

Benton Junior College



Our Mission:

*To motivate to learn; to teach to think; to encourage to imagine,
and to show the compassion to care globally*

5th June 2015

Newsletter

New DE&T App for Parents

The Department of Education and Training has released an App which is designed to help parents better understand the curriculum we use to teach your children every day.

The App, called **SchoolMate**, is available for free download now in the App Store for iPhones and iPads and in Google Play for Android phones and tablets. SchoolMate gives you a general overview of the Victorian curriculum in each subject at each year level and:

- Provides you with an overview of what your children are learning in each subject at each year level according to the Victorian curriculum (AusVELS)
- Provides you with tips regarding activities and things you can do at home to help your children in each subject and year level
- Suggests apps, books, events and activities related to each subject area and year level.

Our school, like all other government schools in Victoria, uses AusVELS as the basis for the learning programs we run at school every day.

Our teachers adapt the curriculum to meet the needs of our students and community, for example, designing learning programs around what your children are interested in, or around days or celebrations that are important to our community.

SchoolMate is designed to give you an overview of what children are expected to learn in Victorian government schools across every subject from Prep to Year 10.

I encourage you to download SchoolMate and to please talk with your teacher or myself if you are interested to find out more about how our school teaches the curriculum.

Uniform

I believe there was some concern from parents that our skorts (shorts/ skirt) is no longer part of our uniform. Skorts are still very much part of our uniform. Don't forget that you are not required to go and buy new uniform. It has a 2 year implementation period and you only replace items as it becomes necessary or if you wish to have the new summer dress or tops.

Parent Teacher Interviews—Save The Date

Parent teacher interviews will take in the last week of term on Tuesday 23rd and Wednesday 24th June. Parents must go the school's webpage and log in. Log in details will be posted out to you next week.



Diary Dates

JUNE

Monday 8th
Queens Birthday
Public Holiday

Thursday 11th
Year 6 Winter Lightning
Premiership

Tuesday 23rd and
Wednesday 24th
Parent Teacher
Interviews

Friday 26th
Last day of Term 2
2.30pm dismissal



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Cyberbullying

New technology is exciting and engaging for people who enjoy electronic devices. Along with advances in technology come new and challenging responsibilities. I have downloaded information from the Department of Education & Training (DE&T) which is freely available for parents and guardians to use.

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.

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.

What can I do if my child is cyberbullied?

Praise them for coming to you

This is a big step as many young people may be frightened to tell a parent about cyberbullying. Even if you don’t really understand, let them know that you will help them.

Do not be angry with your child

Remember that they are the victim and it is someone else who is doing the wrong thing. Do not threaten to take technology away from them because of what someone else has done.

Do not respond to the bullying

It is important not to respond to nasty emails, chats, SMS or comments. This is usually what the bully wants, so ignore them. It is natural in many cases to want to 'fight back', but responding with a threat may get your child into trouble as well.

Save and store the content

Keep copies of emails, chat logs, text messages, comments or posts. Take a screen shot of the evidence—ask your child for help to do this if necessary. An easy, non-technical way to get hard copies is to bring the content up on the screen of a mobile phone and use a photocopier to take a copy of the screen.

Help your child to block and delete the bully from all contact lists

Most social networking sites allow the user to control who has access to communicate with them. Many people feel 'mean' blocking another person, even if that person has already been mean to them—you may want to sit and support your child as they do this.

Use the 'report abuse' button

Most social networking sites have a method to let the site administrators know that a particular user is behaving unacceptably. Depending on the rules of the site, users can be warned or banned.

Have some 'down time' without technology

It is important for both mental and physical health that your child's life is balanced—so they are not constantly 'online' or spending hours on a mobile phone. This should not be used as punishment, rather as some peaceful time where they are not being bothered.

Get new online accounts and/or a new phone number

There are programs that can be added to a mobile phone which will allow parents to set restrictions on the phone's use. Check with your mobile phone provider. Technology at the moment does not allow for individual numbers to be blocked in the same way that online applications do. Phone numbers can be changed at no cost, if the request for a new number is as a result of ongoing abuse.

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.

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.

Parent help line

Sometimes as parents we feel alone and that no one understands the pressures we are under. Parentline is a free service and available to parents and carers who feel they need to speak to a counsellor about their specific situation. It is a confidential and free service. I have included the number below for your information.

13 22 89 - 8am to midnight 7 days a week.

- Parentline provides a statewide telephone counselling service to parents and carers of children aged from birth to eighteen years
- Professional counsellors are able to explore a variety of issues that impact on parenting and relationships
- Parentline can provide contact details for community services
- Parentline respects the confidentiality and right to privacy of callers

Movie Night

What a great night for the families that attended! I would like to thank Matt Shepherd and his wonderful band of helpers for organising a great night that was thoroughly enjoyed by all those that attended.

Voluntary Contributions

As the end of term two looms ahead of us, if you have not yet paid your voluntary contributions for the year, and could possibly do so by the end of this term, it would be greatly appreciated. The information below is directly from the DE&T site.

When you send your child to a government school, there may be some costs involved. Your child's school can ask for payments for the materials and services your child uses at school. You may also be asked to make a voluntary donation to support the school.

There are three categories of items or services that school councils can request payments for from you:

- essential education items, which you need to buy for your child or pay the school to buy for you, these can include stationery, text books and school uniforms
- optional extras, which are offered on a user-pays basis and you can choose whether or not your child will use, such as school magazines or extracurricular programs
- voluntary financial contributions, which your school may ask you to make.

College Councils are responsible for developing and approving a policy for their school around fees and family contributions. This school-level policy must reflect the Department's policy and be given to parents and guardians.

Kerry Griffin, Principal

Family Life Victoria

Thank you to all the families who attended the Family Life evenings. The two nights were very well attended and the feedback from parents was positive. Kelly Nash, the presenter, made the sessions interactive, informative and funny.

'Exceptional presentation with a fine balance of humour and seriousness.'

'Kelly was extremely engaging, funny and made everything more comfortable for my daughter.'

'It was a perfect balance of interaction between adults, children and presenter.'

'At the right level for the audience.'

'Great program – loved that a lot of the times the kids were asked to speak with their adult which reminds them that we are who they can go to with their questions. Really glad we attended as a family.'



Oral Language – Time for talking!



Children who hear more words spoken at home learn more words and enter school with better vocabularies. This larger vocabulary pays off as a child progresses through school. It's never too early or too late to begin talking with our children. Most words in a child's vocabulary come from everyday encounters with language. Children pick up language from books, the media and conversations with people in their lives. You can increase your child's vocabulary and background knowledge (two important pieces of the reading puzzle) by having conversations with them. **Giving children a rich language environment is one of the best ways to build a foundation for reading success.**



Some ideas:

- Talk about the things you see in your neighbourhood, on holidays or on television. These conversations will help build your child's understanding of the world.
- When reading, pause to ask questions or comment on the story or characters. Ask, "Why do you think he did that?" or "What do you think is going to happen next?" Retell the story together.
- Use interesting and new words (WOW words) with your child. For example, "This biscuit is scrumptious!" or "I can see you are reluctant to leave, but we can come back tomorrow."
- Tell your children stories from your own life.
- Rephrase and extend your child's words, ask clarifying questions. For example, "Tell me more about the elephant you saw at the zoo."
- Ask open ended questions – not yes/no response questions.
- Take advantage of daily activities. For example, while in the kitchen encourage your child to name the utensils needed to cook dinner. Discuss the food on the menu, the colour, texture and taste of the ingredients. Where the food comes from, which ingredients you like and dislike are all conversations to have.
- Make a scrapbook of interesting photos / pictures from magazines and newspapers – chat about them or make up a story about them together.
- Keep informed about what unit of inquiry your child is exploring at school. Have conversations about what they are learning / do some research together / ask questions.
- Give everything a name in your home. Say, "Go and sit on the chair." Instead of "Go sit."
- If your child points to an object or uses the words 'that thing' or 'you know' or 'that stuff' tell them the word they need. Encourage them to use the correct word.
- If the weather is too cold and wet to go outside, take a pretend trip with your children. Ask questions such as, "Where are we going?" "Who will we meet?" "What will we do?" "Why are we going?" "What will we see?"
- Take photos of places you go with your children. Looking at these later can stimulate conversation.
- Develop puppet shows
- Sing songs/chants/rhymes

"Children can't learn to talk unless adults talk to them. Talk all the time!" – Mem Fox (Australian children's author)

Lorraine Hart, Literacy Support Teacher

Physical Education

The Benton Junior College has 80 students playing Saturday morning Netball with the Benton Netball Club. Girls and boys from Years 1, 2 1 and 3 have a chance to play in new teams that will be formed to play in a Term 4 Beginner Competition.

Further information and Expression of Interest forms are available from Mr O'Donnell or the school office.

Jeff O'Donnell

DISTRICT CROSS COUNTRY

The weather was cold but sunny for this year's Mornington District Cross Country, which was held at Penbank Primary School last Tuesday 26th May. Benton had over 80 children from years 2-6 competing in a number of muddy, gruelling Cross Country events. The top 10 placegetters in the Year 9/10, 11 and 12/13 races will now progress to the Peninsula Division Cross Country to be held at Casey Fields on Wednesday 3rd of June. The 7/8 year old age group was an exhibition race to give the younger children a taste of things to come. Nate H, Jack H and James C ran a fantastic race and finished 1st, 4th and 10th respectively. Tahni C finished 6th in the girls event. We have a huge amount of talented runners at Benton and we easily won the overall points on the day and took out the title for the second year in a row. The following is a list of the 19 children who finished in the top 10 and are now progressing through to the Peninsula Division Race:

Teddy B 3rd, Wyatt W 9th, Daniel B 10th.

Zoe H 2nd, Georgia T 3rd, Alex C 4th, Charlie H 5th,

Harper T 10th.

Taj S 1st, Jed K 6th.

Taylor G 1st, Sophie S 6th, Charlotte D 10th.

Jarrod G 1st, Jayden A 5th, Jamie W 10th.

Willow A 3rd, Suane B 6th, Chloe S 7th.

In finishing, it was great to see the large amount of parents that turned up not only to support their own children, but assist the staff on the day with setting up and packing up of equipment, I know the teachers appreciated it as did their children.



News Flash: Well done to Teddy B, Zoe H, Georgia T, Alex C, Charlie H, Taj S, Taylor G and Jarrod G who have made it to the next round.

School Uniform

We are proud of our school uniform which is readily identified within our broader community, and when children are on excursion away from our school.

Wearing a school uniform can:

- help your child feel like they belong in their school
- place all students on the same level in terms of clothing
- assist school staff in easily identifying students on school excursions
- give children a sense of pride in their school.



Each Victorian government school has a school council that decides on the uniform guidelines for the school. The Benton Junior College School Council requires all children to wear the Benton school uniform during school hours, while travelling to and from school and when they are engaged in school activities out of school hours.

Should parents experience difficulty meeting the cost of uniform items, they are encouraged to discuss the matter with their child's teacher, and if need, to arrange for further assistance by contacting our school office.

Together, we encourage all children and their families to support our school uniform. When a student is unable to wear the correct school uniform we ask that parents provide a written note to the child's teacher. In cases of wilful and persistent breaches of the uniform code, school staff will:

- speak privately to the student to encourage him/her to observe the school dress code.
- provide a verbal warning to the student.
- provide advice to parents and a note home informing that their child has been out of uniform. The note will seek parental cooperation and support. Parents may then be contacted by school staff to remedy the situation.

Primary School Wear: Supplier of our school uniform.

Our School Council has arranged to provide good quality clothing for children at the best rates available. There is a large choice of uniform items which include culottes, shorts, pants, long and short sleeve polo shirts, and polar fleece jacket. The School Council has authorised Primary School Wear (PSW) as the supplier of the correct school uniform for Benton Junior College. Please refer to the PSW website for all school uniform clothing.

Primary School Wear Uniform shop, located at 21 Playne St, Frankston is open Monday to Friday 8:30 am to 5:00pm and Friday 9:00am to 5:00pm, and Saturdays 9.00am to 4.00pm. Phone 03 9769 6510, www.psw.com.au/retail/shops/

Lost clothing:

Each year there are many valuable, unclaimed items of school uniform found without name tags and stored in lost property. Please ensure all items of uniform are clearly labelled with a waterproof laundry marker, so they may be returned promptly if misplaced.

Clarification for particular items of uniform and dress code:

- School shoes are black and may be either canvas or leather. Black shoe laces are to be worn, please no bright fluoro colored laces.
- School socks are navy blue.
- Hair must be tied back.
- Natural hair colours only.
- No make-up including nail polish.
- No jewellery except one set of sleepers or studs in lower earlobes.

Music—Mr Richards and Mr Seaman

What a success! The inaugural Mornington Community Music Camp was held at the Briars on May 20th to 22nd. With seven schools and 90 performers involved, the final concert held at Osborne P.S. was amazing! The students learnt 10 songs from scratch, playing up to 6 hours a day. B.J.C. was well represented with 13 students attending; Sarah & Ben C, Jess & Max H, Reagan T, Nic B, Tayler W, Hannah A, Holly H, Alyssa H, Noah J and Ainsley McN. Each student represented BJC brilliantly and should be extremely proud of their efforts! Of particular note was Ainsley McN who impressed the judges during the Thursday night 'Red Faces' competition, with her wonderful self-composed piece all about her time at the music camp. As a reward, she received a brand new acoustic guitar from one of our sponsors Nepean Music!

Whilst on the subject of amazing things, we can announce that the School Production will return in 2015! This year the production is 'Battle of the Bands'. It will be held in the second week of Term 4, but there will be plenty to do in the lead up. Auditions for Years 5 and 6 children will begin the week of the 14th June and rehearsals shall commence during Term 3. Students in Years 3 and 4 can join in if they are currently involved in the Senior Ensemble or Senior Choir. We are also looking for Year 5 and 6 students who'd like to help backstage and with prop making. Mr Richards will speak with the Year 5 and 6 students about all things production, particularly auditions, over the coming weeks.

Exciting times ahead!



Wet Weather

If you have a child that likes to play on the oval during Winter, it is a good idea to pack an extra pair of pants in their bag in case they get wet and muddy.

Ride2School—Adele Jones

Parental concerns regarding road safety are regularly cited as a major barrier to active travel and active play, children playing out on the street are few and far between. At **Ride2School** we encourage and support more students to ride and walk to school and we want to hear parents thoughts on the ways in which we can campaign for more child-friendly environments.

To voice your opinions, please go to: <https://www.surveymonkey.com/s/GGZSGWR>

Your help please!

We would like to ask for your continued co-operation in an important matter. One of our children is receiving medical treatment at Monash Children's Hospital which puts them at serious risk if they develop chicken-pox, measles or shingles.

For chicken-pox, shingles and measles a special protective injection is available for this child, however, it is only effective if given within 72 hours of exposure, and only lasts for one month.

Dr Peter Downie, Head of the Children's Cancer Centre at Monash Medical Centre has advised it is very important that you notify your child's teacher immediately if your child develops any of these infections during 2015.

Please ensure you notify us immediately as the health and wellbeing of the child receiving treatment at MMC depends on this information.



Camps, Sports & Excursions Fund (CSEF)

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund will ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities.

School **camp**s provide children with inspiring experiences in the great outdoors, **excursions** encourage a deeper understanding of how the world works and **sports** teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. The allowance will be paid to the school to use towards expenses relating to camps, excursions, or sporting activities for the benefit of your child.

The annual CSEF amount per student will be:

- \$125 for primary school students
- \$225 for secondary school students.

How to Apply

Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

Closing Date

You should lodge a CSEF application form at the school by 26 June 2015.

For more information about the CSEF visit www.education.vic.gov.au/csef



If eligible, please call into the school office to collect a CSEF application form.

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We're using an app
to communicate
with you.

You'll be notified of our news, messages,
events and other communications.

Simply download the tiqbiz app
to your phone or tablet.

To download, search **tiqbiz** in your app store:

Use Tiqbiz to report Absences, receive Reminders and Newsletters