

# Student Information 2015

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## About our School

Illawarra Sports High School was established in 1956, the year of the Olympic Games in Melbourne. The Olympic Circle on the School Badge is a reminder of that event. The School was opened in temporary buildings in Smith Street, Wollongong, in 1957, with 320 pupils and 12 teachers. In January, 1958 the original concrete buildings were occupied, but were only completed that year. The Library and new Common Room Area were first used by the School late in 1992.

The School was designated as the Sporting High School for the Illawarra in August 1996 and named Illawarra Sports High School in October 1998.

The School colours of Green, Red and Gold were chosen by the original Staff and Pupils. The Green represents the countryside, the Gold the wealth of the area, and the Red the Illawarra Flame.



#### **The School Badge**

The gold star of the badge is meant to represent the Australian star.

The six points of the star represent the original six primary schools which first sent pupils to Illawarra Sports High School.

The boomerang recognises the indigenous people of the Illawarra.

The motto "Integer Vitae" is Latin for "The wholeness of life" and sets out the School's

original objective: "to cultivate every aspect of the young person".

The circle on the badge also represents this completeness of purpose.

The wreath was added to acknowledge the change to a Sports High School.

## Principal

The Principal is responsible for everything that goes on in the School and for the policies of the School. The Principal's Office is in the Administration Block. The Principal is Mrs R McCarthy.



## **Deputy Principals**

The Deputy Principals are in charge of the daily running of the school, and the welfare of all pupils. Students may be sent to the Deputy because of difficult personal matters or severe breaches of discipline. The Deputy Principals offices are located in the Administration Block and Block D.

Years 7 & 9 Years 8 & 10 Years 11 & 12 Mr C Meizer Mr M Gerritsen Mrs K Wood

## **Faculty Head Teachers**

The faculty Head Teachers are responsible for the control of subject content and the teachers in a particular faculty.

The faculty Head Teachers are:

English	Mr M Delich
HSIE (Human Society & Its Environment)	Mr M Thompson
TAS (Technology & Applied Science)	Mr P Davies
Admin/Library	Mr M Booth
Mathematics	Mr M Fitzhenry
PDHPE (Personal Development/Health/Physical Education) Mrs R Pettit / R Potter (I	
Science	Mrs M Thomas
CAPA Coordinator (Creative and Performing Arts)	Mrs L Cracknell
Attendance / Engagement	Mr G Colliss
Learning Support	Mrs M Lerch
Sport/TSDP	Mrs A Child
Welfare	Mrs T Goodyer

## **Careers Adviser**

The Careers Adviser, Mr King, helps students understand the range of opportunities available to them, and develop the skills needed for finding out about jobs and making decisions about employment. The Careers Office is in the Library.

#### School Counsellors

Our school Counsellor is Mrs R Zelvus and a second school counsellor is to be appointed in 2015. Our School Counsellors help students find answers to those things at home and at school that may seem pretty hard to work out without help. The School Counsellors may also interview new students arriving at school to help place them in their correct classes.

Your parents may wish to speak to the School Counsellors from time to time and are welcome if they first phone the school to make an appointment.

A School Counsellor is available on most school days. You must not go to the School Counsellor's Office without an appointment. On the days when the Counsellor is not available you should see your Year Advisor.

#### Year Advisors

Year Advisors are experienced teachers who are appointed by the Principal to attend to the welfare of all students in a given year.

They are the people on whom you can call for advice and help about progress at school, advice about personal problems and study methods.

The Year Advisors for 2015 are:

Year 7	Ms K Starling	HSIE
Year 8	Mrs M Steele	TABS
Year 9	Mr M Clift	HSIE
Year 10	Mrs R Potter	PDHPE
Year 11	Mrs J Jarman	TABS
	Mr R Thomas	HSIE
Year 12	Ms B Mills	HSIE

#### Head Teacher Sport / Director of TSDP

The Head Teacher Sport and Development or TSDP is responsible for the organisation and running of the Talented Sports and Development Program in the School and for the overall school sports program. Her name is Mrs A Child. Her office is in the Sports Excellence Centre in the hall.

TSDP training uniforms are purchased through the TSDP Office.

## School Fees

#### **Student Resource Fee**

Supplying all the necessary equipment and material from Government funding is not possible. Families are asked to pay an annual voluntary contribution to help meet the costs of printing, library books, textbooks, technology etc. Practical subjects charge a materials fee so that supplies can be purchased in bulk which saves all students money. Fees may be paid in full or instalments.

#### Student Resource Fee (SRF)

Years 7 to 10 \$60.00 Years 11 and 12 \$80.00 Family limit of \$100 if two or more children

The Year 11 and 12 SRF includes provision of paper and printing for formal exams. SRF and Subject Fees should be paid within the first two weeks of term one.

If parents cannot pay any of the SRF or Subject Fees, they should contact the Principal. Arrangements can be made to pay fees by instalments.

#### Payment of Fees

All fees can be paid in the following manner.

- Student Payments: Fees and Excursion Costs can be paid only at Room O-A1 at the payment window. An envelope is provided which must be filled out with name, details of payment and amount. The envelope should be sealed properly and deposited in the box provided. Receipts can be collected by the student at lunch time.
- Parent Payments: All payments are made at reception. Payment methods available are cash, cheque, credit card, EFTPOS or POP\*. A receipt will be provided immediately.

\*POP (Parent Online Payment) facilities is available. All information is available on the school's website, <u>www.illawaspor-h.schools.nsw.edu.au</u> Payments can be made using either a Visa or Mastercard credit or debit card. The secure payment page, hosted by Westpac is accessed via our website by selecting the \$Make a Payment link.

## **Parents and Helpers Meeting**

Parents and Helpers are invited to participate in the school community meetings. Parents and Helpers meet at Illawarra Sports High school in the Library on the third Wednesday of every month at 4pm.

Our parents & helpers bring the school community together. Parents, teachers and community members can help meet the needs of the school community and contribute to decisions about the school.

The P&C also raises funds that help finance improvements to our school and provide additional resources.

## School Media

#### School Website

Our school website is an important resource for parents. We ensure that all school policies, publications and note to parents are available to download and easily accessible. The school website can be viewed at: www.illawaspor-h.**schools**.nsw.edu.au/ within our school website we have links for our senior students to access information from within our Careers office. Should you wish to view this site directly it can be viewed at: http://www.ishcareers.com/.

#### School app

Illawarra Sports High School has a smartphone app to help parents access all newsletters, notes, notices, reminders, events and receive emergency alerts. Download the SchoolEnews app... by Searching in the app store (IPhone, IPad) or Play Store (Android). Illawarra Sports High school have their own icon.

#### Facebook

Illawarra Sports High School has three facebook accounts: https://www.facebook.com/pages/Illawarra-Sports-High-School/231135326947573 https://www.facebook.com/pages/Illawarra-Sports-High-School-Careers/245007805575836

https://www.facebook.com/pages/Illawarra-Sports-High-TSDP/481886705180313

facebook



Our Principal produces a newsletter with highlights that have occurred each term. This is a showcase of the terms successes and achievements for our students within school and the community. Limited numbers of our Newsletter are printed and these are available from reception. Parents and family members can subscribe to our School app to view the Newsletter via their smartphone or login into the School website and view the newsletter. Parents can also elect to have the newsletter emailed directly to their email address when registering their information on our school website.

#### Moodle

Students have direct access to our school Moodle site via our school website.





## **School Uniform**

The school uniform for Illawarra Sports High is compulsory. You wear the school uniform so that you will develop a sense of belonging to the school and show some pride in your personal appearance. You must wear your school uniform every day.

Students who come to school out of uniform must provide a note from their parent/caregiver and give it to their roll call teacher who will issue a yellow slip. Students who are found without a yellow slip will be issued with a detention.

#### Girls Yrs 7-9 All Season Uniform

Polo top:Lemon with school crestSkirt:Bottle green tartan with pleatShorts:Black with school crestSlacks:Black with school crest(NO TIGHTS/LEGGINGS WORN AS PANTS)Sloppy Joe:Bottle green V-neck with school crestSocks:White ankle style

#### Girls Yrs 10-12 All Season Uniform

Blouse:	White shaped with school crest
Polo:	White with school crest
Skirt:	Bottle green tartan with pleats
Shorts:	Black with school crest
Slacks:	Black with school crest
(NO TIGI	HTS/LEGGINGS WORN AS PANTS)
Cardigan:	Red with school crest
Sloppy Joe:	Red V-neck with school crest
Tie:	Bottle green striped
Socks:	White ankle style

#### **Girls Sport Uniform**

Polo:	Air mesh with panels and school crest
Shorts:	Black micro fibre with school crest
Jacket:	Black micro fibre with panels and
	school crest
Track pants	Black micro fibre with school crest
Socks:	White Sport

#### **Uniform for Practical Subjects**

In Design and Technology Subjects:

- Either a hair-net must be worn, or students may tie their hair back in all practical subjects. The hair nets can be purchased from the school canteen.
- It is mandatory that students wear enclosed leather or leatherette footwear with a sturdy sole for practical subjects.
- An apron must be worn by all students.

• Failure to wear acceptable and safe clothing will cause you to be excluded from practical classes. **Jewellery** 

• No excessive jewellery or make-up is to be worn

#### Shoes

• Students are required to wear black/white fully enclosed shoes at all times.

#### Suppliers of Uniform

Crystal Bears at Montague St, North Wollongong and Warilla Grove supplies the school uniform for Illawarra Sports High School. (See uniform price list for more details). Crystal Bears will take phone orders and deliver to the school for pick up. However, **you must know the sizes of items you wish to order.** 

#### Boys Yrs 7-9 All Season Uniform

y with school crest
k with school crest – 2 styles
ck zip front
le green V-neck with school crest
te ankle style

#### Boys Yrs 10-12 All Season Uniform

Shirt:	White with school crest
Polo:	White with school crest
Shorts:	Black with school crest – 2 styles
Trousers:	Black zip front
Sloppy Joe:	Red V-neck with school crest
Tie:	Bottle green striped
Socks:	White ankle style

#### **Boys Sport Uniform**

Polo:	Air mesh with panels and school crest		
Shorts:	Black micro fibre with school crest		
Jacket:	Black micro fibre with panels and		
	school crest		
Track Pants:Black micro fibre with school crest			
Socks:	White sport		

## **School Procedures**

#### School Values

At ISHS we are

## RESPECTFUL RESPONSIBLE LEARNERS

If all pupils of Illawarra Sports High School were to behave on the basis of the above principles, there would be no need for any more rules.

#### **Out of Bounds Areas**

Out of Bounds areas are clearly marked in yellow paint. See the school map.

#### Safety Regulations

These Rules are set because of Government Regulations regarding Safety in Practical classes.

#### Smoking

No student will smoke on School premises, at any time. No Visitor may smoke on School premises.

By State Government law, smoking is not permitted in any school building or anywhere on the school grounds at any time by anyone

## Attendance

Your parents or guardians are obliged by law to explain any absences within 5 school days of date of return to school; therefore you must bring a note from home, stating your name, school year, date of absences and the reason for the absence as soon as you return to school. Please note that we appreciate a phone call to explain long absences. Your note must be handed in at Roll Call on your first day back at School. Each student will receive an Absentee Note booklet. These are available from the Deputy Principals and Room O-A1

#### **Roll Checks**

Rolls are marked online every period as well as during roll call. You are required to be in class every period except on the written permission of the teacher for that period. Pupils who truant classes will be given detention and may lose other school privileges.

#### Lesson Times

Bells ring to indicate roll call, period breaks, beginning and end of lunch and recess, and also end of day.

#### Arriving Late at School

If you are late for school you must report to the Deputy Principal as soon as you arrive. You must have a note giving the reason for your lateness. If no note is provided an unexplained absence is recorded for the period of time until you arrived at school and you will be issued with a detention.

#### Change of Address

If you change your address or contact details, please notify the staff in Room O-A1. There is a Change of Details form attached to the Absentee Note booklet provided.

#### Assemblies

Assemblies are held each Monday after Period 2 in the Gymnasium. At this meeting your roll will be marked. You will also be given information concerning the events of the forthcoming week.

Other assemblies will be held at the end of term 1, 2 and 3 to recognise those students who have performed meritoriously at our school.

#### If you are sick or injured

If you are sick or injured you should report to the Deputy Principal with a note from your class teacher. In case of an emergency you should report to the nearest teacher. Arrangements for students to leave school must be made through the school. You must not report to the office without the permission of the Deputy Principal. It is not acceptable to phone home directly and request picking up.

#### If you are Lost

Ask the nearest teacher or senior student for help.

#### Leaving School Grounds

You may not leave the school grounds for any purpose without obtaining permission from the Deputy Principal. It is not acceptable to phone parents directly to arrange leaving school. All contact with parents should be done by the school.

#### **Movement Between Lessons**

You must move quickly and quietly between classes. If for any reason you are detained, politely ask the teacher who has detained you for a late note to hand to your next teacher.

#### Leaving School Early

If you wish to leave school before the end of the day, you must bring a note before Roll Call to the Head Teacher Attendance, Ms Goodyer in the Library. The note must request permission for you to leave early, state the time you will be leaving, and give the reason for your early departure. Avoid dentist or doctor appointments during school time.

Your parents are responsible for your welfare once you leave the School Grounds with their permission and must arrange for your transport home.

Senior students arriving late or leaving early are issued a pass to be used only for free periods. This is monitored to ensure students follow their timetable. Senior students should sign out at the front office when leaving the school.

If you require extended leave for travel or other reasons you should apply directly to the Principal for an exemption from attendance at school. This is a departmental requirement by DEC and must be submitted AT LEAST two weeks prior to taking the leave so that (in most cases) school work can be provided for students during the time they are away from school.

## Transport

#### Catching your Bus

Coming to school you catch the bus at the nearest bus stop to your home. Timetables and route information are available from Premier Illawarra on 4271 1322 at 13-23 Investigator Dr, Unanderra or

http://www.premierillawarra.com.au/timetables Read the Route Lists carefully to work out which bus comes nearest your home.

#### **Bus Passes**

To be eligible for a free bus pass you must live further than 2 kilometers from the school. You should have filled in a Blue Bus Pass Application Form in Year 6 but if you have not, application forms are available from reception or on the school website using the following link; <u>http://www.illawaspor-h.schools.nsw.edu.au/our-school/forms</u> If you change your address, another application form must be completed and there is a charge.

#### Parking on school grounds

Senior students can apply for a parking permit to park in the designated student parking area. This is situated in the Nannawilly car park at the street end only. P plates should be displayed at all times.

#### **ISHS Shuttle Bus Routes**

This is a special mini-bus service that collects students from various locations. Students must book a seat for this bus and pay the Term cost of travel in advance. Details of this service will be given on request.

## **Classroom Procedures**

#### Text Books

Text Books are supplied free of charge, and remain the property of the School It is your responsibility to return the books you are issued with, in good condition, or you may be charged for any damage

You must return all text books in every subject at the end of each year.

#### **Class Assessments**

Each subject course for Years 7 – 12 are advised of their assessment schedule and the approximate dates (within weeks).

It is your responsibility to make sure that you are at school when tests are set, or assessments are due. If you are away, a note must be brought to the teacher to explain the reasons.

If no satisfactory reason is given for your absence, you may be given a zero mark for that work.

Your teacher may set you an alternate task at a later date.

#### Reports

Full reports are sent home twice a year, late in Term Two and late in Term Four.

#### Parent-Teacher Meetings

Parent- Teacher Meeting is held at the end of Term 2 for Years 7 -12 after the half yearly reports are issued. This is to enable your parents to discuss your progress with your Teacher or Year Adviser.

#### Parent Interviews

Your parents must ring the school if they wish an interview with the Principal, Deputy Principal, a Faculty Head Teacher or a Year Adviser so that an appointment can be made.

#### Library

The Resource Centre (Library) is an important part of the school that you will use throughout your school career. The Resource Centre is not only a place for reading, but a space where you can use the Internet, admire student's artwork on the walls or sit and read on one of our comfortable chairs.

The Resource Centre is open to students most recess and lunch breaks. During this time you may use one of the computers available for Internet research or publishing. A printer is available to students conducting research but permission must be sought from the class teacher or teacher-librarian.

All students in ISHS are issued with I.D. cards with their photographs on it. This card also acts as your library card. Please keep this in a secure place. Please take any valuables out of your bag and leave your bag in the foyer before entering the Resource Centre.

We have an extensive collection of new fiction and magazines that we are always adding to. If there is something you want and we don't have it, just ask!

The Teacher Librarian's name is Mrs Goodyer and her office is located in the Resource Centre. The library assistant is Mrs Riley. If you need any help with research or finding a particular resource don't hesitate to ask. Just remember the Resource Centre is here to help you!

#### The Canteen

All profits from the Canteen are used to support the School by providing resources to the school. To help you be served quickly, students must line up. Good manners are expected and have your money ready. Ordered items will be served first, so avoid disappointment and order your lunch/recess in the morning before school.

#### Ordering Lunch

The Canteen is open before school for lunch and recess orders. Make sure you mark the order with the correct break, either Lunch or Recess. No orders will be accepted after Roll Call. To order write your name, and a list of what you want on the lunch bags provided and pay your money to the Canteen Supervisor. You collect your lunch from the large window facing the garden quad, at the beginning of lunch time.

A copy of the current canteen price list is available on the school's website or from the school canteen.

Parent and helpers are invited to volunteer at the school canteen. Volunteer hours are between 9:00am and 1:00pm, however a shorter period is also appreciated. Serving the students does not involve any money handling for volunteers and all helpers will be warmly welcomed. If family members of students wish to join the roster, please contact Mrs B Sadler through the school contact information.

## Weekly School Sport

Sport is compulsory. If you are physically unable to participate, you will be provided with an alternative activity.

#### Tuesday Period 3 & 4

Year 9 & 10: variety of school based sports *Thursday Period 5 & 6* Year 7 & 8: Variety of school based sports Year 11 – Study hall / sport / TSDP training TSDP Training for all students

Year 12 do not do school sport and may leave school at 12:30pm

#### Costs

School sport does not incur a cost. Once a term students may choose to participate in a Recreational activity, such as beach activities, ten pin bowling, Hangtime or Indoor Rockclimbing.

#### **Sports Carnivals**

School carnivals are compulsory for all students. Travel and venue costs will be advised closer to carnival.

Swimming – Berkeley Pool	Term 1
Cross Country – Lake Track	Term 1
Athletics – Beaton Park	Term 2

## **TSDP – Talented Sports and Development Program**

ISHS offers a user pays sports program designed to provide students who excel in particular sports with elite coaching and an academic framework that enables them to reach both their academic and sporting goals. Sports on Offer:

Rugby League	Tennis	Netball	
Rugby Union	Basketball	Track And Field	
Football	Baseball	Surfing	
Girls All Codes (RL, RU, Touch, Oztag)			

#### **Conditions of Enrolment**

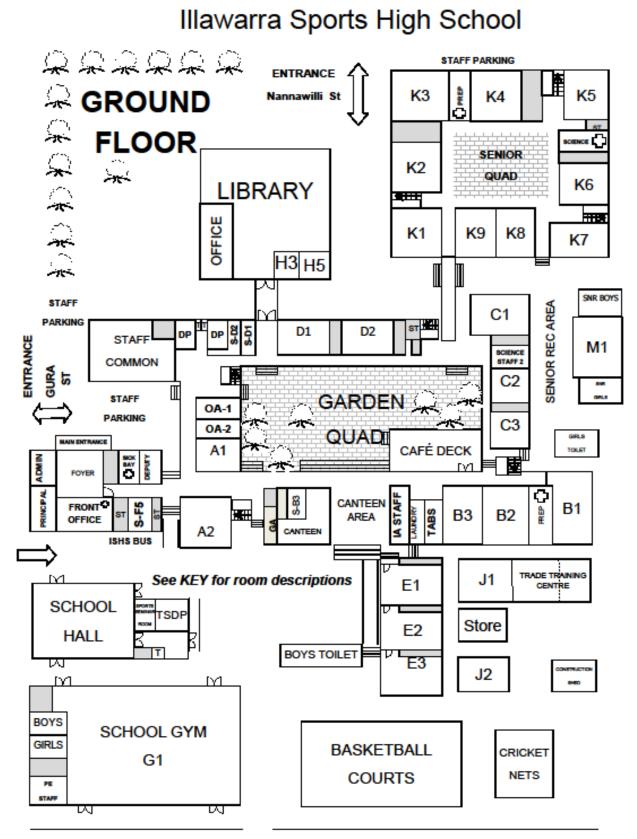
To qualify for enrolment at Illawarra Sports High School a student must either live in the local drawing area or be selected on merit as a talented sports person. The criteria for selection in the Talented Sports and Development program are –

- Outstanding sporting record, e.g. successful member of sporting club
- Keen to improve sporting ability
- A positive attitude towards school

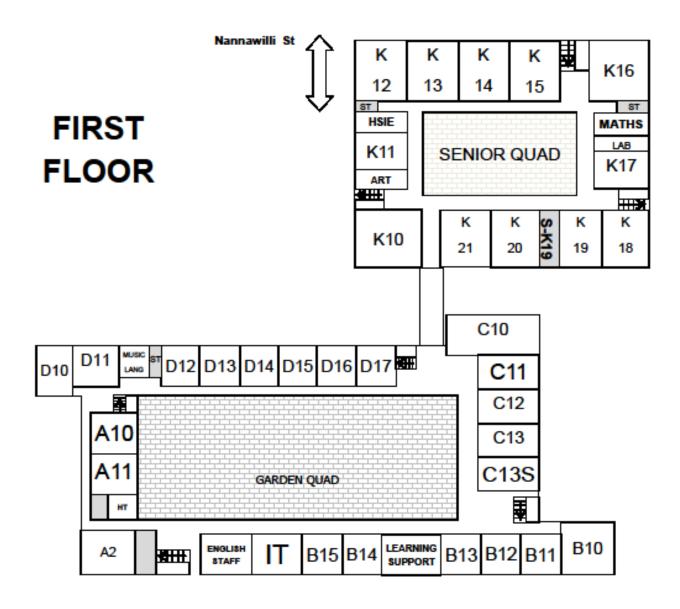
Fees must be paid in advance by the beginning of each term prior to the sport commencing.

## **School Maps**

The maps on the following pages show you a layout of the School. Areas which are out of bounds will be explained to you when you are at school.



BACK FIELD



KEY

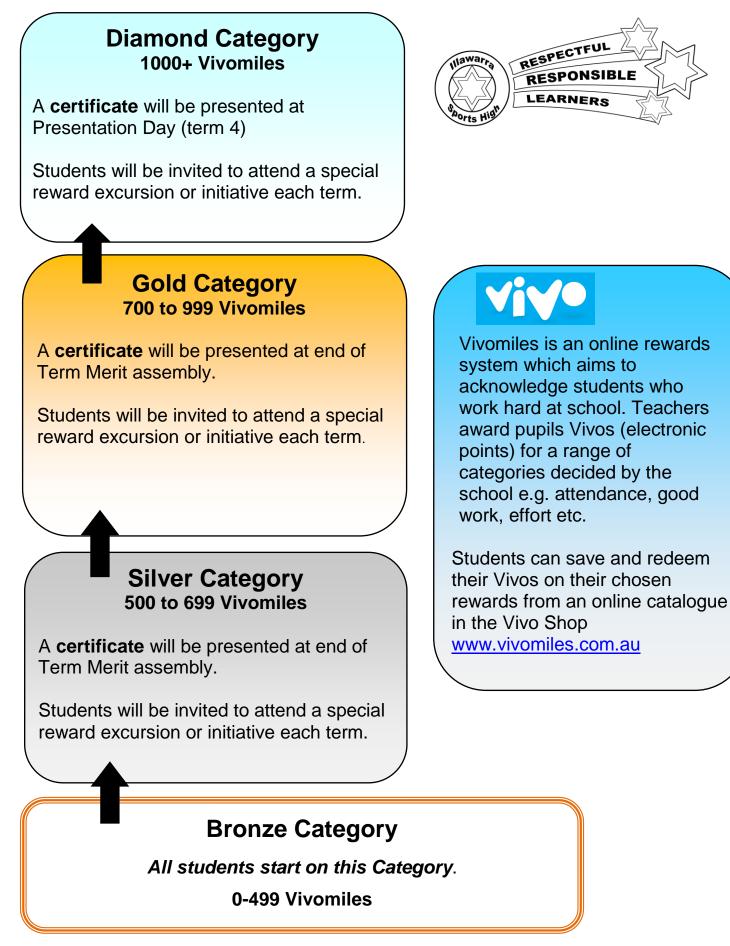
			B 01/0
ROOM	NAME	вт	BOYS TOILET
O-A1	ADMIN-STUDENT		
O-A2	PRINT ROOM	GT	GIRLS TOILET
S-B3	MEETING ROOM	ет	STAFF
S-D1	ELOUERA/CHAPLAIN STAFF	31	TOILET
S-D2	ABORIGINAL LEARNING CTR		
S-F5	COUNSELLOR		
S-H3	HT ADMIN		
S-K19	HT MATHEMATICS		
	HT WELFARE/CAPA		
H5	CAREERS		

## **PBS Matrix**

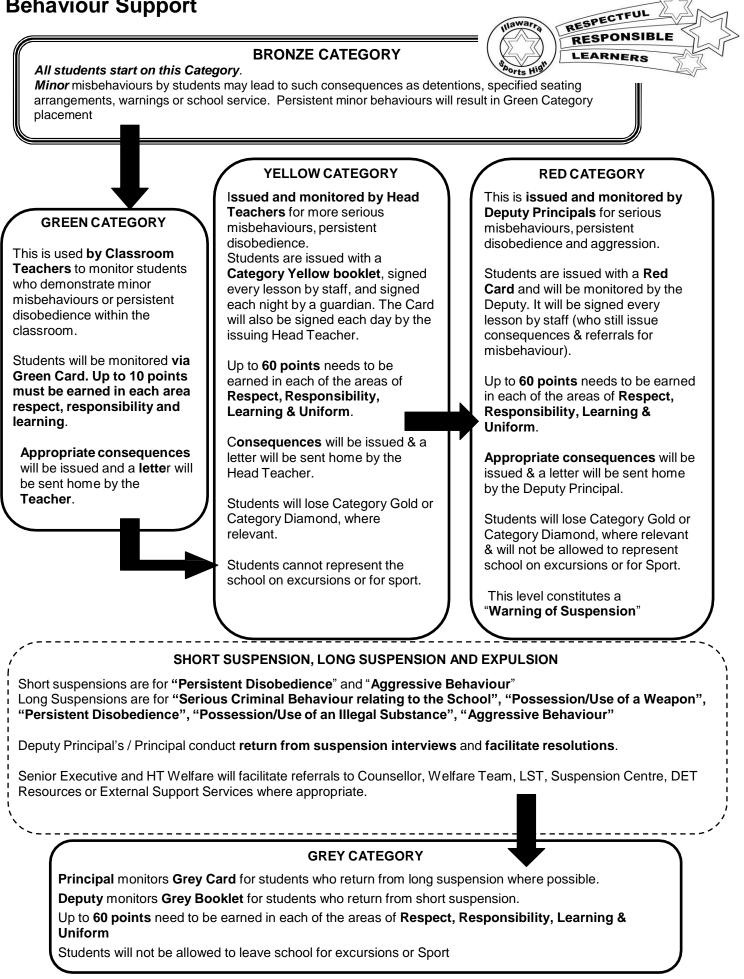
ILLAWARRA SPORTS HIGH	RESPECTFUL Care for self & others	RESPONSIBLE Make the right choice	LEARNERS Do your Personal Best
ALL SETTINGS	<ul> <li>Respect self &amp; others</li> <li>Be polite &amp; honest</li> <li>Keep hands &amp; feet to self</li> <li>Respect property</li> <li>Place rubbish in bins</li> </ul>	<ul> <li>Follow instructions</li> <li>Wear school uniform</li> <li>Right place, right time</li> <li>Use technology appropriately</li> <li>Report unsafe behaviour</li> </ul>	<ul> <li>Be prepared</li> <li>Stay on task</li> <li>Do your best</li> <li>Be proud of your achievements</li> <li>Observe school rules</li> </ul>
CORRIDORS	<ul> <li>Allow others to pass</li> <li>Move quietly</li> </ul>	<ul> <li>Walk</li> <li>Keep doorways clear</li> <li>Keep to the left</li> </ul>	<ul> <li>Allow others to learn</li> <li>Line up correctly</li> </ul>
TO & FROM SCHOOL, BUSES & EXCURSIONS	<ul> <li>Appreciate school transport</li> <li>Keep buses clean</li> </ul>	<ul> <li>Represent the school positively</li> <li>Travel safely</li> </ul>	<ul> <li>Bring bus money or bus pass</li> </ul>
TOILETS	<ul> <li>Allow privacy of others</li> <li>Keep them clean</li> </ul>	<ul> <li>Use &amp; leave</li> <li>Use at recess and lunchtime</li> </ul>	Be hygienic

ILLAWARRA SPORTS HIGH	RESPECTFUL Care for self & others	RESPONSIBLE Make the right choice	LEARNERS Do your Personal Best
CANTEEN	<ul> <li>Use good manners</li> <li>Wait in line</li> </ul>	<ul> <li>Buy for yourself</li> <li>Be patient</li> <li>Leave the area when served</li> </ul>	<ul> <li>Wait your turn</li> <li>Make healthy choices</li> </ul>
FRONT OFFICE & ROOM O-A1	<ul> <li>Use good manners</li> <li>Wait patiently</li> </ul>	<ul> <li>Arrive with a note</li> <li>Leave area when finished</li> </ul>	
PLAYGROUND & FIELDS	<ul> <li>Play by the rules</li> <li>Care for school environment</li> </ul>	<ul> <li>Stay in bounds</li> <li>Play approved games</li> <li>Play safely</li> </ul>	<ul> <li>Stay in designated area</li> <li>Move on the bell</li> </ul>
ASSEMBLY	<ul> <li>Listen</li> <li>Acknowledge achievements of others</li> </ul>	<ul><li>Participate</li><li>Sit appropriately</li></ul>	<ul> <li>Applaud appropriately</li> <li>Celebrate your success</li> </ul>
GYM & HALL	<ul> <li>Care for the facility</li> <li>Play safe</li> </ul>	<ul> <li>Observe the rules of the gym</li> <li>Play approved games/activities</li> </ul>	<ul> <li>Use equipment under supervision</li> </ul>

## Acknowledgement of Positive Behaviour and Achievements



## **Behaviour Support**



## Anti-Bullying Policy

It Illawarra Sports High School, bullying is taken seriously and is not acceptable in any form. Our school is an inclusive environment, where diversity is affirmed and individual differences are **respected**.

Everyone at Illawarra sports High School has the *right* to expect that they will be free from the fear of bullying, harassment and intimidation at school.

# Bullying is intentional or repeated harassment by a person or a group



#### Bullying behaviour can be:

- **ELECTRONIC** hurtful email, text messages, posting or forwarding photos & videos, commenting on "Facebook" threads or joining hurtful groups
- **VERBAL** comments about your physical appearance, gender, sexuality, race, disability, religion or any other perceived difference eg: name calling, teasing, taunting, abuse, putdowns, sarcasm
- **PHYSICAL** mucking about that goes too far, hitting, punching, kicking, scratching, tripping, barging, shoulder charging, dacking, deliberate contact
- **SOCIAL** ignoring, excluding, ostracizing, alienating
- **PSYCHOLOGICAL** spreading rumours, dirty looks, hiding property

As a student of Illawarra Sports High, you are *responsible* for looking out for others and reporting bullying. You can report to:

• Any classroom teacher

Deputy Principal

• Year advisor

• Head Teacher

## Teachers will not tolerate bullying in the classroom or playground. Those who speak up will be supported.

#### The School will:

- Interview students involved
- Counsel and discipline bullies
- Caution and/or suspend
- Suggest counsellingContact parents of students involved
- Students with a history of suspension for bullying and harassment may face expulsion

#### Mobile phone Tips

• Only give your phone number out to people that you want to have it. You can hide your number by setting it to 'private' in the settings of your phone, but there's an even easier way - **dial 1831 before you call**.

• If you have bluetooth switched on, on your mobile phone, and your phone is not set to 'hidden', chances are you're open to **bluejacking**, **bluesnarfing** or **bluebugging**.

• Switch your mobile phone off at night

#### Online Safety Tips



- Remember that whatever you post online, is PUBLIC information. Anything you do online is tracked and can be traced.
- •Check your privacy settings regularly (they often change)
- Set up another email address (Eg Gmail or Hotmail) for communications online. That way, you can delete it if need be without losing all of your other contacts
- •Keep your passwords secret
- Treat others with respect, and expect the same of them
- If you don't want something to go around the world don't post it!!!

## What if I am being bullied online or via mobile phone?

• Don't delete messages or discussion threads - leave them 'as is' so they can be used as evidence. If online, you can print the page

- Record time and date that messages are received
- Block/delete the person
- Report the incident to the service provider (Facebook, Youtube etc) school or local police



hale you

If you feel you need some advice or support call the confidential 24 hour helpline 1800 200 526 to talk with experienced counsellors.

For more information check out:

www.cyberbullying.info www.bullyingnoway.com.au www.cybersmart.gov.au www.lifeline.org.au www.kidshelp.com.au



## **Bell Times**

MONDAY		
Roll Call	8:25*	
(10)	8:35	
1 (48)	9:23	
2 (47) ASSEMBLY	10:10	
RECESS (30)	10:35	
3 (48)	11:05	
4 (47)	11:53	
LUNCH (30)	12:40	
5 (48)	1:10	
6 (47)	1:58	
L	2:45	

WEDNESDAY		
	8:25*	
Roll Call (10)	8:35	
1 (53)	9:28	
2 (52)		
RECESS	10:20	
(30)	10:50	
3 (53)	44-40	
4 (52)	11:43	
LUNCH	12:35	
(30)	1:05	
5 (50)	1:55	
Meetings	1:55	
	2:45	

TUES, THU, FRI			
Roll Call (10)	8:25*		
1 (53)	8:35		
2 (52)	9:28		
RECESS	10:20		
(30)	10:50		
3 (53)	11:43		
4 (52)	12:35		
LUNCH (30)			
5 (50)	1:05		
6 (50)	1:55		
	2:45		

