



FROM THE DEPUTY PRINCIPAL & HEAD OF JUNIOR SCHOOL

We are certainly living in a digital age. There are so many options available for children to socially connect with their peers using technology. Let me share what we are doing in the Junior School to educate your children in this very important and relevant topic. I'll also cover age recommendations for common social media platforms as well as conversation starters you can use to speak to your children about media balance.

Throughout Term 3 our Pastoral Care lessons have all been about the topic 'Digital Citizenship'. We have been empowering students with the knowledge and skills to be safe, savvy and social online. This week our Manners Matter topic was 'Media Balance'.

What is media balance?

It is using media in a way that is reasonable and in balance with other activities in your life. Such as time with family, friends, special activities or hobbies. It is an ideal time to talk to your child about the expectations and boundaries you have when it comes to the use of technology in your home.

Here are some conversations you could have together as you consider a healthy media balance:

Know when and why to take breaks from device time.

Identify ideal device-free moments for themselves and others.

Reflect on their common online and offline activities.

Identify ways to 'unplug' and maintain balance between online and offline activities.

What does healthy digital habits look like in the family home and make agreements together.

Discuss how to be considerate of the feelings of people around them, when in person and when engaged in fun online activities.

Age-limits on social media- 13+

Many social media platforms have recommended age limits of 13+ and I wanted to bring to your attention a list of common platforms with this age recommendation. I trust this information will assist you in keeping your children safe online.

- Facebook
- TikTok
- Snap Chat
- Instagram
- Discord

It is also a good time to consider our own use of social media and technology and how we role model this balance in our personal lives.

If you'd like further resources I highly recommend the following:

SchoolTV is a resource you can find on our College website which gives you access to short, helpful videos designed especially for parents and includes topics on digital citizenship:

<https://www.thac.nsw.edu.au/content/schooltv-editions>

The e-safety commissioner website:

<https://www.esafety.gov.au/>

The College also sends out invitations to onsite or online events around this topic and I encourage you to engage with these opportunities as they arise.

Enjoy the warm weekend ahead and I hope to see you at the Parent Café on Friday mornings, open from 7am.

Be very careful, then, how you live - not as unwise but as wise.

Ephesians 5:15

Mrs Sandy Wheeler

Deputy Principal & Head of Junior School
