

SCHOOL NEWSLETTER

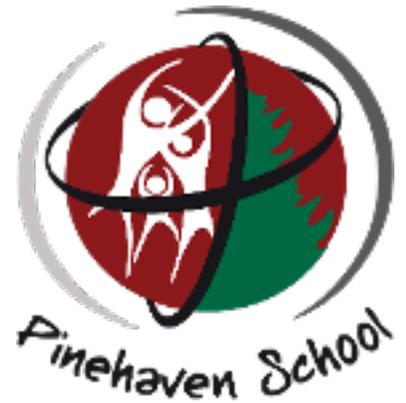
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PRINCIPAL'S PEN - A NOTE FROM KAYLENE.....

Kia ora!

There has been a lot in the news lately about bullying and in particular, online bullying. Listening to some of the stories on the news and talk back, I was surprised to hear about the young age of some children accessing devices and social media accounts. As parents, we need to be aware that children can access inappropriate material accidentally and that there are many dangers in the online world that children are not always prepared for. If your child has a device, I encourage you to delve into their usage. This includes monitoring what apps they are using and checking the history on any internet searches. One example of inappropriate use that is common, even in our community, is the use of the app tik tok. Legally you have to be 13 to sign up to it. If your child is attending our school and using tik tok, they are doing so illegally as they are too young to have an account. In looking at this topic in a bit more depth and talking to colleagues, I was sent the poster on the next page of the newsletter. I encourage you to take some time to consider the impact of devices, screentime and access to the online world for your children. The reference for the infographic is <https://www.familyzone.com/schools/at-a-glance>

Listening to the news items, I was also concerned about the criticism of some schools around the way in which they deal with concerns. Please be assured that if we know about your concerns, we do everything we can to work with you to resolve them. You can always raise concerns with your child's teacher, the Hub Leader (Gregory or Rachel) or me. We are also always happy to receive any positive feedback!

Just a reminder that school is closed on Friday 27th March for a Teacher Only Day.

KEY DATES

16-20 March: Movin' March Week

17 March: Traditional Māori Games

Inter School Tournament for some Y5/6

17 March: Board of Trustees Meeting

6.30pm Staffroom

23, 24, 31 March + 1 April: Botanic Gardens Trips

Classes visiting on different days as per information already sent out

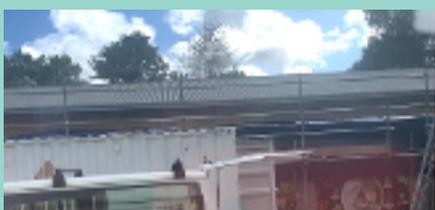
27 March: Teacher Only Day

School closed - please make alternative arrangements for your child

We are having a play around with our newsletter format in an attempt to make it simpler for everyone. Feel free to send us your thoughts!! It might change each fortnight for a while!

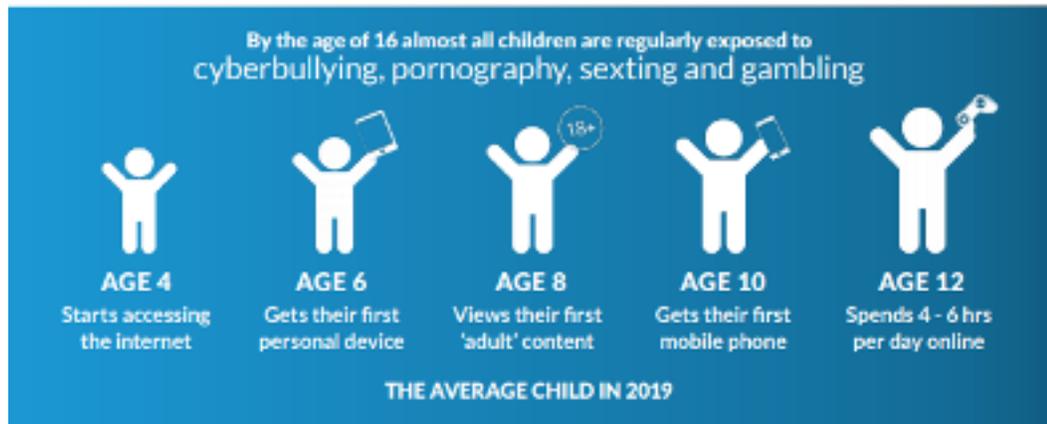
BUILDING NEWS

The building project continues to progress. We are still awaiting a final construction timeline as the scope of work has been extended with the additional property funding announced by the Government at the end of last year. The builders are progressing the work and from outside, we can start to see the shape of the new stairs and entrance from the playground. On the office side of the building, the windows and roofing have been removed so that the new pitched roof can be installed.

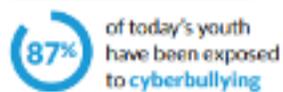


Students and the internet

Identifying and solving the cyber challenges faced by your school community



CYBERBULLYING



Research shows over 30% of students have experienced cyberbullying and almost all have been exposed to it.

SEXTING



The majority of teenagers now regard sharing explicit material as normal.

PORNOGRAPHY



have watched pornography

According to the AMA there is a "strong link" between online porn and adverse sexual and mental health outcomes.

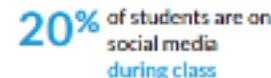
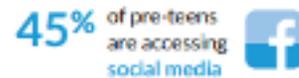
SCREENTIME



and checks their phone **50 times a day**

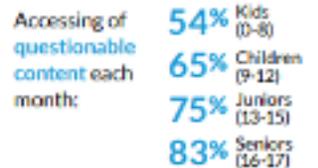
After rising since the early 1990s, adolescent self-esteem plunged after 2012. Research suggests that teens who spend less time in front of screens are "happier".

SOCIAL MEDIA



Research clearly shows links between social media use and mental health, body image, behaviour and educational outcomes.

RISKY ACTIVITY



DECEPTION



SLEEP



Research clearly shows a high correlation between a lack of sleep and depression, as well as behavioural and learning issues.

GAMBLING



Gamblification is the term coined by experts concerned about the growing inclusion of gambling features in children's apps.

FULL DETAILS: FAMILYZONE.COM/SCHOOLS/AT-A-GLANCE

ANNOUNCEMENTS

Save the Date!! Our Family Fun Day this year will take place on 31 October . This is our major bi-annual fundraiser. More information will come about how you can be involved. In the meantime, please hold onto any

books, clothes and saleable items for our hugely successful white elephant stall.

Botanic Gardens Trips Please make sure your child's permission slips has been returned.