



A View to a Brighter Future

Newsletter 9 2nd October 2013

BELLAVISTA News

Cognet Tool:

Inner Meaning

Uniform Shop Times

Tues, Wed
7:30—8:15

Events for the week

<u>Wed 02 Oct</u> Prof Venter	<u>Thurs 03 Oct</u> Prof Venter	<u>Fri 04 Oct</u> Prof Venter Denim for Diabetes R10 donation Grade 4 Tuck	<u>Sat 05 Oct</u>
<u>Sun 06 Oct</u>	<u>Mon 07 Oct</u>	<u>Tues 08 Oct</u> PA Meeting 6pm	<u>Wed 09 Oct</u> Cricket Match

Dear parents

The nuts and bolts:

4 October 2013: All to wear “**Denim for Diabetes**”. The children have been asked to make a R10 donation towards the Diabetes cause.

Many children have unkempt hair – please support the efforts of the school to have the children neatly presented. A neat, schoolboy haircut is not negotiable for the boys and girls are required to pin, clip or tie hair off the face, neatly.

There are still too many brightly coloured sports shoes at play on Tuesdays and Thursdays. Predominantly white sports shoes are the required uniform.

The essence of the message this month

I would like to use this newsletter to highlight and underline and emphasis and stress the importance of **your** role in the internet safety of your child. In the article, I have included hyper-text that can take you to websites and blogs that offer more information to you.



How To Have “The Talk” With Your Kids (On Internet Safety, That Is) - a synopsis of some ideas shared on Randi Zuckerberg’s (sister of Facebook CEO and one of early staff at Facebook) blog (dotcomplicated).

dot complicated
by Randi Zuckerberg



When you and I were growing up, one of the most difficult talks for a parent to have with their child was about the “birds and the bees.” Today, since kids access the Internet and connect with peers through more devices and apps than ever before, Internet safety has become the new “sex talk” that parents need to have with their children. Keeping up with new developments in personal technology is challenging and it can be overwhelming for parents who want to monitor what their kids are up to online.

News From The Principal

A recent study found that 95% of teens use the Internet regularly and 78% now have cell phones – *data that should encourage any parent to keep an open dialogue with their child about Internet use.*

One way to help kids with Internet safety is to use parental controls, Internet filters, content-management apps and usage-monitoring software to limit kids' access to bad content and reduce temptation. I have sent home, via this newsletter, several articles, tips and strategies. Since kids can access the Internet from multiple devices and from school or a friend's home, it's almost impossible to limit your child's access to certain sites. What to do? Perhaps one can't always cover kids' eyes – but one can teach them how to see.

1. Educate yourself first, then talk to your kids about Internet safety. I have always believed that the first step for parents when it comes to Internet safety is taking the time to educate themselves. Many parents will tell me that they are "useless on a computer" or that "it's all beyond me". So was nappy changing at one stage in your life. Regrettably, **you have no option as a responsible parent.** You must, as a parenting imperative, take classes/ lessons/ online workshops just as you did antenatal classes! www.cellphonesafety.co.za is a great place to start.

Make yourself familiar with topics such as Cyberbullying, Online Security, Privacy and Digital Footprints, Smart Searching and Talking Safely Online. We will be covering these topics at Bellavista in a new subject offering called "Digital Citizenship" for Grades 5 – 7 as of January next year. The current Grade Sevens are guided all the time, albeit not in a formal instructional period. We will use information such as is found on <http://www.common sense media.org/educators/educate-families/tip-sheets>. I send you the link in the hope that you use it for your own information purposes.

2. Start conversations early, but remember it's never too late to start. Install [parental controls on the iPods](#) and on [Microsoft accounts on the PC](#) and talk to your child about what these measures are for.

With school going children, exert your parental right to "follow" or "friend" all the social media handles that your child sets up.

"Really?! Your teenager shared THAT online?! Today's teenagers are pouring out their hearts and souls to millions of people, across social media platforms."



If you have a 13+ teen in the house, he or she may be tech-savvy enough to navigate around parental controls, so talk about the websites and apps he/she is engaging. Ask your teen about the site/app privacy controls that she/he (not his parents) set up. Challenge your teen to protect him/herself. If your child is of age to use [Instagram](#), discuss the importance of keeping his/her stream private and only sharing appropriate pictures. Instagram recently launched a [video sharing feature](#) - be sure your teen understands what appropriate video content is as well. Before your 13+ child starts using Facebook, go through the [Safety Center](#) together and set privacy and security settings. Ask your child to explain how she/he uses sites that you are not familiar with. The kids teach the teachers and I am sure will enjoy teaching you about

new apps and websites. Keep an eye out for updates that affect privacy settings. It is irresponsible to allow an underage child (i.e. under 13 years old) on social media networks.

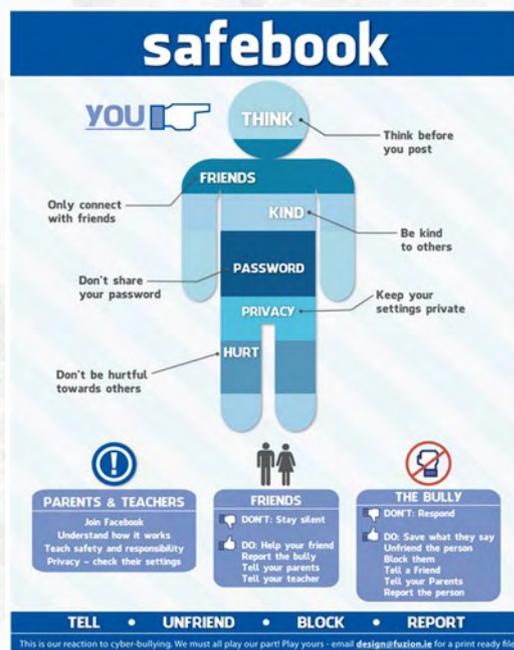
3. Make a plan to have regular "talks" as a family. The supper table can be good for this. Alternatively, Internet safety talks can happen while relaxing on the patio, while talking a walk together, during coveted car time when no friends are around, before we buy a new piece of technology, or even just when using the family computer. Alert your child to a news report where Internet safety was an issue. Grab every teachable moment.

4. Use of tech should include creating and engaging content. The tech-savvy kid will have a leg-up in today's job market, and so it's vital for them to be actively creating and engaging with age-appropriate content. Parents need to help their kids critically analyze content by teaching them the golden rules of the Internet:

- Not everything you read online is true.
- There is a big difference between fact and fiction.

There are safe and effective ways to search for the online information you need.

5. Establish family rules. Establish family "screen time" rules (it is no longer about time in front of the TV) and adjust them appropriately as the kids get older (younger kids should get less time, typically). Let your children earn their screen time. Perhaps your teenager earns the privilege to use the iPhone by being open with you about the apps he uses, using her phone politely and responsibly in the presence of others, and allowing you to occasionally check the device. The other family rule could be to make sure mom or dad is added as a friend or follower to any social network. Respect your teen's privacy and explain that you are trying to protect his/her safety and digital footprint. Everything he or she shares online could be viewed by a college recruiter or future employer. Regularly remind your kids that people online could be using a fake name, age or sex and that they need to be careful. I have posted a useful video to the Bellavista School Facebook page for you to view with your child in this regard.



Related posts that you may want to read:

1. [Does Your Family Have A Safety Plan?](#)
2. [4 Reminders To Keep Tabs On Your Kids Online](#)
3. [WHAT SNAPCHAT'S DISAPPEARING ACT MEANS](#)
4. [Introducing Duck Face- The Instagram Photo Trend That Has Our Heads Shaking](#)

RAFFLE

Booklets of tickets have by now been sent home with your child. Please support this PA fund raising initiative. The prizes are fabulous and the tickets only cost R30 each.

Bellavista SHARE Talk

Have you reserved your seat for this valuable presentation by Luke Lamprecht—Children’s Unfolding Sexuality—on the 16th October? If not be sure to contact Imogan in the school office.

Enjoy the week!

Best wishes
Alison Scott

Cognitive Enrichment:
Please visit <http://bellavista.org.za/cea/> to follow our CEA tips!

Grade 3 girls enjoying a birthday party!



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Funds raised during the month of August = R4 048.86.
Currently there are 314 card holders, using their MySchool cards and raising funds for Bellavista School and for charity.
If you do not have a MySchool card click on this link and you can apply online:
<https://www.myschool.co.za/supporter/apply/>

MySchool Partners include:

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INTAKE FOR 2014

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Can I live with you please?

Please contact Ian or Roly on 082 802 5421

My Mommy and Daddy are moving to Australia and unfortunately I can't go with them ☹ I am looking for somebody who will love me and care for me as much as they did and in return I will give you unconditional love and endless hours of entertainment. My name is Zoey and I am three and half years old. I am playful and have the sweetest loving heart and beautiful spirit. I love to play with dogs and cats – and I adore children.



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