

# TURRAMURRA PUBLIC SCHOOL

# Newsletter

Office: 9983 9455  
School Security: 1300 880 021  
Canteen: 9440 0356 / OOSH: 9144 4769  
<https://turramurra-p.schools.nsw.gov.au>  
Email: [turramurra-p.school@det.nsw.edu.au](mailto:turramurra-p.school@det.nsw.edu.au)



Issue 10 – Tuesday 9<sup>th</sup> April, 2019  
Term 1 Week 11

## Principal's Message:

Dear Parents and Carers,

Not long to go until we all have a break. Lots of very busy days are ahead in the holidays with many children telling me of their exciting plans. Roar and Snore is among the top of the list and of course the Royal Easter Show is always a fun event.

We still have a lot to complete before we pack our bags!

Swim School continues through until Friday. The children are really doing well and they have experienced all types of weather. I think Monday was perfect for them all.

We have our School Disco on Thursday we hope to see many of our students ready to dance the night away. \$5 at the door and bring your own drink bottle please. K-2 5:30pm - 6:45pm, 3-6 7pm-8:15pm. Please drop at the main doors and collect from the Band Room COLA area (K-2) and from the main doors 3-6.

Parent-Teacher interviews continue this week. Many thanks for making the time to meet with your child's teacher/s. Don't forget you can see your child's teacher at any time when you feel the need. It is best to make an appointment to ensure the teacher is available.

Our Year 6 students who intend enrolling at Turramurra High will be visiting this Thursday afternoon. This is a special event as they were on camp when the High School had their Open afternoon. Thank you to Mr Arblaster for assisting with this and making the time available to us.

Some of our Year 2 and 3 students will also be visiting Turramurra High School on Thursday to assist the Year 10 drama students

who need a live audience for their drama assignment. The children will be dropped by the bus after Swim School and will walk back to our school after the play. This is just for the first group as the second group will not make it on time.

We have had the first of many observations for our new Sport's Program iPlay. The external provider visits and assists the teachers with methodology and movement skills. I am very excited to see the enthusiasm my staff have for the program. The main goal is to increase the activity in PE lessons and the variety of activities that are available to the children.

Congratulations to Brodie Shearer from 6P. Brodie won Second Prize in the Hornsby Young Artists awards last week. Please see the photo of Brodie with his amazing watercolour of the sacred kingfisher.

We have registered for Woolies Earn and Learn, which commences on May 1<sup>st</sup>. If you shop at Woolworths just remember to collect the stickers and add them to your sheet. These will be handed out early Term 2. Last year we purchased over \$2000 worth of Art materials and teaching resources for the children's classrooms. We do not ask that you change where you shop but if you are already shopping there, start collecting. Many thanks in advance.

Staff will be completing Wellbeing training for our Staff Development Day. Students return to school on Tuesday April 30<sup>th</sup>.

Have a lovely holiday break

**Margaret Foott,**  
**Principal**

## Planning Ahead...

Thursday 11 <sup>th</sup> April	- School Disco - School Hall - Years K-2 <b>5.30- 6.45pm</b> Years 3-6 <b>7.00-8.15pm</b>
Friday 12 <sup>th</sup> April	- End of Term 1
Tuesday 30 <sup>th</sup> April	- Term 2 Begins
Wednesday 1 <sup>st</sup> May	- West Head Excursion Year 1
Monday 6 <sup>th</sup> May	- Medal Assembly
Tuesday 7 <sup>th</sup> May	- Cross Country
Friday 10 <sup>th</sup> May	- Mother's Day Stall



**Well Done Brodie!**

## Deputy Principal's Message

### Cyber Safety Talk

On Friday the Year 5 and 6 students attended a talk on Cyber Safety. Constable Lynda Hart a Senior Constable with the NSW Police Force and the Youth Liaison Officer for Ku Ring Gai addressed the issues of being safe, responsible and respectful when communicating using mobile devices. I have included in this week's Newsletter a fact sheet for parents on Cyber Safety.

### School Photo Day

School Photo Day is taking place on the 14<sup>th</sup> May, which is Week 3 Term 2. Order forms have gone home. Please complete your order and return your envelope to your class teacher by Friday 10<sup>th</sup> May. We do encourage you to make payment online, information to do this is on the order form and we have included detailed information on how to order and pay online in this week's Newsletter.

### GOT IT

This week's message from **Got It** is that Self-Care is important. The Got It parent and children sessions finish this week. Thank you to the **Got It** Team for their support to families and teachers throughout this term. We look forward to working with you again.

### NAPLAN Online Tests 14<sup>th</sup> May to 24<sup>th</sup> May

Information for parents and carers can be found in this week's Newsletter.

Thank you for your support.

**Jacqui Gordon**  
Deputy Principal

### Office:

A big THANK YOU for following our request not to walk through the Staff carparks. However there are still a few who have not read our signs. Could you please take note of the signs on the gates.

### A Reminder – Re Parking in the School Carpark:

The times you are allowed to use the Staff Carpark is after 5pm in the afternoon and before 7.30am in the mornings.

The Office would be very grateful if anyone has any spare Size 6 boy's shorts that we could use for our Office spares.

Please note that student photo envelopes with CASH are to be sent to the Office, online payments are to go to the teacher. All student sibling photos envelopes are to be sent to the Office also.

Thank you all for your support this Term and have a wonderful break.

**The Office**

### Achievement Awards K-2:

<b>KR</b>	Riley McInney	Beau Lynas
<b>KB</b>	Cicely Payne	Shiv Zutshi
<b>KY</b>	Charlie Toth	
<b>1T</b>	Clara Kotulic	Ruben Winet
<b>1M</b>	Willow O'Bryan	Harry Alder
<b>1H</b>	Navin Thiruvallapen	Bonnie Willis
<b>1K</b>	Alex Gardyne	Sierra Swift
<b>2M</b>	Dominic Alouisa	Mia Lam
<b>2G</b>	Eason Shen	

### Achievement Awards 3-6: Weeks 9,10,11

<b>4S</b>	Eve Teston	Remi Gardyne
<b>6D</b>	Jack Makin	Elise Johnstone
	Aurora Robinson	Jackson Keen
	Daniel Perchman	Lily Wilde
<b>6J</b>	Jemima Gallagher	Emma Bower
	Isabelle Matsunaga	Aston Li
<b>6P</b>	James Robertson	Ria Saini
	Patrick Schafer	

## Library News

---

The 2019 NSW Premier's Reading Challenge

Congratulations to Ethan Penna for successfully completing the Challenge! Well done!!

The school holidays offer a great opportunity to read PRC books. So remember to borrow for the holidays and read, read, read!

Students in K-2 are asked to read 30 books and students in Years 3-6, 20 books by 30<sup>th</sup> August. Completed books can be registered on the PRC reading log sheet or online. Students use their Computer lesson username and password to login at <https://online.det.nsw.edu.au/prc/login.html>

### Overdue Books

Overdue notices have been sent home. Please return any outstanding books this week.

Many thanks,

**Amanda Kynaston and Shelley Warren**

Teacher Librarians

## Year 6:

---

Year 6 students that are attending Turramurra High School in year 2020 will be walking down to the high school this Thursday, 11<sup>th</sup> April to meet the principal and have a look around the school. We will be leaving the here at lunch time and arriving back to school by 3:00 pm. If you wish your child to walk home from the high school, you must provide a written note allowing them to walk home otherwise they will return to Turramurra Public School to be dismissed as usual.

Mrs Davies and Mrs Prud'homme will attend with them.

Those not attending Turramurra High will remain at school as normal and be supervised by Mrs James.

**Leanne Davies**

Assistant Principal

## OOSH:

---

If your child is attending the school disco they **MUST BE SIGNED OUT OF OOSH BY A PARENT PRIOR TO ATTENDING**. OOSH is legally not allowed to do this. If you have any questions please feel free to ask.

Have a safe and happy holidays. See you all in Term two.

## Canteen News:

---

Thank you to all last week's helpers! Special thanks to Ahren Smith for coming in Friday to help us out!

### Helpers Needed

We are currently looking for some help **Thursday 11<sup>th</sup> April** and **Friday 12<sup>th</sup> April**, if you are free for even 1-2 hours please contact me on **0422 222 601** Thanks very much!

### Outstanding Accounts

If you have any outstanding accounts from the Canteen, could you please send the money (cash only please) to us at the Canteen as soon as possible.

Helpers for this week are:

### Wednesday 10<sup>th</sup> April:

Lauria Elia & Serena Song

### Thursday 11<sup>th</sup> April:

Tanya Argyropolous, tbc

### Friday 12<sup>th</sup> April:

Rachel Fryer, Amy Biggs, Victoria Birtles, tbc

Everyone please enjoy and have a safe holiday and we look forward to seeing everyone next Term. Canteen will be open Wednesday 1<sup>st</sup> May 2019

Thank you from the TPS CANTEEN

**Haylee & Laura**

## This Week's Band News



**It's worth shouting and smiling about what a great term we've had!**



From our committee meeting on Thursday night we reflected on the term that's passed. From an enthusiastic start from all our band members, to a very successful band camp and now settling into rehearsals and instrument tutorials. We have Turrumurra High and TPS Band ex-student, Simon Aubourg, returning to assist percussion students during Junior Band rehearsals which is a privilege for the students to have such a skilled and enthusiastic percussionist for our students.

Mr Rowland has been very pleased with Junior and Intermediate's attitude to learning their music and participation at rehearsals, Performance Band though can forget to be focussed at rehearsals, which is a drawback for all involved. We are all looking forward to their fresh approach in term 2 from such a talented group of musicians so they can be more than ready for the Ryde East Music Festival on May 26th.

Thank you to all students who practice, participate and are polite during band rehearsals! Keep it up as we are now heading towards our Music Festivals and you will want your band to do get the most out of the performance experience and most importantly entertain your audience.



## Band Festivals

You have been saving the date all term for the upcoming festivals so hopefully there is minimal clash! Band performance times will be sent to you as soon as we have confirmation from festival organisers.

**\*\*\*\*PLEASE NOTE\*\*\*\***

It cannot be stressed strongly enough that if you have a date clash and are unable to organise your child to attend the festival their band is playing at, **4 weeks notice MUST** be given to Mr Rowland so the right piece of music can be chosen for the instruments that will be playing!!

## Band Fee Contributions

During Term 2 your band fee contribution will be sent to you. The invoice may come later in the term as the Band Committees banking details are changing. Please keep a look out in Band News next term for updates.

Upcoming Band Calendar Dates		
Week	Date	Term 1
11	Fri April 12	ANZAC Day Ceremony, 2.30pm 3-6 COLA Trumpet to be played by Lucy Middleton
Save the Date	Sunday May 26th	Ryde East Music Festival <b>Junior, Performance and Senior Jazz Band</b> Times TBC
Save the Date	Sunday 16 June	Wahroonga Band Festival <b>Intermediate Band</b> Times TBC
Save the Date	Fri-Sun Sept 6-8	North Shore Primary School Concert Band Festival <b>Junior, Intermediate and Performance Band</b> Times TBC

Junior Jazz look out for your performance dates in term 2

Here are the last of the band camp photos. Band Committee wish you all a wonderful break, we look forward to your return to band in Term 2 and to all the musical fun it will bring!





If you have any questions or concerns please e-mail  
Band Director, Mr Rowland at [tpsbands@outlook.com](mailto:tpsbands@outlook.com), or either of your Band Coordinators  
Kerry Medd or Liz Maund-Arnott at [tpsbandcoordinators@gmail.com](mailto:tpsbandcoordinators@gmail.com)

---



ABN 47 083 674 613  
Unit 20 / 14-16 Stanton Road, SEVEN HILLS NSW 2147  
Phone: (02) 9674 9824 Fax: (02) 8602 5399  
e-mail: admin@theschoolphotographer.com.au



## School Photography Payment Information

Each child must hand in their own completed envelope.

We encourage Parents to Pay online before the School Photography Day. Students are still required to bring their envelope on the day of photography so the teachers & office staff at your school do not have to hold money on the parent's behalf.

### ONLINE PAYMENTS - [www.theschoolphotographer.com.au](http://www.theschoolphotographer.com.au)

Online Order Code located on your Envelope/Flyer to make payment.

### CASH ORDERS /Money Orders - via Envelope - *See Envelope for details*

**SIBLINGS PHOTOS** - If your school has sibling photos, a ***Separate Siblings Envelope*** is provided to the school which is usually held at the School Office and handed out on request.

All students must present themselves to the photographer to ensure the Sibling photo is taken.

**Please Note:** Online Payments for sibling orders are closed by 8.30am on photo day.

Prior to 9.30am on photo day you can still collect and pay via cash only using a Sibling Envelope from the school office. Phone orders are not available for sibling payments on photo day.

**Late Payments** - If paying online after photo day for your class/portraits, online orders are open via our website for you to make payment.

*A late fee applies for all orders placed after the bulk issue of School Photos are delivered.*

*See Envelope for details*

**Phone Payments** - Call our office on 9674 9824 - Order over the phone via credit card payments.

(Note – there is a processing fee of \$5 for all phone order payments)

**CHEQUES ARE NO LONGER ACCEPTED DUE TO A CHANGE IN BANK POLICY.**

### For All STUDENT PHOTO ORDER ENQUIRIES

Email – [enquiries@theschoolphotographer.com.au](mailto:enquiries@theschoolphotographer.com.au) or

Call : 02 9674 9824

I hope this is of assistance to you.

Kind regards

**The School Photographer Team**

## NewBee Sports Swimming Class enrol now (For holiday and term 2)

We improve your kids quicker than others

Time: Saturday 9:00-1:00  
Sunday 10:00-12:00

Beginner: 2 in a group—0.5hr  
Level 3-6: 3-4 in a group—1hr

Address: Barker College Hornsby

Contact:  
Bruce  
Mobile: 0403 679 957  
Email: [newbeesports@hotmail.com](mailto:newbeesports@hotmail.com)  
We chat: glf268

**free  
assessment**



DanceTots has expanded to  
**DanceKidz**  
and is now offering a fun ballet and jazz combo  
class for all K-2 TPS children!

When: Tuesday Term 2, Week 2  
Where: School hall  
Time: 3.20-4.20pm  
Cost: \$185 per term, enrol by April 20 and get \$10  
off your term fees!

Enrol now via our website or contact Sophia via  
[info@dancetots.com.au](mailto:info@dancetots.com.au) or  
0412 413 170 (or catch me at school!)



**DanceTots**  
Boutique dance studio for tiny people  
[www.dancetots.com.au](http://www.dancetots.com.au)  
[info@dancetots.com.au](mailto:info@dancetots.com.au)  
0412 413 170

# NAPLAN Online – information for parents and carers



2019

## Why do students do NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) assesses literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

The assessment provides parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN is just one aspect of a school's assessment and reporting process - it does not replace ongoing assessments made by teachers about student performance.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are meeting important educational outcomes in literacy and numeracy.

## What is assessed?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum. All government and non-government education authorities have contributed to the development of NAPLAN materials.

In 2019 most students across Australia will sit NAPLAN online.

Feedback in the first year of NAPLAN Online showed that students engaged well with online assessments. One of the main benefits of NAPLAN Online is tailored (or adaptive) testing, where the test automatically adapts to a student's test performance. The test presents questions of higher or lower complexity, depending on a student's performance.

Tailored (or adaptive) testing is designed to assess a wider range of student abilities and to measure student achievement more precisely. Your child should not be concerned if they find questions more challenging than usual; they may be taking a more complex test pathway. A student's overall NAPLAN score is based on the number and complexity of questions they answer correctly.

NAPLAN Online is not a test of keyboard skills.

There are variations in how fast and well a student can type – just as there are variations in how fast and well a student can write by hand. Year 3 students will complete the writing test on paper.

To get an idea of what the online assessment looks like, visit the public demonstration site at [nap.edu.au](http://nap.edu.au)

## How can I help my child prepare?

Help your child prepare by reassuring them that NAPLAN is just one part of their school program, and by reminding them on the day to simply try their best. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance. Ensuring students are familiar with using devices, typing on them and navigating through programs are a part of student learning and a requirement of the Australian Curriculum from the first year at school.

ACARA does not recommend excessive preparation for NAPLAN or the use of coaching providers. NAPLAN is about assessing learning progress in literacy and numeracy.

## Will my child sit NAPLAN on paper or online?

In 2019, your child will sit the NAPLAN online tests. However, children in some other schools across Australia will sit the NAPLAN paper tests this year. Federal, state and territory education ministers have agreed that all schools will move online by 2020. State and territory education authorities will determine when their schools move online.

As students are assessed on the same literacy and numeracy curriculum content, regardless of whether they complete the test online or on paper, results for both formats can be reported on the same NAPLAN assessment scale. To find out more about NAPLAN Online, visit [nap.edu.au](http://nap.edu.au)

## Participation in NAPLAN

All students in Years 3, 5, 7 and 9 are expected to participate in the annual NAPLAN assessment.

Students with disability may qualify for adjustments that reflect the support normally provided for classroom assessments. You should first discuss the use of any disability adjustments for your child with your child's teacher.

A formal exemption may be granted for a student with disability that severely limits their capacity to participate in the assessment, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your local test administration authority can give you more information on NAPLAN Online disability adjustments or the process required to gain a formal exemption.

## NAPLAN Online 2019 timetable

The assessment window for NAPLAN Online is extended from three days provided for the paper test to nine days. This is to give schools more flexibility in scheduling and accommodate schools that may have fewer devices. The NAPLAN Online assessment window starts on Tuesday 14 May and finishes on Friday 24 May 2019.

The online tests must be taken in the following order:

Test	Duration	Order	Details
Writing	Year 3: 40 min. Year 5: 40 min. Year 7: 40 min. Year 9: 40 min.	To be completed in the first two days	Year 3 students do a paper-based writing test on day one only
Reading	Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min.	To be completed after the writing test	Students read a range of informative, imaginative and persuasive texts
Conventions of language	Year 3: 45 min. Year 5: 45 min. Year 7: 45 min. Year 9: 45 min.	To be completed after the reading test	This test includes spelling, grammar and punctuation
Numeracy	Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min.	To be completed after the conventions of language test	This test includes number and algebra; measurement and geometry; and statistics and probability

## What if my child is absent from school on assessment days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule. Individual students are not permitted to sit NAPLAN online tests after Friday 24 May 2019.

## How is my child's performance measured?

Individual student performance is shown on a national achievement scale for each assessment. A result at the national minimum standard indicates that the student has demonstrated the basic literacy and numeracy skills needed to participate fully in that year level.

A NAPLAN individual student report will be issued by your child's school later in the year. If you do not receive a report, you should contact your child's school.

## How are NAPLAN results used?

- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to better identify students who would benefit from greater challenges or extra support.
- Schools use results to identify strengths and areas to improve in teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- The community can see average school NAPLAN results at [myschool.edu.au](https://myschool.edu.au)

## Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at [nap.edu.au/TAA](https://nap.edu.au/TAA)
- visit [nap.edu.au](https://nap.edu.au)

For information about how personal information for NAPLAN is handled by ACARA, visit [nap.edu.au/naplanprivacy](https://nap.edu.au/naplanprivacy)

# Got It!



**Self-Care is important.**

**There is simply no way to be a patient and calm parent if you are not looking after yourself.**

## **Develop a guilt-free self-care plan:**

- Set aside guilt-free time for self-care. Guilt-free because you are doing it to be a better parent.
- Think of activities that are both activating (e.g. exercise) and calming (e.g. reading).
- To start, set aside 5-10 minutes a day to do a self-care activity. Even this will make a difference!
- Consistency is important! Set a daily reminder alarm on your phone.
- Reassess how you are going and enlist a buddy if you need help.
- You will get more recharge if you focus on one thing at a time. That means no Facebook, diary checking, or dinner planning!
- Once you have developed your own self-care plan, you can help your children learn what activities recharge their batteries.



## **Resources:**

The following websites have some great information on self-care strategies for parents and children:

<https://au.reachout.com/>

<http://www.resourcingparents.nsw.gov.au/>



**Health**  
Northern Sydney  
Local Health District



For more information visit  
[esafety.gov.au/iparent](https://esafety.gov.au/iparent)

## Your child's first smartphone—are they old enough?

Children often have access to devices, including smartphones, from a very young age. Whether it's watching their favourite program through streaming services on your phone, using educational apps or simply viewing photos with you and the family, they are engaging with devices in one form or another.

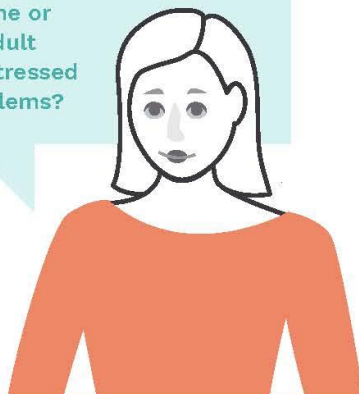
### But when is my child old enough to be given their own mobile phone?

In 2012, the Australian Bureau of Statistics revealed children as young as five years old owned a mobile phone—two percent of children aged between five and eight years old, and 29 percent for children aged five to 14 years. This figure is likely to be higher now!

For many parents and carers, five years old would seem too young. For others, it might offer them peace of mind and security to know they can keep in touch with their child—especially in an emergency.

The right age for your child will depend on their level of maturity. It's worth asking yourself the following questions before handing over a digital device.

- Does my child have a good sense of responsibility?
- Are they able to stick to the rules?
- Do they show a good understanding of actions and consequences?
- Do they come to me or another trusted adult when they are distressed or encounter problems?



For younger children it's best to start with a mobile phone without internet access, and introduce a smartphone when they demonstrate an appropriate level of maturity. Some younger children might argue that they are ready for a smartphone, especially if their friends already have one. But it's worth holding out until you feel confident that your child is mature enough.

### My child has their first smartphone—now what?

When your child receives their first smartphone it's a great opportunity to instil safe online behaviours early on, so they can carry these skills through to their teens and beyond.

Here are some tips for getting them on board with good online habits.



#### Establish rules at the outset with clear boundaries

Talk about expectations and the consequences for not meeting these rules. Depending on the age of your child, you might want to set up a written signed agreement which lists the rules.

Here are some you may want to agree on:

- No phones after a certain time (i.e. 8.00 pm)—unless in an emergency.
- Keep to daily screen time limits (i.e. 1 hour per school night).
- Family time is a no-phone zone (i.e. dinner).



Office of the  
**eSafety Commissioner**

[esafety.gov.au/iparent](https://esafety.gov.au/iparent)

- Do not share your passwords with others—apart from parents.
- Do not share your real name (or full name), age and address when posting, talking to strangers or on sites where anyone can see it.
- Be kind to people—treat people on the phone as you would face-to face.
- Do not take or share photos of others (including friends) without their permission.
- Tell a parent or another trusted adult if anything makes you feel uncomfortable, or if a stranger contacts you online.
- Do not purchase or download an app or game without talking to a parent first—especially as these often have minimum age requirements.



#### **Use technology tools to help set the boundaries to keep your child safe**

Use parental controls to help manage your child's device and the types of content they can access. Most devices come with parental controls and offer a range of features:

- iPhone: Go to Settings > General > Restrictions. Here you can disable apps or features, prevent access to explicit content and specific webpages.
- Android (Google Play): Go to Play Store > Settings > Parental controls. Most Android phones use Google Play as the digital marketplace for purchasing apps and accessing content. Through Google Play you can restrict the content your child can download or purchase from Google Play.
- Google's Family Link is an app for parents to help manage their child's device and account and offers additional layers of protection. It enables parents to set screen time limits, review app permissions (such as their camera, location, contacts), block apps and approve downloads, block sites and filter content.
- You can also check with your mobile service provider if they offer any parental control tools.

Activate any privacy settings and safety features available on the device, in web browsers and apps. In some cases you can do this through parental controls or when installing apps on their phone. Carefully consider permissions and whether apps really need to access your child's location, contact list, messages and other features.

Help your child set up a pin or password to lock their phone. In addition to protecting their personal information, this will ensure that no one else can use their phone.

Help your child set up strong and unique passwords for their apps and websites. Even if the phone is locked, apps and websites can be accessed from other devices.



#### **Communicate openly with your child, establish and maintain trust**

Most importantly, communicate openly with your child about their phone and online use. It's not possible to supervise your child 24/7 and no technology tool is 100 percent effective in protecting them from online risks. So it's really important to establish and maintain trust.

- Talk openly and regularly with your child about their online activities. Show them that you are interested in how they connect with friends, who they talk with and the type of sites they visit.
- If you are using parental controls, be upfront about this and get them on board. Let them know that these can be reviewed and changed as they get older and they continue to demonstrate responsible behaviour.
- Talk about positive online behaviour and about respecting others online. Encourage your child to think carefully before they post, text or share comments or photos so they don't hurt or upset others. Remind them there is a real person at the end of the screen.
- Encourage your child to come to you (or another trusted adult) if they are upset because of an online experience, even if they think they are to blame.