



# CONNECTED

KEEP LEARNING AND STAY CONNECTED



## MAKING THE MOST OF REMOTE LEARNING AND BEYOND

KEEP LEARNING AND STAY CONNECTED!

Welcome to the latest issue of Connected.

The Senior exams finished on Friday! Thank you to students who have been mindful around school to minimise disruption.

With only three weeks left to go until the end of term, we look forward to the festivities and forthcoming celebrations, including Graduation, but excitedly plan for the welcoming of 2021 and a brand new school year.

Orientation Day for our 2021 Year 7 students will take place on December 8th, with COVID safe restrictions in place.

Over the next few weeks, everyone will also have the opportunity for year level orientations, as students prepare to move onward and upward or into new courses!

Continuing with congratulations, lets see more of our SWPBS winners over the last few weeks and enjoy some of the work students have been doing in lessons.

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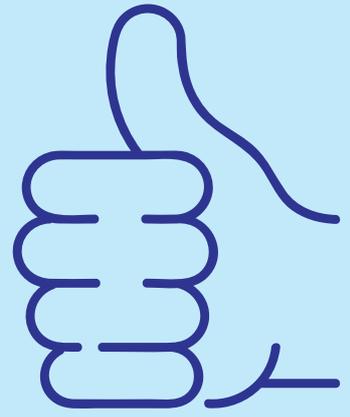
SWPBS

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## SWPBS

Don't forget, as part of School Wide Positive Behaviour Support (SWPBS), staff acknowledge when students are behaving positively at school. We are all back onsite now so don't forget, students are able to earn acknowledgement points for their behaviour. This could include; completing work on time and to a high standard, wearing your uniform correctly, arriving to class on time and bringing the correct equipment. Students who earn SWPBS acknowledgement points, will go into the draw to win a prize. The more points you receive, the greater your chances of winning are.



## CONGRATULATIONS TO THE WINNERS OVER THE LAST TWO WEEKS!

**Year 7- Nathaniel Uelehipa**

**Year 8- Leaphor Nou**

**Year 9- Lucas Pasquin**

**Year 10- Raiden Bontemps**

**Well done  
Keep up the great work!**



**Year 7- Aaron Rogers**

**Year 8- Sheil Samji**

**Year 9- Dakota Barbaressos**

**Year 10- Scarlet Males**

**Year 11- David Dobar**

## Back at School

### Performing Arts Academy

Great photos this week from Ms. Thay.

Alice in Wonderland;

(a short film students are creating in Performing Arts)

### Jewellery Academy

Nice work Narjis





# Bully Zero Webinar

You are invited to a Zoom webinar on December 10th, at 07:00 PM. The Topic: Lyndhurst Secondary College - It Takes a Village is aimed at Parents and Teachers and recognises the importance of the whole school community coming together to help recognise and prevent all types of bullying. The session provides understanding of bullying behaviours, how to recognise it and how to prevent it and manage it.

After registering, you will receive a confirmation email containing information about joining the webinar.

Register in advance for this webinar

[https://zoom.us/webinar/register/WN\\_G2zYwJ46R-eKeD-5RH4cnQ](https://zoom.us/webinar/register/WN_G2zYwJ46R-eKeD-5RH4cnQ)



#### What is bullying?

Bullying is when an individual or group uses its power and strength to repeatedly, deliberately and intentionally use words or actions against another or a group that hurts, threatens, excludes, harasses, humiliates verbally, physically, psychologically or electronically making the victim feel oppressed, traumatized and powerless.

#### What is cyberbullying?

Sending abusive texts, stalking, making threats, abusive emails, posting unkind messages or inappropriate images on sites, intimidating and deliberately excluding others online.

#### What bullying is not

- Disliking someone.
- Bad moods/ arguments/ being "bossy".
- Accidental or once off incidents physical harm.
- Telling a joke about someone once.
- Not playing with someone or choosing different people/ groups to play with.

#### Traditional Bullying

- Face to face.
- Can find a safe space or escape.
- Limited to onlookers.
- Bully can be identified.
- Can see facial and body reaction of target and onlookers.

VS

#### Cyberbullying

- 24 hours a day, 7 days a week, 365 days a year.
- No safe space- hard to escape.
- Shared by a wide audience, can go viral in a matter of seconds.
- Bully can be anonymous.
- Harder to empathize with the target.
- No geographical limitations.
- The target can easily become the bully.

#### Cyberbullying

As a parent learn the language, play the games, research the apps they use, role model positive behaviour but don't ban devices.

### Encourage your children to:

Be critical thinkers.  
Have empathy for others.  
Respect themselves and those around them.  
Take responsibility for their actions.

Be resilient.  
Remove technology from the bedroom.  
Talk about being safe online.

## HELP AND RESOURCES

If you are experiencing violence or threats of violence, immediately report the incident to police.

All emergency and life-threatening incidents call **TRIPLE ZERO 000**

### The Office of the eSafety Commissioner

1800 880 176  
[www.esafety.gov.au](http://www.esafety.gov.au)

### Kids Helpline

1800 551 800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### Lifeline

13 11 14  
[www.lifeline.org.au](http://www.lifeline.org.au)

### eHeadspace

1800 650 890  
[www.eheadspace.org.au](http://www.eheadspace.org.au)

### Beyondblue

1300 224 636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

### Lawstuff

[www.lawstuff.org.au](http://www.lawstuff.org.au)

### BULLY ZERO™

[www.bullyzero.org.au](http://www.bullyzero.org.au)

### Bullying. No Way!

[www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

### Think U Know

[www.thinkuknow.org.au](http://www.thinkuknow.org.au)

### Common Sense Media

[www.common sense media.org](http://www.common sense media.org)

## PARENTAL CONTROLS

Internet service providers e.g. Telstra, Optus, Dodo, TPG

### Family Zone

[www.familyzone.com.au](http://www.familyzone.com.au)

### Net Nanny

[www.netnanny.com](http://www.netnanny.com)

### OurPact (free app)

[www.ourpact.com](http://www.ourpact.com)

### Life360 (free app)

[www.life360.com](http://www.life360.com)

Want to make an impact? Support BULLY ZERO™ by sponsoring our education programs across Australia, visit our website for more information.

[03] 9094 3718 - [www.bullyzero.org.au](http://www.bullyzero.org.au)

