2015 has been an outstanding year at Brisbane Water Secondary College. As we move towards the end of the year it is time to reflect on the wonderful year that has passed.

The school has excelled in a range of pursuits throughout the year and we have had students recognised for their endeavours at a local, state and national level. In the field of sport our talented rugby league players made the semi-finals for the NSW All Schools Rugby League and Buckley Shield competitions. The boys also excelled in Rugby Union where they came 3rd in the state for the Coast to Country Cup. In all three tournaments the boys were beaten by the eventual state winners.

Our female students also excelled, making the national finals on the Gold Coast for cheerleading, dance and aerobics where we attained a variety of finalists. The girls also achieved great results in Futsal with two students selected in the national side. Finally, individual student success nationally in areas as diverse as High Jump and Surf Lifesaving demonstrate the sporting prowess of our talented students.

I am incredibly proud of the work undertaken by our extremely talented CAPA staff and students. The production of “Annie” was outstanding, particularly considering the large number of students who were ill during that time of the year. Our students also excelled in a range of local and state performances including Starstruck, School Spectacular, Central Vision, Central Coast Dance Festival and Central Coast Showcase. A lot of the success in these areas can be attributed to the Umina Campus’ specialised class, which is receiving an increased number of applications each year.

Academically there have been notable successes with significant improvements in NAPLAN results. This is best highlighted in the student performances in the numeracy components and the significant improvements of our ATSI students. These improvements are pleasing to see and a testament to the hard work of the staff in their implementation of whole school programs. The school is well underway to building on these improvements for 2016.

In preparation for next year’s 40th anniversary celebrations the school is continuing its major upgrades. We have commenced displaying around the school, the amazing artworks of renowned artist and our AEO, Maurie Goolagong.
These artworks look amazing on the newly painted walls which now surround large parts of the school. The school has also made a significant capital investment in the creation of an Aboriginal Art Space in the old farm building that faces Veron Road.

The school has also installed a very large industrial fan in the hall to allow students to be more comfortable in the hotter summer months and allow productions and presentations to be more pleasant for our staff, parents and wider community. The school has also installed an all-weather synthetic grass playground for our Support Unit students and a secure bike compound to encourage more students to exercise through riding to and from school. Also a major upgrade to student reception has been undertaken to maximise the space available and allow student needs to be addressed more punctually.

The TAS Woodwork, Metalwork and Food Technology areas have received a major overhaul this year. This would not have been possible without the significant contribution of the teachers in this area. New machinery, furniture and facilities have allowed students to undertake more practical activities, which has coincided in increased student participation and ultimately more students choosing these subjects in Year 9.

The Agricultural Farm has had a large hothouse installed to promote the study of horticulture. More classrooms throughout the school have been painted and recarpeted and most classrooms now have new blinds and an electronic whiteboard to facilitate student learning. Also, the school has made a further major investment in technology with the purchase of Chrome Books and the upgrade of computer labs to meet the needs of 21st Century learners.

When I first arrived at Umina Campus, one of the major concerns of staff, students and parents was the very poor state of the school and its adverse effects on parent and community perceptions. In addressing these concerns, plans are well underway for upgrades next year to the visual arts, library and front office areas. 2016 will also see a more integrated use of technological resources throughout the school to maximise the use of technology in student learning.

In closing, can I say that I am extremely proud to be the Principal of this amazing dynamic school. As we enter the school’s 40th year we can all be proud of our many outstanding achievements. Student numbers are increasing exponentially and our results have been very impressive.

Overall another fantastic year!

Brent Walker
Principal
Brisbane Water Secondary College
Umina Campus
Dear Parents, Staff, Students and Community Members,

As Term 4 draws to a close, we look back at all the wonderful achievements over this year. We also look ahead and plan for the start of 2016.

2015 has been another amazing year for the students of Brisbane Water Secondary College. In recent weeks I have had the privilege to attend numerous events including:

- Campus performance – highlighting our brilliant Performing Arts students,
- Sports Presentation Dinner – recognising sporting excellence and the Year 9 Graduation Assembly – recognising the completion of schooling for our students at the Umina Campus. These events continue to astonish, as they display the extensive range of opportunities that our students enjoy.

Umina Campus continues to be a leading light in education and student development on the Central Coast. Our students are achieving excellence in all fields:

- Outstanding academic results across all levels as displayed by our wonderful NAPLAN results and NAPLAN growth data.
- Brilliant sporting results throughout the New South Wales Combined High Schools Knockout and representative teams.
- Wonderful opportunities in creative and performing arts through the CAPA program, Dance and various performances.
- Significant cultural awareness through the Bush Tucker Garden, Didge and Dance Groups.

I would like to take this opportunity to thank all the dedicated staff who go that extra yard to enable our students to experience such wonderful and fulfilling activities. Can I also thank the numerous Parents and Carers who give up their valuable time to assist. Without all your help, these activities could not go ahead.

Looking forward to 2016, here are some important dates to remember:

- Tuesday 26 January 2016: Australia Day Public Holiday
- Wednesday 27 January 2016: Staff return to school – No students
- Thursday 28 January 2016: Day 1 for Year 7 – No Year 8 or Year 9
- Friday 29 January 2016: Day 2 for Year 7 – No Year 8 or Year 9
- Monday 1 February 2016 (Week A): Years 7, 8 and 9.

Wishing you all a safe and joyous Christmas break.

S. Warren

Mr. S. Warren
Deputy Principal
Announcing BWSC Umina Campus Captains for 2016

Girl Captain: Shaylen Peterson
Girl Vice Captain: Kyhamoana Tevi-Fuimaono
Boy Captain: Kyle Dufficy
Boy Vice Captain: Braedon Stokeld

Congratulations!
Dear BWSC Families,

We need your help!

In 2016 we will be celebrating 40 years of Umina Campus and to commemorate it we are hoping to publish a school recipe book to celebrate the families of both the students and staff who have attended and worked at the school.

To make this happen we are asking that you to assist us by sending in your favourite family recipes.

Please include:

1. Recipe Title
2. Family Name
3. Ingredients
4. Method

Please send your recipe via email to Tullia.price2@det.nsw.edu.au

Thank you, we look forward to receiving your treasured family recipes!

Kind regards,

Tullia Price
SINGLETON PRIME STOCK COMPETITION 2015

In September this year, 19 students and 4 steers travelled to Singleton Showground to participate in the Annual Singleton Prime Stock Competition. The show is well supported by many schools and community groups. This year we were joined by approximately 20 other schools and community groups making up approximately 38 head of cattle in the hoof and hook classes, 32 head of cattle in the led only classes as well as 230 competing students.

Wednesday night kicked off the competition with a friendly young farmers competition amongst the schools where students had the opportunity to meet new students from other schools as well as reignite old friendships formed through previous show experiences.

All students who attended displayed great enthusiasm in the preparation of cattle for the show and outstanding conduct throughout the show where excellent showmanship was displayed. This year BWSC also partnered with St Josephs College, Hunters Hill whereby BWSC students prepared one Steer for the students of St Josephs. Mr Rob Forsberg of St Josephs commented on how impressed he was with the skills and showmanship displayed throughout the competition by our students and their willingness to share their skills with his students on the day of the show. The St Josephs steer came 2nd in his class.

The BWSC cattle program is an opportunity for many students to gain important interpersonal skills and confidence as well as obvious practical skills. We would like to thank all of our cattle breeders for their on-going support as well as our sponsors Umina and Woy Woy Rotary Club and Campbell’s Home Hardware Woy Woy for enabling this program to continue. We are also thankful to Mrs Rhonda Honeysett for her participation in assisting at the show and to Ron Unsworth for his ongoing support and participation in the program where his skills are highly valued.
Cattle Classes

We enjoyed great success this year in the hoof and hook competition taking Grand Champion Steer with a Limousin Steer from the heavy weight class and Bred by A&H Kelleher. The Steer BWSC prepared for St Josephs College was also awarded 2nd place in his middle weight class. The Led only class saw further pleasing results with Grand Champion Steer “Vegemite” Bred by A&H Kelleher of Mt Rivers and led by Jake Barrett. Sponsored by Campbells Home Hardware, Woy Woy.

Parading Competitions

Each student who attended also participated in the Junior Judging and Parading competitions with 7 of our students chosen to compete in the finals within their age groups. Special congratulations to Billy Sharpe on his outstanding performance in receiving first place in his 13 year old age group and continuing to win the overall Champion Parader of the show title. Also congratulations to Luke Brooks, Adam Gowrie, Isaac Jones and Kyah Parker for placing in their age group finals.

Bottom Left: Adam Growie and Isaac Jones 2nd and 3rd respectively in the 15 years age group

Bottom Right: Luke Brooks 1st in 17 years age group
The Agriculture Department has continued the busy spring momentum with lambs and piglets born and chicks hatching in the new incubator. The new vegetable Poly house is producing beans, cucumbers, herbs with tomatoes starting to set.

Fresh Beans just picked

The final Kindergarten excursion for 2015 from Empire Bay Public School on Friday 13th November concludes a record number of kindergarten and pre school excursions to the farm.
The Agriculture Department and Cattle Show Program is very excited to announce the acquisition of a wonderful new trailer. This will be used to transport all swags, bags, camping, cooking and show gear to the shows and Central West NSW excursions.

The Department would like to extend our sincere thanks to Campbells Home and Hardware WoyWoy for providing the funds to purchase the trailer. It will be of huge benefit to the program.

HELMETS....HELMETS....HELMETS

A reminder that it is the law to wear a Helmet when riding bikes and it is a recommendation when riding skateboards and scooters etc. We will begin to enforce this at school, students MUST wear a helmet when riding to and from school.
The proceeds from this joint fundraising initiative will assist the BWSC Cattle Show Team Program.

ORDER YOUR LIVING CHRISTMAS TREE TODAY!

Order and Payment Options:

1) Telephone the Umina Campus Front Office on 43419066 to place your order and pay via credit/debit card over the phone, or

2) Log on to [www.uma-h.schools.nsw.edu.au](http://www.uma-h.schools.nsw.edu.au)
   click on $ make a payment, under Student Details, enter your name and date of birth as 25/12/15, under Payment Options select OTHER, enter amount and “XMAS TREE”.

Collect your tree from BWSC Umina Campus, Veron Road.
Two pick up dates available:

Order by Friday 27th November for pick up on Sat 5th December between 8.30am - 3.00pm
Order by Friday 4th December for pick up on Sat 12th December from 8.30am - 3.00pm

6’ trees $70
7’ trees $85
8’ trees $110
Stands $35

There will also be a very limited number of trees available to purchase on the collection days.
2016 Year 8 Book Packs

Book Packs are now available to order directly from Umina Campus, for students who are commencing Year 8 in 2016.

Order and Payment Options

1) Order and pay via credit card over the phone by calling Umina Campus on 4341 9066.

2) Order and pay on-line by clicking on the $Make a payment link on the Umina Campus website at www.umina-h.schools.nsw.edu.au.

3) Order and pay in person at the Umina Campus Front Office.

Book Packs will be available for collection from the Umina Campus Front Office from Monday 30th November 2015.

UMINA CAMPUS
2016 YEAR 8 BOOK PACK

<table>
<thead>
<tr>
<th>Subject</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>ENGLISH</td>
<td></td>
</tr>
<tr>
<td>Protext Premium Exercise Book A4 8mm Ruled 96 pg</td>
<td>2</td>
</tr>
<tr>
<td>Polydoc Wallet Footscap Clear</td>
<td>1</td>
</tr>
<tr>
<td>MATHS</td>
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<tr>
<td>Omex Exercise Grid Book A4 5mm 96 pg</td>
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</tr>
<tr>
<td>Exercise Book Protext Rabbit A4 8mm 96 pg</td>
<td>1</td>
</tr>
<tr>
<td>SCIENCE</td>
<td></td>
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<tr>
<td>Exercise Book Protext Rabbit A4 8mm 96 pg</td>
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<tr>
<td>ART</td>
<td></td>
</tr>
<tr>
<td>Bostik GluStik 35g Clear Glue Stick</td>
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</tr>
<tr>
<td>Visual Art Diary 11&quot; x 14&quot; Transparent Cover 120 pg</td>
<td>1</td>
</tr>
<tr>
<td>STAEDTLER Tradition Graphite Pencil 2B</td>
<td>2</td>
</tr>
<tr>
<td>STAEDTLER Tradition Graphite Pencil 4B</td>
<td>2</td>
</tr>
<tr>
<td>Eraser Pencil Large</td>
<td>1</td>
</tr>
<tr>
<td>Roymac Paint Brush 1500 Flat No.4</td>
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</tr>
<tr>
<td>Roymac Paint Brush 1500 Flat No.12</td>
<td>1</td>
</tr>
<tr>
<td>Navy Apron with Centre Pocket</td>
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</tr>
<tr>
<td>TECHNOLOGY MANDATORY</td>
<td></td>
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<tr>
<td>Display Book Assorted Colours</td>
<td>1</td>
</tr>
<tr>
<td>NSIE</td>
<td></td>
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<tr>
<td>Protext Premium Exercise Book A4 8mm Ruled 96 pg</td>
<td>2</td>
</tr>
<tr>
<td>PD/HEALTH/PE</td>
<td></td>
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<tr>
<td>Protext Premium Exercise Book A4 8mm Ruled 96 pg</td>
<td>1</td>
</tr>
<tr>
<td>PBL</td>
<td></td>
</tr>
<tr>
<td>Protext Premium Exercise Book A4 8mm Ruled 64 pg</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total Cost</strong></td>
<td>$55.00</td>
</tr>
</tbody>
</table>
Mock interviews were earlier this year November 16-18. As I write this all of Yr9 are preparing, answering practise questions and tidying up their portfolios.

Yr9 have had many lessons working on this event from resume writing to cover letters and deciding on work samples. I'm sure the day will be eventful.

I would like to take this opportunity to thank all the office staff who have helped behind the scenes and welcome many new panel members for this year. I'm sure the days will be a great success.

Nerrida Lewis
Careers Advisor, BWSC Umina
02 4341 9066
The NSW Premier’s Reading Challenge (PRC) is an initiative of the NSW State government that aims to encourage in students a love of reading for leisure and pleasure and to enable them to experience quality literature. It is not a competition but a challenge to each student - to read, to read more and to read more widely. Congratulations to our following students for their successful completion of the 2015 Premier’s Reading Challenge.

<table>
<thead>
<tr>
<th>Izac Barham</th>
<th>Sofia-Maree Foust</th>
<th>Tyla Morris</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lara Beer</td>
<td>Zackary Fowles</td>
<td>Lachlan Paine</td>
</tr>
<tr>
<td>Micheila Botha</td>
<td>Bella Gregory</td>
<td>Zane Perrau</td>
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<tr>
<td>Kyal Bowers</td>
<td>Darcy Gregory</td>
<td>Shaylan Petersen</td>
</tr>
<tr>
<td>Leon Capra</td>
<td>Jayden Hardinge</td>
<td>Charlie Polson</td>
</tr>
<tr>
<td>Elly Charlton</td>
<td>Maiya Harriman</td>
<td>Jackson Quinell</td>
</tr>
<tr>
<td>Angus Chippindale</td>
<td>Izabella Holder</td>
<td>Jade Saunders</td>
</tr>
<tr>
<td>Logan Daniel</td>
<td>Kelley Kimber</td>
<td>Halie Russell-Shaw</td>
</tr>
<tr>
<td>Esther Dawson</td>
<td>Jordana Lee</td>
<td>Katerina Snell</td>
</tr>
<tr>
<td>Logan Daniel</td>
<td>Riley Lewin</td>
<td>Hallie Spencer</td>
</tr>
<tr>
<td>Chadwick Dickinson</td>
<td>Harrison Lill</td>
<td>Emily Wall</td>
</tr>
<tr>
<td>Courtney Diggelmann</td>
<td>Ellen Lopez</td>
<td>Sally Tranter</td>
</tr>
<tr>
<td>Logan Daniel Flynn Dodd</td>
<td>Katie Low</td>
<td>Joshua Wadeson</td>
</tr>
<tr>
<td>Levi Doolan-Brown</td>
<td>Hannah Lynn</td>
<td>Ella Watts</td>
</tr>
<tr>
<td>Liam Ferguson</td>
<td>Madalyn Macleod</td>
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</tr>
<tr>
<td>Talon Foster</td>
<td>Tahlia Makepeace</td>
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</tbody>
</table>

The following students are to receive their **Gold Certificate** for completing four PRC’s.

<table>
<thead>
<tr>
<th>Jett Bigler-Moyes</th>
<th>Jasmine Jones</th>
<th>Saxon Thomas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zane Brown</td>
<td>Isabel Monslave</td>
<td>Emily Turner</td>
</tr>
<tr>
<td>Kelsie Clark</td>
<td>Chelsea Norman</td>
<td>Sally Uphill</td>
</tr>
<tr>
<td>Brooke Erichsen</td>
<td>Lindem Poremskis</td>
<td>Joshua Wadeson</td>
</tr>
<tr>
<td>Tobey Floyd</td>
<td>Carly Simpson</td>
<td>Ella Watts</td>
</tr>
<tr>
<td>Madison Green</td>
<td>Angel Sutherland</td>
<td></td>
</tr>
</tbody>
</table>

A special mention to both **Jacob Burgess** and **Ophelia Macdonald** who will both receive a **Platinum Certificate** for their successful completion of seven PRC’s. Outstanding effort!
In the library students are enjoying the opportunity to use 32 HP Chromebook computers that have been added to our fleet. Year 8 had the chance to use these during our Wordfest literacy day. During their Library lesson Year 7 have been learning about their digital footprint, how to write an APA Style bibliography and honing their online search strategies. Further information about staying safe online can be accessed from the eSafety Government website https://www.esafety.gov.au/. We have looked at alternative search tools to Google, including Instagrok (www.instagrok.com) that includes an interactive concept map for the researched topic among other features.

New additions to our library collection this term have included:

- Lionboy
- Phoenix Files Series
- Last Summer
- Middle School series,
- Fireworks
- Bullet Boys
- Wicked Warriors and Evil Emperors
- Seven Wonders
- Auggie and me
- Two Wolves
- 26, 39, 52 & 65 Storey Treehouse
- Roman Mysteries series
- Boy at the top of the Mountain
- Black Dog Gang

With the end of year fast approaching we request that all student library books are returned by Week 10 this year.
A massive thank you to Bev Lane and Lorraine May, who have so generously given days of their time to assist with the covering of hundreds of new texts for our school.

A further thank you to Mr Geoff Turner, a Veteran from the 2/4th Pioneer Battalion A.I.F, who has generously donated the book *An Awkward Truth, the bombing of Darwin February 1942* to our library in recognition of Remembrance Day, 11/11/2015.
SUNDAY DEC 6th
Mt Penang Gardens Kariong

150+ stalls - xmas food - Santa
kids zone - live music - ponies
magician - circus show
free facepainting - Big Yellow Bus
Six String Brewery bar
Julie Goodwin book signing
9D Cinema Experience
Ronald McDonald House Show
& MUCH MORE!!
PCYC Parties are the best parties!

Gymnastics/Dance Parties
Saturdays from 10am

Minimum 10 children per party
What do you bring? The children.
What do we provide? Food, fun & supervision.

Please contact our friendly party planner to discuss options for your child’s party.
Please note a $50 non-refundable security deposit is payable upon booking a party.
For further information, please call
02 4344 7851

Bonus
Every child attending a PCYC party receives a free 12 month PCYC membership.
Umina Campus student, Alicia Karton Year 9 is representing BWSC, Rotary Club of Woy Woy and the Peninsula next year as she embarks on a Rotary Youth Exchange.

Alicia will leave in January 2016 to spend a year in Sees, Normandy in France. Alicia will be completing Year 10 in a local French School and returning to BWSC in 2017.

Bon voyage Alicia!

ROTARY INTERNATIONAL YOUTH EXCHANGE PROGRAM—WHAT IS IT?

WHO CAN APPLY?

Any boy or girl. Sons or daughters of Rotary members gain no preference in selection. The preferred age of applicants is 14 to 16 years old in the year of application; so in Years 9, 10 or 11 at school when applying. Departure is always in January of the year following application and the term of the exchange is that calendar year. Applicants should be making sound progress at school and have a general interest in people and places. They should possess a good general knowledge of Australia - its political system, socio-economic policies and its involvement in international affairs. Applicants must have displayed high standards of personal conduct and attitudes which are widely accepted in our community. They must have an outgoing personality and be interested in cultural or outdoor pursuits. Rotary is looking for young people who can act as personal ambassadors.

ARE THERE OTHER OBLIGATIONS?

Students are required to adhere to the rules of the program, as applied in the country of exchange. These are to do with personal behaviour and the expectations of being an ambassador for their country, their family, themselves and Rotary.

The parents of outbound students are expected to host incoming students for a combined total of 12 months over a 2 year period. If they are unable to fulfill this commitment themselves, they are to find suitable host families that meet our requirements.

The Rotary Youth Exchange Program is arranged by Rotary clubs for young people to experience a year of education overseas, in a wide choice of countries. It also gives many other opportunities, both during and after the exchange is completed. The Rotary YEP is recognised as the best student exchange program by schools, parents and the students themselves because of its sound infrastructure. Students stay with host families who are arranged by the hosting club. Host families may or may not be members of Rotary, but are always Rotary approved.
Online Payment Facility Now Available

It is now possible for parents to make online payments to the school via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. To access the online payment system click on the $Make a payment tab on the front page of the schools website.

Items that can be paid include general school contributions, subject contributions, excursions, sales to students and creative and practical arts activities. There is also a category called “Other” which covers any items not covered in the previous headings. “Other” can be used by any other person or entity to pay a school invoice.

When you access the $Make a payment you must enter:

- the students name, class and reference number
  OR
- the students name, and date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice number - these are not used at our school, please leave blank.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed and receipts can be emailed to the school and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

Should you require any further information regarding the Online Payment process please contact the School Administration Office on 4341 9066.
All team five students have been completing assessment tasks over the past few weeks. 8.5.1 have also undertaken the Science Vivid test.

Next Wednesday 9.5.1 do their Mock Interviews. Then on 11 December we farewell our dedicated students at the year 9 Graduation Assembly.

Students that have achieved Gold and Platinum level in PBL will enjoy a rewards excursion on Tuesday 15 December 2015, notes will be distributed soon.
Team 8

What a busy Term it has been! Mr Lawler and I would like to take this time to remind the students in Team 8 that work will continue as usual right up until the last day of Term. As the weather heats up, it is important that students are wearing the correct uniform for both sport and the normal school day.

I would like to congratulate the ‘S’ students who have been confident enough to put their name forward for a 2016 SRC and/or School Captain position. I was very proud reading through the ballot papers and seeing all of the Team 8 students who had applied. I wish you all luck as the nominations occur over the next two weeks.

Mr Lawler will be taking a number of 8S students to camp this week. I hope the students have an enjoyable time and challenge themselves with the range of opportunities on offer.

My (Mrs Burns’) year 7S3 class, which is made up of a combination of students from the Team 8 have been cooking up a storm in the kitchens this term! Here are some pictures of them enjoying their coconut banana pikelets that proved to be a crowd favourite last week.
TERM FOUR TO-DO LIST:
- pay for Amy’s school excursion
- buy James new cricket shoes
- find out more about Saver Plus!

Match your savings for school costs, dollar for dollar, up to $500. The Smith Family is looking for new participants in your local area.

To be eligible you need to have:
- a Health Care or a Pensioner Concession Card
- a child at school or starting next year
- some regular household income, e.g. you or a partner may have casual, part-time, full-time or seasonal work.

Contact Geoff Hynd your local Saver Plus Worker:
4322 2900 / 0428 282 900 or
geoffrey.hynd@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is funded by ANZ and the Australian Government.
Cyberbullying prevention – tips for parents

At a glance

✈ Talk to your child about cyberbullying before it happens.
✈ Be aware of what your child is doing online.
✈ Locate the computer in a shared or visible place in the home.
✈ Don’t simply ignore cyberbullying.
✈ Watch for changes in mood and behaviour in your child.
✈ Report abuse to the relevant authorities.
✈ All schools have anti-bullying policies – ask about yours.

The statistics around cyberbullying are sketchy, mainly because it often goes unreported. What we do know is that the likelihood of children being bullied online or over the phone increases as they get older and use technology more frequently.

We also know that parents typically monitor their younger children’s online activities more than they do tweens and teenagers. Unfortunately the age when kids are most likely to be cyberbullied coincides with when we’re least likely, as parents, to know about it.

Say NO to cyberbullying – tips for parents

1. Talk to your child about cyberbullying before it happens. Work out strategies to address cyberbullying that both of you are comfortable with so your child knows what to expect if they do report their concerns to you.

2. Establish one or two other trusted adults your child is comfortable in approaching about their concerns.

3. Be aware of what your child is doing online and explore it with them.

4. Keep the lines of communication open so your child will be comfortable about talking to you if something is worrying them. Help your child to develop the skills they need to interact safely and respectfully online. Guide their online activities and help them learn to communicate appropriately with friends and family.

5. Try to locate the computer in a shared or visible place in the home.

6. Discuss the kinds of sites that are ok to explore and those that are not and have clear rules about online activities.

7. Help your child to block anyone who sends offensive content. Most social networking services allow users to block and report someone who is behaving badly.
Keeping Facebook private

At a glance

❖ Google your child's name, then search for them on Facebook. See who has access to what information.

❖ Make sure your child sets their privacy options so only genuine friends can find them on Facebook.

❖ Having hundreds of Facebook friends isn't proof of popularity, just proof privacy is not being taken seriously.

❖ What goes on Facebook can become public and permanent – the good, the bad and the soul-destroying embarrassing. Future employers will probably search for your child's name on Google and Facebook.

❖ Emphasise to your child that they should never agree to meet with anyone they have "met" on Facebook (or any other internet-based social network), without a