

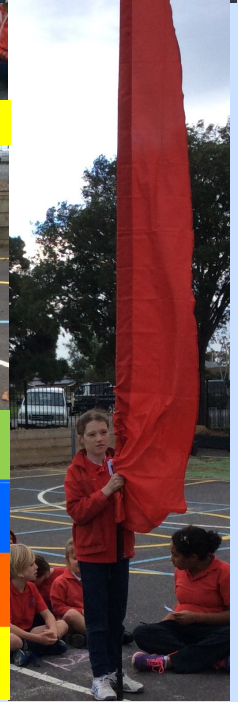
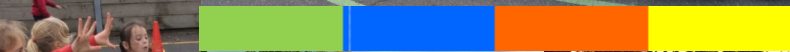


Newsletter

Peanut, Cashew & Egg
Free School

ACTIVE ASSEMBLY NUMBER 2

#belonging, #teamwork,
#connectedtomyschool #houserules,
#studentleadership, #funandgames, #fitkids



Respectful, Responsible, Safe and Kind Learners

School Council

June Meeting Summary

Trivia Night– A progress report on the organisational aspects was presented. The event will be held at the Portarlington Golf Club (who are generously supporting us). The original date clashes with other community events so we will hold the Trivia night late August/early September. Michael Chambers (Alex's dad) has prepared the art work for the posters and flyers.

Retirement from Council– Due to a change of employment and family relocation, Josh Abreu is no longer able to be a member of our school council. A casual vacancy for the next 4 meetings of 2016 is available for a member of the school community. The school council recognised Josh's contribution to our school.

The following **REPORTS** were tabled and accepted-

Principal Report- the following events were approved-

Science Works excursion for MLC 18th of July

District Athletics at Landy Field for SLC and MLC on the 17th August

Finance Report – The financial reports for the Month ending May 31st were approved.

Market Report– There are plenty of stallholder bookings for the June market. The

December market falls on Christmas Day so the stallholders have voted to attend a market on Boxing Day.

Healthy Together Report– The new Child Safe Standards were presented and discussed.

Grounds and Buildings– traffic safety, play equipment relocation, school security and general maintenance updates were tabled.

Out of School Hours Care Report (Kelly Club OSHC)-An average of 24 children are booked in to attend the fun and games provided by the Vacation Care Program during the next school holidays.

CASUAL VACANCY

The Portarlington Primary School Council has a casual vacancy available for an interested member of our school community. (Parent/Carer category).

This would involve coming to our July, August, October and November meetings which run for about two hours from 6.30pm until 8.30pm.

If you would like to be part of our school council, please contact Jo or Lisa at the office on 52592572.

ELECTION DAY SAUSAGE SIZZLE

Please come and vote at our school on Election Day 2016. Voting takes place in the Jillian Graham Hall and our amazing parent volunteers will be running a Sausage Sizzle. All fundraising goes directly towards our Computer/ICT programs and the Play Equipment Fund. Please buy a sausage and contribute to our fundraising.

SUPPORT OUR CHILDREN-When you go to the monthly market and buy something from a stallholder, you are supporting the education of our kids. Our school runs the market and it is the major fundraiser for our school. The next market is on this Sunday the 26th of June.

Portarlington Primary

Expressions of Interest-School Grounds Master Plan Development-Portarlington Primary School

Our school council is currently commencing a process to develop a 5 year grounds master plan. We are consulting with the school and wider community to inform our plan.

The Portarlington Primary School Council is seeking Expressions of Interest from members of our community to-

1. Provide us with feedback on how they think our grounds should be used or what they should look like.
2. Join our discussion group (if you have skills in the area of landscaping, horticulture, permaculture or other areas)

This process will commence in August.

Interested members of our community are asked to contact our school office on 5259 2572 and leave your name and contact details with Lisa or Jo. We will contact you in August with further details.

Child Safety-Online Behaviour –Parent Session.



**Online Behaviour
Parent Information Session
Wednesday July 27th 2016
7pm-8.30pm**



Presenter- Senior Constable Robbie Noggler, Victoria Police
More information will be distributed at the beginning of next term.

PLAY EQUIPMENT RELOCATION and OUR NEW SCHOOL BUILD

Our sand pit and playground equipment will be relocated during the school holidays. The "New School" process is at the stage where the architects are preparing the tender documentation. We are hoping to be able to tender for builders very soon and appoint the builders by the end of next term. Thank you Wayne Singleton (Max's dad) for coordinating the relocation and rebuilding of the new, bigger and better sandpit.

REMINDER -Review of School Communication from Term 3

- COMPASS and the School Website will be the two priority forms of communication (our website is currently being updated by a service provider). All school newsletters are currently on COMPASS.
- SMS will be used for urgent/important reminders.
- The skoolbag app and bulk emailing of the newsletter will cease at the end of this term.
- Facebook will be used to showcase our events/ programs.



Portarlington Primary

Staffing– Farewells and Welcomes!

We would like to say a very fond farewell (not permanently), to **Renee Aloï** who is leaving us to take up family leave. Tony and Renee are expecting their first baby next month and we wish them all the very best for this new chapter in their lives.

We welcome **Rhiannah Sgarbi** to our school who will be the home room teacher for MLCA for the remainder of the year. Rhiannah has already spent some considerable time working with Renee, Teddy and Chris during the handover period. We would like our school community to also provide a warm welcome to Rhiannah.

Thank you **Teddy Mercer** who has been teaching in MLCH for the past 8 weeks. Teddy has brought a wealth of skills and knowledge to our staff and especially to our beautiful children. It has been really terrific to have Teddy as part of our Portarlington PS team. We wish you every success with your studies and travel plans Teddy.

An official welcome back to **Chris Hester** who has been on family leave since mid-term 1. Chris has still been a big part of our school in his capacity as parent but we are pleased to announce his return as part of staff. Chris and Teddy have been working together over the past few weeks (including with the student report process) to ensure a smooth transition of teachers for MLCH.

We would like to thank **Julie Leo** who has been supporting the SLC in particularly SLCW this term. Julie will be back as a relief teacher throughout the rest of the year.

Katlyn Marchbank will be taking leave for the first 4 days of term 3. Thank you to Corinne Bentley and Tim O'Hara who will be teaching SLCM during this time.

End of Term

The Winter blast has well truly hit this week however we have had a sensational term of teaching and learning at Portarlington Primary School.

We hope that all our children and their families have a great break from school and return on Monday the 11th of July fighting fit and ready for learning.

SCHOOL HOLIDAY SECURITY

If anyone sees any suspicious or criminal behaviour occurring in our school, please contact the police immediately. Thank you for keeping an eye out for us.

Have a safe and happy holiday school returns
Monday 11th July



GRADE 6'S PLEASE COME BACK READY TO DRUM IN TERM 3 !!!!!!!



NAIDOC CELEBRATIONS at Portarlington Primary

<http://www.naidoc.org.au/>



NAIDOC stands for National Aborigines and Islanders Day Observance Committee.. NAIDOC Week is held in the first full week of July. Since this occurs during the school holidays, at Portarlington Primary School we will have a special set of activities to celebrate NAIDOC week in the first week back of term 3. It is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements and is an opportunity to recognise the contributions that Indigenous Australians make to our country and our society. All year, our curriculum planning involves ensuring that we recognise diversity and that we are inclusive of the diversity in our world. NAIDOC Week, together with our learning programs is an important way that we celebrate the contributions of our Indigenous Australians. More Information will be shared with you soon.

WORLD ENVIRONMENT DAY

DRESS UP AS AN ANIMAL

Certificate of Appreciation

Congratulations to

Portarlington Primary School

In recognition of your commitment and creativity in the fight to save the Eastern Barred Bandicoot!



Sally Lewis, Director
Werribee Open Range Zoo

11/4/2016

Date



www.zoo.org.au/education



Department of Education and
Early Childhood Development



Thank you to everyone who dressed up for World Environment day and the money raised goes to saving the Eastern Barred Bandicoot.

\$151.90

Well done Junior School Council in organising this event and thank you to all !!!

**Portarlington
Preschool**



**Taking Enrolments For
2017 Onwards**

Have you enrolled your child for 3 and 4 year old kindergarten for 2017 at Portarlington Preschool yet?

What are you waiting for?

Enrolments are currently being taken so enrol now by calling **Geelong Kindergarten Association**

on **5273 0200**

and nominate Portarlington Preschool

as your first preference.

Learning to value others

Some girls in Grace's year four class were taking turns at skipping. Grace watched them closely and decided she would like to have a turn too. She asked to join in but Sally said, "It's too hard for you."

Grace had an intellectual disability. This meant she sometimes took longer to learn things. She was also not as well coordinated in sports as the other girls.

"Come on. Let me have a turn," said Grace. "Anyone can have a turn," said Deepa. "Have your turn after me."

So Grace tried to skip over the rope, but it got caught at her feet. "Try again", a few of the girls said. "You have to jump just as it hits the ground." Grace tried again. They gave her extra tries because she was learning. On the last try she managed two skips in a row. "You did it," said Deepa. Grace was really proud. "I did it!" she said. "And you helped me."

Learning to see another person's point of view

Learning to see another person's point of view is important for getting along with others and building positive friendships. Understanding others helps children know what to do in social situations and is the basis for developing caring and responsibility.

It's not always easy for children to see the point of view of someone who is different from them. Being different could mean having a disability, coming from a different country, being a different age or gender, or having different values and interests. Children who are seen as different may be left out of activities.

They may face discrimination because others think they are not as good, as talented, or as important as they are. Discrimination can have very negative effects on children's self-esteem and mental health and wellbeing.

A little kindness can sometimes go a long way. Learning to skip has made Grace's day. Watching and supporting her has helped everyone else feel good too.

Skills for empathy

Taking others' needs into account involves values of caring, compassion and acceptance of others. It also involves emotional skills for empathy. Learning to empathise with another person means learning to 'walk in their shoes.' It means being able to recognise and value their feelings and needs, even though they may be different from your own.

Skills for empathy develop over time and include:

- recognising your own feelings
- recognising others' feelings
- listening to others' opinions
- thinking what it would feel like if you saw the situation their way
- thinking how you can respond in a caring way
- doing something to help.

Some children find it easy to tune into feelings. Others need more guidance to learn empathic skills. Adults have an important role in supporting children to learn kindness and empathy.

How parents and carers can help

Research has found that the examples shown by caring adults have a big influence on children's empathy. Parents and carers (as well as school staff) can also foster empathy by promoting values of caring and compassion and coaching children to be kind and thoughtful towards others.

- Model empathy by tuning into children's feelings (eg "Ouch! That must have hurt," or "You must be feeling disappointed that your friend can't come over").
- Help children think about how feelings affect other people (eg "How do you think your friend might be feeling?").
- Help children develop skills for understanding other people's points of view by discussing the effects of discrimination and the importance of respectful and caring attitudes towards everybody.
- Talk about situations that involve empathy (eg "What I liked about the story was how kind the hero was," or "That was a mean thing to do. Don't you think she should have helped her friend?").
- Notice when children are kind and let them know you value their behaviour (eg "That was a very thoughtful thing to do. I really appreciate it!").



How to support children to accept and include others

- Teach children that there is nothing wrong with being different and that each of us is different to somebody else.
- Teach children that everyone has a right to be respected.
- Help children develop skills for positive friendships and cooperative play.
- Parents and carers of children with special needs can talk to the staff at their children's school about how to support their strengths and about encouraging other children to include them.

Valuing others means seeing difference as something positive. It means trying to understand how others think and feel, and knowing that this helps you as well as them.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au



Australian Government
Department of Health and Ageing



Principals
Australia
Institute
Learning. Leading.

School Fruit and Vegetable Garden Volunteers

We are seeking any parents/grandparents or friends that would like to volunteer in our Fruit and Vegetable Garden. You choose what you would like to help with.

Some things to do include-

Watering

Planting

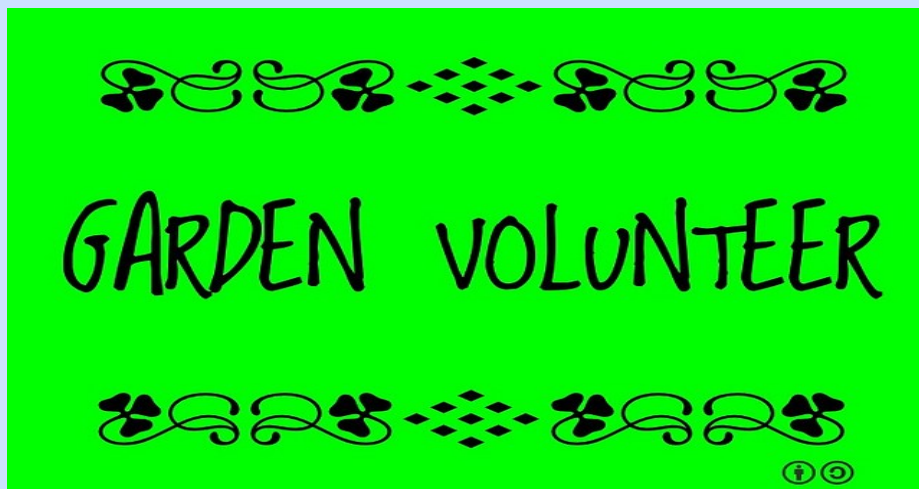
Weeding

Harvesting

Preparing fruit and veggies for distribution to the children. Helping during the MLC garden classes

Collecting seeds and cuttings

Potting





Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and Portarlington Primary School is excited to be participating.

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 9 September 2016.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and can choose to have their name included on the online Honour Roll. If you would like your child's name to appear on the Honour Roll, please sign the form that went home this week and return it to Wendy or the office as soon as possible. Any questions please see Wendy.

To read the Premier's letter to parents, view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit:

www.education.vic.gov.au/prc



HOW TO MAKE PLAYDOUGH



What you need

- 2 cups flour
- 2 cups warm water
- 1 cup salt
- 2 tablespoons vegetable oil
- 1 tablespoon cream of tartar
- Food colouring

The Basic dough

Place all the ingredients, except the food colouring, in a saucepan and stir over a low heat. When the dough pulls away from the sides of the pan and begins to form a ball, remove from the heat and allow to cool. Once the dough is cool enough to handle, turn it out and knead until it becomes smooth.

Colour It

Depending on how many colours you want to make, divide the dough into balls and using your thumb, make an indentation in the top of each one. Drop 5-6 drops of your choice of food colouring into the indentation and massage the colour through the dough. Keep adding food colouring until you reach a colour you like.

Customise your dough

Once you've made the basic dough try customising it by adding:

- A few drops of essential oils such as peppermint, cinnamon or citrus.
- Some chunky glitter for sparkle.

Store your play dough in airtight containers or zip-lock bags to prevent it from drying out. If the play dough begins to dry out, knead a few drops of water through the mix to soften it again.

**HAVE FUN WITH THE CHILDREN OVER
THE HOLIDAYS MAKING PLAYDOUGH**

WHAT GOES IN MY LUNCHBOX



FRUIT (2 PIECES)	
SANDWICH, WRAP OR ALTERNATIVE	
DAIRY	
VEGETABLES (2 PIECES)	
FIBRE/GRAINS (Wholegrains)	
WATER	

"please remember" that foods such as quiche, bacon and egg pie etc are not included due to our egg free policy.

MORNINGS WITH THE BREAKFAST CLUB!



**Come and join us on a Monday, Tuesday and Wednesday morning for a yummy breakfast with your friends!
STARTING AT 8.30 am – 8.50am**

Some of the great things being served are:

Toasties: with a selection of fillings, bake beans, cheese, tomato, avocado, banana

Cereal's: Weetbix, Porridge, Bircher Muesli

Fruit Platters: Apple, Banana, Mandarin, Pears, Grapes, Oranges

Pancakes: Blueberry, Banana, Plain with a topping of fruit and yogurt

Toast: Hot buttered, Vegemite or Honey

Drinks: Water, Smoothies, Warm Milo and Milk

WE LOOK FORWARD TO SEEING YOU THERE!

Last week the children were enjoying weetbix with warm milk, warming their tummies on a cold day. We now have our new tinned fruit, baked beans and weetbix which has been donated by Food Bank Victoria.



We have recently achieved recognition for the Tobacco Control component of The Healthy Together Achievement Program by successfully meeting State wide benchmarks. This means we now have achieved four areas including Sun Protection, Physical Activity, Healthy Eating and Oral Health. Well done to our Healthy Together Team and Portarlington Primary School community.

GROWING FRUIT AND VEGGIES AT HOME?



SHARE YOUR SPARE ONLINE
www.ripenear.me

Calendar

School Calendar

Please check the calendar regularly as some events are subject to change.

Keeping our Beautiful Children Safe in the Sun!

Hats must be worn outside commencing the 1st of September until the 1st of May each year.

MAY

4th May	District Cross Country
4th May	Whole School Dental Program
5th May	Mothers Day Staff Fundraiser
16th May	Education Week
17th May	School Council
18th May	Special Visitors Grandparents Day
19th May	Curriculum Day (Student Free Day)
24th May	Division Cross Country
25th—27th May	Grade 3 & 4 Camp
26th May	Lightening Premiership AFL/Netball Grade 5 & 6
	National Sorry Day
29th May	Market

JUNE

2nd June	Soup at School Day
9th June	Region Cross Country Keilor
10th June	National Celtic Festival 10th—13th Queens Birthday Public Holiday
17th June	Active Assembly (weather permitting)
20th June	School Celebration of World Environment Day—Dress as an animal
21st June	School Council
24th June	End Term 2—2.30 pm finish Red Nose Day
26th June	Market

JULY

11th July	Term 3 Starts
13th July	Ditto Keep Safe Adventure Prep—2 Incursion
14th July	State Cross Country
18th July	Science Works 3/4
19th July	School Council
23rd July	Trivia Night (Details later date)
31st July	Market
16th August	School Council
28th August	Market

AUGUST

9th August	Curriculum Day (Student free day)
15th—19th Aug	Book Fair
16th August	School Council
17th August	Landy Field Athletics Gr 3—6
28th August	Market

SEPTEMBER

16th September	Dress Up Footy Day
25th September	Market

OCTOBER

3rd October	Term 4 starts
13th October	Pink Day
18th October	School Council
21st October	Buddies Excursion
30th October	Market

NOVEMBER

9th November	Whole School Dental Program
15th November	School Council
27th November	Market

DECEMBER

5th—16th	Swimming whole school
7th December	Grade 3-6 Swimming Carnival
19th December	End of Year Assembly
20th December	End of year 1.30pm finish

Reminders.....

FANCY A CUPPA? - PARENT CONNECT

Monday Morning at 9am at the Bakehouse Portarlington

Our Parent Connect team is now meeting at the Portarlington Bakehouse for an informal chat and coffee. It's a great way for like minded parents to get together and chat.

See Gabrielle Waller or Karen Button for more information.



Portarlington Market

Last Sunday
of Every Month



All money raised from the market goes to directly supporting the educational programs of the children at the school.

Our monthly market is held at the park opposite the school and within the spacious facilities of Parks Hall. The market is located on the picturesque Bellarine Peninsula overlooking the bay with views to the You Yangs mountain ranges. **Inside** and **Outside** stall holder spaces available.

Contact Details

Portarlington Primary School
100 Newcombe Street, Portarlington, Victoria, 3223.
Telephone: 52 59 25 72



Website: portps.vic.edu.au

Online Booking: [trybooking](http://www.trybooking.com/GGKM) <http://www.trybooking.com/GGKM>

Mobile Telephone: 0408 108 869

Email: portarlingtonmarket@gmail.com

Follow Us!

Facebook: [search Portarlington Market](#)

Instagram: [Portarlington Market](#)

Twitter: [@ppsmarket](#)

Head Lice!!

By: Jordan JLCM

Head Lice are insects. They are also oviparous (they lay eggs). They are clear brown and they lay eggs. They suck blood from your scalp with their saliva. When your head is itchy the lice have bitten. When they are born they hatch out of an egg and it is white. Their food is your blood.

The only way to get them out is with a nit comb.

So check your hair if itchy, so stay interested!!



WINTER SCHOOL HOLIDAY CLASSES-WEEK 1

Make Your Own Pizza!

Learn to make a tasty pizza base from scratch for your next pizza night!! Kneading the dough and customising your toppings you will be a pizza expert in no time! What to drink with your pizza? Our instructor Kylie will teach you how to make the best tasting milkshakes AND a decadent rocky road for dessert! YUM!

Monday 27th 10am-12.00 5-8 year olds (8 spots only)

Monday 27th 1.30-3.30 9-12 yr olds (8 spots only)

Instructor- Kylie

Party Time!

We all love party food right? Well what if you could make fresh sausage rolls with just a few ingredients and some rolling? You can! For a treat learn to make marshmallow chocolate chip cookies perfect to dunk into steaming hot chocolates!

Instructor: Kylie

Wednesday 29th 10am-12.00 5-8 yr olds (8 spots only)

Wednesday 29th 1.30-3.30pm 9-12 yr olds (8 spots only)



You Scream, Ice Scream!

Did you know you can make your own ice cream! Even ones that you can eat for breakfast! From easy nice cream from frozen bananas to decadent vanilla we will be making THREE delicious flavours then making a super tasty banana split

Instructor- Lana

Monday 27th 1.30-3.30pm 5-8 yr olds (8 spots only)

Monday 27th 10am-12 9-12yr olds (8 spots only)



On top of Spaghetti, your covered in cheese! GF friendly

Rolling some tasty meatballs then cooking them in a delicious sauce! We will then fry them on top of a range of noodles, zoodles and more! Next up learn to make some decadent meringue stacks (or as we like to call them cloud towers!)

Instructor- Carrie

Wednesday 24th 10am-12 9-12 yr olds (8 spots only)

Wednesday 24th 1.30-3.30pm 5-8 yr olds (8 spots only)

Mini Masterchefs

Does your little one fancy themselves as a mini Masterchef? The REAL Masterchef Australia Culinary Producer & audition judge Sandy will be teaching you a secret Masterchef inspired sweet and savory recipe! (No parents allowed)

Instructor Sandy

Friday 1st 10.00-12.00pm 5-8 yr olds (8 spots only)

Friday 1st July 1.30-3.30pm 9-12 yr olds (8 spots only)

Crazy Cakes- GF Friendly

Learn to bake your own mini celebration cake from scratch. Then go wild decorating it with fresh seasonal fruits and treats! This is a messy wild class and not to be missed!

Instructor: Carrie

Friday 1st 1.30-3.30pm 5-8 yr olds (8 spots only)

Friday 1st 10am-12 9-12 yr olds (8 spots only)



Class Investment: 35.00 per child per class

Recipes and Recipe Binder Included

Call 03 52562657 to book or email

sproutskidscook@gmail.com

Classes are held at Sprouts Cooking School at

The Shed- 24 Sinclair St, Ocean Grove

Portarlington Primary ...

Nude Food Lunch Boxes

An amazing lunch box with

NO WRAPPERS !!!!!

Is what is required each day for a healthy lunch box



Washing Roster First Aid Room

Jo Twomey



Reminder-Student Supervision

Staff supervise the school yard between 8.40—9am, 11-11.30am, 1.40-2.15pm and 3.15-3.30pm.

Children arriving at school before 8.40am must be booked into the [before school care program](#), Kelly Club, no supervision is provided before this time.

Yard Supervision

Please discuss this with your child. Our school yard is always supervised. Staff wear fluorescent vests for easy identification. Staff members may also be found in the office and staff room during break times. Passive play operates (with a teacher), at lunch time in the library.

Active Travel

Wednesdays are Walk to School Days .

Please make sure that you are walking a safe route when you come to school. We have spotters looking out for children being active and staying safe.

Thank you to children and parents for walking safely to school every day.



Student Success- Positive Behaviours

Safe Kind Respectful Responsible
Organised Confident Persistent Resilient Getting Along

Ruby Ozols	Sharing her beautiful voice with us and our friends from Portarlington Kinder. Keep singing Ruby!!
Kayla Reilly	Making great improvements in reading OWL words
Sierra Polwarth-Schuster	Having fun and applying addition strategies in maths this week
Will English	Showing huge improvement in his handwriting for his fantastic procedure. You are a star*
Keira Turpin	Being TOTALLY awesome at working on her skills a an independent Learner
Charli Shimmin	Working extra hard during our Time Unit. Charli achieved an improvement Of 21 marks! Well done!!
Anthony Mallia	Being an incredible learner and kind member of the SLC. Well done Ant Man!



Tips for raising kids to be safe, social and savvy

Frequently I hear parents talk about children's use of technology as if the technology is a problem. However, technology is the context or background in which we must raise our kids to be safe, social and savvy. The bigger question we need to ask is: "What is good parenting in the digital age?"

Our job is to educate kids about technology - helping them be safe, smart and balanced users - so we need some guidelines to follow. Every parent needs to set their own guidelines suitable to their own situation. Here are some ideas to help:

1. Be a good role model

It's well established now that children will copy many of their parents' behaviours. Our behaviours and habits now extend to our use of communication technology, which is a good thing as we've got the chance to model smart, balanced technology habits. This means we need to be mindful of how often we have a mobile device in our hands when we are around kids. It means we need to take care that we don't use technology as an emotional pacifier when we feel stressed or under pressure. Model face-to-face communication and healthy ways to manage your stress levels so kids can learn these techniques too.

2. Think about expectations and rules for your kids in the digital world

You wouldn't drop your kids off for the day in the middle of the city and say, "Have fun. Stay safe!" Yet we often do the equivalent to our kids with technology. Most digital devices are set up for adults so when you introduce a piece of technology think carefully about its use and expectations before handing it over to your kids. Where possible and practical use restrictions under settings when you give a device to a child. And place your own restrictions around use and timing when kids use devices, rewarding responsible use with greater freedom.

3. Differentiate between uses

One use doesn't fit all. Digital technology has three purposes - communication, education and entertainment. Gender plays a part here with girls using digital technology more for communication and boys using digital devices more for entertainment. As a parent we need to be aware how our kids are using technology, which will influence how we respond to them. For instance, you should take a different approach to a child who spends all his time after school playing Minecraft to one who spends significant time online for educational purposes. Nuance your approach according to the

Children's technology use.

4. Create social media mantras and scripts to keep kids safe

Parents have always found ways to frame messages for children so that they rattle around inside their heads when parents aren't around. "Don't speak to strangers" still reverberates with me decades after my mother first drilled it in to me. She also gave me the scripts to use with strangers if ever I got lost, or found myself in trouble. So what scripting are you introducing to your child to keep them safe and also make them think about smart use while online? These include such mantras as "Is it worth posting?" "Take a deep breath before hitting the send or post button." "Do you want the principal to see this post?"

5. Create tech-free zones and times

Knowing when to cut off or leave technology is just as important as knowing when to use it appropriately. One way to teach appropriateness of technology use is to introduce tech-free zones and tech-free times into your family. For instance, dinner tables and mealtimes should be kept technology free to encourage in the moment face-to-face conversations. Bedrooms should be tech free particularly at night to encourage children to get a good night's sleep.

Michael Grose, Parenting educator

