



# LUCKNOW BELL

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Date: 19.07.2023

School Calendar Term 3 – July/August

SUN	MON	TUES	WED	THURS	FRI	SAT
16	17	18	19	20	21	22
			Play2Learn Playgroup 9:30 - 11:30am Region Winter Sports	Play2Learn Playgroup 9-11am Pop up Shop 8:00-9:00am & 3:00:3:30pm	Prep 2024 Open Morning School Tours 9am-10am Assembly 2:40pm	
SUN	MON	TUES	WED	THURS	FRI	SAT
23	24	25	26	27	28	29
			Play2Learn Playgroup 9:30 - 11:30am Athletics Day for 10, 11 & 12 year olds	Play2Learn Playgroup 9-11am Athletics Day for 7, 8, & 9 year olds Prep Athletics 11.30-1.30pm Come & Play Prep 2024 Afternoon 3:30-4:30pm	Walk to School 8am Prep's 100 days of school Soup Day 50c cup School Disco	
SUN	MON	TUES	WED	THURS	FRI	SAT
30	31	1	2	3	4	5
	ICAS Registrations Due			Play2Learn Playgroup 9-11am Come & Play Prep 2024 Afternoon 3:30-4:30pm	Walk to School 8am School Assembly 2:40pm	

## PRINCIPAL'S REPORT

### Welcome Back

It is great to be back and into our second week of Term 3. We are welcoming many new students to our school this term. Welcome: Luke (PAS), Zahlia (PAS), Emily (1ES), Parker (1CB), Tate (1CB), Aurora (12C), Abby (3CM), Clancy (3CM), Lewis (3MP), Hunter (3EB), Lani (45A), Ola (45A), Jasmine (5CM), Matilda (5DC) and Josh (5FW). We hope you love Lucknow Primary School as much as we do!

### 2024 Enrolments:

I cannot believe that it is that time of the year again to begin making plans for class structures for the new school year. For 2024 Preps we will be having an open morning this Friday (21<sup>st</sup> July) from 9-10am and a 'Come Play' session for families next Thursday 27<sup>th</sup> July from 3:30 – 4:30pm. These are great opportunities for your child to connect with other Preppies enrolling and to get to know staff. Please let your friends and families know of these dates if they are intending to enrol, or otherwise, please encourage them to contact the office to arrange a tour at a time that suits them.

## Morning Activities @ LPS

I just thought I'd bring to your attention the variety of things we offer at Lucknow PS to get our days started right.

**Tuesdays:** Fitness Fanatics – 8:15am: Go for a walk or run around Hacks Track with Milo and the team.

**Wednesdays:** Breakfast Club 8:00am – a variety of delicious options are available to all students free of charge and we love to see kids sharing a chat over breakfast. We offer a variety including fruit and cereal, toasties, spaghetti to name a few menu items. All students are most definitely welcome.

**Thursdays:** Fitness Fanatics – 8:15am and Breakfast Club 8:00am – as above, please come along.

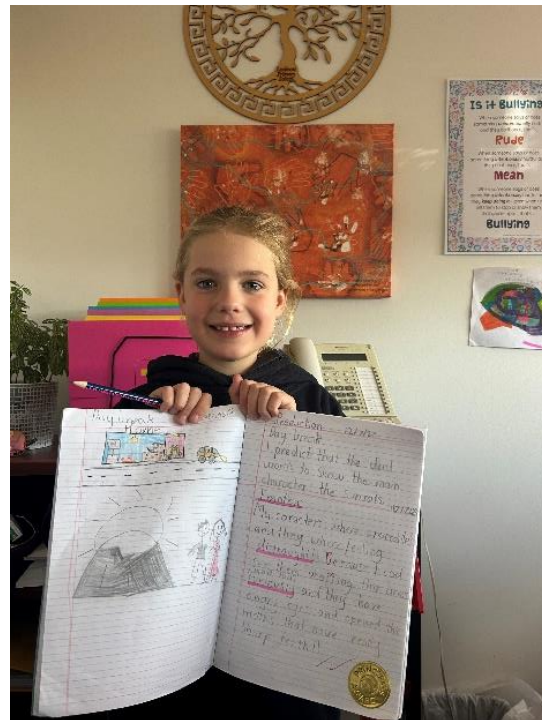
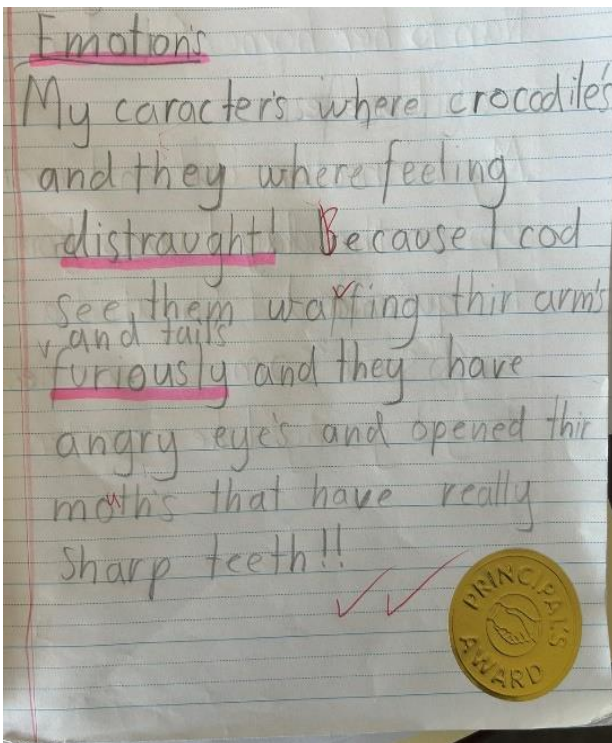
**Fridays:** Walk to School – 8am departing from the corner of Flinns Rd and Great Alpine Hwy: A lovely and positive way to start a FriYay (*weather permitting*). Parents and friends are welcome to attend or you can leave them with us. If you're running a bit late, join us along the way.

## Pop Up Shop:

As of this Thursday (20<sup>th</sup> July), we will have a pop up shop that all are welcome and encouraged to visit to help yourselves, free of charge to various pantry items and fresh fruit. Please bring your own bag and know that everybody is welcome to access this service which is available free of charge to the school through the same provider as the Breakfast Club. The shop will be accessible from 8am – 9am and 3:00 – 3:30pm daily in the foyer of the hall. We need to use this service in order to keep this service – so come on families, it's all for free!

## Student Learning

Our current whole school Writing Trait focus is **Word Choice**. The 'Word Choice' trait is all about using specific vocabulary to add energy. Choosing words that are colourful fresh and snappy, helping the reader to see the author's ideas. Check out how Ivy of 1/2 C has chosen words such as 'distraught' and 'furiously' to enhance the meaning of her piece. Top job Ivy – you're working really hard!



## **NAPLAN**

Results for NAPLAN will be arriving very soon for Years 3 and 5 students and this year, they will look a little bit different. More information will come out with the reports on how to interpret them and what each section means. When they come out, if you would like to arrange a time to go through your child's results, please make a time through the office with myself or either of our Assistant Principals, Emily Forbes or Warren Fyfe. In upcoming newsletters we will be excited to be able to share snapshots of our whole school performance.

Happy learning everyone, have a great week!

**Carly Miller – Principal**

## **PARENT/TEACHER CHATS**

There will be an opportunity this term to book a time with your child's teachers to discuss their progress, look at their work and ask questions you may have. These can be booked via uEducateUs and there will be a chance to meet with both classroom teachers and specialists. These will occur in week 6 of this Term on both Monday the 14<sup>th</sup> of August and Wednesday the 16<sup>th</sup> of August. Keep an eye out on uEducateUs for when bookings will be open.

## **TERM 3 UPCOMING DATES**

There are lots and lots of special events happening in Term 3, including school camps, Sports Colours Day, Athletics Day, National Day against Bullying etc. On top of having a brief snapshot of 3 weeks in our newsletter we also have a calendar on uEducateUs that can be accessed by families so they can see dates and events in advance. Please let the Office know if you need to get updated login details.

**Emily Forbes - Assistant Principal**

## **ICAS**

### **ICAS – competition for Writing, English and/or Maths**

Each year, Lucknow Primary School takes part in the International Competitions and Assessments for Schools (ICAS), which gives students from Grades 2-6 the opportunity to measure their own achievement by an external testing body. These tests are held at school and are supervised by teachers.

These tests are provided by the University of N.S.W and, when completed, are marked by ICAS staff. All students receive a certificate and an individual student report. If you would like your child to participate in all or any of these tests, you will need to register and pay for your child online using the parent payment system before July 31, 2023. Please complete the slip and return it to school for further information this week.

**Melanie Pendergast – ICAS Co-ordinator**

My child \_\_\_\_\_ of class \_\_\_\_\_ is interested in participating in the ICAS tests this year.

## **DYSON'S TOWN BUS – FARE INCREASE**

Dyson's Town Bus has increased their fare to \$1.30.

Many of our students catch the Dyson's Town Bus after school to travel home, into Bairnsdale or to the After School Program at the BARC. If your child uses this service, please provide them with \$1.30 per trip. Alternatively contact Dyson's Bus Service to purchase prepaid tickets.

Thank you.

## HEALTH & WELLBEING

Lucknow Primary School has a comprehensive Health and Wellbeing program that is implemented in every grade for at least one hour per week throughout the year. Our focus is on developing healthy, respectful, happy and resilient kids.

The program has been developed to include concepts such as our school values of; Respect; Care; Honesty; Inclusiveness and Commitment, as well as social skills and resilience. It also covers components that are mandated by government legislation including gender-based violence and sexuality education. The main resources used throughout the program are provided by the Department of Education –Rights, Responsibilities and Respectful Relationships, Catching on Early, and EveryBODY Education.

During Term 3 all year levels will be completing the sexuality education component and Unit 7 of Rights, Responsibilities and Respectful Relationships which is Gender and Identity.

An emphasis for our younger students is to begin with describing emotions, celebrating personal strengths and using the correct names for body parts. Parents can support this at home by also using and encouraging children to use correct language.

Research shows that education programs that work on building positive gender relationships must commence from an early age, as children are well aware of gender norms and make efforts to fit within gendered expectations by the time they are in kindergarten.

As young children absorb gendered expectations, they can acquire and exhibit stereotypical, prejudiced and often negative attitudes toward those that they perceive as 'others'. They may for example insist that some games are for boys and others for girls, and actively reject peers from certain games. Classroom activities can be used to help children to explore gender identity, challenge stereotypes, and value and show respect for diversity and difference.

In partnership with our families at Lucknow PS, we plan to promote and model respect and equality – and to teach our children how to build healthy relationships, resilience and confidence.

We know that changes in attitudes and behaviours can be achieved when positive attitudes, behaviours and gender equality are lived across the school community, and when classroom learning is reinforced by what is modelled in our school community.

Each year level team will send out further information as required to elaborate on what is in the program for their level. If you have any questions, please feel free to speak to your child's teacher or one of the principal team.

Thank you for your support.

Warren Fyfe  
Assistant Principal

For more information on aspects of our Health and Wellbeing program please see the following resources:

### ***Resilience, Rights and Respectful Relationships***

<https://www.education.vic.gov.au/about/programs/Pages/respectfulrelationships.aspx>

### ***Catching on Early***

<http://fuse.education.vic.gov.au/Resource/ByPin?Pin=X25PYT&SearchScope=All>

### ***EveryBODY Education***

<https://shvic.org.au/education-resources>

## SMILE SQUAD

### Smile Squad is coming to Lucknow Primary!

The Smile Squad team from Bairnsdale Reginal Health Service are coming to our school. As LPS is a large school they have nominated that they will start with the Grade 6 students first.

### Smile Squad Dental Packs

All children deserve a healthy smile, and the Smile Squad free school dental program is working hard to help make sure this happens.

Your child(ren) will soon receive a free dental pack to bring home. The dental pack contains a toothbrush, full sized toothpaste, and an oral health brochure. Please take the time to read the brochure. It's full of helpful hints and tips to help your whole family eat well, drink well and clean well – for life.

Smile Squad provides standard strength fluoride toothpaste that is generally used by ages six and over, unless recommended by a dental or trained health professional.

If your child is under six, please talk to a dental or trained health professional to find out if your child might benefit from using this toothpaste. You can also choose to put the toothpaste away until they turn six or give it to someone else in your family to use.

## SOUP DAY

Garden Club students will be selling vegetable soup on Friday 28<sup>th</sup> July for 50c a cup. Funds raised will go towards buying more plants for our garden.



# Lucknow Primary School turns 150!

# SAVE THE DATE!

# FRI 20TH OCTOBER 2023

*Lots of fun planned for the entire school community, please keep an eye out for further information!  
If you would like to help the organising committee please phone the school on 51524662.*

## 6DP NEWS

Last week of term 6DP did a Writing session called 'Fun with Food'. We were all given different blocks of chocolate (unidentified) and used each of our senses to explore it and write a poem. Here are two outstanding responses.

**Ranges of pink through rock solid brown.  
Smooth squares with rivets.  
Sweet rocky road sent floating up my nose.  
Crunching sound on my tongue.  
Bullet flavours seeping through my mouth.**

**By Tori**

**I see 1 small brown square.  
I smell the strong scent like soap.  
I feel the smooth hard block on my fingers.  
I hear the people complaining about the taste.  
It tastes like a very strong soapy flavour.**

**By Aleara**

## SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORTS

Dear Families,

We are implementing School Wide Positive Behaviour Supports and require your input to provide us with data so we can use this information to narrow our focus and really make improvements. When completing this survey please consider this year as we are wanting current data.

Please click on the following link to complete this short but very valuable survey.

<https://forms.gle/9GXV1JMDfDHWAvVv6>

Thank you so much for your feedback, we greatly appreciate it.

From LPS Wellbeing Team.





Class	Student
PAS	Remi - for being a quiet achiever who is doing an amazing job with his learning and making impressive progress. Well done Remi, you're a star!
PFE	Pippa - you have started Term 3 with a BANG! Your bright smile and enthusiastic attitude towards your learning is delightful each and every day! Keep up the amazing learning and doing it with a smile. Well Done, Pippa.
PJS	Leo - for the way he approaches all tasks with enthusiasm and energy. Leo you always begin your writing quickly and you are using different strategies to help you. Fantastic job!
PVG	Lani - you have grown in confidence with your writing and it is so lovely to watch! You are writing words you know, listening for sounds and writing more. Keep up the great learning!
1CB	Piper - for the attention she is showing to her learning goals. You are very aware of what is next in your learning and it's great to see you achieving these goals!
1ES	Emily - for being a wonderful addition to 1ES and fitting in so well at Lucknow PS!
1TI	Maddie - for her excellent problem solving skills in Maths. She was able to apply what we have learnt in our unit on Time and work out finishing times based on different starting times using a number line. Keep up the fantastic work Maddie!
12C	Adrian - for the effort he is putting into his work. Well Done!
2KE	Nathan - for the mind-blowing mindset change he has made in talking about his reading! Quade - for being a super synonym sleuth to make his writing more interesting.
2RP	Whole Class - for showing respect towards each other and giving support to those who need it.
3CM	Theo - for using evidence from the text to form his predictions when reading. Keep up the great word choice Theo!
3EB	Sofia - for her consistent efforts to further improve her maths. Sofia's dedication to her learning is fantastic and she is a wonderful role model for our class.
3MP	Charlotte - for her consistent commitment to learning. She always does her best to achieve her goals. Super efforts Charlotte!
4AG	Maddi - for your growth and improvement in your writing. You now have a positive growth mindset towards your writing! Well done keep up the great effort!
4CT	Indi - for your amazing attitude towards your learning. You are showing a great mindset towards everything you are doing. When finding yourself challenged, you are bouncing back. Awesome job.
4JL	Tyler - for the massive improvement you have made in challenging yourself and putting that intelligent brain of yours to good use.
45A	Amelia - for the improvement she has made with her reading and the dedication she shows towards finishing maths tasks.
5CM	Adley - for being so keen to put her name on the writing conferencing list this term in order to receive some feedback to use to improve her writing.
5DC	Armani - for always embodying our school values and demonstrating a growth mindset
5FW	Josh - for settling into his new grade really well. Welcome to Lucknow Josh. Briley - for excellent workbook standards. Good on you Briley.
6DP	Aleara - for your enthusiasm during our 'Fun with Food' writing session and the amazing senses poem you produced as a result.
6JW	Mackenzie - for consistently demonstrating the school's values and for being such a helpful friend.
6SF	Diesel - for being a thoughtful, enthusiastic, much valued class member.
Principal's Award	Tyler and Levi of 4JL - for their amazing work in Mathematics and choosing to extend themselves even further in their own time. You both have awesome maths brains and great mindsets. Keep up the terrific work Tyler and Levi!

## CYBER SAFETY

The eSmart Team is hosting a free, live webinar for Term 3 for parents.

08 Aug | 7.30pm

Parenting in the Digital World

*Audience:* Parents & caregivers

For more information and to sign up for this free event – click the following link

<https://www.trybooking.com/CJFXJ>

## STATE CROSS COUNTRY CHAMPIONSHIPS

On Thursday the 13<sup>th</sup> of July, Ethan W competed at the State Cross Country Championships at the Yarra Valley Racing Club, Yarra Glen. Ethan placed 62<sup>nd</sup> in the 11 year old boys, which was an amazing effort. There are approximately 90 competitors in each event so this result was outstanding.

Ethan is among the best runners in the State and he is certainly a credit to our school. We are super proud of his achievements. Well done Ethan!!

Debbie Dooley  
(Phys Ed Co-ordinator)



## FITNESS FANATICS

**Number of participants** - Tuesday – 14 - Wednesday – 19

**Distance ran and/or walked** - Tuesday – 17km - Wednesday – 25.5km

**New members of the 10km club** – Tully R, Mia T

**New members of the 20km club** – Sharni K

**New members of the 110km club** – Ben C

Debbie Dooley  
(Fitness Fanatic)



## LUCKNOW PRIMARY SCHOOL ATHLETICS CARNIVALS

After rescheduling our School Athletics Carnivals, they will now be held in week 3 of Term 3. Children in the 7, 8 and 9 year old age groups will compete on Thursday the 27<sup>th</sup> of July, and children in the 10,11 and 12 year old age groups will compete on Wednesday the 26<sup>th</sup> of July. **A child's age is determined by what age they are by the 31<sup>st</sup> of December, 2023.**

This year we have decided that the Prep children (5 and 6 year olds) will have a modified program on Thursday the 27<sup>th</sup> of July and they will rotate around a variety of fun organised activities from 11.30am-1.30am. We have a small number of children in Grade 1 who still qualify for the 6 year old age group. These children will compete in the 7 year old age group.

Each day will begin at approximately 9.30am and conclude at 3.00pm. Children will have recess and lunch breaks at the same times during the day.

Each child will be wearing a card that will have their name, age group, grade and list of events on it. A child will receive 5 house points for participating in the event, 10 points for placing 3<sup>rd</sup>, 15 points for placing 2<sup>nd</sup>, and 20 points for placing 1<sup>st</sup>. Children will participate in sprints, 200m, long jump, triple jump, shot put/beanbag push and discus/accuracy throw, and have the option of participating in high jump and hurdles. Therefore, all children who participate in the events contribute towards their house points tally. At the end of the two day carnival, the house points will be tallied and a trophy will be awarded to the Captains of the winning house at Friday's assembly.

Children, who place first, second or third in an event will receive a ribbon. Children in the 10, 11 and 12 year old age groups who place 1<sup>st</sup> and 2<sup>nd</sup> in an event or 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> in the 100metres event (4x100m relay team) will have the opportunity to represent the school at the District Athletics on Thursday the 17<sup>th</sup> of August

**Please note: Considering that some of our age groups are quite large, and the allocated time for each field event is 30 minutes, children may only have the opportunity to do one or two attempts at the jumping and throwing events.**

Children are encouraged to come dressed in their house colours on the day to add to the house spirit. In order for the day to run smoothly, it would be great to have as many helpers as possible. If you are able to assist on the day could you please fill out the form below and return to school as soon as possible. We look forward to a fun couple of days and we will keep our fingers crossed for sunny weather.

Debbie Dooley  
(Physical Education Co-ordinator)

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### Lucknow Primary School Athletics Carnival

I am able to assist with the Athletics Carnival on Wednesday the 26<sup>th</sup> of July and/or Thursday the 27<sup>th</sup> of July. **(Please circle date available)**

I would like to – assist with an event   
(Please write down if you have a preference for a particular event)

- walk around with my child's age group   
(Please list child's age group next to box)

Name of parent \_\_\_\_\_

Name and grade of child \_\_\_\_\_

# 7, 8 and 9 y.o Athletics Timetable - Thursday 27th July

<b>TIME</b>	7 yr old Boys A	7 yr old Boys B	7 yr old Girls A	7 yr old Girls B	8 yr old Boys	8 yr old Girls	9 yr old Boys	9 yr old Girls
9.30-10.00	Hurdles	Triple Jump	Accuracy	High Jump	Beanbag Put	Long Jump	Sprint	200m
10.00-10.30	200m	Hurdles	Triple Jump	Accuracy	High Jump	Beanbag Put	Long Jump	Sprint
10.30-11.00	Sprint	200m	Hurdles	Triple Jump	Accuracy	High Jump	Shot Put	Long Jump
11.00-11.30	<b>Recess</b>	<b>Recess</b>	<b>Recess</b>	<b>Recess</b>	<b>Recess</b>	<b>Recess</b>	<b>Recess</b>	<b>Recess</b>
11.30-12.00	Long Jump	Sprint	200m	Hurdles	Triple Jump	Accuracy	High Jump	Shot Put
12.00-12.30	Beanbag Put	Long Jump	Sprint	200m	Hurdles	Triple Jump	Discus	High Jump
12.30-1.00	High Jump	Beanbag Put	Long Jump	Sprint	200m	Hurdles	Triple Jump	Discus
1.00-1.30	Accuracy	High Jump	Beanbag Put	Long Jump	Sprint	200m	Hurdles	Triple Jump
<b>Lunch</b> 1.30-2.20	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
2.20-2.50	Triple Jump	Accuracy	High Jump	Beanbag Put	Long Jump	Sprint	200m	Hurdles

# 10,11 and 12 y.o Athletics Timetable - Wednesday 26th July

<b>TIME</b>	10 yr old boys	10 yr old girls	11 yr old boys	11 yr old girls	12 yr old boys	12 yr old girls
9.30-10.00	200m	Triple Jump	Discus	High Jump	Shot Put	Long Jump
10.00-10.30	Hurdles	200m	Triple Jump	Discus	High Jump	Shot Put
10.30-11.00	100m	Hurdles	200m	Triple Jump	Discus	High Jump
<b>Recess</b> 11.00-11.30	<b>Recess</b>	<b>Recess</b>	<b>Recess</b>	<b>Recess</b>	<b>Recess</b>	<b>Recess</b>
11.30-12.00	Long Jump	100m	Hurdles	200m	Triple Jump	Discus
12.00-12.30	Shot Put	Long Jump	100m	Hurdles	200m	Triple Jump
12.30-1.00	High Jump	Shot Put	Long Jump	100m	Hurdles	200m
1.00-1.30	Discus	High Jump	Shot Put	Long Jump	100m	Hurdles
<b>Lunch</b> 1.30-2.20	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
2.20-2.50	Triple Jump	Discus	High Jump	Shot Put	Long Jump	100m

## **EAST GIPPSLAND SCHOOLS MUSIC FESTIVAL – LYNETTE NEWMAN**

Young musicians from Lucknow Primary performed in a Gala Concert on Thursday 22<sup>nd</sup> June. The concert was the showcase of the East Gippsland Schools Music Festival, four days of music making, bringing local music students together in five ensembles.

Tuesday 20<sup>th</sup> June the Junior Band musicians of Lucknow Primary joined young musicians from Orbost to Maffra. Sienna, Cara and Sophie on flute and Holly on French Horn.

From 10am to 2pm their brains were fully engaged. Sitting quietly until directed to play by their conductor they had to count bars of rest, then come in with the correct note at a particular dynamic level. The students were all congratulated by staff in attendance as they respectfully listened while other instruments played their sections.

Having only been learning since February their teacher Lynette Newman was incredibly proud of them.

The students had a great time, met new friends and saw others from Lucknow Primary who have gone on to secondary schooling in the district.

Thursday 22<sup>nd</sup> June was the day for the Intermediate Band who had a guest conductor, Dr. Sue Arney a lecturer from Melbourne University. Ms Arney stressed the basics of good posture and playing rhythmically with clear articulation, all while producing your best tone at the written dynamic level and being in balance across the band. For the young musicians playing in such an ensemble for the first time it was a great learning experience. Tana and Adley on flute and Ashley on alto saxophone showed great determination and attentiveness in order to achieve this goal.

Sienna: "I had a really fun time. It was my first time being in a band. I met new people."

Cara: "I had a really fun time at the concert because it was my birthday on the day and I met so many new people and I really enjoyed playing in a band."

"It was fun because I have never done anything like that before. At the concert I was so excited."

Sophie: "I had so much fun! I met so many new people. With the whole band playing it sounded amazing!"

At the concert the biggest applause for the night was for the Junior Band after their piece 'Power Rock'.

Holly: "It was really fun. I saw some people that moved on from Lucknow to Bairnsdale Secondary. I saw people I know from other experiences. I learnt that it is quite hard for a beginner to play high notes on the French Horn."

I was very proud of all the Lucknow students both current and past that took part in this festival.

Lynette Newman







### **EAST GIPPSLAND SCHOOLS MUSIC FESTIVAL – HILARY RIGG**

Each year at the end of Term 2, the secondary school musicians of East Gippsland gather for a week of workshops, finishing with a Gala Concert. Students from Gr 5 and 6, or other advanced primary school students are also invited to attend. This year the event was held at Bairnsdale Secondary College, which had approximately 80 players.

Players were accompanied by Hilary Rigg, strings tutor at Lucknow PS and Crashendo and Kieran Brown, Crashendo tutor and Youth(ful) Orchestra trainee conductor.

This was a great opportunity for students to be immersed in a 'big sound', learn and follow a conductor's lead and play music with multiple parts.

Students were "amazed that there were so many instruments and players", and commented that "it was fun", and they felt confident "most of the time."



Photo above: Bianca, Mia, Jack, Kieran Brown (Crashendo tutor) and Jordan were immersed in the String Orchestra at the East Gippsland Schools Music Festival.

Hilary Rigg  
Crashendo

Hi I'm Kate, the new TheirCare co-ordinator. I am super pumped to be here, I love working with children and families and want to make your child's TheirCare experience one that they learn, have fun and thrive in. I have worked for the Education Department for a couple of years and find it extremely rewarding. Children's wellbeing comes first, and everyone learns in different ways. I enjoy hands on and physical activities such as footy, dancing and basketball. I also enjoy taking time out to practise mindfulness or to play cards.

I have a big, beautiful greyhound named Brax who is a big sook. I have two sisters and my niece who keeps me on my toes. I enjoy sitting around a campfire with friends, cooking and watching the footy. Go the Saints! I believe if you don't have anything nice to say to someone you shouldn't say anything at all. I'm always up for a chat and look forward to being a part of your community, so please come and say hi.



Kate  
TheirCare Co-Ordinator

## **LUCKNOW SCHOOL HOLIDAY PROGRAM**

I thought I would share some GOLD from the Lucknow School Holiday Program.

The children decided they wanted to raise money for the local animal shelter, so donated toys, clothes, books and made art items to sell throughout the two-week period.

All up, the children raised \$135.85 for the shelter and TheirCare added in some food and toys, and it will be delivered to the shelter this week on behalf of the Lucknow service.

It was so successful; the children have asked to do it again next holiday program and will choose a different charity.

Teresa Beard  
TheirCare Area Manager – East Gippsland





# WHAT PARENTS NEED TO KNOW ABOUT FORTNITE



Fortnite Battle Royale, is a free-to-play part of the game Fortnite. The game is based on 100 players being dropped from the Battle Bus, onto the island, where they compete until one player remains (or one squad or one duo), and they have won the game. Players find hidden items, like weapons, potions and building materials, to help them survive longer in the game. To keep the game fresh and challenging they have daily challenges, new seasons rolling out and, in each game, there is a storm that rolls through, reducing the size of the Island and therefore forcing the remaining players into a closer proximity. The game is available on PC, PlayStation 4, Xbox One, Mac and IOS.

## TIPS FOR PARENTS

### MANAGING GAME TIME

Games run for approximately 25mins, but they can frequently be longer or shorter. In Fortnite there is also a mode called Creative that is essentially a free play island where they can play in free game mode with their friends. The easiest way to manage their time on games like this is to specify how many games they can play and an ultimate time to stop. So, a combination of a time/time for play/number of games limit works best for games like Fortnite. If they're old enough to play the game, they're old enough to start to learn time management; but know that there will be times when they'll forget or get carried away, as is the design and nature of these types of games. There are also parental controls on Xbox and PC to limit the time a child is playing games on these devices. Have a conversation with your gamer kids and discuss and agree upon a reasonable time limit and teach them how to manage their free time online - it's a valuable tool that they will need in the future.

### STRANGER AWARENESS AND MANAGEMENT

A big part of playing Fortnite is the comradery and interaction of being with other players. Most often kids are playing with friends and family and friends' cousins, and the kids from the class next door etc., but it is very easy to also connect with strangers. Therefore, a conversation must be had about contact with strangers, language that is appropriate etc. and if appropriate steps, put in place to manage that engagement. Most will be playing with headphones and this is because it enhances their game, so they can hear the footsteps of opponents and intricacies that are lost without a headset. The risk for us is that we can't hear the conversations, and language that is being used. There is an option to turn off the voice chat feature which means your child wouldn't be able to talk to anybody, including their friends. However, they're still be able to use the in-app chat for consoles and hear other people's conversations. To turn on voice chat, open the settings menu in the top right of the main Fortnite page, then click on the cog icon. Open the Audio TAB at the top of the screen. From there, you can turn off voice chat. Please note that apps like Discord are commonly used by gamers to circumnavigate the restrictions put in place to monitor/restrict conversations.

### V-BUCKS SCAMS AND CREDIT CARD USE

It's important that your kids realise that there are scams related to Fortnite and V-Bucks. If it sounds too good to be true, it is. Have a conversation with them around the v-buck free money scams that frequently pop up online in places like Instagram, Facebook, and Twitter. Reinforce that they should never share their username or password, even more so if they're being promised something free. Any give away from Fortnite will always be in the game, and still it is advised that an adult also checks the authenticity at the time. At times, you may allow your child to purchase something on Fortnite, and they will need a credit or debit card to do so. There is the option to retain the information against their account. We recommend you do not do this, as even the most honest and well-meaning of kids can be tempted to buy something they really need or want. It's best to key it in every time and it also gives you the opportunity to talk to them about what they're buying, why it's important to the game, do they need it, and to show some interest in their online gaming life.

### REPORTING

Any child who is online needs to know when and how to report someone. If your child believes a player has breached the code of conduct by being inappropriate, in the way they're playing the game, if they're harassing users or using abusive language, then they can report it. It's easy to do in Fortnite, you use the in-game Feedback Tool located in the Main Menu of the game. You select the players name and the reason you're reporting them, and then add the details. It's really important they also tell someone in real life, whether it's you, a friend, a sibling etc. because when we want to someone it helps us feel less stressed about it and that's important. Having a break from the game will also help them to clear their heads, and they'll be less likely to react angrily when back in the game. Remind them the game should be fun, so some adult perspective may be required.

### PASSWORDS ARE IMPORTANT

Obviously, a strong password is important. Hackers are always trying to get into games to steal account details. Help your child create a strong, unique password and then it pays for you to have that somewhere safe for when they forget it. It's also recommended that you setup 2FA and an added bonus is they'll get an emote (dance) for doing it. Kids should never share their passwords, not for the promise of free V-Bucks, or even to a friend. Passwords are often re-used even though we know we should have different passwords for different things, we often don't. Don't giveaway this information to anyone who could misuse it.

## WHAT YOU NEED TO KNOW



### AGE AND SUITABILITY

Fortnite does have violence shown towards other players, however the violence isn't considered to be graphic. The whole premise of the game is to be "the last man standing" and there are a variety of weapons available for use to become the ultimate winner. Look at the type of violence and the ways its depicted when considering if this game is suitable for your child. Signing up to the game is simple and no proof of age is required. Users have the option to login with either their Facebook or Google accounts or can use an email address. Because there are no age verifications, it's recommended that if your child is under the age of 12, that you check to see if your child has the game downloaded.



### ONLINE STRANGERS

Part of the attraction of gaming is the interaction you have with the other players. This is all well and good when you know the other players in real life too, but what about if you don't? If your child is playing in Squad mode (4 people) they can be dropped into a group with strangers. Discuss the rules of use with your child, it may be that you only want them playing in solo or duo mode with a friend. Or if they are in squad mode they must know all the players. This can be hard for parents to manage. Discuss the concerns about strangers online, the inappropriate language they may be exposed to and what they should do if they hear or see someone they don't know behaving in a way that makes them uncomfortable. Fortnite has some very good reporting features, and they're committed to having one of the best online gaming communities.



### AVAILABILITY AND ADDICTION

Fortnite Battle Royal is available on mobile devices, so whilst the competitive gamers will want to play on a console, they can also tap in on the go. The risk here is not knowing just how often your child is playing the game, on the bus, during school, whilst doing homework and so on. The average game on Fortnite is approximately 20 minutes but this will vary depending on your child's abilities and who they are playing against. It's a competitive game and this very trait can make it very difficult for them to stop playing. We need to understand that asking a child to stop midway through a game will most likely result in some resistance, because no-one likes to forfeit a game and even more so if they're in a team as they'll feel like they're letting them down.



### WHEN FREE ISN'T REALLY FREE

The game is free to play but in reality, if your gamers wants the extra items and cool gear/skins/emote then they'll want V-Bucks (the currency here) or a Battle Pass, both which costs money. With a battle pass you then compete in a series of challenges, that gives you the opportunity to gain more rewards that you can then use in the game. A new skin or emote (dance) will cost 200-2000 V-Bucks (1000 V-Bucks = AU\$15), that can be paid for by credit card. Often new skins or weapons are released with a 24-48hr window in which to purchase them, so children will feel the need to buy them urgently before they disappear. Once an item is purchased it is theirs for full use in the future. The skins/dances are attractive for players to purchase and they often tap into pop culture to coincide with the release of a popular movie or TV Show, like Stranger Things or The Avengers. The lure to have these items is very strong in our gamers.



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