

Parent Contact



Tasmanian State School Parents and Friends Inc.

December 2009

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- i' A Ybh' U' < YU' h' : i' Gh' XYbh' HFUbgdcfh
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EXPRESSIONS OF INTEREST

TUNE IN NOT OUT

Podcast Production Workshops and Taster Sessions 2010
for educational institutions & community groups



The Tune In Not Out (TINO) team is now accepting applications from educational institutions and community groups across Tasmania interested in running either Podcast Production Workshops or TINO Taster Sessions in 2010.

TINO is a national podcast service for young people aged 16-25 years. The aim of the service is to assist young people to make safer and more informed decisions around their use of alcohol and other drugs.

In Podcast Production Workshops, young people are supported by TINO facilitators to research, plan, film and edit their own podcast on a health related topic. Topics range from drugs and mental health issues, to family relationships, sex, and independence. TINO Taster Sessions provide a shorter modified version of these workshops where participants create 'clips' of content rather than a full podcast. TINO can be used across a wide range of curriculum areas.

The most creative and informative podcasts produced in workshops are selected and showcased on the TINO website, www.tuneinnotout.com for young people across Australia (and the world!) to access.

If you are interested in becoming a leader in your field by using this innovative, nationally recognised and engaging approach to health education please submit an Expression of Interest addressing the eligibility criteria.

For eligibility criteria and an information pack, please contact the TINO Crew on 1300 369 319 or tino@den.org.au.

Please submit Expressions of Interest to tino@den.org.au or Drug Education Network, 2 Midwood Street, New Town, 7008.

The first round closes January 31, 2010. The second round closes March 31, 2010.

The cyberworld is growing faster than the blink of an eye and parents need to be more vigilant in educating their children in the use of internet technologies says Greg Gebhart, Australian Communications and Media Authority cybersafety trainer.



At the recent National Parents Conference, jointly hosted by the Australian Council for State School Organisations and the Australian Parents Council in Hobart (which TASSP&F executive members were privileged to attend), Greg asked how was it possible to get parents to be more concerned about their children's cyber usage.

While the media has been focussed on the texting habits of teenagers, he said it's the younger children who are of concern. And he means as young as grade 3. They are more proficient with technology than teenagers and are able to make the most of their mobile phones – using the cameras, playing games, making phone calls, texting and using the internet.

He stressed that while technology itself is not a problem, in fact it is a fantastic tool when correctly used, there are safety issues that parents need to be aware of.

He made a series of recommendations including:

Parents must manage the amount of time that children/teenagers are allowed internet use. Specific times should be set and parents need to enforce this.

He cautioned against children having computers with internet links in their bedrooms citing the example of children who get up at 4am and 5am to play internet games while their parents sleep. This leads to the children suffering from sleep deprivation and this can affect their school performance and therefore their lives. He says gaming generally is of concern because it can lead to conflicts with parents, rushed meals, addiction and can even affect the child's/teenager's personal hygiene. Also gaming can be violent and this can have an adverse affect on children.

He suggested that schools and parents begin cybersafety education in kindergarten.

Children need to be taught that they should only talk to people on line that they have met face to face in life. This makes the online interactions much safer.

Also children need to be taught how to fill in online forms, in particular to only provide the required information. Identity theft can be an issue when too much information is placed on line.

Parents themselves as well as their children need to be careful of social networking sites. If you are placing photographs and other material on these, you should ensure that you are set to private.

He completed his presentation with details about cyberbullying. Cyberbullying includes nasty emails, upsetting mobile phone messages, abuse in gaming worlds, threatening MSN messages. Cyberbullying is on the increase even in primary schools and while it used to predominantly be girls, now boys are bullying as well.



Research statistics show that 10 per cent of Grade 9 and above students are being bullied, that means they are receiving ongoing threatening or abusive messages.

Greg said that children don't report cyberbullying because they don't believe that parents or schools can stop it. They think reporting it will escalate the problem or that parents will take the technology from them.

It is vital that parents understand the school's cyberbullying policies, know how to report cyberbullying and to make sure they do so and work with the school on the problem.

Interestingly there is a correlation between the children at risk offline; it is the same ones who are at risk online.

ACMA has resources on educating children about cyberbullying and the safe use of other internet and web technologies. They can also help schools establish policies, provide accredited teacher training or parent information evenings. The organisation also has a kid's help line. There are counsellors online to help children sort out their issues.

Greg said that the main thing for parents to remember is that children are not always good at understanding the risks, therefore parents must help in educating their children on cyber safety.

To view ACMA's resources and learn more about cybersafety check out www.cybersmart.gov.au

Elizabeth Delaney TASSP&F Southern Co-ordinator

Is your school Asthma Aware or Asthma and Anaphylaxis Aware?

The Tasmanian State School Parents and Friends Association encourage parents to use their influence to push for their schools to minimise the risks by becoming asthma and anaphylaxis aware.

Free training, available through the Asthma Foundation of Tasmania, allows schools to become Asthma Aware (formerly Asthma Friendly). It then costs \$25 a head, after heavy subsidisation from the Foundation, for competency-based anaphylaxis training.

In the past 12 months the number of schools with asthma awareness in Tasmania has grown from 42% to 72% (this statistic includes all non-government schools), the second highest result in Australia. Asthma awareness in Government schools is 70%, with 17% having expressed interest and awaiting training. The final 13% of schools have yet to consider or take up the training. Competency-based anaphylaxis training has taken place in 20 schools this year. As part of a school becoming anaphylactic aware, the Foundation also works with schools to establish and enact suitable asthma and anaphylaxis policies as well as providing parent or other age-appropriate information sessions.

Parents of anaphylactic children are further encouraged to provide the school with a back up auto injector for emergency situations. As of February next year, there will be two auto injectors the EpiPen and the Anapen, on the market. These auto injectors are administered quite differently and the competency-based training for schools includes hands-on training in both devices.

The Foundation suggests schools develop a policy that supports the use of an auto injector belonging to another child in emergency cases where a single EpiPen is not enough or a child not diagnosed with anaphylaxis has an anaphylactic reaction. Once they had access to the auto injector, staff would call 000 and administer the adrenalin if advised to do so. The child owner of the EpiPen would be isolated to limit their chances of an anaphylactic reaction. This suggestion is made on the basis that in an anaphylactic reaction time is of the essence and adrenalin is a safe drug.

Let's aim for 100% asthma and anaphylaxis awareness in our Tasmanian Government schools.

There have been many pressing issues in education in the past year and with a rapidly changing world, many more to come. Below are some questions, in no particular order, which you might like to ask your local State Politicians as you think about casting your vote in the lead up to the next election.

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 - * K \Uh'k j''mci f'dUfmiXc'hc'Ybgi fY'h\Uh'ghi XYbh'UVgYbhYY]ga 'k j''VY'g][b]UWVbh'mi fYXi WX'j]b'h\Y'bYI h' 'mYUfg3
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MANAGEMENT COMMITTEE Meeting Dates 2010

13 FEBRUARY	27 MARCH	15 MAY	26 JUNE
7 AUGUST	18 SEPTEMBER	30 OCTOBER	4 DECEMBER

Members are always welcome to attend our meetings as observers.
Please contact our office if you'd like to attend an upcoming meeting.

Stay in touch.....

If parents, carers or friends have any concerns regarding their children's school education please contact our friendly staff on 6234 9488 or admin@parentsandfriendstasmania.asn.au

All submissions to Parent Contact to be made no later than the 25th of each month. Please send information to Cassandra: cassandra@parentsandfriendstasmania.asn.au or phone 6234 9488 fax 6234 9378



The views expressed by individuals and groups contained in this publication are not necessarily recommended nor endorsed by the editor TASSP&F.