



# SEBASTOPOL PRIMARY SCHOOL

We are **READY TO LEARN** when we are;  
**RESPECTFUL, RESPONSIBLE & SAFE**

ISSUE NO. 14. 19th October 2023

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## WELCOME 2024 PREPS



2024 Prep Transition has commenced and we are so impressed with how ready for school this group is.

They love playing together, listening to stories, sharing their drawings and chatting about school.

If you know of a Prep 2024 student who has not enrolled for school please encourage them to contact us.

Wednesday 25th October Prep Transition is 9:15 - 12 noon.

Children will need to bring their lunch.

**SEBASTOPOL PRIMARY SCHOOL** Warreen Street, Sebastopol Victoria 3356

Phone: 03 5335 8157 Email: [sebastopol.ps@education.vic.gov.au](mailto:sebastopol.ps@education.vic.gov.au)

Website: [www.sebasps.vic.edu.au](http://www.sebasps.vic.edu.au)

Facebook: [SebastopolPrimarySchool](https://www.facebook.com/SebastopolPrimarySchool)

# Principal's Message

## Principal's Message 20<sup>th</sup> October 2023

### Professional Development off site!

Last week our staff undertook professional learning off-site. Our thanks to the staff at Canadian Lead PS for hosting us while we observed a Professional Learning Community in action to support student improvement in writing.

Project 23 - On Wednesday 11th October, we all attended a Numeracy Professional Development session at Phoenix CC with our colleagues from Phoenix CC and Delacombe PS. The sessions on Mathematical Discourse, Differentiation and Anchor Charts were valuable and facilitated great learning conversations across the schools. Congratulations and thanks to Sally Peach on her presentation and ongoing leadership in Numeracy.

### School Council 30<sup>th</sup> October 6:30pm

At the October School Council meeting we will review quotes for new assembly / guest chairs, updated lighting in the atrium and look at future work needed for our court and playground spaces.

School Council will be asked to approve the 2024 Parent Charges. Our thanks to Campion Books for assisting us with the Booklists for 2024.

### Reading at Home

Thank you for your ongoing support of Home Reading and your use of the Student Diaries. Choosing to spend time reading at home is a wonderful way to increase concentration and expand vocabulary and extend comprehension. Last week my 15-month-old granddaughter Hattie, took herself to her new 'big kids' bed with several books and started turning pages and chatting away. I was thrilled when my son sent me the photo. It is wonderful when children choose to read in their own time and develop a love of books. For Christmas this year I have selected 12 books for each of my two grandchildren. They can open a new picture book on the first of each month and continue to develop their love of books, reading aloud and stories.

### School Enrolment

At present we have seven 2024 Preps confirmed. This is a decrease from recent years. If you know a school age child who is not yet enrolled, please encourage them to visit Sebastopol Primary School. Our 2024 Prep Transition Program has commenced and it has been great spending time with this new group of students. The program runs on Wednesdays from 9:15am.

### Emergency Management and Planning – Bush Fires

Please be aware that if a CODE RED day is declared in this area our school will be closed to all. This is a Bush Fire Safety recommendation following on from the Royal Commission into the 2019 Bushfires. Due to our proximity to Yarrowee Bush area we are zoned as a Bush Fire school. See attached information for more details.

### Fundraising Committee

My thanks to Meagan Canfield, Ellen Camilleri, Chris Depol and the Fundraising Committee for their great effort at the Foragers Fete, raising just over \$300. The next stall at the fete will be held in December.

Please remember to place an order for Cookie Dough and ask family and friends to place an order as well to support this fundraising project. We have a goal of 250 tubs, we have 56 currently ordered.

Ice block Friday proved to be very popular last Friday. For \$1 students can enjoy a Zooper Dooper and support the fundraising targets.

### Staffing Update

Our congratulations to Maddie and Sophie who will both be taking family leave early next year. We know they will make wonderful parents and I am looking forward to meeting the new members of our school community. We have jobs currently advertised for 2024 and I will update you when we have completed the staff recruitment process.

Audra Lawes is currently on Long Service Leave for Term 4 2023.

Have a great week, Michelle Wilson, Principal



# School Wide Positive Behaviour on Compass

We are continuing to improve our timely and responsive communication with our parents and carers. The Compass App is now being used for information regarding School Wide Positive Behaviour and Suspensions as well as attendance and sickbay.

My thanks to our families who are using the Compass App.

Regarding School Wide Positive Behaviour (SWPB), we work together to support positive conduct and engagement at school.

The term is divided into 2 halves and if your child receives more than one School Wide Positive Behaviour referral in one half of the term, then they attend the restorative student meeting instead of the School Wide Positive Behaviour Celebration.

The mid-term 4 celebration is scheduled for 9<sup>th</sup> of November.

All students then start the cycle again for the second half of term 4.

Everyone gets a chance to take on the feedback and adjust their conduct.

The department specifies that students and parents should aim for no more than 4 absences a term, this includes illnesses and medical appointments.

At SPS we understand that some absences are unavoidable.

Therefore, students with 3 or more **unapproved** absences for the first half of the term, and 3 or more **unapproved** absences for the second half of the term, will be unable to participate in each reward given.

Students who arrive late to school for an **unapproved** reason 5 or more times in the first half of the term, and 5 **unapproved** or more times in the second half of the term will also be unable to participate.

Please remember that positive attendance is now part of SWPB and you will be contacted if your child's attendance has not met the attendance targets for learning.

As a focus, the problematic behaviours at present relate to safe and appropriate use of electronic devices and unsafe hands-on behaviour outside.

The classrooms are happy, settled and calm learning environments.

We are always happy to discuss any concerns that you have and making a phone call or appointment is the best approach to ensure I have the time and that we are sensitive and confidential.

We are approachable and happy to listen, however big emotions and the exhibition of frustrated body language in our school, is unacceptable and creates a tense atmosphere in our child safe and friendly school.

Parents and carers that conduct themselves in an anti social way may be given a formal written directive not to enter the school boundaries in order to keep our school environment positive and safe for all.

Thank you for supporting us by supporting your children to be at school and ready for a great day.

Michelle Wilson



# Wellbeing News

## CYBER BULLYING

Cyberbullying is when someone uses the internet to be mean to a child or young person so they feel bad or upset.

Cyberbullying means the content sent to you, or posted or shared about you, is likely to be harmful to your physical or mental health because it is seriously:

- **threatening** or
- **intimidating** or
- **harassing** or
- **humiliating.**

Harmful content can be sent, posted or shared in many ways, such as a post, comment, text, message, chat, livestream, meme, image, video or email.

The eSafety Commissioner helps prevent and deal with cyberbullying and its impacts. They do this by providing information, education and resources, and by investigating and helping to fix the most serious cases of cyberbullying.

You can use the information on this page to help a child or young person deal with cyberbullying: [www.esafety.gov.au/key-topics/cyberbullying](http://www.esafety.gov.au/key-topics/cyberbullying)

Cassandra Hiscock  
Music Therapy/Wellbeing



Office of the eSafety Commissioner

## HOW TO REPORT CYBERBULLYING MATERIAL

- 1 Report the cyberbullying material to the social media service
- 2 Collect evidence - copy URLs or take screenshots of the material

**If the content is not removed within 48 hours**

- 3 Report it to [esafety.gov.au/reportcyberbullying](http://esafety.gov.au/reportcyberbullying)
- 4 Block the person and talk to someone you trust

If you are in immediate danger, call 000 (triple zero)  
If you need to talk to someone, visit [kidshelpline.com.au](http://kidshelpline.com.au) or call them on 1800 55 1800, 24 hours a day 7 days a week

## ZOO PER DOOPER

**EVERY FRIDAY  
\$1 EACH  
50 CENTS HALF**

# What is the Right Age for a Phone?



As our children grow, the question of when to give them their first phone becomes increasingly important. In today's digital age, it's a decision that requires thoughtful consideration. Let's explore some key insights to help you make an informed choice for your child. Journalist Heather Kelly recently wrote a probing article about this in the *Washington Post* which is summarised [here](#).

## **The Ideal Age:**

Determining the ideal age for a child's first phone can be challenging. Experts suggest a range between 10 and 14 years old. Starting discussions about phones or smartwatches around sixth grade (10-11 years old) is a good starting point.

## **Valid Reasons for Earlier Adoption:**

Some valid reasons to consider giving a phone earlier include children who commute independently or split their time between homes. Safety and communication needs can influence this decision.

## **Reasons to Wait:**

Conversely, some children might not be developmentally ready, or a phone could exacerbate existing issues. Every child is different, so consider their individual needs.

## **Smartphones vs. Smartwatches:**

Starting with a smartwatch or feature phone can help ease your child into the responsibilities of owning a communication device.

## **Why Give Phones So Young?**

Between ages 10 to 12, children are still closely connected to their parents, making it an ideal time to teach them about phone etiquette and safety. It's crucial to educate them about technology and the internet, as they will be exposed to them sooner or later.

## **Factors to Consider:**

When deciding the right time for your child, consider factors like their independence, maturity, and commuting needs. It's about what they're ready for and what suits your family's situation.

## **When Might Kids Need Phones?**

Consider whether your child is involved in activities like public transportation, babysitting, or independent outings with friends. Phones can be valuable for coordination and peace of mind in such situations.

## **Socialization and Online Activity:**

As socialization increasingly occurs online, children may want phones to stay connected with friends. It doesn't mean unlimited access to all apps; parents can set boundaries and gradually introduce them to social media.

## **Assessing Readiness:**

Look for signs of responsibility in your child's life, such as obeying screen-time limits, displaying good judgment, and taking on responsibilities. Trust and communication are key factors.

## **When a Child Isn't Ready:**

Not every child is ready for a phone. Consider emotional stability, ability to handle conflicts, and impulsivity. Ensure they can manage existing rules and responsibilities before introducing a smartphone.

## **Before Buying a Phone:**

Preparing for your child's first phone involves groundwork. Establish ground rules, set up parental controls, discuss online content, teach etiquette and safety, and create a written agreement.

In today's connected world, the decision of when to give your child their first phone is a personal one. Keep in mind that each child is unique, and your family's needs should guide your choice. Open communication, education, and responsible device usage are key to a successful smartphone introduction.



## Australian Childhood Anxiety TREATMENT STUDY

### Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

#### About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

#### About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.


Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.


#### Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 [cadrp@griffith.edu.au](mailto:cadrp@griffith.edu.au)

 [griffith.edu.au/childhood-anxiety-treatment-study](http://griffith.edu.au/childhood-anxiety-treatment-study)



Australian Government  
National Health and  
Medical Research Council

 **Griffith**  
UNIVERSITY  
Queensland, Australia

GU Ref No: 2019/146

# All Ages Storytime

## & Tackling Ageism Awards

Saturday 28 October  
Sebastopol Library  
10am-12pm



**BALLARAT  
LIBRARIES**  
LOVE YOUR LIBRARY

CITY OF  
**BALLARAT**

**EveryAGE  
Counts**

Dear Parents/Carers and Students in Year 5/6 Class

We are writing to address the inappropriate Snapchats that were posted by a female Year 5 student on Tuesday evening. The Snapchat included a selfie that featured our school uniform, logo and a defamatory message.

The wording used in the Snapchats were threatening and personalised towards the Year 5/6 teacher Sally Peach.

The post was confronting and distressing for students and families who saw the post.

Our thanks to the students and parents who made us aware of the inappropriate and sexualised content of the post.

Ms Peach and I have spoken to the class about the Snapchat and responded to their questions and concerns.

We have been impressed by their empathy and understanding of appropriate use of social media.

The matter has been referred to the Ballarat Police, Child Protection and the DET Student Support Services.

Please contact us if you have concerns about your young person so we can arrange additional support.

We apologise for this incident, and we want to assure you that we care doing all that we can in line with Child Safe Standards, Sexualised Behaviour and social media.

I have attached some helpful links for your reference and to look at with you children.

Esafety <https://www.safewise.com/au/internet-safety-kids/>

Cybersafe <https://www.safewise.com/au/internet-safety-kids/>

Kids Helpline <https://kidshelpline.com.au/>

Many thanks

Michelle Wilson

## Student Recognition Awards

### Andre Farquhar - Prep/1

For looking after our classroom and making smart choices.

### Tapaiya Hornsey - Prep/1

For welcoming the South Sebastopol Kinder children to our school.

### Carla Smith - Prep/1

For welcoming the South Sebastopol Kinder children to our school.

### Jaxson Wierzbicki - 1/2/3

For showing excellent focus during reading.

### Mikayla Holland - 3/4

For showing great friendship in our classroom.

### Elena Birch - 3/4

For always wanting to learn more and push herself to succeed.

### Charlotte Keays - 5/6

For being a kind and mature role model.

### Nash Cole - 5/6

For showing excellent knowledge during our reading unit.

### Nash Cole - 5/6

For welcoming a new family during a school tour.

### Jai Boyd - 5/6

For fantastic work ethic.

## Term 4 Dates

Thu 19th Oct	Newsletter Book Club book Orders Due
Fri 20th Oct	Assembly 2.40pm
Wed 25th Oct	Prep Transition 9.30-12.00
Thu 26th Oct	School Photos
Mon 30th Oct	School Council 6.30
Wed 1st Nov	Prep Transition 9.30-12.00
Thu 2nd Nov	Newsletter
Fri 3rd Nov	Assembly 2.40pm
Tue 7th Nov	Melbourne Cup Day Holiday PUPIL FREE
Wed 8th Nov	Prep Transition 9.30-1.30
Thu 9th Nov	SWPB Celebration
Tue 14th Nov	Book Fair—After School— next 2 weeks
Thu 16th Nov	Earth Ed 5/6 Newsletter
Fri 17th Nov	Phoenix Band Visit Assembly 2.40pm
Mon 20th Nov	Report Writing Day PUPIL FREE DAY
Fri 24th Nov	Book Fair - LAST DAY
Thu 30th Nov	Newsletter
Fri 1st Dec	Assembly 2.40pm
Mon 4th Dec	School Council 6.30
Tue 5th Dec	Showbiz Movie
Fri 8th Dec	Year 6 Graduation
Tuesday 12th Dec	Orientation Day Y6
Thu 14th Dec	SWPB Celebrations Newsletter
Fri 15th Dec	Assembly 2.40pm
Wed 20th Dec	Last Day Term 4 1.30pm FINISH



🍪 Don't let this sweet opportunity pass you by! 🍪

Have you seen all the scrumptious flavours on offer with our Billy G's Gourmet Cookie Dough fundraiser? There are 9 to choose from - doughn't be the one that misses out!

You can also help the school if you share with family and friends, or share online.

Order yours at: [www.cookie dough.com.au](http://www.cookie dough.com.au)



# CALENDAR OF EVENTS

## TERM 4

	MON	TUE	WED	THUR	FRI
<b>WEEK 1</b>	02/10 First Day Term 4	03/10	04/10	05/10	06/10
<b>WEEK 2</b>	09/10 Tuning in to Kids	10/10	11/10 2024 Prep 9.30-11.00	12/10	13/10
<b>WEEK 3</b>	16/10	17/10	11/10 2024 Prep 9.30-11.00 Morning Tea	19/10 Newsletter	20/10 Assembly 2.40
<b>WEEK 4</b>	23/10	24/10	25/10 2024 Prep 9.30-12.00	26/10 SCHOOL PHOTOS	28/10
<b>WEEK 5</b>	30/10 School Council 6.30	31/10	1/11 2024 Prep 9.30- 12.00	2/11 Newsletter	3/11 Assembly 2.40
<b>WEEK 6</b>	6/11	7/11 MELB CUP HOLIDAY	8/11 2024 Prep 9.30-1.30	9/11 SWPB Celebration	10/11
<b>WEEK 7</b>	13/11	14/11 BOOK FAIR - After School	15/11 BOOK FAIR - After School	16/11 Earth Ed 5/6 BOOK FAIR - After School Newsletter	17/11 BOOK FAIR - After School Phoenix Band 1pm Assembly 2.40
<b>WEEK 8</b>	20/11 PUPIL FREE REPORT WRITING DAY	21/11 BOOK FAIR - After School	22/11 BOOK FAIR - After School	23/11 BOOK FAIR - After School	24/11 BOOK FAIR - After School
<b>WEEK 9</b>	27/11	28/11	29/11	30/11 Newsletter	1/12 Assembly 2.40
<b>WEEK 10</b>	4/12 School Council 6.30	5/12 Showbiz Movie	6/12	7/12	8/12 GRADUATION
<b>WEEK 11</b>	11/12	12/12 Orientation Day for Year 6	13/12 Reports Home	14/12 Newsletter 2.30 SWPB Cele- brations	15/12 Assembly 2.40
<b>WEEK 12</b>	18/12	19/12	20/12 LAST DAY Assembly 1.00 DISMISAL 1.30		