

Semester 1 – Term 1, 7th March 2018

Important Dates

Junior Campus		Senior Campus	
12 Mar	Labour Day public holiday (school closed)	12 Mar	Labour Day public holiday (school closed)
14-16 Mar	Year 7 Camp	23 Mar	Bullying No Way! Day
20 Mar	Open House	28 Mar	Parent Teacher Conferences 1pm-7pm
23 Mar	Bullying No Way! Day	29 Mar	Last day of Term 1
28 Mar	Parent Teacher Conferences		
29 Mar	Last day of Term 1		

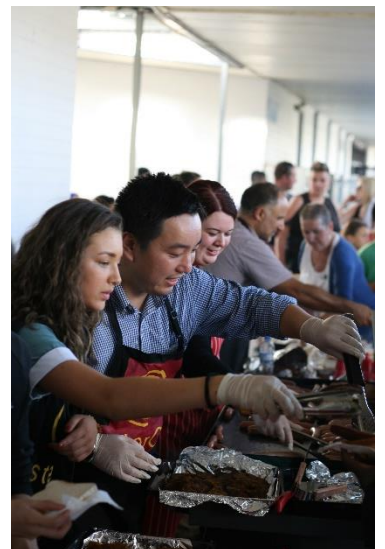
Next Newsletter: 26th March 2018

College Principal's Report

This term has been extremely busy with college events including the swimming carnival, the Year 7 Meet the Teachers evening and the Year 12 Success Information Evening. The swimming carnival was a fantastic day with many students participating and others cheering on their House peers. Congratulations to the 15 students who progressed to the Keilor Division Swimming Championships which will be held this Friday. We wish you the best of luck.

Our Year 7 Meet the Teachers evening (right) was very well attended by about 300 people, and gave parents an opportunity to meet their child's new teachers. It was a very enjoyable evening and it was lovely to welcome so many families to our school community. The Year 12 Success Information evening at the Senior Campus filled the study centre and was well received by students and their families. There were guest speakers on the night and lots of information about how to navigate Year 12 successfully.

It is extremely pleasing that 93% of students in the Year 12 group last year received a tertiary offer - 66% of these received a university offer, and 34% received a TAFE offer.



Junior Campus

88 Billingham Road,
Deer Park, Victoria 3023
P 03 9363 1155
F 03 9363 8681

Senior Campus

5A Jamieson Street,
St Albans, Victoria 3021
P 03 8312 0200
F 03 8312 0211

Trade Training Centre Cairnlea Campus

Ken Jordan Road
Cairnlea, Victoria 3023
P 03 8312 0200
F 03 8312 0211

Correspondence To

PO Box 83
St Albans Victoria 3021

Email victoria.university.sc@edumail.vic.gov.au
Web www.vusc.vic.edu.au

Our graduating Year 12's have been offered places in Engineering, Law, Accounting, Business/Marketing, Education, Finance/Commerce, Media/Music, Nursing/Midwifery, Science and Arts/Communications. Our College congratulates Loro Lukic for being Dux of 2017 and Joseph Hafoka for winning the prestigious Hall and Wilcox Law Scholarship. A newspaper article on Joseph which appeared in the Star Weekly last month is included in this newsletter. Well done to all of our students and staff on these amazing results.

I'd like to remind parents of the importance of participating in the BYOD (Bring Your Own Device) program, which requires students to bring a computer or tablet to school each day. The College has negotiated discounted pricing with CentreCom for our families. This year we have replaced textbooks with e-Books which is a much cheaper option for families but requires your child to bring their device to every class, every day. We are pleased to see many more students with a device but would still like to see every student with their own. Please make sure you make this a priority for your child as soon as possible.



Our Open House is coming up on Tuesday 20th March at the Junior Campus in C Block. There will be campus tours in the morning and an evening presentation with interactive tours, starting at 6pm.

Staff and students will be demonstrating classes during the evening including AVID, English, Maths, Music, Chinese, Science and Technology, Sports Academy and lots more. After the tours we will invite families to return to C Block for a light supper and to answer any questions. If you have a child in Grade 5 or 6 or know someone who does, we invite you to come along and see our College in action.

Scholarship applications for Year 7 entry in 2019 will close on Monday 26th March. Scholarships are available in Academic Excellence, Leadership and Community Contribution, Music Excellence and Sporting Excellence. Applications are available at the Junior Campus office.

Victoria University Secondary College

Open House

Tuesday 20th March 2018

Morning Campus Tours	6:00pm Welcome and Information 6:15pm Presentation by College Principal 6:30pm Interactive Tours 7:30pm Questions & Supper
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Held in C Block at Junior Campus, Deer Park

Junior Campus P 03 9363 1155
88 Bilingham Rd, Deer Park VIC 3023

Senior Campus P 03 8312 0200
5A Jamieson St, St Albans VIC 3021

Trade Training Centre P 03 8312 0200
43 Ken Jordan Rd, Cairnlea VIC 3023

www.vusc.vic.edu.au



victoria university
secondary college

Create The Future

Our College Board election was held recently and I am pleased to announce the following parents and staff who have nominated to serve a two year term:

Ishani Senevirathna – parent member
 Annette Lawrence – parent member
 David Lawrence – parent member
 Tupuna Ngaue – parent member
 Sue Atzarakis – DE&T member
 Glenn Leyland – DE&T member

I wish to thank these parents and staff for dedicating their time to support our College. We still have one parent vacancy remaining. Please contact one of the campus offices if you wish to nominate. It's a great way to support our College and provide input into our educational programs. Meetings are held twice per term in the evening.

Cheers,

Genevieve Simson
 College Principal

Victorian Young Leaders to China – 17th March to 26th April 2018

Soon we will farewell 10 of our Year 9 students who will be spending six weeks in China for the Victorian Young Leaders to China program. Mr Hung On will be accompanying the students on the tour which involves spending two weeks at a Beijing University attending language classes, Chinese studies and cultural activities, and four weeks at Nanjing High School where students will attend classes and stay with host families.

Recently the students attended a pre-departure weekend camp with Mrs Simson, Mr On and all the other Victorian school students and staff who will be joining them on tour, where they were presented with their official blazers and backpacks. We wish Mr On and the following students safe travels and look forward to hearing about their adventures when they return on 26th April:

Janine Huynh

Isabel Jose

Gechai Lual

Zachary Pilcher

Elysha Marroquin

Cecilia Nguyen

Ashleigh Pamintuan

Tyla Rodrigues

Emily Tran

Mariana Fajardo Valencia



Let's get ready to say 'Bullying. No Way!' on Friday 16 March 2018.

Our school will proudly stand united with schools across Australia next month to mark the eighth National Day of Action against Bullying and Violence (NDA). Our Day will however be held on **Friday 23 March**, a week later than the gazetted date, in order to allow all students to participate.

The NDA provides our school the opportunity to stand together on this important issue and help ignite thoughtful and positive discussions about bullying and ways we can work as a community to address it.

I'm proud our school community will be sending a powerful message, along with other Australian schools, that bullying and violence in or outside the classroom, are not okay at any time. Through positive action we can make a real change.

At Victoria University Secondary College, we are dedicated to supporting our students and families. We need to ensure we are providing safe and supportive learning environments, free from bullying, harassment and violence.

We have a number of programs and initiatives in place at Victoria University Secondary College that counter bullying. In 2017 Victoria University became an accredited eSmart school. eSmart, an initiative of the Alannah & Madeline Foundation, helps teachers to best manage cyber risks, bullying and cyber bullying issues and incidents so that students will feel safer and supported at school.



This is a framework that sits across the entire school – teachers, students, parents and the school community – and it is embedded into the school through our curriculum implementation, our leadership development and practice, our technology systems as well as in our wellbeing programs.

Please visit the *Bullying. No Way!* website (www.bullyingnoway.gov.au) for practical advice and information to help students, parents, teachers and other members of the school community to work together against bullying.

Happy Chinese New Year

xīn nián kuài lè
新年 快乐

On 20th February, Mr Ding and Ms Wang celebrated Chinese New Year with their Chinese classes by making dumplings. Here, some of the students have written about what they've learnt about Chinese New Year.

The Chinese Lunar New Year

The Chinese New Year is a celebration of a year passing on the Lunar Calendar. Whilst this celebration is happening, there is a massive festival in China. In the streets there are dancers and Chinese dragons, along with other entertainments. During the Chinese New Year most of the children get red packets from their relatives, these packets contain money and lucky.

Peter Lukic, 8A



Chinese New Year which is also known as the Spring Festival is a very important celebration in the Chinese Lunar calendar. China's tradition is that each Year, it is named after one of the twelve animals which are in the Chinese Zodiacs. The twelve animals are: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog and The Pig, This year 2018 is the Year of the Dog.

On the 20th of February, in our Chinese Class 8A, we made our own steamed dumplings with Mr Ding and Ms Wang to celebrate the Chinese New Year. The process of making the dumplings was absolutely fun and each student in 8A had a wonderful time and a great experience.

Jillian Beltran, 8A



Chinese New Year marks the beginning of a new year and a new start. Chinese New Year is never on a fixed date! It is celebrated by visits to family and friends, special meals, fireworks, gift giving and of course, festivals around the city! Chinese New Year is the most important celebration in the Chinese calendar, and in Chinese culture each year it is named after one of twelve animals as a Chinese Zodiac. The animals have one year dedicated to them every 12 years in a cycle. Each animal is believed to have different traits. For example, if you born on the year of the Monkey, you are believe to be sharp, smart and also cheeky. Happy Chinese New Year!

Sage Cachia, 8A

Making Dumplings

In our Chinese Class we made dumplings. Dumplings are delicious, but how do you make them. First you wash a bunch of vegetables and then cut them as small as you can. After that you mix it with the meat until it is combined or if you are a vegetarian you can just eat the vegetarian dumplings. Then get the dumpling wrapper, flatten the dumpling wrapper, use one of your fingers to dip it in water and spread the water around it in the middle. After that get a tablespoon, scoop up some of your mix and put it in the middle. Then seal the edges by pinching it together. Then place dumplings in boiling hot water until the dumpling is floating. And you are done!

Zamzam Ahmed, 8A



Year 12 Success Evening

On Monday 19th February all Year 12 students and parents were invited to attend the Year 12 Success information session. It was a successful night, with many parents and students attending. Students were given a show bag containing important information and resources. Past parents of both VCAL and VCE students spoke about their role in supporting and making Year 12 a success for their child.



Our guest speakers also included past year 12 VCE and VCAL students who spoke to current Year 12 students and parents about their experience and also gave tips on ways to make the year a success.

Parents had the opportunity to meet their child's home group and subject teachers, discuss any questions they had and share and discuss resources available to Year 12 students to make it a successful year.

I would like to thank our guest speakers who kindly gave up their time, our parents: Mrs Kelela Hafoka and Mrs Lily Katoanga. Our past students: Joseph Hafoka, Daniel Azzopardi, Kayla Sammut and Kayla Else. Thank you also to the many parents and students of Year 12 for attending the evening; studies show that the active involvement by parents in their child's education increases their chances of achieving success.

Ms Elaine Hazim
Senior Campus Principal



Love of law and order

By Tate Papworth

Joseph Hafoka is not sure if law is in his blood, but it's a career he's harboured from a young age.

The Deer Park resident is on his way after accepting a first-round offer to study for a double degree of law and business at Victoria University.

He's also been awarded a scholarship with Melbourne-based law firm Hall & Wilcox.

Making the achievement all the more momentous, Mr Hafoka will be the first member of his family since his great-grandfather to attend university.

"I'm of Pacific Islander descent, Mr Hafoka said. "It's not common for people of my background to do things like this, but it's something I've always wanted to do.

"My great-grandfather was also a lawyer. I'm not sure if it's in my blood, but I've always loved law – it's all I've ever wanted to do."

Mr Hafoka, who attended Victoria University Secondary College, admits he's nervous about the new chapter in his life, but also excited.

"The scholarship with Hall & Wilcox is a really fantastic networking opportunity and it excites me that I have this chance to really set up my career while I study," he said.

Although he's never lost sight of his dream, Mr Hafoka said he had to fight stigma along the way.

"I had lots of people tell me that because I'm Pacific Islander, I wasn't capable of achieving this," he said.

"I just want to tell people that they shouldn't stop believing in themselves.

"There will be people that will tell you you're not up for it or you can't do something – but it's not them that will get you where you want, it's yourself."



Law student Joseph Hafoka. (Marco De Luca)

Bell Times 2018

A reminder that all classes will commence at 8.50am each morning and Home Group has been moved to 11.14am (before recess). There is no Home Group on Wednesdays. Students will be dismissed at 2.08pm every Wednesday and 3.03pm on all other days. Please ensure you arrive on time for your Period 1 class!

LEARNING A MUSICAL INSTRUMENT AT VUSC

Victoria University Secondary College offers students the opportunity to learn a wide variety of musical instruments. This opportunity takes place in the form of a 35 minute lesson each week. Students are able to learn any brass, woodwind or percussion instrument, as well as piano, vocals, guitar and bass guitar. Our experienced teachers will work with students of any level, from beginner to advanced. In order to learn an instrument, a small fee of \$100 is required to be paid for the year. Please contact Miss Orford through the school with any questions about Music lessons or ensembles at the College. Application forms are available at the office.



Ms Orford
Head of Music

FREE STATIONERY

All students paying Essential / Optional items and Electives will receive the FREE stationery pack to the value of \$49.65.

All stationery listed on the 2018 booklist under the heading STATIONERY is included in the FREE pack.

ESSENTIAL / OPTIONAL ITEMS

The 2018 Essential / Optional items lists are now available from the General Office at both campuses. On receipt of deposit (or payment in full) students will receive their College Planner.

All students have received a copy of the College Essential / Optional items list. Spare copies are available at the office.

BOOKLISTS and E-BOOKS

The booklists for students in years 7-10 in 2018 includes e-books instead of textbooks for core subjects. The College has negotiated a discounted price of \$120 with Jacaranda for the full suite of e-books. Teachers will train the students on how to use the e-books in class. Please ensure your child has a laptop computer ready for 2018 and they bring it with them to school every day.

Computers are available via the CentreCom portal at <https://eduportal.centrecom.com.au/Account/Signin> and use our school identification code *vusc8891*.

Instructions for accessing the E-Books is available on Compass. Access details and passwords have been sent by Campion to each student's Compass Email address.

Camps, Sports and Excursion Fund (CSEF)

To be eligible for the CSEF fund, a parent or legal guardian of a student attending a registered Government school must be a holder of either a Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC).

The CSEF Payment amount for students in Secondary school's is \$225 per year.

The CSEF is paid directly to your child's school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

CSEF must be applied for every year. Forms are available at each campus office and must be returned to the General Office of either campus with the original HCC/PCC. **Applications must be received by 29th June 2018.**

**As part of our Sun Protection
Policy,**

SUNSCREEN

**is available for student use at the
General Office throughout the year.**

Before School Supervision

Parents are reminded that students should not be brought to school before teachers are supervising the school grounds. Supervision begins at 8.30am. Students at the senior campus are welcome to study in the study centre as they arrive at school.

Sports Corner

Lawn Bowls – Wednesday 14th February

Sport for students at VUSC commenced in week 3 with Lawn Bowls which was held at Deer Park Bowls Club. VUSC was represented by 2 teams. Some coaching by Deer Park Club members for our students enabled both teams go through to the semi-finals undefeated from their round robin matches. Unfortunately, both teams were narrowly beaten in the semi-finals but showed great sportsmanship throughout the event. At the conclusion of the carnival, Vi Phan was awarded Female Player of the Day by the Deer Park Bowls Club members. All Players are to be congratulated on their efforts and for representing VUSC to the highest standards at all times.



VUSC Lawn Bowls 2018



Vi Phan – Female Player of the Day

Senior Boys Cricket – Friday 23rd February

It was a difficult assignment for the 7 players who represented VUSC at this event with 5 players having to withdraw on the day of the carnival. Players were committed to representing VUSC and although outnumbered gave their best effort on the day. Although not winning any of the 3 games played, the players never stopped trying and competed well throughout the day. The players who represented VUSC were Zain Ali, Kane Winter-Boyle, Christian Tautalanoa, Kobe Walters, Maycen Te Puni, Vaka Kama and Khalil Jabera.



VUSC v Gilson – Match 2, Fairbairn Pk, Ascot Vale

Swimming Carnival – Wednesday 21st February

The first major whole school event was held at St Albans Aquatic and Leisure Centre which saw a great turnout by students and some solid performances by all competitors. Thanks to all staff and students who ensured the carnival ran smoothly on the day. All sports houses were well supported by the House Leaders who were appointed prior to the event. Congratulations to the House Captains for 2018 who are:

<p>Mabo (Yellow)</p> <p>Ramzy Mohammed Ali – 12C Elisa Taliao-Maulolo – 12C Jay Kreitling – 12B Jancey Fesolai – 12A</p>	<p>Brack (Blue)</p> <p>Lameck Maneneka – 12A Vi Phan – 12B Hyrum Seumalii – 12A Mavis Alani – 12C</p>	<p>Bradman (Green)</p> <p>Haloti Fonua – 12W Kaychia Dominic – 12A Entoni Spirkovski – 12A Challis Collier – 12W</p>																		
<p>Monash (Red)</p> <p>Vaka Kama – 12V Paytan Ozols – 12A Adel Bastawros – 12W Patience Pyne – 11C</p>	<p>Paterson (Black)</p> <p>Dougie Belaynen – 12C Keisha Luatau-Vesi – 11A Willie Fautalii – 12V Sarah Epa – 11B</p>	<p>Current placings 2018:</p> <table> <tr> <th>Placing</th><th>House</th><th>Points</th></tr> <tr> <td>1st</td><td>Monash</td><td>250</td></tr> <tr> <td>2nd</td><td>Paterson</td><td>202</td></tr> <tr> <td>3rd</td><td>Bradman</td><td>196</td></tr> <tr> <td>4th</td><td>Mabo</td><td>160</td></tr> <tr> <td>5th</td><td>Brack</td><td>156</td></tr> </table>	Placing	House	Points	1 st	Monash	250	2 nd	Paterson	202	3 rd	Bradman	196	4 th	Mabo	160	5 th	Brack	156
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4 th	Mabo	160																		
5 th	Brack	156																		

All sports house leaders will receive their badges on the next senior campus assembly.

Sprint training has commenced for our Sports Academy students under the guidance of Talia Panozzo:



Upcoming Events

Friday 9 th March	Keilor Division Swimming Carnival	
Tuesday 13 th March	Futsal	
Thursday 15 th March	VRL 9's U18 Boys	
Friday 16 th March	Volleyball SB / IB	Gilson
	Volleyball SG / IG	Copperfield
Wednesday 21 st March	Baseball SB / IB	Keilor Pk Rec Reserve
	Softball SG / IG	Keilor Pk Rec Reserve
	Tennis SB / IB	Taylors Lakes Tennis Club
	Tennis SB / IG	Taylors Lakes Tennis Club
Friday 27 th April	VUSC Athletics Carnival	

Wayne Adams

Senior Campus Sport Coordinator

Inter-School Sport Timetable

Students who have signed up to represent the college in interschool sport competitions are asked to please check Compass or see your campus Sport Coordinator for more information about upcoming events.

Term 1, 2018

Week	Date	Sport	Year Level	Location	Coach
6	Wed 7 th March	Rugby 9's	IBG SBG	Keilor Park Reserve	VUSC students LMA,
6	Fri 9 th March	Keilor Division Swimming Carnival	Year 7-12	St Albans LC	LMA
7	Tues 13 th March	Futsal	IBG	Derrimut	
7	Thurs 15 th March	Rugby League 9's	U/18's	Werribee	
8	Wed 21 st March	Softball/Baseball	SBG / IBG	Keilor Pk	
		Tennis	SBG / IBG	Taylors Lakes TC	
8	Thurs 22 nd March	Rugby League 9's	U/16's	Werribee	
8	Fri 23 rd March	Volleyball	SBG/IBG	Copperfield & Gilson	
9	Thurs 29 th March	WMR Swimming	All	Geelong	

Term 2, 2018

Week	Date	Sport	Year Level	Location	Coach
1	Mon 23 rd April	Soccer	SB	Keilor Park	
2	Fri 27 th April	VUSC Athletic Carnival	All	Keilor Park Reserve	All Staff
2	Fri 27 th April	Soccer	SG	Keilor Park	
3	Tues 1 st May	Soccer	IB	Keilor Pk	
4	Wed 9 th May	Badminton Netball	SBG/IBG SBG/IBG	Altona BC Altona SC	
4	Thurs 10 th May	Soccer	IG	Keilor Pk	
4	Fri 11 th May	VUSC Cross Country	All	Junior Campus	
6	Wed 23 rd May	AFL	SB / IB	Keilor Pk & Overland Res	
7	Fri 1 st June	KD Cross Country	All	VUSC Deer Pk	

Senior = Year 11/12

Intermediate = Year 9/10

Junior = Year 7/8

VUSC Athletics Carnivals

Year 7-12 College Inter-House Carnival Dates:

Athletics Carnival – Friday 27th April at Keilor Park Athletics Centre

The total cost for both carnival events is \$20, which will include transport fees, entry fee, awards, use of recreational activities and an icy-pole at swimming and a BBQ lunch at athletics.

Sports Academy

Training

NOTE: Training is **COMPULSORY** for all student athletes (please let your coach know if you cannot make training).

Students **MUST** have the following items with them to participate in training sessions:

- Fitness Centre (FC) Waiver Form completed and handed into the Strength and Conditioning Coach,
- A towel,
- A water bottle,
- A change of clothes, and
- Runners (Football boots for outdoor sessions).

Training Schedule:

	Monday		Tuesday		Wednesday		Thursday		Friday
Before School 7:30 – 8:30			Rugby S&C Senior Campus	ADP Junior Campus			ADP Junior Campus		Rugby S&C Senior Campus
Period 1 8:50 – 10:02					Rugby Codes (Junior Campus) 8:30 – 10:02				
Period 2 10:02 – 11:14									
Period 3 11:49 – 1:01	Rugby Codes (Junior Campus)						VCAL Rugby Weights Training		
Lunch 1:01 – 1:51									Netball Program Junior Campus
Period 4 1:51 – 3:03					Rugby Conditioning 2:30 – 3:30	Sports Academy			
After School 3:15 – 4:30	Rugby Academy Skills Senior Campus 3:15 – 4:15	Netball Program Senior Campus 4:30 – 6:00	Sports Academy S&C Senior Campus	Soccer Development Junior Campus	Rugby Weights 3:30 – 4:30	Strength & Conditioning 2:30 – 4:30	Sports Academy S&C Senior Campus	Soccer Development Senior Campus	

Sport-Coordinators and Sports Academy Staff

If students and parent would like further information about the College Inter-School Sport Program, please contact the below staff members:

VUSC Senior Campus Sport Coordinator – Mr. Wayne Adams

VUSC Junior Campus Sport Coordinator – Mr. Lee Maieron

VUSC Senior Rugby League Coordinator – Mr. Tony Adam

VUSC Junior Rugby League Coordinator – Mr. Wayne Adams

VUSC Netball Coordinator – Ms Abbey White

VUSC Soccer Coordinator – Ms Carle Rooks

VUSC Athlete Development Program – Ms. Hogarth and Mr Tony Adam

VUSC Sports Academy Strength and Conditioning Coach – Mr Lee Maieron

Mr Tony Adam

Sport Program Development Manager



Cairnlea FC is a busy and ambitious club for 300 plus footballers in Melbourne's western suburbs. We are seeking expressions of interest for our 17's team within our club. Players must be born in 2002 or 2001 to be eligible for this team.

Training's are on Wednesday and Friday nights from 6.45pm to 8pm and matches are on Sunday's home and away.

Please contact club president Jenk on 0409 514 507 for more info.

BEYOND CYBER SAFETY FOR HAPPY, RESILIENT DIGITAL KIDS

BY MARTINE OGLETHORPE

As digital devices becoming increasingly immersed into our lives, it is certainly clear they will continue to play a major role in the education, learning, entertainment and socialization of our children's lives. This can be a scary prospect for a parent today as we are saturated with news about predators, pornography, cyber-bullying and sexting. And certainly these are real concerns, as is the safety of our children on these devices.

But these devices are not going anywhere and so we need to be smarter when it comes to helping our kids navigate this world. And for me, that means moving away from a fear based approach, toward one that helps our kids get the skills, behaviours and thinking to become not only safe, but happy and resilient users of digital technologies.

Our kids are getting pretty good at keeping their passwords safe, not sharing private information, and thinking about talking to strangers online. All important lessons we need to continue to teach.

But being immersed in this world requires skills and behaviours well beyond safety measures. It needs to be an ongoing lesson in critical thinking, resilience, self-esteem, empathy and the promotion of good habits that they can carry with them throughout life.



Digital Resilience

The online world opens us up to comments, judgements and even abuse from people known and unknown, all coming from different backgrounds and situations, all with different beliefs, and all with a little extra keyboard courage or anonymity. Whilst we would like to be promoting kindness and respect online, this is not always the reality. We need our kids to be able to recognize and move on from the people whose opinions do not matter. The greater audience and the permanence of the online world also means the effects of mistakes are magnified. They need to be able to withstand the very permanent and public nature of this world. There may always be a party they are not invited to, or a sleepover they were excluded from, so how will they deal with the constant flow of images appearing in their social media feeds?

Self esteem away from the screens

There will always be comparison online. With access to so much and so many, there will always be someone prettier, smarter, skinnier, with more friends, more likes or more followers. We need to be constantly working on the self esteem of our kids, both online and off. Conversations about our self worth, where that comes from, whose opinion matters, what success and happiness really looks like. These all need to form part of the equation, not just how many likes you get on your latest selfie.

Digital skills

Our kids need skills to know how to handle different situations that arise online. Do they know how to abort a conversation that is going badly? How do they speak up in a group chat when someone is being excluded or spoken about in a nasty way? How do they deal with unwanted attention online? Do they have the words to respond to a nasty comment? Should they respond? As so much of their social life and connection to others will be based around online conversations, these are just some of the skills our kids need to have in order to keep those interactions positive.

Good habits

The earlier we start with good habits, the greater chance we have of them becoming behaviours they adopt throughout

adolescents and beyond. So start out with your own rules to ensure these habits are formed. Maybe it is no devices an hour before bed, no devices in the bedroom, no devices at the dinner table, asking permission before sharing pictures of others. Making sure there is plenty of time for friends, extra curricula activities, outside play, chores, homework and good sleep. These all help us be in charge of our time management and the control we have over our devices, so they don't end up controlling us.

Critical thinking

There is so much content online, so our kids need to be really good at determining that which is real, fake, relevant, helpful and worthwhile. This can be a difficult task (even for adults), but a crucial skill. Critical thinking must be an ongoing process every time they watch a video, look at a photo, read an article or connect with someone. Why was this written or produced? Is the language bias? Are they trying to sell me something? Is there research to back up their claims? Would this video have a warning if it was on TV? Is this worth my time? These are just some of the critical thinking questions kids need to be asking of themselves every time they consume content online.

So whilst keeping our kids safe and giving them the skills to do this is of utmost importance, there is so much more to cyber safety than avoiding predators. The emotional and social well-being of our kids and the ability for them to be in the best position possible to learn, grow and thrive are imperative, and will help them become resilient and happy both online and off.

Martine Oglethorpe is a mother to 5 boys with a background in secondary education and a Masters in Counselling.

