Dear Parents/Carers,

Welcome back from the school holidays! Term four kicked things off with some very warm weather which was a good reminder to the students about the importance of taking care of their health on hot days. Big congratulations to the students that came to school on Monday and Tuesday with sunscreen and their school hat!

Over the school holidays I took my family on a road trip to Sydney for a week. I’m a big fan of road trips as it gives me a chance to listen to music and enjoy new surroundings. Road trips for me are that simple!

However, for my daughters, a road trip seems to be like we are going for a sleepover at a friend’s house that happens to live in our car while it travels along the road! Seriously, I tried to tell them that to truly enjoy the benefits of a road trip all you need is music and your eyes! Honestly, my daughters virtually packed four suitcases of things that they might play with in the back seat! Then they asked me to cover up the back windows with some blankets because they get carsick! I said carsickness and road trips go hand in hand! If I cover the windows with the blankets then how can you enjoy the scenery? We might as well fly on a plane!

I’m not sure if my wife helped out with the situation as she put together a picnic pack that could of feed us for up to 3 months! I had to tell her it’s a road trip not an island retreat! All you need is a bottle of water and a packet of chips!

So here I was backing out of the drive way to begin the trip to Sydney and all I could think about was how I only had 8 hours to convince my fellow passengers of what road trips are all about!

I thought I’d start with the music. As it turns out, it wasn’t the best decision. As I mentioned previously, I spent roughly around 57 hours putting together a collection of songs that we could groove to along the Hume Highway. However, as soon as I put on the first song from the ‘2015 Sydney Road Trip playlist’, a song that I considered would set the tone for the journey, my wife and daughters looked at me and commented that the music was up a bit too loud! It’s a road trip I said! No dad it’s just a trip in the car.

Anyway, all in all we had a great time, although the weather made me feel like I was still in Melbourne! Caught up with friends while in Sydney and headed off to Taronga Zoo for the first time with my parents and my eldest brother’s family. Even managed to see the production ‘Matilda’ and spend a couple of days in Canberra on the way back!

Hope everyone has a great term as we have so much planned!

A big part of my role in term four is to finalise plans for 2016! This includes welcoming a number of new students and families to the school as part of the 2016 Prep Transition Program that commences in November.

I’m not sure about anyone else but there is a big difference between a road trip and a trip in the car. My head was saying road trip, while my family were thinking trip in the car! Road trips are an adventure; trips in the car are a chore!

Principal’s Report

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I spent all week prior to the trip putting together a playlist of music that would shape the experience! Not once before heading off did my daughters or wife say, ‘Hey Dad I’m super excited about what music you’ll be playing’!

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The Social Media World!
Over the holidays I also came across another great article from Michael Grose about ‘Developing Your child’s Social Media Scripts’. It provides advice and strategies for parents about conversations we need to have with our children at a young age to prepare them for the online world when they get older!

Developing your child’s social media scripts
By Michael Grose

It’s important to start conversations with children about using social media at a young age to prepare them to be savvy users when we’re not around.

“If a job’s worth doing, it’s worth doing well.”

This mantra always pops into mind whenever I’m about to cut some corners or do a rushed job in any endeavour. As a result I double-check every article I write for mistakes. I over prepare every talk I give. And I continually edit and re-edit my books. This message keeps me at the top of my game.

I can thank, or blame, my mother for inserting this mantra in my mind as she repeated it whenever I did a rushed job as a youngster making my bed, doing homework or cleaning up my bathroom mess.

Parents of every generation have always found ways to frame messages of safety and success for their children to remember. Parents of past generations who only had to contend with the offline or real world intuitively knew that they needed to teach important lessons about safety and manners rather than assume they’ll be understood.

The same maxim holds true for the world of social media that children now inhabit from an increasingly young age. Even though our children are growing up with technology as a part of their everyday lives, they will still make plenty of mistakes while using it. This means we need to have direct conversations with our kids about the comments and posts that are okay to make using social media of all forms.

As parents we teach our kids to talk politely and clearly so that they know how to speak to others when we’re not around.

The same applies to social media. Our conversations and lessons will prepare them to be savvy users when we’re not around. Here are some ideas to get you started:

1. “Is this worth posting?” The relatively impersonal nature of social media means that we can post information and pictures with relative immunity. Also its immediacy means that we can do so without much thought. This means that kids need to be very critical about what they see online. ‘Is this accurate?’ and ‘Is this worth posting?’ are two valid questions children can ask when they read posts placed by others.

2. “Have you taken a big breath?” A child who blurts out everything that comes into his mind without thinking is sure to put plenty of people offside. ‘Think before you speak’ is the type of message that every child should have in mind. The same applies to social media. Just because they think something doesn’t mean they post it. ‘Take a big breath’ may just about be the most important message to give your kids about social media.

3. “Do you want the principal to see this?!” An invitation to a teenage birthday party posted on social media is one way to get more attendees than you bargained for! The viral nature of social media means that kids should only post messages and photos that they want to be spread and read by a large audience.

4. “How does this post make you feel?” We need to teach kids that not every post needs to be commented upon and not every thought needs to be shared, particularly when they are angry. Teaching them to walk away and then to step back in when they’ve calmed down is perhaps the most important communication lesson of all. It is very relevant to social media as emotions are often the last thing on many people’s minds when they haphazardly post a message.

5. “How will you fix this?” Social media just like any social space requires kids to behave ethically and with kindness. When kids overstep the mark and post hurtful things then it’s fair that they fix their mistakes, and apologise. It’s reasonable that we teach our children to act with tolerance and with empathy online, and if mean things are posted then they should be expected to try to repair relationships through social media, just as they should offline.

I agree with Galit Breen author of Kindness Wins who says that parents should have conversations with children around social media before they reach the teenage years. Starting these conversations when they are younger means that they are more open to our parenting opinions, as well as being a little more amenable to the messages of tolerance, kindness and empathy that we need to encourage.

Hope you enjoyed the article!

Have a great term!
Alex Artavilla
Principal
Sunshine Heights Primary School
Mind Australia Presents

ROCK INTO RECOVERY
FESTIVAL

Rock into Recovery is Mind Australia’s festival celebrating recovery of mental health and the support of families and carers during Mental Health Week and Carers Week 2015.

FEATURED FILMS

Walk with Me: Life and Recovery Through a Lens of a Camera
Walk with Me: Because I Care
Train Tracks out of Isolation
Sisterhood Journey
Peer Recovery Community

Self Portraiture Photographic Exhibition
Creative Storytelling Book Launch

10 October 2015
3pm Book Reading // 4pm Film Screening
Sun Theatre, Yarraville

Free Event - however RSVP essential!
RSVP: 03 9397 2709

Because we think our journeys of recovery, family and friends should be celebrated!
Planning for 2016
Students leaving Sunshine Heights PS in 2016

Effective planning for 2016 is reliant on ensuring that we have accurate projected student enrolment numbers.

To support us with finalising our plans and employing the correct number of staff for 2016, if you know that your child will NOT be attending Sunshine Heights Primary School next year could you please complete the tear off slip below and return it to the office as soon as possible. We do understand that family circumstances will change from time to time and as such children need to move schools. (Note we do not need notification from our current year 6 students).

Please detach and return to office

Plans for 2016

My child/ren ................................................................. of Year ........................................... will not be returning to Sunshine Heights Primary School in 2015.

At this stage I anticipate they will be attending: ..................................................... Primary School.

Signed: ............................................. Date:

Print Name: ..............................................................................................................

UPLIFT COLLECTIVE FUNDRAISING NEWS
Raising extra funds for kids, thanks to the work of our students!

Easter Raffle $1,155.20
Mother’s Day $ 812.37
Father’s Day $ 588.00
La Discoteca $1,757.00

Instrumental Lessons at School

Did you know that Music:
Develops mind, hand & eye co-ordination,
Enhances listening skills,
improves self-esteem, AND IS FUN!

Lessons starting from $14.00, 5% Discount to Parents wishing to enrol more than one child. Enrolment forms are available from the School Office or contact Genesis Music School Direct on 0421 426 674.
SPANISH WRITING COMPETITION WINNERS:

Bravo to all the students who took the time to participate in the competition. Our winners this year are:

**First Prize:**
- Claire Barker (2B)
- Jayden Tanu-Saputra (Prep D)

**Second Prize:**
- Grace Li (2B)

**Third Prize:**
- Mateo Gil (1B)
- Kloe Kuloski (Prep C)

¡ENHORABUENA! (Congratulations!)

The Award Ceremony for our winners will be hosted on Saturday, October 24th from 3pm to 5pm, at 150 Palmerston St Carlton. Invitations will be given to your child.

Saludos, (regards)

Señorita Irene

GOOD JOB