
- Explore [eSafety kids](#) to discuss topics such as [someone is being mean to me online](#) and [people are being mean to others online](#).
- Teach your child [how and when to report cyberbullying to eSafety](#).

#### Resources

- Download the [online safety guide for parents and carers](#) — available in five languages.
- Use [online safety basics](#) to explore technology issues with your child, negotiate rules and get to know the technology.
- Refer to eSafety's [taming the technology](#) to set screen time tools and parental controls.
- Read eSafety's [privacy and your child](#) to help manage privacy and safety settings. It also offers advice about how to check [location settings](#).
- Explore [the big issues](#) and find out more about cyberbullying, online pornography, time online, gaming, unwanted contact and grooming by a sexual predator.

- Check eSafety's [skills and advice](#) resources—establishing good habits, hard to have conversations and using parental controls.
- Show your child how to contact [Kids Helpline](#) and learn the details of [Parentline](#) in your state or territory.
- Be smart and secure when choosing tech gifts for children by reviewing the [eSafety gift guide](#).
- If you have children under five, read [eSafety Early Years](#) for more information and resources.
- For parents of teens, visit [eSafety young people](#).
- Look at [eSafety parents](#) for advice, resources and links specifically tailored for parents' needs.
- For parents of primary school aged children, visit [eSafety kids](#).

#### References

- eSafety Research



## eSafety's parent guide to cyberbullying and online drama

### Summary Sheet

Cyberbullying is sending or sharing seriously threatening, seriously intimidating, seriously harassing or humiliating online content to or about someone under 18.

The behaviour might include abusive texts and emails, hurtful messages or creating fake accounts to trick someone or humiliate them

One in five young Australians aged 8 to 17 years say they have been [socially excluded, threatened or abused online](#).

### Helping your child manage devices and accounts

Regularly reviewing settings in apps and on devices can help young people manage online drama and protect their wellbeing. You can support them by encouraging them to do this

#### Review privacy settings regularly

- Limit or filter comments to help manage negativity online.
- Actively manage who can make contact online by using the tools to mute, restrict, delete or unfriend others for a period of time or permanently.
- Enable wellbeing settings that help track time online and schedule breaks.

Most services provide a parent guide to help you understand the basic settings.

#### Examples

- [TikTok Safety Center for Parents](#)
- [YouTube Kids Parental Guide](#)
- [The Parent's Guide to Snapchat - ConnectSafely](#)
- [A Parent's Guide to Instagram - Reachout.com](#)
- [Tips for parents on helping your teen stay safe on Discord](#)

### Building social and emotional skills

Cyberbullying is often an extension of face-to-face bullying. Talk regularly to young people about their relationships, including what happens online. Start the chat by asking some key questions:

- What do you do if you feel frustrated or angry about something happening online?
- What would you do if you saw someone harassing a friend?
- What can you do if you feel like someone is trying to make you look bad online?

[Young and eSafe](#) has practical advice and videos for young people. The resource covers topics such as respect, responsibility, empathy, resilience, and critical thinking.

You can also use our [conversation starters](#) to help with a range of online safety topics.

### Supporting your child if they experience cyberbullying

eSafety research showed that more than 80% of teens took some form of action after a negative online experience, and this mostly involved self-help or speaking to family or friends.

If you are aware that your child has had a negative experience like cyberbullying, try to stay calm and remind them that support is available. eSafety can help you deal with the issue and report the abuse.

- We have general information about [different types of cyberbullying](#) and how the abuse may affect your child's behaviour.
- Our videos step you through [collecting evidence](#).
- [The eSafety Guide](#) provides links to help you report a complaint to the social media site, app, game or websites where the cyberbullying occurred.
- We have FAQs about about [how to report cyberbullying](#) to eSafety and information on [how we handle complaints](#).

### Encouraging early help-seeking

Provide easy access to information about support services, such as displaying key contact numbers on your fridge.

#### Kids Helpline

Kids Helpline provides free and confidential online and phone counselling to young people aged 5 to 25. It is available 24 hours a day, 7 days a week.

[kidshelpline.com.au](http://kidshelpline.com.au) or 1800 55 1800.

#### eHeadSpace

eheadspace provides free online and telephone support and counselling to young people 12 to 25 and their families and friends. It is available 9am to 1am (Melbourne time), 7 days a week.

[eheadspace.org.au](http://eheadspace.org.au) or 1800 650 890

### Support for parents

Each state or territory has a dedicated parent helpline that offers counselling, information and a referral service. Opening hours vary by state.

Parentline (QLD and NT) — 1300 30 1300

Parent Line (TAS) — 1300 808 178

Parentline (VIC) — 13 22 89

Parenting WA Line (WA) — 08 6279 1200 or 1800 654 432

Parentline (NSW) — 1300 1300 52

Parent Helpline (SA) — 1300 364 100

Parentline (ACT) — 02 6287 3833

### More resources

According to [eSafety research](#), 40% of children and young people want to access online safety information through a trusted website.

eSafety [Kids](#) has information and advice designed especially for children aged 5 to 12. It provides simple explanations about issues that kids might need help with. The pages include tips for [when someone is being mean online](#), what to do if you think [you have been mean to others online](#) and [how to help friends](#).

eSafety [Young People](#) has information and advice designed especially for secondary students and younger adults. It explores common online safety risks as well as tips for preventing and dealing with them. The content includes a main page about [cyberbullying](#), and related pages about [online drama](#), the difference between [banter and bullying](#), what to do if you have been [called a bully](#), [being an upstander](#) instead of a bystander, and other relevant issues.

The eSafety [Parents](#) pages have information and advice designed especially for parents and carers. A page on [cyberbullying](#) guides you through the signs to look out for and what to do if you think your child is being cyberbullied.

There are also tips if you are worried that your child might be [bullying others](#) or you need help with [hard-to-have conversations](#) about issues such as cyberbullying and online relationships.

eSafety also has information for people with diverse needs, including resources [translated into languages](#) other than English and [Easy Read](#) resources.

### Keep up to date

Read the latest [blogposts](#) by the eSafety Commissioner. Sign up to an [eSafety newsletter](#) tailored for parents and carers.

### More resources: Other eSafety research

[Digital Lives of Aussie Teens](#) (2021)

[State of play - Youth, kids and digital dangers](#) (2017)

[Online safety for young people with intellectual disability](#) (2020)

[Adults' negative online experiences](#) (2020)

Follow us on [Facebook](#), [Instagram](#) and [Twitter](#).



Published: January 2022

## eSafetyparents

### Online gaming information for parents and carers

#### Online gaming has many benefits

##### Gaming can be a way to:

- Have fun and be entertained.
- Relax and reduce stress.
- Keep the mind active.
- Develop creativity.
- Strengthen decision making and strategic skills.
- Connect with others.

For most gamers, playing is a casual pastime. But a growing number of people play or watch competitive gaming (or eSports) as individuals, teams or families. Many gamers belong to vibrant and active communities.

Gaming can be used for a range of other purposes. These include general school education, right through to specialist workplace training (for example, flight simulations and various defence and cybersecurity exercises).

While gaming often has positive effects on the mental health and wellbeing of participants, it also has risks — like most online activities.

This information sheet provides practical tips and links to further information, so you can help your child reduce the risks and maximise the positive experiences of gaming online.

#### State of play

According to a major Australian gaming industry report:<sup>1</sup>

- Typical daily casual game play is 10 minutes, twice a day; typical daily in-depth game play is 1 hour.
- 47% of gamers are female.
- 78% of gamers are over the age of 18.
- The average age of an Australian gamer is 34 years old.
- Adult players have been gaming for an average of 12 years.

Competitive gaming, known as eSports, is a multi-billion dollar industry that includes many gaming genres and titles, such as [League of Legends](#) and [Counter Strike: Global Offensive](#). Gamers also watch eSports to learn strategies to improve gameplay.

1. Source: [Interactive Games & Entertainment Association](#)



**Gaming risks**

It is important to take a balanced view and recognise that gaming, like everything online, has its pros and cons.

eSafety research has found that people playing online games can be exposed to risks including:

- **Cyberbullying** (for example threats, verbal abuse, ganging up, exclusion).
- Inappropriate language, **age-inappropriate content**, or **access to pornography**.
- **Unwanted contact** from others, including "grooming" by a sexual predator.
- **In-app purchasing**.
- Themes or elements that may encourage young people to gamble now or later in life.
- Giving out too much **personal data**.
- Spending too much **time online**.



Many multiplayer games involve hundreds or even thousands of people playing at the same time. The gamers can communicate with friends and strangers through web cam, private messaging or online chat functions. This increases the risk of contact from online abusers or bullying from other players.

**Managing gaming**

The best way to help your child manage the risks is to take an active interest in their gaming.

**Select the right privacy settings**

Make sure your child only joins games suitable to their age and maturity. The privacy settings can also be restricted so your child only plays or chats with gamers they know.

**Choose the right games**

Collaborate with your child on game purchases — have them suggest the game they wish to play or purchase. Ask them to find out the recommended age, information about the content and how to use the privacy settings.

To identify if a game is beneficial, ask:\*

- Are there **emotional benefits**? (Is it fun?)
- Are there **cognitive or learning benefits**? (Do you need to solve problems?)
- Is **creativity required**? (Do you build stuff?)
- Is it a **social game**? (Do you connect with other players and is the connection safe?)

**Ratings and reviews**

You can look up games on the **Australian Classification website** to check their rating and other information about the content, to help you decide if it is suitable for your child. Check out the video **Quick guide to Australian classification ratings**.

The **eSafety Guide** has information about popular online games, apps, social media sites and other digital platforms. The guide explains what the game is and how people use its tools and functions. It also provides the gaming company's age recommendation and links to key safety information, including how to report and block abusive players.

eSafety can direct an online service or platform to remove illegal content or ensure that restricted content can only be accessed by people who are 18 or older. **Find out more** about illegal and restricted online content.

**Commonsense media** provides parents with reviews of the latest games and apps (as well as movies, TV shows and books).

2. Dupon, S. (2016) Parents guide to gaming, Manningham YMCA

**Get involved**

**Co-play**

Many gamers watch video tutorials or 'walkthroughs' to help them play. You can watch these with your child so you can both understand the games better. Learn the lingo with your kids — you can search online together to check the meaning of terms like 'walkthroughs', 'first player shooter' and 'PVP'. Play the game yourself, or even get into the habit of co-playing with your child.

**Listen and ask questions**

Have a conversation with your child about common gaming issues using the **eSafety kids** and **eSafety young people** pages to guide them. You can workshop strategies to deal with upsetting or inappropriate behaviour and learn together how to report, mute and block abusive players.

**Co-design rules**

Kids are more likely to follow rules if they were to create them. Part of the discussion and negotiating is explaining why a rule might or might not work.

One of the things that may help to manage your child's gaming is negotiating the time they are allowed to spend online — before they start playing. Together you could decide a limit on how many games or levels can be completed, or the length of playing time.

It's also good to establish rules about when and where digital devices and consoles can be used. For example, making it clear that games have to be played in open family areas not in bedrooms, homework has to be finished first, or screen time ends an hour before sleep.

**Help regulate time online**

You may be concerned that your child is spending too much time playing online games. There is no magic number for 'healthy' hours or minutes. If gaming is balanced with other activities and sleep, there is usually no need for concern. Many young people game a lot and still study, socialise and feel happy.

But if gaming starts to have negative impacts on your child or your family, you may need to encourage them to better regulate their time online. You can read more about the **signs to look out for** when your child is spending too much time gaming. It may be useful to get your child to reflect on the **impact gaming is having on their life** by helping them do a self-evaluation.

If you have serious concerns about your child and online gaming or gambling, seek professional advice from a doctor, psychologist or school counsellor. Gaming disorder has now been recognised by the **World Health Organization**

as a mental health condition and there are practitioners who specialise in internet overuse problems. eSafety does not recommend any particular practice but there are listings on **nirx**.

**Responsible gambling Victoria** has information to support conversations about gaming and gambling.

For other relevant advice and resources you can also check out our list of **counselling and support services**, or go directly to **KidsHelpline**, **eHeadspace** or **Beyond Blue**.



©2020 eSafety Australia

**eSafetykids conversation starters**

These question cards are designed to be used in a family or education setting to start everyday conversations about online safety. The cards cover topics such as identifying online risks, using technology safely and reporting unsafe behaviour. Use them together with the information at **eSafety kids**, and empower kids to take control of their online experiences.



**Instructions:**

1. Print the questions on a sheet of A4/3 paper and cut into individual cards.
2. Divide cards into two piles: 'Ask an adult' and 'Ask a kid'
3. To play, adults and kids take turns to pick a card from their pile and answer the question.
4. Browse **eSafety kids** to find more information on how to stay safe online.

Tip: Use the question cards as ice-breakers, writing stimulus, social media posts or during meal time.

**Have you ever seen something online that made you feel worried?** 😨



Ask an adult

Find out how to get help and report: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**Do you ask permission before posting photos of others online?**



Ask an adult

Find out how to protect your privacy: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**Can other people see pictures you post of me online?**



Ask an adult

Find out how to protect your privacy: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**How would you know if something online was fake?** 😞



Ask an adult

Find out how you can tell if something is fake online: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**What would you do if someone online was contacting you, but you didn't want them to?** 😡



Ask an adult

Find out how to stop unwanted contact: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**What are your top 3 tips for staying safe online?** 🙌



Ask an adult

Find out more online safety: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**What would you do if someone treated you unfairly in an online game?**



Ask a kid Find out more about gaming safely: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**What are 3 signs an online friendship is a bit fishy?** 🐟



Ask a kid Find out how to get help: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**What would you do if someone was being mean to your friend online?**



Ask a kid Find out more about supporting others: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**Who would you go to if something negative happened online?**



Ask a kid Find out how to get help: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**How do you know when it's time to stop an online activity?**



Ask a kid Start the chat about online safety: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**What are your top three tips for staying safe online?**



Ask a kid Start the chat about online safety: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**What makes you happy when you're online?**



Ask a kid Start the chat about online safety: [esafety.gov.au/kids](https://esafety.gov.au/kids)

**What's the funniest thing you've seen online?** 😂



Ask a kid Start the chat about online safety: [esafety.gov.au/kids](https://esafety.gov.au/kids)

## eSafety young people conversation starters

These question cards are designed to be used in a family or education setting to start everyday conversations about online safety. The cards cover topics such as identifying online risks, using technology safely and reporting unsafe behaviour. Use them together with the information at **eSafety young people**, and empower young people to take control of their online experiences.



### Recommended approach:

1. Print the questions on a sheet of A4/3 paper and cut into individual cards.
2. Divide cards into two piles: 'Ask an adult' and 'Ask a young person'
3. To play, adults and young people take turns to pick a card from their pile and answer the question.
4. Browse eSafety young people to find more information on how to stay safe online.

**Tip:** You can also open the document in Acrobat PDF and type your answers in the space provided.

**What three words describe who you are online?** 😎

Write or type your answer in the square below:



Ask an adult [esafety.gov.au/young-people/your-digital-reputation](https://esafety.gov.au/young-people/your-digital-reputation)

**What would you do if a friend was being harassed online?** 😡

Write or type your answer in the square below:



Ask an adult [esafety.gov.au/young-people/be-an-upstander-not-a-bystander](https://esafety.gov.au/young-people/be-an-upstander-not-a-bystander)

**What worries you most about me being online?** 😞

Write or type your answer in the square below:



Ask an adult [www.esafety.gov.au/young-people/helping-adults-get-online](https://www.esafety.gov.au/young-people/helping-adults-get-online)

**Do you feel pressure to keep up on social media?** 😞

Write or type your answer in the square below:



Ask an adult [www.esafety.gov.au/young-people/pressures-from-social-media](https://www.esafety.gov.au/young-people/pressures-from-social-media)

**What would you do if someone sent you a nude image without your permission?**

Write or type your answer in the square below:



Ask an adult [esafety.gov.au/young-people/receiving-unwanted-nudes](https://esafety.gov.au/young-people/receiving-unwanted-nudes)

**Can other people see pictures you post of me online?**

Write or type your answer in the square below:



Ask an adult [esafety.gov.au/young-people/consent-sharing-photos](https://esafety.gov.au/young-people/consent-sharing-photos)

**Have you ever created online drama?**

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/violent-inappropriate-content](https://esafety.gov.au/young-people/violent-inappropriate-content)

**What should I do if I'm getting trolled on social media?**

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/trolling](https://esafety.gov.au/young-people/trolling)

**How do you feel after spending time on social media?** 😞

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/spending-too-much-time-online](https://esafety.gov.au/young-people/spending-too-much-time-online)

**What would you do if a nude photo of you was shared without your consent?**

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/my-nudes-have-been-shared](https://esafety.gov.au/young-people/my-nudes-have-been-shared)

**How do you balance time online with other priorities?**

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/spending-too-much-time-online](https://esafety.gov.au/young-people/spending-too-much-time-online)

**Do you know how any of your friends manage their time online?**

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/spending-too-much-time-online](https://esafety.gov.au/young-people/spending-too-much-time-online)

**If there is one thing you would like me to stop doing online, what would it be?**

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/spending-too-much-time-online](https://esafety.gov.au/young-people/spending-too-much-time-online)

**What are your top three tips for using social media?**

Write or type your answer in the square below:



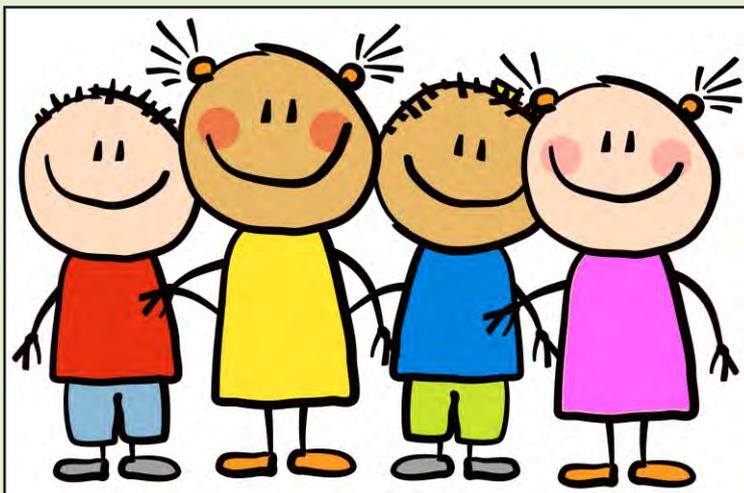
Ask a young person

[esafety.gov.au/young-people](https://esafety.gov.au/young-people)



**Healthy Food Co. Snack Packs**

We are excited to be able to offer Snack Packs to purchase from the front office. A great healthy option for recess or when things get busy in the morning. Pay over the counter or on the QKR app. There are a few different combinations that students can choose from.



**RECESS PACKS**



HEALTHY FOOD CO.

**snack packs**  
**\$2.50**

Available on QKR or in the front office with cash or eftpos

# Healthy Food Co

## Snack Packs

Great for lunch boxes and only \$2.00



**Energy Pack**  
\$2.50



Visit us at Healthy Food Co.

### Smithfield Plains

The Precinct  
112 Coventry Road,  
Smithfield Plains SA 5114  
Monday - Friday  
9.00 a.m. - 4.30 p.m.  
Phone 8254 3641

### Elizabeth Downs

Elizabeth Downs Shopping Centre  
Shop 5, 26 Hamblynn Road,  
Elizabeth Downs SA 5113  
Monday - Friday  
9.30 a.m. - 3.30 p.m.  
Phone 8287 4299

### John McVeity Centre

182 Peachey Road,  
Smithfield Plains SA 5114  
\*After Hours Easy Meal Order collection only\*

[playford.sa.gov.au/healthyfoodco](http://playford.sa.gov.au/healthyfoodco)



Find us on  
**Facebook**

**HEALTHY  
FOOD CO.**

# Easy Meals

By Healthy Food Co.

Prices as of January 2023

**HEALTHY  
FOOD CO.**

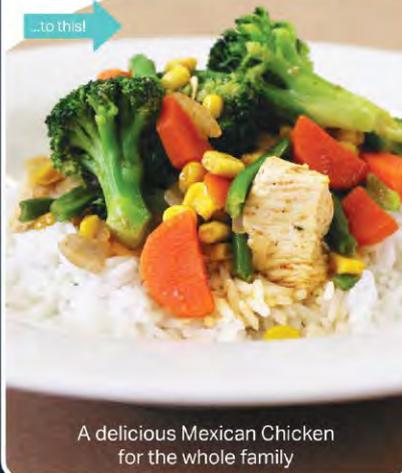
## Easy Meals

Each Easy Meal kit serves 4 people and includes the recipe and all ingredients needed to make the meal!



From this...

...to this!



A delicious Mexican Chicken for the whole family

\*Every Easy Meal kit serves 4

### Beef

Curried Sausages	10.50	🟡
Beef Casserole	12.50	🟢
Beef Curry	12.50	🟢
Chilli Con Carne	12.50	🟢
Chow Mein	12.50	🟢
Mexican Beef	12.50	🟢
Savoury Mince	12.50	🟡
Beef Stir Fry	13.50	🟢
Cottage Pie	13.50	🟢
Pasta Bolognese	13.50	🟢

### Chicken

Chicken Noodle Soup	6.00	🟡
Chicken Curry	10.50	🟢
Creamy Chicken Pasta	10.50	🟡
Italian Chicken	10.50	🟢
Mexican Chicken	10.50	🟢
Apricot Chicken	11.50	🟢
Chicken Stir Fry	11.50	🟢
Sweet and Sour Chicken	12.50	🟢

### Beef Stir Fry



### Pork & Bacon

Tomato Macaroni	6.50	🟡
Sweet and Sour Pork	14.50	🟢

### Vegetarian

Pumpkin Soup	4.50	🟢
Vegetable Curry	5.50	🟢
Fried Rice	6.00	🟢
Minestrone Soup	6.00	🟢
Cheesy Rice Slice	6.50	🟢
Roasted Pumpkin Couscous	7.00	🟢
Quiche	8.00	🟢

### Fish

Tuna Patties	8.00	🟡
Tuna Bake	10.00	🟡
Tuna Mornay	10.00	🟡

### Flour

Fluffy Pancakes	2.00	🟡
Simple Scones	2.00	🟡

🟢 = Eat Most    🟡 = Eat Moderately

Quiche



Prices as of January 2023

## Community Notices

### ROLLABELLAS ROLLER DERBY LEAGUE

We have a 10 week beginners program to learn how to play roller derby coming up at Gawler Sports & Community Centre.

Information Night: Tuesday, 26th September 2023 - 7.45pm - 9pm

10 Week Beginners Program: Tuesday, 10th October 2023 till Thursday, 14th December 2023

We are in the process of building our juniors team here in the North. We are a mixed gender league and we are recruiting juniors from 8 years to 17yrs. As well as senior skaters 18yrs+ if there happened to be any staff/parents/guardians/volunteers interested, please contact us.



ROCKABELLAS ROLLER DERBY LEAGUE

### GAWLER DOOMSDAY PREPPERS & DOOMSDAY ROLLERS

BECOME YOUR BEST SELF



**JUNIORS  
8-17YRS  
SENIORS  
18YRS +**

Tuesday & Thursdays  
Gawler Sports & Community Centre  
Freshmeat Juniors & Seniors  
- 7:45pm - 9:30pm

trainingrockabellas@gmail.com  
www.revolutionise.com.au/rrdl/  
www.facebook.com/rrdlraiders/  
www.facebook.com/rockabellasrdl/



Register online by scanning the QR code.



SCAN ME!

Enquires:  
craigmorecc@hotmail.com

- Inclusive Ed League
- Woolworths Blast (Mixed)
- Under 10's (Mixed)
- Under 12's (Mixed)
- Under 14's (Mixed)
- Womens (9yrs and up)
- Senior Mens

## CRAIGMORE CRICKET CLUB

*The place to be*

PROUDLY SPONSORED BY:

**CARPET GIANTS**

Optical  
by National Pharmacies

CASTLEFORGE PHOTOGRAPHY

CleanCuts

J&S QUALITY MEATS

Fencing - Retaining & Outdoor Services

S P E L D Specific Learning Difficulties SA

Elizabeth PARENT WORKSHOP



### FREE Parent Workshop

Understanding reading difficulties - Why some children struggle and how to help

- Develop an understanding of reading difficulties, including dyslexia
- Develop a practical understanding of the associated characteristics and difficulties
- Explore ways to support your child

This 2 hour workshop is a great first step to gaining a better understanding of reading difficulties and practical strategies that can help your child.

**Monday 20 of November, 12:30pm-2:30pm**



Playford Primary School



BOOK ONLINE at:  
speldsa.org.au/regional-parent-workshops

Thank you to the Department for Education for supporting this initiative.

MUNNO PARA LITTLE ATHLETICS CENTRE

Attention

# ATHLETES!

MUNNO PARA LITTLE ATHLETICS CENTRE

You are invited to our Information Day to learn everything about US!!

### WHAT'S TO SEE & DO

- Long jump
- Shot Put
- Discus
- Running
- Fun Games
- Jumping Castle
- Register for Come & Try OR the Season
- Purchase Uniforms



**SUN 17 SEPTEMBER 10am-2pm**

Kooranowa Reserve, Vincent Rd,  
Smithfield Plains

email: club@munnoparalac.org.au

## Community Notices

Strengthen skills.  
Build savings.  
Take control.



Save \$500 and ANZ will top up your bank account with another \$500.

Income, eligibility and participation criteria apply. go to [saverplus.org.au](https://saverplus.org.au) for more information.

1300 610 355 [saverplus.org.au](https://saverplus.org.au)

Saver Plus supports people to develop life-long savings habits. It's delivered by Brotherhood of St. Laurence, The Smith Family and Berry Street. It's funded by ANZ and Department of Social Services, learn more [saverplus.org.au](https://saverplus.org.au)



## SPRING SCHOOL HOLIDAYS



JMC - 182 Peachey Road, Smithfield Plains  
The Precinct - 112 Coventry Road, Smithfield Plains  
ANY ENQUIRIES CALL 8480 0100 OR EMAIL [JMC@PLAYFORD.SA.GOV.AU](mailto:JMC@PLAYFORD.SA.GOV.AU)

**NATURE WALK  
AT PARA WIRRA  
3RD OCTOBER  
9AM-12PM**

We will bus it to Para Wirra Conservation Park, walk around the lake & undertake some fun activities!  
For all ages.  
Cost - \$2  
**MEET AT THE JMC**

**PIT STOP  
BIKE MAINTENANCE  
4TH OCTOBER  
10AM-12PM**

Bike safety & basic maintenance checks!  
Cost - \$2  
**AT THE PRECINCT**

**KAURNA MOVE  
& PLAY  
4TH OCTOBER  
10AM-12PM**

Learn some Corka dance moves, go on a scavenger hunt & finish off with some fun games.  
For ages 3-13 years.  
Cost - FREE  
**AT THE PRECINCT**

**SCAN HERE  
TO BOOK  
VIA EVENTBRITE:**

UNLESS OTHERWISE STATED



**ACBA BASKETBALL**

**5TH OCTOBER**  
9:30AM-10:30AM, 5-8 YRS  
10:30AM-11:30AM, 9-12 YRS  
11:30AM-12:30PM, 12-16 YRS

FREE 'Growing for Gold' Come & Try Basketball Clinics  
Book via:  
[growingforgold.tidyhq.com](https://growingforgold.tidyhq.com)

**AT THE JMC**

**FREE FRIDAYS  
6TH OCTOBER  
5PM-7PM**

Try different sports or just hang out!  
For ages 12-17 years.  
Cost - FREE  
No bookings required

**AT THE JMC**

**SA CHURCH  
BASKETBALL**

**9 OCTOBER (UNDER 8 & 10'S),  
10 & 11 OCTOBER (UNDER 12-16'S)**  
9AM-12.30PM

School holiday coaching camps  
\$25 for 1 day | \$40 for 2 days  
Book via:  
[sachurchbasketball.com.au](https://sachurchbasketball.com.au)

**AT THE JMC**

**STEAM INTO NATURE  
12TH OCTOBER  
10:30AM-12PM**

Create your own paint creation using natural pigments with Nature Play SA  
For ages 3-13 years  
Cost - \$2  
**AT THE JMC**

**COME N TRY  
TENNIS  
13TH OCTOBER  
1-2PM**

Come n Try Tennis at the WBH!  
For ages 5-12 years  
Cost - \$2  
**AT THE JMC**



## GAWLER NETBALL SUMMER

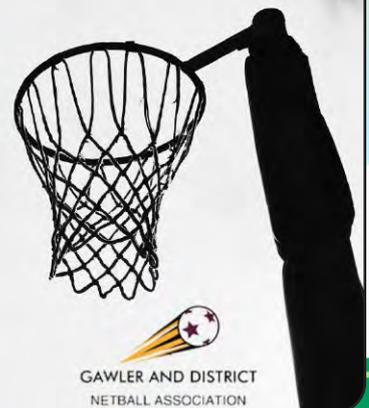
**JUNIOR BOYS (9 - 15 years)  
THURSDAY EVENINGS**

Commencing October 2023

Club, Team, & Individual  
registrations welcome

0438 801 557

[secretary@gawlernetball.com.au](mailto:secretary@gawlernetball.com.au)



GAWLER AND DISTRICT  
NETBALL ASSOCIATION



## GAWLER NETBALL SUMMER

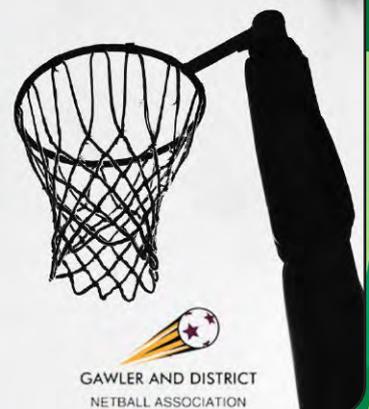
**JUNIOR GIRLS (7-17 years)  
THURSDAY EVENINGS**

Commencing October 2023

Club, Team, & Individual  
registrations welcome

0438 801 557

[secretary@gawlernetball.com.au](mailto:secretary@gawlernetball.com.au)



GAWLER AND DISTRICT  
NETBALL ASSOCIATION



**NEW TERM PROGRAM**

# BOYS NETBALL

MONDAY AFTERNOONS from 3.50pm

**STARTS Term 4: MONDAY 16 October, 2023**

**AGE GROUP: 11 – 15 YEARS**  
\$90 PER PLAYER (9 WEEK TERM)

Games held on Mondays with the opportunity to train as a squad

- Develop skills in team work & Quick thinking
- Leading/movements
- HIT fitness

Register your interest!

SCAN HERE 

**STARplex** EVANSTON PARK PHONE 8522 0622  
REGISTER ONLINE: [www.starplex.com.au](http://www.starplex.com.au)

**STARplex** at Trinity College

**get active!**



**SUMMER SEASON**

# JUNIORS NETBALL

WEDNESDAY AFTERNOONS from 4.30pm

**SEASON STARTS: WEDNESDAY 18 October, 2023**

**AGE GROUP: 10 – 16 YEARS** (boys can play up to U/13's)

\$64 Team Nomination Fee - SPACES LIMITED

Season held during Term 4, 2023 & Term 1, 2024

Phone 8522 0622  
**STARplex** EVANSTON PARK  
REGISTER ONLINE: [www.starplex.com.au](http://www.starplex.com.au)

SCAN HERE 

**get active** at STARplex **STARplex** at Trinity College

Support our Community

**Come & Try PARA SPORTS**

**SATURDAY 7 OCT 1PM – 3PM**

SOMETHING FOR EVERYONE! Basketball. Frame Running. Ice Hockey. Fencing. Boccia. Table Tennis. Swimming.



**free**

JOIN US FOR A ACTION PACKED AFTERNOON WITH SPORTS FOR ALL TO TRY!  
any age, any ability

REGISTER HERE & FURTHER INFO 

WHERE **STARplex** EVANSTON PARK / 8522 0622 

VINTAGE CHEF CO CAFE WILL BE OPEN! [www.starplex.com.au](http://www.starplex.com.au)



**NETBALL HOLIDAY CLINIC**

FRIDAY 6 & MONDAY 9 OCTOBER

9.00am - 12noon

**8-12 YRS**  
LITTLE/JUNIOR NETTAS

1 DAY / 3 SKILLS

- ATTACK
- DEFENCE
- SHOOTING

Price:  
1 Session \$45 pp  
2 Sessions \$80 pp

Individual skill development indoor courts, airconditioned, active holiday fun!

NOTE: Make sure to bring your water bottle and snack.

SCAN HERE 

**get active** at STARplex

**BOOK ONLINE TODAY!**  
[www.starplex.com.au](http://www.starplex.com.au)

**STARplex** EVANSTON PARK  
8522 0622 