Policy.

Of such behaviour will be dealt with under the school’s discipline relationships including holding hands, kissing etc. Any instances of the boyfriend/girlfriend sort at primary school, or any displays of such students to pursue romantic relationships of the boyfriend/girlfriend sort at primary school, or any displays of such relationships including holding hands, kissing etc.

In addition, the school’s long standing policy does not allow inappropriate use of such media and raise these with the school, our assumption is that appropriate parental supervision has taken place in the first place.

Sometimes referred to as emotional bullying or the mean girl phenomenon, relational aggression involves social manipulation such as excluding others from a group, spreading rumours, breaking confidences and getting others to dislike another person.

In general, girls tend to be more relationally aggressive than boys, especially during the tween and teen years. It is especially intense among girls from Year 5 to Year 9 or 10 and it is one of the reasons that the school’s long-standing policy does not allow students to pursue romantic relationships of the boyfriend/girlfriend sort at primary school, or any displays of such relationships including holding hands, kissing etc.

While the tactics used in relational aggression vary from person to person, there are some common behaviours in this type of bullying. These include:

- Talking badly about others
- Spreading rumours or participating in gossip
- Breaking confidences or sharing secrets
- Building alliances among social circles
- Backstabbing one another
- Using code names to talk about others
- Making fun of others for who they are, the way they dress or how they look
- Excluding and ostracising others
- Leaving hurtful or mean messages on mobile phones, on desks or passing to others
- Huddling together and whispering about others
- Intimidating others with stares or certain looks
- Using hostile body language such as smirks and eye-rolling
- Engaging in cyberbullying

Why Do Girls Engage in Relational Aggression?

There are a number of reasons why girls participate in relational bullying, but the top reason involves social status within the school. For instance, girls will use relational aggression to socially isolate someone while increasing their own social status. Typically, they are driven by any number of factors including everything from jealousy and a need for attention to a fear of competition.

Our school has a policy about acceptable use of a device at school. Cyberbullying is more likely to happen outside of rather than in school but is still treated as a behaviour management issue and dealt with via relevant school and departmental policies, even if incidents occur outside of school hours.

As you watch your children, try to detect signs of them being a bully or a victim, and address both types of situations.

From the Principal continued over page;

### From the Principal

**This week:**
- Relational Aggression + Cyberbullying
- Congratulations

**Relational Aggression + Cyberbullying**

I like to think that our school has students who are safe, respectful learners, that we are free from bullying and that only occasionally kids do mean things to one another. I need parent help to keep it that way. I have a very controversial topic to address this week, so hold on, the ride may be a bit rough.

When you think of school bullying, you may only think of pushing, shoving, hitting and kicking or physical bullying. But there’s a much less noticeable type of bullying that may go unnoticed by parents and teachers known as relational aggression. I am providing detailed information in this newsletter to increase parental awareness that our school is proactive in addressing these concerns.

In the last couple of weeks I have become aware that a considerable number of our Stage 3 girls are using a messaging app that is only suitable for people seventeen years and older and other social media networks where they must be over thirteen years old, to socially manipulate others.

I am very concerned that either parental consent has been gained or they have lied about their age to use these inappropriate media to make others feel unsafe or disrespected. I have written in the newsletter previously about problems with inappropriate use of such media and raise these with the school, our assumption is that appropriate parental supervision has taken place in the first place.

Increasingly, the use of such media outside of school hours impacts negatively on relationships and behaviour of students at school and in school hours. When parents have concerns over inappropriate use of such media and raise these with the school, our assumption is that appropriate parental supervision has taken place in the first place.

### Students of Week 4, Term 3, 2014.

| KE | Taipei White | 1H | Terence Cairns | 2L | Teagan Chapman | 3K | Tahlia Ritsinas |
| KP | Jack Spare | 1M | Andre Rojas Dreyer | 2K | Will Gibson | 3H | William O’Neil |
| KW | Mason Walker | 1T | Kyce Essadki | 2C | Jaxon Seiler | 3S | Zayla Staben-Angelo |
| 1G | Kayla Surtees | 2H | Jaden Staben | 2M | Charlotte Wicks | 3W | Samantha Riding |
| 1E | Emily-Rose Aldrick | | | Library | | | Braith Bright |

Email: kincumber.p.school@det.nsw.edu.au

P & C meet the third Monday of every month, 7.00pm - President P&C: Cherie Castaing
From the Principal continued;

Signs your child may be cyberbullying:
- Displays intolerance towards others.
- Becomes excited by conflicts between others.
- Seems to derive satisfaction from other's fears, discomfort or pain.
- Frequently uses the computer or mobile device.
- May use a number of different online accounts.
- Doesn't want to talk about what they are doing on their computer/mobile device.
- Immediately closes a window on the computer when someone approaches.

Signs your child may be a victim of cyberbullying:
- Suddenly stops using the computer or keeps a mobile device turned off.
- Becomes nervous when an instant message, text message, or email message arrives.
- Looks angry, upset, or depressed after using the computer or mobile device.
- Doesn't want to talk about what they are doing on their computer.
- Immediately closes a window on the computer when someone approaches.
- Talks about revenge.
- Frequently complains of illness (headache, stomach ache, etc.) which may have psychological reasons.
- Becomes withdrawn from friends and family.

How to protect your child:
- Talk with your child about netiquette, how to behave and communicate politely over the Internet and mobile devices. Importantly, teach children to never say something about someone online that they wouldn't say to that person face-to-face.
- Make sure your child understands that comments and images posted on the Internet can be long-lasting and have a global audience.
- Teach your child to keep the passwords to their online accounts private. Create passwords that are a combination of letters and numbers and are difficult to guess. Passwords should not be shared with friends, not even a best friend.
- Talk to children about how to handle strong emotions, such as anger. It is never appropriate to send a message or post a comment on the Internet when you are angry or emotional.
- If your child receives an angry or taunting message, teach them to refrain from responding and to tell a responsible adult. Responding to these types of messages could encourage a bully to continue to pick on the victim.
- Know how much time your child is spending on the Internet and mobile device.

Parents need to use good judgement to know when to address a child's problems with their peers. Playful teasing over instant messenger and a one-time argument over email are not forms of bullying. However, when teasing, humiliation, and embarrassment are repeated again and again, it is time to step in.

We encourage all students to focus on achieving their best in class, fostering positive friendships with both boys and girls and getting along with others who may not be in their preferred social groups. Actions of students who interfere with the rights of others to be safe, respectful learners will be managed under the school's well-being policies and the DEC Procedures for Suspension.

Trusting that your almost-teenage children have enough good judgment of their own to use the Internet and mobile devices without supervision is fraught with danger. Don't be afraid to interfere mums and dads!

Congratulations
On a much more positive note, congratulations to Noelene Conacher who was recognised at Tuesday's Public Schools of Central Coast Awards of Appreciation at Northlakes High School. Noelene received her award because of her outstanding contribution to Environmental Education here at school - well done!

I have to say I was pretty chuffed to have received an award at this ceremony too and I continue to consider it an honour to serve the families, students and staff of Kincumber Public School.

Hope you had a great week at our great school.
Trish Peters
Principal

Class Item KW
"Some children from KW chose to create a felt board story and then they wrote their story on whiteboards during L3 literacy activities."
Be a Nitbuster

If you didn’t get around to being a nitbuster during the last school holidays, now would still be great time to get a bottle of cheap conditioner and a fine-toothed comb and check for headlice! Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl. Many lice do not cause an itch, so you have to look carefully to find them.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can’t be brushed off. Head lice are only found on the human head or hair. Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment. Treating anything other than the human head does not eradicate head lice.

Lice can crawl and hide. The easiest and most effective way to find and remove them is to follow the comb and conditioner method:

1. Comb any type of hair conditioner on to dry, brushed (detangled) hair. Head lice breathe through small openings along their abdomens called spiracles. By coating the hair with something thick and slimy causes these openings to close over and shuts down the louse’s breathing. A simple hair conditioner is recommended for this purpose. Although this application of thick and slimy substance does not kill the louse, it slows them down so that they can be easily caught by the head lice comb.
2. Now comb sections of the hair with a fine toothed, head lice comb.
3. Wipe the conditioner from the comb onto a paper towel or tissue.
4. Look on the tissue and on the comb for lice and eggs.
5. Repeat the combing for every part of the head at least four or five times.

This website has detailed information about treating headlice: http://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx

If everyone does this for the next three weekends we would be reducing the nit numbers considerably!

‘KINTEEN’ - CANTEEN ROSTER
TERM 3 - WEEK 6

| Monday August 18  | Charlotte |
| Tuesday August 19 | Need Help! |
| Wednesday August 20 | Rachael |
| Thursday August 21  | Wendy |
| Friday August 22   | Jo |

Help Needed
Can you spare 1 hour of a morning? Linda needs help from 8.20am to 9.20am.
If you bring your child/children to school in the morning and could stay and help out, it would be greatly appreciated. See Linda in the Canteen.

Don’t forget to use our online ordering, a great way to order your children’s recess and lunch.
Fleximeals on line: www.fleximeals.com.au
If you would like information on how Fleximeals works please call Linda the school’s canteen manager.

UNIFORM SHOP HOURS

| TUESDAY    | 8.30am to 9.30am |
| WEDNESDAY  | 2.00pm to 3.00pm  |
| THURSDAY   | 8.30am to 9.30am  |

FETE NEWSLETTER
SENTE HOME WITH STUDENTS THIS WEEK.

‘Kincumber Public School Fete’
Saturday 11th October from 11.00am-3.00pm
ALL FETE PROFITS FOR CLASSROOM TECHNOLOGY AND IPADS
Only 8 weeks to go!!!

Over Term 3 we will be asking you to please bring in items for our School Fete...........

- Mon 15-Fri 22 August Clothing Collection
- Wed 27 August Tombola Collection
- Thu 4 September Gift Basket
- Mon 8-Fri 12 Sept Book Collection
- Wed 10 Sept Chocolate and lolly Collection
- Mon 15-Fri 19 Sept Toy Collection
- Tue 7-Fri 10 October Plant Collection
- Fri 10 October Cakes, slices, biscuits, jams & preserves

Janine Roberts 0412 469 128

Class with most tickets wins a party!!!!
Fete items brought in/parent/student volunteered time are worth a ticket. Class who earns most tickets will win a class party.
Put your well-earned tickets into the fete party box in your room GOOD LUCK!!!

YEAR 2 SWIM SCHEME— IT’S NOT TOO LATE!
The year 2 Swim Scheme commences on Monday August 25 to Friday September 5.
If you have a student in year 3 or 4 who would benefit from participating in the scheme and they have not already received an offer of placement please contact Miss Ennis.
All permission notes and payment of $50.00 are to be returned to school by Monday August 18, 2014.

News from the Library

Premier’s Reading Challenge
The Premier’s Reading Challenge finishes next Friday 22nd of August. The website will not be available beyond that date. Students can add books to their reading log at school or from home until then.

At Kincumber Public School 239 students have completed the PRC so far this year. I hope that many more will complete the challenge in the next week.

Book Week- Connect to Reading
At 11.45am Thursday 21st August our Book Week Hat Parade will be held under the COLA. Parents are invited to join our event. All students K-6 will connect to reading by selecting a favourite book and wearing a hat that links to the book.

In library lessons this week it was pleasing to hear that so many students had already started planning their Book Week hat. As there is just one week left to finalise creations, now is the time for students to connect their favourite book to a hat idea. There were some Book Week hat suggestion in last week’s newsletter that parents can refer to for ideas.

Donna Judd—Librarian
IF YOU ARE INTERESTED IN SUPPORTING THE SCHOOL THIS SPACE IS AVAILABLE FOR ADVERTISING PLEASE CONTACT THE SCHOOL OFFICE 4369 1544

Rajdhani Indian Restaurant
Anil & Rina Lamba
Shop 9, 37/41 Avoca Drive
KINCUMBER 2251
(Next to Australia Post)
Phone: 4369 1277
Take-away: 4369 1256

Domestic and commercial properties treated for all pests. We only use the latest environmentally safe, non-toxic treatments.

Can your Students Climb Sydney’s Tallest Building?
We would love to invite your students to be part of the “School’s Challenge” at this year’s Sydney Tower Stair Challenge on August 24. This is a great chance for teams of 4 to take on the 1504 stairs from Pitt Street Mall to the Observation Deck at the Sydney Tower Eye. Participants have to be 12 years or older. Each stair climbed will assist Giant Steps who operate a school and intervention service for children and young people (2-20) who have been diagnosed with Autism Spectrum Disorder. For more information and to register simply go to www.active8change.com.au. Alternatively you can contact Steve Corrie at Active8Change on 0439 975 759 for specific event day information or Michelle Jocum at Giant Steps on (02) 9879 4971.

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