



# Lane Cove Loop

*A community-focused public school  
valuing a proud tradition and shaping a positive future.*

## Contact Us:

### Telephone

9427 1024 or 9427 2155

### School E-mail Address

lanecove-p.school@det.nsw.edu.au

### LCPS Website

www.lcps.nsw.edu.au

### School Council President

David Mitchell

### P&C President

Joanna Ryan

## Events this week:

### Monday

- \* Children's Writers Festival
- \* Year 2 Excursion to School House Museum

### Tuesday

- \* Maths Olympiad

### Wednesday

- \* Opera House Rehearsal for Recorders Group
- \* P & C Meeting in the Hall 9.00 – 11.00 a.m.
- \* Class Parent Morning Tea for Trivia Night in Hall at 9.00 a.m.

### Thursday

- \* Information Night for 1M in the Hall 6.30 – 7.30 p.m.

### Friday

- \* K – 2B School Athletics Carnival with Home School
- \* OC applications due

## Coming Events:

### EDUCATION WEEK

#### Tuesday 26<sup>th</sup>

- \* Opera House Rehearsal for Strings Group
- \* P & C Meeting in Library 7.00 p.m.

#### Thursday 28<sup>th</sup>

- \* Education Week Open Day

#### Friday 29<sup>th</sup>

- \* Year 1 Excursion to Maritime Museum

#### Sunday 31<sup>st</sup>

- \* P & C Working Bee 8.30 a.m. 'til 1.00 p.m.

## Term 2 – Week 4

18 May 2009

### ➤ Principal's Report

#### Eva Does It Again

Eva has again been selected as a recorder soloist for the Festival of Instrumental Music concert at the Opera House (in June). This is an exceptional achievement (especially to do so two years running).

Congratulations Eva, and good luck in June!

#### Isabella Hits High Notes Too!

I am delighted to report that Isabella has been selected to attend the State Intermediate Music Camp (Years 5 - 8) 27 June - 2 July this year. Entry is competitive and I am delighted that she has been chosen. She will be playing violin in a full symphony orchestra and we congratulate her also on this outstanding achievement.

#### Open Day

Education Week is being held next week with our Open Day on **Thursday 28 May**. Classroom visits will be conducted in the morning while we will have student displays in the hall on the evenings of **Wednesday 27 and Thursday 28 May**. A separate note will go out this week.

#### Selective High Schools and OC Applications

These positions are keenly sought with intense competition for the limited places available. Therefore academic performance is a key factor and only those who achieve at very high levels are successful. In both, the school ranks students in Maths and English. Students complete tests in both these areas and also complete a general ability test which is very effective in separating students.

The OC process has commenced and the selective high process commences later in the year. Therefore I ask you to consider carefully whether your child should sit for these entries. Each year we have many students who are not seriously in the running but parents think that it is a good experience for their children to compete.

Students who have no intention of going to a government secondary school also compete and simply generate additional work for teachers in ranking students.

All I ask is that parents and students are realistic when considering such competitive entry.

#### Opportunity Class Applications

Last week all Year 4 students received a note regarding the Opportunity Class placement applications. Application packages were sent home with students who indicated they wished to apply. Please note that application forms are due back to Miss Gorrell by **Friday 22<sup>nd</sup> May**. As explained on the note sent home, the Opportunity Class is for students of very high academic ability. If you have any queries regarding the OC applications, please see Miss Gorrell.

*Amber Gorrell  
Assistant Principal*

#### Connected Classroom

Our connected classroom has been completed and the next P&C meeting will be held in this room. You will receive specific information next week as I am reluctant to highlight its location publicly in the interests of security. Class parents will activate the email network to provide specific details.

#### Walk Safely To School Day

Once again LCPS was well represented at this community event. Our students and parents were evident in great numbers, enjoying the hospitality of Lane Cove Council.

Thank you to Miss Minassian and her team who co-ordinated our involvement. It was a most successful event, and now we need to build on this to see if we can encourage and support more students to walk to school on a regular basis.

Lane Cove Council has contacted me about activating the “walking bus” program, of which I am very supportive.

### Spell-a-thon 2009

It's time to get those “spelling bees” happening around the dinner table because we are holding a “spell-a-thon” as a school fundraiser for this year.

Following is some information from the Board of Studies Website (<http://k6.boardofstudies.nsw.edu.au/>) about the importance of spelling.

Spelling is valued in our society. Teachers aim to help children understand that spelling correctly helps to communicate meaning. At school, spelling is taught as children learn to read and write. Children develop confidence when they `have a go' at spelling words in their writing. Learning to spell is a complex process which takes place over the stages of schooling.

**How it works** – On Monday 25 May, the students will be given a sponsor sheet and a list of words to learn for the spell-a-thon. The students will collect sponsors over the following two weeks and learn their list of words. On the “big day” which will be Thursday 11 June, the students will bring their Sponsorship Card to school and have a spelling test. The test will be corrected by the teacher and the number of words spelt correctly, entered on their card. The card will then be returned to the student so he/she may commence collecting sponsorship money.

Prizes will be awarded to:

- The student who raises the most money in the school.
- Highest money raiser in each grade.

There will also be lucky draw prizes and each student who returns their sponsor money will go into the lucky draw.

### How you can support your child in learning to spell.

- say speech rhymes and tongue twisters together
- play `detective' games with words. Ask your child to be a detective and find:
  - words that rhyme, eg can, fan, man, tan
  - words that begin with the same sound, eg sun, sausage, sea
  - words that end with the same sound, eg hat, street
  - little words in big words, eg `am' in `jam'
  - words that sound the same but are spelt differently, eg ate - eight, to - two - too, their - there
- play word games that focus on the sounds of words, eg *Junior Scrabble*, *Boggle*, *Word Snap*, *Wonderwords*, *Junior Crosswords*, *I Spy*, *Hangman*
- encourage your child to write words that start with a particular sound
- encourage your child to write words with three letters, five letters and so on
- try to make spelling activities enjoyable
- encourage your child to `have a go' at spelling words
- encourage your child to `sound out' words, eg h-i-t, s-a-n-d
- ask your child to write words that are not easily `sounded out', eg home, watch, after
- encourage your child to develop memory tricks such as `a piece of pie', `hear with your ear'
- check your child's personal spelling lists after they have written the words
- `hear' your child's personal spelling lists
- show your child how to use a dictionary, encyclopaedia and thesaurus

Many thanks in anticipation and happy spelling.

Kate Walsh  
Deputy Principal

### Working Bee

Our next working bee will be held on **Sunday May 31**. Our last working bee was a great success simply because we had so many hands making light work.

Again, we have a range of projects that require a good attendance. No matter how limited your time, you can provide much-needed support by getting involved.

**Chess results**

The following are the chess results for May 15:

Lane Cove A was defeated by St. Aloysius A with a score of 2.5 – 1.5

Lane Cove B defeated Lindfield East B with a score of 3-1

Lane Cove C was defeated by Redlands A with a score of 1-3

Lane Cove D defeated St. Philip Neri B with a score of 3-1.

Special congratulations go to Thomas (2M), Jacob (3N), Alexei (2S) and Kevin (4K) who all played their first ever game of interschool chess and won.

**Tennis News**

Round 2 of the Northern Suburbs Primary Tennis Challenge will be held on Saturday, 30 May. The following children will be representing Lane Cove School.

**TEAM 1**

Oliver

Aden

Mark

Luke

James

Harry

**TEAM 2**

Eamon

Kai

Lexie

Emily

Joey

Aled

**TEAM 3**

Alec

Liam

Liam

Aron

Hayley

Jamieson

We wish them well and hope they have an enjoyable evening of tennis.

*Sue Sutton  
Tennis Co-ordinator*

**Storage Completed**

Our storage facility under the Northwood building has been completed which means that lost property access will be improved. I realise that securing lost items is a frustrating issue at LCPS, but items which are labelled have some chance of being reunited with owners.

**Second-hand Uniforms**

If any parents have any uniforms and/or track suit pants that have been outgrown, we would appreciate any donations for our "Emergency Clothing" pool in Sick Bay. We do not have *any* small tracksuit pants.

**Bob Lamaro**

➤ **P&C News**

**Class Parent Morning Tea – regarding Trivia Night, Wednesday 20<sup>th</sup> May 9am School Hall**

Trivia Night is our major fund raising event of the year. We seek to raise funds for the continuation of our learning support programmes and the implementation of the school technology plan, in particular the introduction of "smart boards" to the classrooms. Please come and be briefed on what we want from your class – from Artwork, the Trawl and the Baskets. If you are unable to attend, please arrange for someone else from your class to come.

**P&C General Meeting (half year results) – Tuesday 26<sup>th</sup> May 7pm Library**

This meeting is open to all. Amongst many other topics, Mr Lamaro will lead a discussion about the application of our government grant for grounds improvements, as part of the BER initiative. Also, the P&C and its sub-committees will present their half year results.

**Working Bee – Sunday 31st May from 8.30am till 1pm-ish RAIN, HAIL or SHINE**

It's on again - as little as an hour of your time is appreciated, and the more helpers we have the less we all have to do! There is lots of general tidying up and gardening to do so you don't need any skills - just come along and bring gardening gloves and any tools you wish, or borrow ours. We also need some handy types - we have quite a few jobs that will require your tools - carpentry work, shifting shelves and installing timber rails for bag hooks, fitting timber seats, replacing fence poles etc etc. Check-in with our coordinator waiting by the cricket nets when you arrive. Remember – **even ONE HOUR is worthwhile** – don't feel embarrassed if that's all you can manage. We hold only one working bee per term – a lovely morning tea and sausage sizzle lunch are provided. There will be indoor work no matter what the weather is like so it goes ahead **RAIN or SHINE**. Please call Tim Cook on 0412 257 156 or at home on 9428 2883 or email him on [mwptim@tpg.com.au](mailto:mwptim@tpg.com.au) if you would like more info.

### Parent Seminars

The P&C will be hosting a series of Parent Seminars, run by Northern Sydney Central Coast Health. All sessions will be held in the evenings at school, in the School Library. The events will be subsidised by the P&C, so cost to attendees will be just \$10 per person per seminar. These sessions will be targeted at parents of children in years K-2, and it is strongly recommended that you attend all three as a series. There will be a limit of 25 people per session – so get in quick! A booking form with more info is attached, or email [pandc@lcps.nsw.edu.au](mailto:pandc@lcps.nsw.edu.au) to reserve a place.

<b>The Power of Positive Parenting</b>	Wed 10 <sup>th</sup> June 7-9.30pm
<b>Raising Confident, Competent Children</b>	Wed 17 <sup>th</sup> June 7-9.30pm
<b>Raising Resilient Children</b>	Wed 24 <sup>th</sup> June 7-9.30pm

**Joanna Ryan** – relieving P&C Communications Monitor

Contact the P&C via the website or email [pandc@lcps.nsw.edu.au](mailto:pandc@lcps.nsw.edu.au)

### ➤ Canteen News

**PSSA Sport** – students participating in PSSA Sport can still have a lunch order but because these are collected at 12pm from the canteen, they can not contain any hot food as this will not be cooked in time. The lunch bags must also be clearly marked “PSSA SPORT” so that the volunteers know to make up the orders ready for the early collection.

**Hot Chocolate** – the new hot chocolate is very popular and as previously mentioned in the school news, we are now selling it before school as well as at lunch and recess. Please note though that last sales for hot chocolate before school will be taken at 8.50am so that the students have time to drink it before line up and class.

**Noodle Cups** – now only available in Chicken flavour. We have stopped stocking the Oriental flavour as it is just not selling. Please remind your child that they need to collect this from the canteen.

**Volunteers Needed** – we are in urgent need of some more volunteers for various days throughout the month. If you can spare even a half day a month please think about helping out. If you have a friend who is interested you could job share with them. We also welcome any Dads who are interested in joining us. Contact Ruth Quirk on 9418 8656/0419 188656 or email at [crquirk@optusnet.com.au](mailto:crquirk@optusnet.com.au)

### Canteen Volunteers for next week:

This is the canteen roster for this week, as we know it. If you have made any changes with other volunteers, it is not reflected in this roster.

- 19 May (3<sup>rd</sup> Tues): Nicki A., Cait R., Si W.
- 20 May (3<sup>rd</sup> Weds): Caroline F., Sarah C., Deborah B., Caroline J.
- 21 May (3<sup>rd</sup> Thurs): Angela C., Ruth D., Mark D.
- 22 May (4<sup>th</sup> Fri): Sherina U., Alison B., Tina T
- 25 May (4<sup>th</sup> Mon): Alyssa L., Donna M., Sue R.

Many thanks to these volunteers for helping at canteen this week – as always, it's much appreciated.

### The Canteen Committee

### ➤ Uniform Shop

**Microfibre trackpants are out of stock in some sizes already.** Sizes 6 & 8 are out of stock. Sizes 4 and 10 are getting low. I have reordered and am waiting to hear approximate date of arrival but probably July/August. Will keep you posted.

**No exchange of sports shorts without receipt** Deadline for exchanging last year's microfibre sports shorts has expired. We are now unable to exchange these. Any new microfibre shorts being changed for a different size must have the receipt with them.

**Long sleeved sports polos are by order only and are not kept in stock.** Delivery 2-3 weeks.

**To save time waiting in the queue** - if you are paying by credit card, fill in the credit card form before you reach the computer. If paying by cheque you can pre-stamp with our inked stamp and write your phone number on the back while waiting. If you already know the size then, please send in an order instead of waiting in the queue. We are less busy on Tuesdays between 2.00 p.m. and 2.40 p.m..

Order forms are available from rack in front of school office and downloadable from the school website. Exchanges or refunds can only be made on clean, unworn, (labels intact) garments. Please bring your receipt. **No refunds on second hand goods.** Any enquiries about orders, we need your order number to be able to track it down easily. Any queries please contact me at school phone number 9427 1024 (ask for uniform shop) during shop opening hours or at home on 9428 3523.

**Cash, Cheques or Credit Cards (2% surcharge) accepted. NO EFTPOS.**

**Helene Sharp - Uniform Shop Manager**

### ➤ Music News

#### **Music Camp 2009**

Music Camp was a great success. The kids were so well behaved and everyone enjoyed the rehearsals, tutorials, music games, rope activities and trivia night. The end of camp concert was well attended by parents and siblings and the children were able to show each other what they had been working on for the past two days.

#### **Music Camp Survey**

The music committee is currently preparing a survey so that parents and children can give feedback on the music camp. This is your opportunity to tell us what you liked and didn't like and how we could improve the experience for all next year. Watch out for the survey over the next week or so.

#### **Thank You, Thank You, Thank You**

Thanks to the fantastic team of parents and music tutors who made the music camp possible. Particular thanks go to Swantje Lorrimer for coordinating this event but also to the other members of the camp organising committee (Kath Morris, Janet Donnelly and Jackie Brighton) as well as our fantastic treasurer, Liz Eadie-Mirams. Thanks also to LCPS staff; Belinda Buckley, Deb Walkerden and Noel Murphy for their assistance at camp, Christine Scully and Carol Djurasevich for general support and assistance and to the parents who helped out at camp; Cathy Cook, David Mitchell and Jane Roth.

#### **Assembly Performances this Week**

This week the Rock Group will have its inaugural performance at the Senior Assembly on Wed 20<sup>th</sup> May. Junior Strings will perform at Junior Assembly on Thursday 21<sup>st</sup> May.

#### **Education week 25<sup>th</sup>-29<sup>th</sup> May**

All LCPS music ensembles will be conducted as "open rehearsals" during Education Week and you are invited. Check out the music section of the school website for our group rehearsal schedule and come along to see what goes on behind the scenes at a rehearsal. This invitation is extended to all parents and students at LCPS. You may want to come along to hear your own child's group rehearse or you may wish to listen to another group that your child does not yet play with to see the possibilities for future involvement.

#### **Music Committee Positions**

The LCPS music committee is a subcommittee of the school P and C and consists of a dedicated group of volunteer parents who run the school music program. As you can probably guess in a school like ours where over 250 children have weekly music lessons and play in one or more ensembles this is a huge undertaking and cannot continue without ongoing parental assistance. The committee would like to recruit another two parents to join the committee. You do not need to have any musical experience as volunteers can assist in all sorts of ways. You would be expected to attend a monthly committee meeting and contribute to organisation of performances and concerts as required. In addition the music program requires the help of a few additional group parents to assist with recorder rehearsals and concert band rehearsals. These positions require attendance at some morning rehearsals to provide assistance to the group conductors. Please feel free to give me a call if you would like further information or if you would like to sit in on the next music committee meeting (25<sup>th</sup> May) to see what goes on.

Enquiries regarding the LCPS music program to Jackie Brighton, Convenor of the Music Committee on 9427 5529 or [brighton23@optusnet.com.au](mailto:brighton23@optusnet.com.au)

### ➤ Environmental News

#### **Surprise Garden Program**

Parent Helpers joined the LCPS Environment Group with the support of all Kindergarten Teachers to run an outdoor class called "The Surprise Garden". Based on a popular Winnie-the-Pooh story, all 117 Kindergarten children planted seeds in newspaper pots, held in cut up milk cartons. The "Surprise" comes as the children did not know what seeds they had planted! They drew what their seeds looked like, and will again when they start growing.

Finally, they get to take their plant home after identifying it. All classes were held in the new Outdoor class area behind the Stringybark Building and next to the Vegetable patches.

As an added emphasis the children were shown how easy it is to be environmentally friendly by using all recycled products and yet still have fun.

### **New Environment Group information on the school website**

If you would like to read more about our activities this year and see some recent photos, take a look at the Environment Group section of the school website. Go to <http://www.lcps.nsw.edu.au>, then click on the 'Teaching and Learning' tab on the left hand side. Then select 'The Environment Group' option.

## ➤ **School Council**

### **Congratulations Bob!**

Bob Lamaro was awarded a special award for contribution and commitment to the Lane Cove community at the annual Citizenship Awards. The Award ceremony was held at Lane Cove Council on 13 May and was attended by Councillors and various dignitaries. Awards were presented to 22 persons across a range of achievement areas including business, sport and the arts. Bob's award was notable in that he was included in a category that was open to non-residents. Congratulations to you Bob! The citation, read by Mayor Ian Longbottom, identified with various initiatives that Bob has brought to the school across academic, environmental and community interaction. It was pleasing to see the Mayor flag Bob's working involvement with Lane Cove Council as a key contribution to the community. The event was attended by Bob and his wife, Johanna Ryan representing P&C and David Mitchell representing School Council. Please find an opportunity to congratulate Bob next time you see him.

### **Brief insight into May's School Council's meeting**

School Council endeavour to offer a brief summary of matters considered at their meetings. This summary identifies the key discussion points from the May meeting:

- discussed NAPLAN testing
- received annual school report and school plan
- considered Building the Education Revolution funding
- debated a request to use school land for a electricity transformer

*David Mitchell*  
*President School Council*

## **LCPS P&C TRIV '09** **8 August 2009**

### **Can you help us?**

This is our major fund raising event of the year. We seek to raise funds for the continuation of our learning support programmes and the implementation of the school technology plan, in particular the introduction of "smart boards" to the classrooms. We already have some fabulous donations pledged towards the Trivia Night, both from school families and our very supportive Lane Cove business community.

***But we always need more!!***

So if you have an item you'd like to donate, please contact Brigid Bremner ([bremner@bigpond.com](mailto:bremner@bigpond.com) or phone 9418 8748 to discuss further.

Here are a few suggestions of items that are always popular:

- **Holiday/short stay accommodation** – perhaps you have a holiday place that you could donate a weekend at or are prepared to approach a hotel that your company always uses.
- **Tickets to sporting/kids/arts events** – you may be a member of a group/organisation, or your company may have some contacts that you could ask.
- **Catering services** – do you know anyone who has a catering business that would be prepared to donate a catered dinner party?
- **Coaching sessions** – do you know a Sporting hero who could give up their time for a one-on-one or group coaching session?

### **Student Accident Insurance**

Accidents can happen to your children whilst they are at school or outside the school on an excursion and organised and supervised by the school.

Lane Cove Public School provides Student Accident Insurance designed primarily to help with permanent injuries of a serious nature, such as quadriplegia, paraplegia or loss of use of limb. As most injuries are not of a permanent nature, this insurance is limited.

If your child is injured at school and you wish to find out more about insurance, please contact the School Office.

## School Photos

**Tuesday June 2 2009**

The photographers will be at school on Tuesday June 2 to take class, family and individual photographs. On Wednesday May 13 the children will be given pre-payment envelopes on which to order the photographs. Please make sure you are using the correct envelope. There is one envelope for the class and individual packages and a different envelope for the family photographs.

The pre-payment envelopes must be returned to your child's class teacher before the day of photography.

This year we are using a new photographer and there is an option to pay online.

If you are not satisfied with the photographs, the photographers will give a refund if the photos are returned within seven days.

Please contact me if you have any queries.

**If you would like a family photograph, you or your eldest child at the school MUST collect the order envelope from the Front Office.**

*Christine Scully  
Deputy Principal*

### Tips for Parents

#### Getting to school on time

Do all this the night before and mornings will be much less frantic:

- Put all the non-perishable food in the lunchboxes, then you just have to add drinks and sandwiches in the morning
- Make sure drink bottles are clean
- Get your child's uniform ironed and ready for the next day
- Make sure all school bags are packed and ready
- Check shoes are in a place you can easily find the next morning
- Check calendar for what might be needed following day: swimming, music lessons, PE etc
- Make sure you've signed any forms/notes etc
- Check any homework has been done and is in the bag ready to go to school.

More information at [www.netmums.com](http://www.netmums.com)

#### Preventing injury

Exercising and playing sport is very important for your child's fitness and health. However injuries can occur if your child doesn't warm up their muscles or wear the appropriate clothing they require before they begin vigorous exercise. Here are some tips for preventing your child's injuries:

- Stretching - make sure your child warms up and stretches their muscles before they play sport to limit the risk of strains
- Helmets - hard helmets protect your child's head in sports such as cycling, cricket, baseball and roller-blading
- Footwear - ensure your child has well fitted footwear that is appropriate for their particular sport
- Mouthguards - always make sure your child wears a professionally-fitted mouthguard when playing in contact sports
- Fluid intake - encourage your child to drink fluids regularly during exercise. Fresh water and sports drinks are acceptable for fluid replacement.

For more information visit: <http://aww.ninemsn.com.au/article.aspx?id=27713>



## TRIPLE P 3 - 12 YEARS SEMINAR SERIES

by Lane Cove Public School P&C Association for the benefit of LCPS parents and presented by Vivienne Hughes, Parenting Coordinator and Psychologist, Child and Adolescent Parenting, Northern Sydney Central Coast Health

The Triple P Seminar Series is part of the well-known evidence based and internationally recognised Triple P Programs from the University of Queensland. The seminars are designed for parents/carers of 3-12 year olds interested in learning about positive ways of promoting their children's development. **For LCPS the seminars will target children from Kindy to Year 2.**

- \* Each seminar runs for 2.5 hours and costs \$10 per person for LCPS parents, \$20 for others.
- \* All seminars will be held at **Lane Cove Public School in the Library**

You are encouraged to attend **all three sessions** as a series, though if places are available single sessions will be offered. Please indicate which seminar/s you will be attending when you book your seat.

**SEMINAR 1: The Power of Positive Parenting** introduces parents to the 5 core principles of positive parenting.  
**Date: Wednesday 10<sup>th</sup> June 7-9.30pm**

**SEMINAR 2: Raising Confident, Competent Children** introduces parents to the key building blocks children need to do well in life.  
**Date: Wednesday 17<sup>th</sup> June 7-9.30pm**

**SEMINAR 3: Raising Resilient Children** identifies key skills that parents can help their children develop to build emotional resilience.  
**Date: Wednesday 24<sup>th</sup> June 7-9.30pm**

*Content Enquiries: Please telephone Child and Adolescent Parenting on 9887 5830*

*To book, please fill in the tear-off slip and hand into the School Office with payment in an envelope marked "P&C Seminars". Cheques should be made out to LCPS P&C Association*

*Booking Enquiries: [pandc@lcps.nsw.edu.au](mailto:pandc@lcps.nsw.edu.au).*

✂ .....  
 .....

- I will be attending the Seminar/s on Wednesday 10<sup>th</sup> June**
- Wednesday 17<sup>th</sup> June**
- Wednesday 24<sup>th</sup> June**

**I enclose payment of .....** (\$10 per person per seminar)

FIRST NAME .....SURNAME: .....

PHONE: ..... CHILD'S NAME AND CLASS.....

# SAFE SEXTING: No such thing

## Information sheet for parents



Parents are urged to warn children about the dangers of 'sexting' – the growing trend for young people to send provocative images of themselves to their friends via mobile phones.

Once photos are sent, it is an almost instant push of the button to forward them or load them onto the internet. These pictures then become part of a young person's 'digital footprint', lasting forever and potentially damaging future career prospects or relationships.

Images sent by mobile phone can easily fall into the wrong hands, and once they are in cyberspace it is impossible to remove them or control who sees them.

More and more young people seem to be distributing highly suggestive or even sexually explicit photos of themselves to their friends, often without a real understanding of the consequences.

The easy availability of new technologies and social networking sites can turn what can seem an innocent joke or flirtatious fun into a potentially devastating experience – with young girls most at risk.

Sexting can lead to public humiliation, cyberbullying, or even sexual assault.

The message to young people is – don't post images of yourself and don't distribute any sent to you.

It is illegal to take sexual photos of children and young people and it is also an offence to pass them on.

Parents are encouraged to get advice on sexting through the 24-hr parenting advice line, Parent Line 1300 1300 52. The line is staffed by highly trained and experienced counsellors.

Parents can learn about how technology is used in their child's life by visiting the Education Department's website [www.schools.nsw.edu.au/click](http://www.schools.nsw.edu.au/click)

For more advice on parenting and sexting, visit the Department of Community Services website [www.community.nsw.gov.au](http://www.community.nsw.gov.au).

### Tips for parents

- Warn your children about the consequences of sexting.
- Remind children to think before they act.
- Tell children that sending or possessing child pornography is illegal.
- Warn them about sexual predators.
- Parents should learn how to use and monitor their children's mobile phones.
- Parents should check photo galleries on their children's Facebook and MySpace accounts.
- Give your children clear rules on what they can and can't do with their mobile phone.



### Further information