



# Term 3 Newsletter

Week 1

16<sup>th</sup> 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,

**PLEASE** come along to this important event 7pm. Snacks and a cup of tea will be available. Children will be entertained in the Library.

[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.
- **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.

## KEY DATES

### TERM 3

**Mon 17<sup>th</sup> Jul**

Start of Term 3

**Tues 18<sup>th</sup> Jul**

Our Kids Online 7pm

**Mon 31<sup>st</sup> Jul**

BOT meeting

**Mon 31 Jul – Fri 4th Aug**

COOK ISLAND LANGUAGE WEEK

**Mon 21<sup>st</sup> – Fri 25<sup>th</sup> Aug**

Sports Camp

**Mon 28<sup>th</sup> Aug**

BOT meeting

**Mon 4<sup>th</sup> - Fri 8<sup>th</sup> Sept**

TONGAN LANGUAGE WEEK

**Mon 11<sup>th</sup> – 15<sup>th</sup> Sept**

MAORI LANGUAGE WEEK

**Mon 18<sup>th</sup> Sept**

BOT meeting

**Thursday 21st Sept**

Market Day

**Fri 22<sup>nd</sup> Sept**

Last day term 3

**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

## Parent- student- teacher conferences –

If you were unable to meet with your child's teacher on the 30<sup>th</sup> June we are offering another opportunity for you to have a chat about your child's progress on **Tuesday 25<sup>th</sup> July between 3 and 6pm. We would like to meet with every parent/ caregiver to have an important chat about your child's learning and how we are planning to get your child up to speed and on track after two years of s disrupted learning. School reports are available from teachers at these conference meetings.**

Please return the slip your child will bring home this week.

## Minor Health Conditions Service

Te Whatu Ora – Health New Zealand has asked that we share the following information with our school community. This winter, between Monday 12 June and Saturday 30 September, participating community pharmacies in Auckland will provide a Minor Health Conditions Service for Māori and Pacific people, children aged under 14 years, and community service card holders. The service allows pharmacists to have a clinical consultation and provide advice as well as medication if needed for a select set of minor health conditions no cost to the patient. It also includes whānau members of a child with similar symptoms. For example, if the pharmacist determines your child needs treatment for scabies and they have older brothers or sisters, or you yourself also have symptoms, they may provide advice and medication for all of you.

The following health conditions are included in the Minor Health Conditions Service:

- Acute diarrhoea
- Dehydration
- Eye inflammation and infections
- Scabies
- Headlice
- Pain and fever
- Eczema/Dermatitis
- Minor skin infections

If your condition needs further support, the pharmacist can tell you the best place to go to get further help. Let's spread the word to our friends and whānau about this new service! It's also important to remember that you can always speak to your local pharmacist for free health advice, even if you are not eligible for this service. Participating pharmacies can be found by going to HealthPoint and searching "Minor Health Conditions". You can also find a list [here](#)

## 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.



## School Uniform

Sadly due to supply issues beyond our control, we have needed to move to a local supplier. We have tried to keep the style and quality similar and the price as close to the original as possible.

The good news is that you can now order online and a link

<https://www.uniformhub.co.nz/collections/viscount-school>

to that is enclosed here and is on our website.

A new price list is also available on line.

Students can continue to wear previously purchased items.

## Sports shoes

One of our wonderful parents has offered free sports shoes to our students. If you have not returned your form or you need a new one, do see the office to get another one. All forms must be in by **Friday 21<sup>st</sup> July.**

## Community Notices

SKIDS have closed their service at Viscount School for now. This was because they did not have enough enrolments in their after school programme for them to be able to continue. If you would like this service to restart, please let us know.



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](http://www.ourkidsonline.info)