



Term 2 Newsletter

Week 8

16th June 2023

Kia ora, Talofa lava, Malo e lelei, Kia orana, Fakaalofa lati ahu, Bula, Namaste, Ni hao and Hello to everyone

Dear parents, caregivers and whanau,

We want our school to be a safe place.

Because of the rapidly changing times, our tamariki are growing up in and, the mounting challenges and harms they are facing online we need to start talking about and tackling this as a community.

As such, we have organised Author, Filmmaker and Speaker Rob Cope, producer of the documentary "Our Kids Online" to come and give what promises to be a humorous and eye-opening evening talk to our parent community.

Click and watch this short video

[Our Kids Online Parent Evening.](#)

Rob's talk will cover:

- **Cyberbullying** - How cyberbullies can reach our kids 24/7
- **Social media** - The pressure for kids to build an online brand that is often far removed from their authentic selves. FOMO, Highlight Reels
- **Gaming and the developing brain** – An oversupply of dopamine leading to dopamine deficiency, synaptic pruning, and the underdevelopment of social skills and empathy.
- **Naked Selfies** - The pressure to send nudes from intermediate up through high school.
- **Online predators** - The methods they use, how to spot them, and how to get out from under their control if your child has been trapped.
- **Online porn vs healthy sexuality** - How consuming online pornography as a child or teen can create a sexual template where violence, aggression, and dominance are seen as normal, and consent can become very blurry.

Solutions

- **Filters** - Which filters are best and how to install them.
- **Smartphones** - How to lock down a smartphone to make it a safe phone.
- **Boundaries** - How to put good boundaries in place around device use.
- **3 golden rules** - The 3 golden rules that will keep your kids safe.
- **Talking to your kids** - How to have difficult conversations with your kids.

KEY DATES TERM 2

Mon 26th Jun
5.30pm – BOT Meeting

Thurs 29th Jun
Pyjama Day
Last Day of Term for students

Fri 30th Jun
Parent-Student-Teacher
Conferences.
**School is closed for
instruction.**

TERM 3

Mon 17th Jul
Start of Term 3

Tues 18th Jul
Our Kids Online 7pm

Mon 31st Jul
BOT meeting

Mon 31 Jul – Fri 4th Aug
COOK ISLAND LANGUAGE
WEEK

Mon 21st – Fri 25th Aug
Sports Camp

Mon 28th Aug
BOT meeting

Mon 4th - Fri 8th Sept
TONGAN LANGUAGE WEEK

Weds 15th Sept
Market Day

Mon 11th – 15th Sept
MAORI LANGUAGE WEEK

- **Challenging our own phone and device usage** - Reconnecting as a family.

The talk will be held in our school hall on Tuesday 18th July from 7-9pm.

We would request that at least one adult from each family attend, this topic is too big for us not to pay attention.

Rob's mantra - *"We need to tackle this as a community so that all of our kids are safe. When you protect your kids online, you are also protecting mine and when I protect my kids online, I am also protecting yours."*

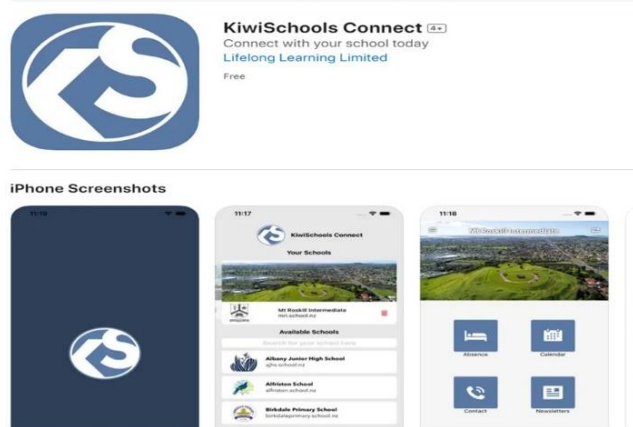
Shirley Hardcastle
Principal

Mon 18th Sept
BOT meeting

Fri 22nd Sept
Last day term 3

Viscount School app

We have a new school app. Please go to <http://onelink.to/sb8tvm> to download this app – free to install and scroll down for Viscount School.



Pyjama Day – Thurs 29th June

Get ready to have the most comfortable and snuggly day at school this term! Hubbards have asked to support our school on Pyjama Day. They will be setting up a Breakfast Caravan at the front of the school and will be giving a free breakfast to our tamariki. Awesome!



Parent- student- teacher conferences – Fri 30th June

Please go to:

www.schoolinterviews.co.nz

Code: fh3j3

Select your child's teacher and book at time.

Please note school is closed for instruction on this day.



ME Family Services presents

Manaaki Whanau Fun Day

WALTER MASSEY PARK
MANGERE EAST

SATURDAY, 17 JUNE 2023
10:00AM - 2:00PM

FREE

FOOD | LIVE MUSIC | DJ | GAMES
BOUNCY CASTLES | PRIZES
CULTURAL PERFORMANCES



ME
FAMILY
SERVICES



Viscount School presents:

Parents Cyber Safety Evening

With Rob Cope - Author, Parent & Filmmaker of the
2020 documentary: 'Our Kids Online'

- Understand the harms our kids are facing online in relation to cyber bullying, predators, pornography, gaming, social media and the 24/7 switched on effect on the developing brain.
- Learn practical solutions to keep your children safer online.
- Get advice on healthy ways to approach these tricky topics.
- Learn what to do when your child has been exposed to something harmful.

Watch the promotional video here - [Our Kids Online Parent Evening](#).

TUESDAY 18TH JULY 2023 | 7PM - 9PM
65 VISCOUNT STREET, MĀNGERE, AUCKLAND

To find out more about Rob's work
visit www.ourkidsonline.info