



Calendar

October 23	Interrelate sessions at Largs
October 30	P&C Meeting
November 1/8/15	Kindergarten orientation
November 5	School Photo day
November 29	Jump Rope for Heart
December 4	Presentation Night
December 5	Music Concert

Welcome

We would like to welcome a new family to our school this week - the Morrison & King-Schmidt family.

School Camp

Last Monday Years 3-6 headed off to the Great Aussie Bush Camp. Students were able to conquer their fears and experience The Giant Swing, The Big Ropes and The Flying Fox. Iona students enjoyed all activities with great enthusiasm thanks to their instructors, Kaitlyn and Pheonix. I was so proud of them all and even more so when other teachers and instructors at the camp commented on attitude and respect displayed by Iona students'. A great time was had by all! Mrs G



Kindergarten Orientation Organisation

Kindergarten Orientation sessions have been scheduled for this term. They are: Week 3, Thursday 1 November; Week 4, Thursday 8 November; Week 5, Thursday 15 November. We look forward to our new enrolments joining us on these days. If you have friends or neighbours who may have a child ready to start next year, please let them know it is time to contact the school for information.

Cyber Awareness Talk

Mount Kanway Public School have invited interested students and parents to attend a cyber-awareness talk on Tuesday 23 October at their school from 3.30 until 5pm. Parents can ring Mt Kanway PS if you have any questions on 49872596.

Professional Learning

This Wednesday all staff will be attending a Professional Learning afternoon on the Learning Literacy and Numeracy Progressions. It would be appreciated if all students could be collected by 3:30pm so staff can attend this training. Thank you!

P&C Meeting – Tuesday 30 October

Our next P&C meeting will be held on Tuesday 30 October (Week 3) at 8.15am in the library. During this meeting we will be discussing the progress of our Sensory Garden and future fundraising ideas.

Jump Rope for Heart

On Thursday 29 November we will be participating in JRFH. Students will be participating in a series of skipping tabloid activities on the day. All are welcome to come and join in the fun. We will let you know what time of the day to come along in upcoming newsletters.

The JRFH sponsorship form for fundraising went home last week. *These documents are accountable. Even if your child does not get any sponsorships, the blank form must be returned to school.* Please put it somewhere safe. All funds raised go to support the National Heart Foundation and help in the research to prevent heart related death and disease, which affect so many people in our lives.

School Photo Day

Photo envelopes were sent home last week. Please return all envelopes before or on Monday 5 November. All students should be in their full summer uniform, including black school shoes. Thank you.

Hunter Healing Gardens
Twilight MARKET FEST
Sustainable Living
Fun Raiser to End Homelssess
SAT 27th OCT
HUNTER, LAMBS VALLEY
crn Blue Bonnet & Lambs Valley Rd
\$10 DONATION ENTRY Children FREE
4pm - 10pm: FREE Camping
SUNDAY HOT BREAKY

Good for Kids good for life
CHOOSE WATER as a drink
Water is the best drink as it does not have any added sugar. Fruit juices, soft drink, sports drinks or cordials should not be given to your child everyday as they contain a lot of added sugar. Tap water is the best choice. In most areas, tap water contains fluoride, which helps children to develop strong teeth.

HOW MUCH SUGAR IS IN THAT DRINK?

Drink	Sugar Content
Water	No sugar
Plain milk	No added sugar
Cordial	High sugar
Energy drink	High sugar
Flavoured milk	High sugar
Soft drink	High sugar
100% Fruit	Low sugar
Fruit drink	High sugar
Sports drink	High sugar
Soft drink	High sugar

HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

Age Group	Water Intake
1-5 yrs	6 x 200ml glasses + 100mls
6-12 yrs	6 x 200ml glasses + 100mls

TIPS TO HELP YOUR KID DRINK MORE WATER

- Show children that you enjoy drinking water
- Drink water with every meal
- Take a refillable bottle of water when you go out
- Pack water with your child's lunch
- Encourage your child to drink water when they play sports
- Limit buying sugar sweetened drinks

Source: Western Sydney Local Health District
NSW GOVERNMENT
PHONE 49246499



What is online bullying?

Online bullying – or cyber-bullying – is engaging in bullying behaviour using technology such as the internet or mobile devices. Online bullying is different from other forms of bullying several ways:

- It is more likely to happen outside school.
- Material can be shared quickly and long after the first incident.
- It can happen anytime, day or night.
- It is more difficult to defend yourself or get away.

What does online bullying look like?

Online bullying may include sending abusive messages, posting hurtful or threatening material on social media, imitating or excluding others online and making inappropriate comments on posts or pictures.

How do I know if my child is being bullied online?

The following behaviours may indicate your child is upset by something happening online:

- being hesitant about going online
- seeming nervous when an instant message, text message or email appears
- being visibly distressed after using a computer or mobile device
- suddenly avoiding the internet
- closing a laptop or hiding a mobile device when others enter the room.

How can I keep my child safe online?

Be aware of the age restrictions for the sites and applications your child wants to use, and remind them not to share their passwords or personal information with others.

Talk with them about how they use the internet and mobile devices and understand the privacy settings. Make sure they know they can tell you or another trusted adult if they are being bullied online.

What can I do if my child is bullied online?

There are lots of things you can help your child to do if they are being bullied online:

- remind your child not to respond or retaliate
- keep a record of any incidents of online bullying for example take screenshots
- block or delete the user who is bullying
- remind your child to change their privacy settings
- contact the service provider – they can help to block messages and calls
- report the bullying.

How to report online bullying?

Keep records or screenshots of calls or messages that are offensive or hurtful.

If the bullying is related to school, contact the principal to report what has happened and work together to resolve the issue.

Call the police if your child is physically threatened, and report serious online bullying behaviour to the Office of the eSafety Commissioner.

Useful websites:

- <https://antibullying.nsw.gov.au>
- www.esafety.gov.au
- www.bullyingnoway.com.au
- www.kidshelpline.com.au

Dear Friends,

This year Sarah and Ruby Holdsworth are beginning a new Christian family tradition called "Selfless Night" which we will celebrate on the evening of 31st October in our street by collecting and donating items for the 'Night Angels Homeless Project'.

However, I also wanted to give enthusiastic Iona Students an opportunity to support Sarah and Ruby, where possible. Any donations large or small would be appreciated.

Donation suggestions include;

- Instant Coffee
- Tea bags
- Bag of Sugar
- Biscuits
- Crackers
- Juice Poppers
- Small Bottles of Water
- Small packets of chips
- Muffin / cake mixes
- Cheese spread and biscuit pkts (long life e.g. le snack)
- Beef Jerky
- Trail Mix
- Small cans of Baked Beans / Tuna
- Long life milk (1L and / or milk poppers)
- Dried fruit / fruit cups
- Toiletries, such as; comb, toothpaste, toothbrushes, dry shampoo, deodorant, face/hand wipes, sunscreen, soap, travel pkt tissues)
- First Aid kit or band aids
- Plastic Cutlery
- Socks
- Ziplock bags

There will be a collection basket in the Iona Public School office for donations from Monday 22nd October 2018 until Friday 2nd November 2018.

Kind Regards, Iona Holdsworth